A Journey Together, by Krishnamurti

If we could take a journey, make a pilgrimage together, without any intent or purpose, without seeking anything, perhaps on returning we might find that our hearts had unknowingly been changed. I think it worth trying. Any intent or purpose, any motive or goal, implies effort -- a conscious or unconscious endeavor to arrive, to achieve. I would like to suggest that we take a journey together in which none of these elements exist. If we can take such a journey, and if we are alert enough to observe what lies along the way, perhaps when we return, as all pilgrims must, we shall find that there has been a change of heart; and I think this would be much more significant than inundating the mind with ideas, because ideas do not fundamentally change human beings at all. Beliefs, ideas, influences may cause the mind superficially to adjust itself to a pattern; but, if we can take the journey together without any purpose and simply observe as we go along the extraordinary width and depth and beauty of life, then out of this observation may come a love that is not merely social, environmental, a love in which there is not the giver and the taker, but which is a state of being, free of all demand. This journey I am proposing that we take together, is not to the moon, or even to the stars. The distance to the stars is much less than the distance within ourselves. The discovery of ourselves is endless, and it requires constant inquiry, a perception which is total, an awareness in which there is no choice. This journey is really an opening of the door to the individual in relationship with the world. So, the understanding of ourselves is not to the end of individual salvation, it is not the means of attaining a private heaven, an ivory tower into which to retire with our own illusions, beliefs, gods. On the contrary, if we are able to understand ourselves, we shall be at peace, and then we shall know how to live rightly. --J. Krishnamurti