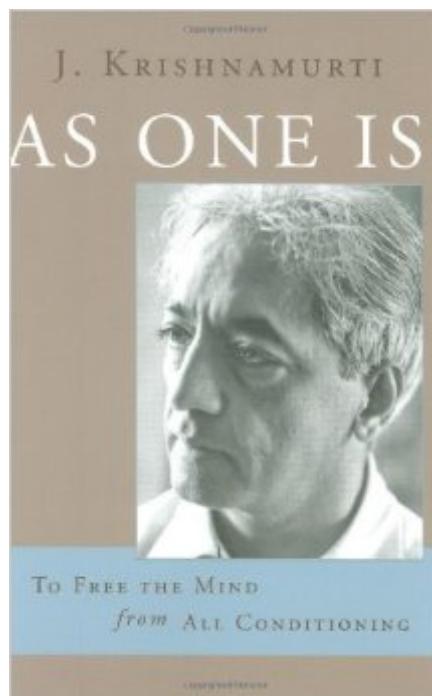


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# As One Is: To Free The Mind From All Conditioning



## **Synopsis**

Contains a series of 8 lectures, given in Ojai, California in 1955 by Krishnamurti. This volume addresses issues such as: the nature of violence; the problem of change; the conditioning of the mind; how to achieve peace; the nature of worship and spiritual practice; and how to really listen.

## **Book Information**

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## **Customer Reviews**

In this series of 8 talks, Krishnamurti lays out his view of the human condition in stark terms. He claims we are all basically lonely and inwardly empty. Because we find this state painful, we run away from it, and the running away from it creates fear. This fear then drives us towards various escapes, to adopt society's patterns of self-improvement, accumulation, competition, envy, domination, etc., resulting in the conditioning of ourselves and creating the subtle and not-so-subtle patterns of violence we see in society. But he claims there is another way. If we constantly see ourselves as we are, this frees us from our conditioning. Freed from our habitual ways of looking at them, loneliness and emptiness become what he calls "aloneness," freedom from collective patterns of conditioning, and this leads to the real, the timeless. By conditioning he means reacting to stimuli with memory, habitual social and individual patterns of thought, rather than seeing things as they are and seeing oneself as one is. Without such a revolution in one's thinking, one continues to operate in the field of one's conditioning. If a petty mind seeks God, the God it finds is likely to be petty. He points out that society does not encourage us to look at ourselves the way we are. Instead, we are encouraged to compare ourselves to others, to standards or ideals, and to be constantly striving to improve ourselves accordingly. This self-improvement leads to continuation of the self in

modified form. Krishnamurti sees the self as a result of the conditioning influences of society and describes this self-improvement process as "progress in sorrow.

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