

## The active still mind - J. Krishnamurti

The mind *that is really still is astonishingly active, alive, potent—not towards anything* in particular.. It is **only such a mind** which is **verbally free**—free from experience, from knowledge. **Such a mind can perceive what is true**, such a mind **has direct perception** which is **beyond time**.

The mind *can only be silent* when it has *understood the process of time* and that *requires watchfulness, does it not?* Must not such a mind *be free, not from anything but be free?* We only know freedom from something. A mind that is free from something is not a free mind; such freedom, the freedom from something, is only a reaction, and it is not freedom. A mind **that is seeking freedom is never free**. But the mind is free when it **understands the fact, as it is**, without translating, without condemning without judging; and being free, such a mind is an *innocent mind*, though it lived 100 days, 100 years, *having all the experiences. It is innocent because it is free, not from anything but in itself*. It is **only such a mind** that can perceive **that which is true, which is beyond time**.

The Book of Life, October 11, HarperSanFrancisco, 1995