

## Re: Daily Quote by J Krishnamurti on



Teoh Kian Koon <teohkiankoon@hotmail.com>

15:48



To: mykalyanamitta@yahoo.com Cc: chin how teh; Tune Hee Hian; Padmasuri Liew

Dear Kalyanamittas,

Below is a very good j Krishnamurti on **learning about oneself via an awareness-based observation** by J Krishnamurti for sharing by all.

With metta always,  
Bro Teoh

### J. Krishnamurti Online

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There must be **learning about oneself** by **watching** - **not condemning** or **justifying** but **just watching the way you talk, the way you walk, the words you use, the motives and intentions, to be totally aware without any choice.** Awareness is **not** a matter of **accumulation**; be **aware from moment to moment.** **When** you are **not aware, begin again** so that your mind is **always fresh.** Learning about oneself is **not only** at the **conscious, superficial level** but also at the **deeper levels**, the so-called **unconscious, the hidden.**

Public Talk 3 in Madras (Chennai), 13 January 1971

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