

J. Krishnamurti Online

One must go deep to know joy

Very few of us **enjoy** anything. We have **very little joy** in **seeing** the sunset, or the **full moon**, or a **beautiful person**, or a **lovely tree**, or a **bird in flight**, or a **dance**. We do not **really** enjoy anything. We look at it, we are **superficially** amused or **excited by it**, we have a **sensation** which we **call** joy. But **enjoyment is something far deeper**, which must be **understood** and gone into...

As we grow older, though we want to enjoy things, the **best has gone out of us**; we want to enjoy **other kinds** of sensations—**passions, lust, power, position**. These are all the **normal things of life**, though they are **superficial**; they are **not to be condemned, not** to be **justified**, but to be **understood** and **given their right place**. If you **condemn them as being worthless**, as being **sensational, stupid or unspiritual**, you **destroy** the **whole process of living**...

To know joy **one must go much deeper**. Joy is **not mere** sensation. It requires **extraordinary refinement** of the mind, but **not the refinement of the self** that **gathers more and more to itself**. Such a self, such a man, **can never** understand **this state of joy** in which the **enjoyer is not**. One **has to understand this extraordinary thing**; otherwise, **life** becomes **very small, petty, superficial**—being born, learning a few things, suffering, bearing children having responsibilities, earning money, having a little intellectual amusement and then to die.

The Book of Life, July 2, HarperSanFrancisco, 1995
