

You and nothingness are one – J. Krishnamurti

You are **nothing**. You may have your name and title, your **property** and **bank account**, you may have **power** and be **famous**; but in spite of all these safeguards, you are as **nothing**. You may be **totally unaware** of this **emptiness**, this **nothingness**, or you may simply not want to be aware of it; but it is there, do what you will to avoid it. You may try to escape from it in **devious ways**, through **personal or collective violence**, through **individual or collective worship**, through **knowledge or amusement**; but whether you are asleep or awake, it is always there. You can come upon your relationship to this **nothingness** and **its fear only** by being **choiclessly aware** of the **escapes**. You are not related to it as a **separate, individual entity**; you are not the **observer watching it**; **without** you, the thinker, the observer, it is not. You and nothingness are one; you and nothingness are a **joint phenomenon**, not two separate processes. If you, the thinker, are afraid of it and approach it as something **contrary** and **opposed** to you, then any action you may take towards it **must inevitably lead to illusion** and so to **further conflict** and **misery**. When there is the **discovery**, the **experiencing** of that **nothingness** as you, then **fear**—which exists only when the **thinker is separate from his thoughts** and so tries to establish a relationship with them—**completely drops away**.

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