



Distraction From What Is, by Krishnamurti

Effort is distraction from what is. We must understand the problem of striving. If we can understand the significance of effort, then we can translate it into action in our daily life. Does not effort mean a struggle to change what is into what it is not, or what it should be, or what it should become? We are constantly escaping from what is, to transform or modify it. He who is truly content is he who understands what is, who gives the right significance to what is . True contentment lies not in few or many possessions, but in understanding the whole significance of what is. Only in passive awareness is the meaning of what is understood. I am not, at the moment, talking of the physical struggle with the earth, with construction or a technical problem, but of psychological striving. The psychological struggles and problems always overshadow the physiological. You may build a careful social structure, but as long as the psychological darkness and strife are not understood, they invariably overturn the carefully built structure. -- J. Krishnamurti, <http://www.kfa.org>

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