THE AWAKENING OF INTELLIGENCE J. KRISHNAMURTI



BY J. KRISHNAMURTI **Beyond Violence** Education and the Significance of Life The Ending of Time (with David Bohm) **Exploration into Insight** First and Last Freedom The Flame of Attention The Flight of the Eagle Freedom from the Known The Future of Humanity (with David Bohm) Krishnamurti on Education Krishnamurti's Journal Krishnamurti's Notebook Last Talks at Saanen 1985 Life Ahead The Network of Thought Think On These Things Truth and Actuality: Conversations on Science and Consciousness The Wholeness of Life You Are the World

J. KRISHNAMURTI

THE AWAKENING OF INTELLIGENCE

Copyright © 2011 by: J. Krishnamurti All rights reserved.

ISBN: 1-9349-8925-8 ISBN-13: 9781934989258 eBook ISBN: 978-1-934989-30-2

QUOTATIONS

"Intelligence is not personal, is not the outcome of argument, belief, opinion or reason. Intelligence comes into being when the brain discovers its fallibility, when it discovers what it is capable of, and what it is not. Now what is the relationship of intelligence with this new dimension? . . The different dimension can only operate through intelligence: if there is not that intelligence it cannot operate. So in daily life it can only operate where intelligence is functioning"—*Part VIII, page 412*.

"When (thought) sees that it is incapable of discovering something new, that very perception *is* the seed of intelligence, isn't it? That *is* intelligence: 'I cannot do'. I thought I could do a lot of things, and I can in a certain direction, but in a totally new direction I cannot do anything. The discovery of that is intelligence"—*Part VIII, page 411*.

"Thought is of time, intelligence is not of time. Intelligence is immeasurable"—*Part VII, page 375*.

"Intelligence comes into being when the mind, the heart and the body are really harmonious"—*Part VIII, page 449*.

"Is there the awakening of that intelligence? If there is . . . then it will operate, then you don't have to say, 'What am I to do?' Perhaps there have been a thousand persons here during these three weeks who have listened. If they really live that, do you know what's going to happen? We should change the world"—*Part VIII, page 450*.

"When there is that supreme energy, which is intelligence, is there death?"—*Part VII, page 361*.

EDITORS' NOTE

FOR MANY YEARS J. Krishnamurti spoke to audiences of all sorts, as well as to individuals and to smaller groups, in America, Europe and India. This book was planned to indicate the wide range of his teaching and discussions. As the Talks were always extempore, with interchange of question and answer, the reports printed here were taken from tapes, so that the exact words and phrases were accurately recorded. They have been edited sufficiently to present a readable page, with some elimination of redundancies.

Several of the themes in these chapters are taken up in a different way in Conversations with four notable people interested in Krishnamurti's ideas. These personal interviews are also reported from tapes recorded at the time.

A word should be said about the Dialogues and the small group Discussion in Chapter 10. The Dialogues are not discussions in the sense of debates or arguments, but are free exchanges between people with a common aim who are intent on understanding together with Krishnamurti fundamental problems. For instance, the five Dialogues at Saanen follow a series of seven Talks and continue the themes there initiated, clarifying or probing the issues further. It was at Saanen, Switzerland, for many years, that people gathered from all over the world to share some weeks with Krishnamurti.

The small group Discussion (Chapter 10) took place at Brockwood Park in Hampshire, England, where there is an educational centre and school for young people founded by Krishnamurti. This discussion was with people for the most part long connected with Krishnamurti in his work. We are indebted to a number of helpers in the recording, transcribing and editing of this book.

George and Cornelia Wingfield Digby

CONTENTS

Title Page Copyright Page QUOTATIONS EDITORS' NOTE

AMERICA

Part I Two Conversations: J. Krishnamurti and Professor Jacob Needleman

- 1 The role of the teacher
- 2 ON INNER SPACE; ON TRADITION AND DEPENDENCE

Part II Three Talks in New York City

1 INNER REVOLUTION

The need to change. A process in time or instantaneous? The conscious and the unconscious; dreams. The analytical process. To see the content of consciousness without the separation of observer and observed. Noise and resistance. "When there is complete cessation of division between the observer and the observed, then 'what is' is no longer what is."

QUESTIONS: Observer and observed; fragmentation; resistance.

2 Relationship

Relationship. "You are the world". The separate self; corruption. To see what actually "is". What love is not. "We have no passion; we have lust, we have pleasure." To understand what death is. Love is its own eternity. QUESTIONS: The concept of good and bad; sharing; pain and fear: how to be free of the past?

3 Religious Experience. Meditation

Is there a religious experience? Search for truth; the meaning of search. "What is a religious mind?" "What is the quality of mind which is no longer experiencing?" Discipline; virtue; order. Meditation is not an escape. The function of knowledge and freedom from the known. "Meditation is to find out if there is a field not already contaminated by the known." "The first step is the last step."

QUESTIONS: The analogy of dirt; awareness; consciousness; love; psychological time.

Part III

Two Conversations: J. Krishnamurti and Alain Naudé

- 1 THE CIRCUS OF MAN'S STRUGGLE
- 2 ON GOOD AND EVIL

INDIA

Part IV Two Conversations: J. Krishnamurti and Swami Venkatesananda

1 The guru and search. Four schools of Yoga scrutinised (Karma, Bhakti, Raja, Gnana Yoga).

2 Four "mahavakyas" from the Upanishads discussed. Communication and the Bodhisattva ideal. Vedanta and the ending of knowledge.

Part V Three Talks in Madras

1 THE ART OF SEEING

To see, not partially but totally. "The act of seeing is the only truth." Of the vast mind only a fragment is used. The fragmentary influence of culture, tradition. "Living in a little corner of a distorted field." "You cannot understand through a fragment." Freedom from "the little corner". The beauty of *seeing*.

2 FREEDOM

To share a free mind. "If we could come upon this, it is really a mysterious flower." Why has man not got this thing? Fear. "Living" is not living. Words taken for substance. Wastage of energy. "The mature mind has no comparison ... no measure." The validity of "the life that you lead every day . . . without understanding it you will never understand love, beauty, or death". Through negation that thing which alone is the positive comes into being.

3 THE SACRED

Ploughing, never sowing. Ideation. Sensitivity lacking in daily life. Attention and intelligence. Disorder in ourselves and the world: our responsibility. The question of *seeing*. Images and direct contact. The sacred. "When you have that love you can put away all your sacred books."

1 CONFLICT

Images: are we aware that we see through images? Concepts; the gap between concepts and daily living; resulting conflict. "To get illumination you must be able to *look."* "To live without conflict, but not to go to sleep."

2 THE PURSUIT OF PLEASURE

Self-interest and self-dedication. Demand for satisfaction. Levels of gratification. Has psychological gratification any meaning? "A whirlpool of mischief and misery inwardly." Aggression. Pursuit of pleasure. "There are no roots of heaven in pleasure—there are only roots of indifference and pain." Watching is its own discipline.

3 TIME, SPACE AND THE CENTRE

The ideal, the concept, and "what is". Need to understand suffering: pain, loneliness, fear, envy. The ego-centre. The space and time of the centre. Is it possible not to have an ego-centre and yet live in this world? "We live within the prison of our own thinking." To see the structure of the centre. To look without the centre.

4 A FUNDAMENTAL QUESTION

What is clear thinking in relation to daily living? Meeting the present with the past. How to live with memory and technological knowledge and yet be free of the past? Double life: temple, office. How to live without fragmentation?—to answer from a concept is further fragmentation. Silence before the immensity of a fundamental question. "Can you live so completely that there is only the active present now?"

EUROPE

Part VII Seven Talks in Saanen, Switzerland

1 WHAT IS YOUR OVER-RIDING INTEREST?

Passion and intensity needed. The inner and outer: can they be divided?

QUESTIONS: Pleasure and interest; God; children and education; many different interests; the meaning of demonstrations; of love, truth and order.

2 Order

The mind only knows disorder. The state of "notknowing". The "self" is part of the culture, which is disorder.

QUESTIONS: Is the mind capable of looking? Analysis; the guru: relationship with Krishnamurti; can you look at yourself?

3 CAN WE UNDERSTAND OURSELVES?

The problem of self-knowledge is the problem of looking. To look without fragmentation, without the "me". Analysis, dreams and sleep. The problem of the "observer" and of time. "When you look at yourself without the eyes of time, who is there to look?" QUESTIONS: Are some images necessary? Is evaluation

vitiated by our state of confusion? Conflict.

4 LONELINESS

Preoccupation with oneself. Relationship. Action in relationship and daily life. Images isolate: the understanding of image-building. "Self-concern is my major image." Relationship without conflict means love. QUESTIONS: Can the self have unmotivated passion? Images; drugs and stimulants.

5 THOUGHT AND THE IMMEASURABLE

Can thought solve our problems? The function of thought. The field of thought and its projections. Can the mind enter into the immeasurable? What is the factor of illusion? Physical and mental fear and escapes. The mind

that is constantly learning.

QUESTIONS: Can one observe without judgment and evaluation? Is perception seeing something totally? Can words be used to describe a non-verbal state?

6 THE ACTION OF WILL AND THE ENERGY NEEDED FOR RADICAL CHANGE Great energy needed; its wastage. Will is resistance. Will as assertion of the "me". Is there action without choice, which is not motivated? "To look with eyes that are not conditioned." Choiceless awareness of conditioning. To see and reject the falseness. What love is not. To face the question of death. "The ending of energy as the 'me' is the capacity to look at death." Energy to look at the unknown: supreme energy is intelligence.

QUESTIONS: We understand intellectually, but can't live it; is a man capable? How to listen? Are not feelings and emotions the cause of violence?

7 THOUGHT, INTELLIGENCE, AND THE IMMEASURABLE

Different meanings of space. The space we think and act from; the space that thought has built. How is one to have immeasurable space? "To carry our burden and yet to seek freedom." Thought which does not divide itself is moving in experiencing. The meaning of intelligence. Harmony: mind, heart and organism. "Thought is of time, intelligence is not of time." Intelligence and the immeasurable.

QUESTIONS: Hatha Yoga. Is there separation of observer and observed in technological work? Awareness and sleep.

Part VIII Five Dialogues in Saanen

1 The fragmentation of consciousness

Are we aware that we look at life fragmentarily? The conditioning of consciousness. Do we really know its content? Is there a division into conscious and unconscious? The observer is part of the content of consciousness. Is there any agent outside this conditioned content? "Tricks I play upon myself." What is action? Since the self is fragmented, "I" cannot see life as a totality.

2 Is intelligence awake?

What is the relationship between intelligence and thought? The limitations of conditioned thinking. No new movement can take place if the "old brain" is constantly in operation. "I have been going South, thinking I was going North." The perception of the limitations of the old is the seed of intelligence. Is the "new" recognisable? The different dimension can only operate through intelligence.

3 Fear

The link between pleasure and fear; the role of thought. Thought cannot reduce the uncertain unknown to terms of knowledge. Need to see the structure of fear. Psychologically, tomorrow may not exist. What does, "To live wholly in the present" imply?

4 FEAR, TIME AND THE IMAGE

Chronological and psychological time. The dilemma of knowledge. The dilemma of thought and the image. Can one find the root of fear? "The mind that can never be hurt."

5 INTELLIGENCE AND THE RELIGIOUS LIFE

What is a religious life? Relationship between meditation and the quiet mind. Thought as measure; the action of measurement. How can the immeasurable be understood? Intelligence as the relationship between the measurable and the immeasurable. The awakening of intelligence. Choiceless awareness. Learning, not accumulating knowledge.

ENGLAND

Part IX Two Talks at Brockwood

1 THE RELATIONSHIP TO AWARENESS OF THOUGHT AND THE IMAGE

The uses and limitations of thought. Images: the authority of the image. "The more sensitive one is, the greater the burden of images." Analysis and images. Psychological order; causes of disorder: opinion, comparison, images. Possible dissolution of images. Formation of images. Attention and inattention. "It is only when the mind is inattentive that the image is formed." Attention and harmony: mind, heart, body.

2 THE MEDITATIVE MIND AND THE IMPOSSIBLE QUESTION

"Meditation is the total release of energy." Western world built on measurement, which is *maya* for the East. Schools of meditation useless. Energy depends on selfknowledge. Problem of self-observation. To look "without the eyes of the past". Naming. The hidden in oneself. Drugs. The hidden content and the impossible question. "Meditation is a way of putting aside altogether everything that man has conceived of himself and the world." A radical revolution in one affects the whole world. What takes place when the mind is quiet? "Meditation is . . . seeing the measure and going beyond the measure." Harmony and a "totally different life". QUESTIONS: Intuition; awareness; awareness and sleep; teacher and disciple.

Part X

A Discussion with a small group at Brockwood

VIOLENCE AND THE "ME"

Does change imply violence? To what extent do we reject violence? Violence and energy: observing violence. What is the root of violence? Understanding the "me"; the "me" that wants to change is violent. Does the "me" or intelligence see? The implications of *seeing*.

Part XI

Conversation: J. Krishnamurti and Professor David Bohm

ON INTELLIGENCE

Thought is of the order of time; intelligence is of a different order, different quality. Is intelligence related to thought? Brain the instrument of intelligence; thought as a pointer. Thought, not intelligence, dominates the world. Problem of thought and the awakening of intelligence. Intelligence operating in a limited framework can serve highly unintelligent purposes.

Matter, thought, intelligence have a common source, are one energy; why did it divide? Security and survival: thought cannot consider death properly.

"Can the mind keep the purity of the original source?" Problem of the quietening of thought. Insight, the perception of the whole, is necessary. Communication without the interference of the conscious mind.

AMERICA

Two Conversations: J. Krishnamurti and Professor Jacob Needleman

- 1 The role of the teacher
- 2 On inner space; on tradition and dependence

1

THE ROLE OF THE TEACHER

Conversation between J. Krishnamurti and Professor J. Needleman

*Needleman:*¹ There is much talk of a spiritual revolution among young people, particularly here in California. Do you see in this very mixed phenomenon any hope of a new flowering for modern civilisation, a new possibility of growth?

KRISHNAMURTI: For a new possibility of growth, don't you think, Sir, that one has to be rather serious, and not merely jump from one spectacular amusement to another? If one has looked at all the religions of the world and seen their futility, and out of that perception organised seen something real and clear, perhaps then there could be something new in California, or in the world. But as far as I have seen, I am afraid there is not a quality of seriousness in all this. I may be mistaken, because I see only these socalled young people in the distance, among the audience, and occasionally here; and by their questions, by their laughter, by their applause, they don't strike me as being very serious, mature, with great intent. I may be mistaken, naturally.

Needleman: I understand what you are saying. My question only is: perhaps we can't very well expect young people to

be serious.

KRISHNAMURTI: That is why I don't think it is applicable to the young people. I don't know why one has made such an extraordinary thing out of young people, why it has become such an important thing. In a few years they will be the old people in their turn.

Needleman: As a phenomenon, apart from what is underneath it all, this interest in transcending experience or whatever one wants to call it—seems to be a kind of seed-ground from which certain unusual people aside from all the phoneyness and all the deceivers, certain Masters perhaps, may spring up.

KRISHNAMURTI: But I am not sure, Sir, that all the deceivers not covering this up. exploiters are "Krishnaand consciousness" and Transcendental Meditation and all this nonsense that is going on-they are caught in all that. It is a form of exhibitionism. a form of amusement and entertainment. For something new to take place there must be a nucleus of really devoted, serious people, who go through to the very end. After going through all these things, they say, "Here is something I am going to pursue to the end."

Needleman: A serious person would be someone who would have to become disillusioned with everything else.

KRISHNAMURTI: I would not call it disillusioned but a form of seriousness.

Needleman: But a pre-condition for it?

KRISHNAMURTI: No, I wouldn't call it disillusionment at all, that leads to despair and cynicism. I mean the examination of all

the things that are so-called religious, so-called spiritual: to examine, to find out what is the truth in all this, whether there is any truth in it. Or to discard the whole thing and start anew, and not go through all the trappings, all the mess of it.

Needleman: I think that is what I tried to say, but this expresses it better. People who have tried something and it has failed for them.

KRISHNAMURTI: Not "other people". I mean one has to discard all the promises, all the experiences, all the mystical assertions. I think one has to start as though one knew absolutely nothing.

Needleman: That is very hard.

KRISHNAMURTI: No, Sir, I don't think that is hard. I think it is hard only for those people who have filled themselves with other people's knowledge.

Needleman: Isn't that most of us? I was speaking to my class yesterday at San Francisco State, and I said I was going to interview Krishnamurti and what question would you like me to ask him. They had many questions, but the one that touched me most was what one young man said: "I have read his books over and over again and I can't *do* what he says." There was something so clear about that, it rang a bell. It seems in a certain subtle sense to begin in this way. To be a beginner, fresh!

KRISHNAMURTI: I don't think that we question enough. Do you know what I mean?

Needleman: Yes.

KRISHNAMURTI: We accept, we are gullible, we are greedy for new experiences. People swallow what is said by anybody with a beard, with promises, saying you will have a marvellous experience if you do certain things! I think one has to say: "I know nothing." Obviously I can't rely on others. If there were no books, no gurus, what would you do?

Needleman: But one is so easily deceived.

KRISHNAMURTI: You are deceived when you want something.

Needleman: Yes, I understand that.

KRISHNAMURTI: So you say, "I am going to find out, I am going to enquire step by step. I don't want to deceive myself." Deception arises when I want, when I am greedy, when I say, "All experience is shallow, I want something mysterious"—then I am caught.

Needleman: To me you are speaking about a state, an attitude, an approach, which is itself very far along in understanding for a man. I feel very far from that myself, and I know my students do. And so they feel, rightly or wrongly, a need for help. They probably misunderstand what help is, but is there such a thing as help?

KRISHNAMURTI: Would you say: "Why do you ask for help?"

Needleman: Let me put it like this. You sort of smell yourself deceiving yourself, you don't exactly know . . .

KRISHNAMURTI: It is fairly simple. I don't want to deceive myself—right? So I find out what is the movement, what is the thing that brings deception. Obviously it is when I am greedy, when I want something, when I am dissatisfied. So instead of attacking greed, want, dissatisfaction, I want something more.

Needleman: Yes.

KRISHNAMURTI: So I have to understand my greed. What am I greedy for? Is it because I am fed up with this world, I have had women, I have had cars, I have had money and I want something more?

Needleman: I think one is greedy because one desires stimulation, to be taken out of oneself, so that one doesn't see the poverty of oneself. But what I am trying to ask—I know you have answered this question many times in your talks, but it keeps recurring, almost unavoidably—the great traditions of the world, aside from what has become of them (they have become distorted and misinterpreted and deceptive) always speak directly or indirectly of help. They say "The guru is yourself too", but at the same time there is help.

KRISHNAMURTI: Sir, you know what that word "guru" means?

Needleman: No, not exactly.

KRISHNAMURTI: The one who points. That is one meaning. Another meaning is the one who brings enlightenment, lifts your burden. But instead of lifting your burden they impose their burden on you.

Needleman: I am afraid so.

KRISHNAMURTI: Guru also means one who helps you to cross over—and so on, there are various meanings. The moment the guru says he knows, then you may be sure he doesn't know. Because what he knows is something past, obviously. Knowledge is the past. And when he says he knows, he is thinking of some experience which he has had, which he has been able to recognise as something great, and that recognition is born out of his previous knowledge, otherwise he couldn't recognise it, and therefore his experience has its roots in the past. Therefore it is not real.

Needleman: Well, I think that most knowledge is that.

KRISHNAMURTI: So why do we want any form of ancient or modern tradition in all this? Look, Sir, I don't read any religious, philosophical, psychological books: one can go into oneself at tremendous depths and find out everything. To go into oneself is the problem, how to do it. Not being able to do it one asks, "Would you please help me?"

Needleman: Yes.

KRISHNAMURTI: And the other fellow says, "I'll help you" and pushes you off somewhere else.

Needleman: Well, it sort of answers the question. I was reading a book the other day which spoke of something called "Sat-san".

KRISHNAMURTI: Do you know what it means?

Needleman: Association with the wise.

KRISHNAMURTI: No, with good people.

Needleman: With good people, Ah!

KRISHNAMURTI: Being good you are wise. Not, being wise you are good.

Needleman: I understand that.

KRISHNAMURTI: Because you are good, you are wise.

Needleman: I am not trying to pin this down to something, but I find my students and I myself, speaking for myself, when we read, when we hear you, we say, "Ah! I need no one, I need to be with no one"—and there is a tremendous deception in this too.

KRISHNAMURTI: Naturally, because you are being influenced by the speaker.

Needleman: Yes. That is true. (*Laughter*.)

KRISHNAMURTI: Sir, look, let's be very simple. Suppose, if there were no book, no guru, no teacher, what would you do? One is in turmoil, confusion, agony, what would you do? With nobody to help you, no drugs, no tranquillisers, no organised religions, what would you do?

Needleman: I can't imagine what I would do.

KRISHNAMURTI: That's it.

Needleman: Perhaps there would be a moment of urgency there.

KRISHNAMURTI: That's it. We haven't the urgency because we say, "Well, somebody is going to help me."

Needleman: But most people would be driven insane by that situation.

KRISHNAMURTI: I am not sure, Sir.

Needleman: I'm not sure either.

KRISHNAMURTI: No, I am not at all sure. Because what have we done up to now? The people on whom we have relied, the religions, the churches, education, they have led us to this awful mess. We aren't free of sorrow, we aren't free of our beastliness, our ugliness, our vanities.

Needleman: Can one say that of all of them? There are differences. For every thousand deceivers there is one Buddha.

KRISHNAMURTI: But that is not my concern, Sir, if we say that it leads to such deception. No, no.

Needleman: Then let me ask you this. We know that without hard work the body may get ill, and this hard work is what we call effort. Is there another effort for what we might call the spirit? You speak against effort, but does not the growth and well-being of all sides of man demand something like hard work of one sort or another?

KRISHNAMURTI: I wonder what you mean by hard work? Physical hard work?

Needleman: That is what we usually mean by hard work. Or going against desires.

KRISHNAMURTI: You see, there we are! Our conditioning, our culture, is built around this "going against". Erecting a wall of resistance. So when we say "hard work", what do we mean? Laziness? Why have I to make an effort about anything? Why?

Needleman: Because I wish for something.

KRISHNAMURTI: No. Why is there this cult of effort? Why have I to make effort to reach God, enlightenment, truth?

Needleman: There are many possible answers, but I can only answer for myself.

KRISHNAMURTI: It may be just there, only I don't know how to look.

Needleman: But then there must be an obstacle.

KRISHNAMURTI: How to look! It may be just round the corner, under the flower, it may be anywhere. So first I have to learn to look, not make an effort to look. I must find out what it means to look.

Needleman: Yes, but don't you admit that there may be a resistance to that looking?

KRISHNAMURTI: Then don't bother to look! If somebody comes along and says, "I don't want to look", how are you going to force him to look?

Needleman: No. I am speaking about myself now. I want to look.

KRISHNAMURTI: If you want to look, what do you mean by looking? You must find out what it means to look before you make an effort to look. Right, Sir?

Needleman: That would be, to me, an effort.

Krishnamurti: No.

Needleman: To do it in that delicate, subtle way. I wish to look, but I don't wish to find out what it means to look. I agree this is much more to me the basic thing. But this wish to do it quickly, to get it over, is this not resistance?

KRISHNAMURTI: Quick medicine to get it over.

Needleman: Is there something in me that I have to study, that resists this subtle, much more delicate thing you are speaking about? Is this not work, what you are saying? Isn't it work to ask the question so quietly, so subtly? It seems to me it is work to *not* listen to that part that wants to do it . . .

Krishnamurti: Quickly.

Needleman: For us particularly in the West, or maybe for all men.

KRISHNAMURTI: I am afraid it is all over the world the same. "Tell me how to get there quickly."

Needleman: And yet you say it is in a moment.

KRISHNAMURTI: It is, obviously.

Needleman: Yes, I understand.

KRISHNAMURTI: Sir, what is effort? To get out of bed in the morning, when you don't want to get up, is an effort. What brings on that laziness? Lack of sleep, over-eating, overindulging and all the rest of it; and next morning you say, "Oh, what a bore, I have to get up!" Now wait a minute, Sir, follow it. What is laziness? Is it physical laziness, or is thought itself lazy?

Needleman: That I don't understand. I need another word. "Thought is lazy?" I find that thought is always the same.

KRISHNAMURTI: No Sir. I am lazy, I don't want to get up and so I force myself to get up. In that is so-called effort.

Needleman: Yes.

KRISHNAMURTI: I want that, but I shouldn't have it, I resist it. The resistance is effort. I get angry and I mustn't be angry: resistance, effort. What has made me lazy?

Needleman: The thought that I ought to be getting up.

KRISHNAMURTI: That's it.

Needleman: All right.

KRISHNAMURTI: So I really have to go into this whole question of thought. Not make out that the body is lazy, force the body out of bed, because the body has its own intelligence, it knows when it is tired and should rest. This morning I was tired; I had prepared the mat and everything to do yoga exercises and the body said "No, sorry". And I said, "All right". That is not laziness. The body said, "Leave me alone because you talked yesterday, you saw many people, you are tired." Thought then says, "You must get up and do the exercises because it is good for you, you have done it every day, it has become a habit, don't relax, you will get lazy, keep at it." Which means: thought is making me lazy, not the body is making me lazy.

Needleman: I understand that. So there is an effort with regard to thought.

KRISHNAMURTI: So no effort! Why is thought so mechanical? And is all thought mechanical?

Needleman: Yes, all right, one puts that question.

Krishnamurti: Isn't it?

Needleman: I can't say that I have verified that.