



A Path to Truth, by J. Krishnamurti

When you speak of a path to truth, it implies that truth, this living reality, is not in the present, but somewhere in the distance, somewhere in the future. Now to me, truth is fulfillment, and to fulfillment there can be no path. So it seems, to me at least, that the first illusion in which you are caught is this desire for assurance, this desire for certainty, this inquiry after a path, a way, a mode of living whereby you can attain the desired goal, which is truth. Your conviction that truth exists only in the distant future implies imitation. When you inquire what truth is, you are really asking to be told the path which leads to truth. Then you want to know which system to follow, which mode, which discipline, to help you on the way to truth. But to me there is no path to truth; truth is not to be understood through any system, through any path. A path implies a goal, a static end, and therefore a conditioning of the mind and the heart by that end, which necessarily demands discipline, control, acquisitiveness. This discipline, this control, becomes a burden; it robs you of freedom and conditions your action in daily life. Inquiry after truth implies a goal, a static end, which you are seeking. And that you are seeking a goal shows that your mind is searching for assurance, certainty. To attain this certainty, mind desires a path, a system, a method which it can follow, and this assurance you think to find by conditioning mind and heart through self-discipline, self-control, suppression. But truth is a reality that cannot be understood by following any path. Truth is not a conditioning, a shaping of the mind and heart, but a constant fulfillment, a fulfillment in action. That you inquire after truth implies that you believe in a path to truth, and this is the first illusion in which you are caught. --J. Krishnamurti