



## Not Minding What Happens, by Eckhart Tolle

J. Krishnamurti, the great Indian philosopher and spiritual teacher, spoke and traveled almost continuously all over the world for more than fifty years attempting to convey through words - which are content - that which is beyond words, beyond content. At one of his talks in the later part of his life, he surprised his audience by saying, "Do you want to know my secret?" Everyone became very alert. Many people in the audience had been coming to listen to him for twenty or thirty years and still failed to grasp the essence of his teaching. Finally, after all these years, the master would give them the key to understanding. "This is my secret," he said. "I don't mind what happens."

He did not elaborate, and so I suspect most of his audience were even more perplexed than before. The implications of this simple statement, however, are profound.Â

When I don't mind what happens, what does that imply? It implies that internally I am in alignment with what happens. "What happens," of course, refers to the suchness of this moment, which always already is as it is. It refers to content, the form that this moment - the only moment there ever is - takes. To be in alignment with \_what is\_ means to be in a relationship of inner nonresistance with what happens. It means not to label it mentally as good or bad, but to let it be. Does this mean you can no longer take action to bring about change in your life? On the contrary. When the basis for your actions is inner alignment with the present moment, your actions become empowered by the intelligence of Life itself.