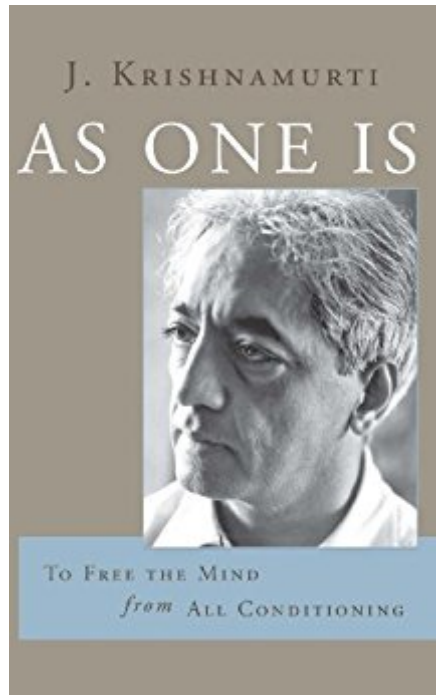


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# As One Is: To Free The Mind From All Condition



## Synopsis

J. Krishnamurti remains one of the world's greatest philosophers and teachers. He deeply understands the operation of the human mind – particularly how our thinking lies at the root of all violence and suffering. In this series of 8 previously unpublished lectures, he discusses a world in which booming productivity and scientific advancement should promise a happy future, but don't. He asks his listeners to consider that we are merely substituting comfortable myths for our fears, and living as if these myths were true. This book patiently explains how to examine our assumptions; how to question our "conditioned" beliefs, and ultimately how to listen for truth – both within and from the world around us. As *One Is* offers readers a rare opportunity to gain greater self-understanding, and clarity in the midst of confusion. Krishnamurti offers a means to transform thinking and hence our relationship to life. "It seems to me that our many problems cannot be solved except through a fundamental revolution of the mind, for such a revolution alone can bring about the realization of that which is truth. Therefore, it is important to understand the operation of one's own mind, not self-analytically or introspectively, but by being aware of its total process; and that is what I would like to discuss during these talks." – J. Krishnamurti

## Book Information

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## Customer Reviews

In this series of 8 talks, Krishnamurti lays out his view of the human condition in stark terms. He claims we are all basically lonely and inwardly empty. Because we find this state painful, we run away from it, and the running away from it creates fear. This fear then drives us towards various escapes, to adopt society's patterns of self-improvement, accumulation, competition, envy, domination, etc., resulting in the conditioning of ourselves and creating the subtle and not-so-subtle patterns of violence we see in society. But he claims there is another way. If we constantly see ourselves as we are, this frees us from our conditioning. Freed from our habitual ways of looking at them, loneliness and emptiness become what he calls "aloneness," freedom from collective patterns of conditioning, and this leads to the real, the timeless. By conditioning he means reacting to stimuli with memory, habitual social and individual patterns of thought, rather than seeing things as they are and seeing oneself as one is. Without such a revolution in one's thinking, one continues to operate in the field of one's conditioning. If a petty mind seeks God, the God it finds is likely to be petty. He points out that society does not encourage us to look at ourselves the way we are. Instead, we are encouraged to compare ourselves to others, to standards or ideals, and to be constantly striving to improve ourselves accordingly. This self-improvement leads to continuation of the self in modified form. Krishnamurti sees the self as a result of the conditioning influences of society and describes this self-improvement process as "progress in sorrow."

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