

Krishnamurti's 'Choiceless Awareness'

Problems will always exist where the activities of the self are dominant. To be aware of which are and which are not the activities of the self needs constant vigilance. This vigilance is not disciplined attention, but an extensive awareness which is choiceless. Disciplined attention gives strength to the self; it becomes a substitute and a dependence. Awareness, on the other hand, is not self-induced, nor is it the outcome of practice; it is understanding the whole content of the problem, the hidden as well as the superficial. The surface must be understood for the hidden to show itself; the hidden cannot be exposed if the surface mind is not quiet. This whole process is not verbal, nor is it a matter of mere experience. Verbalization indicates dullness of mind; and experience, being cumulative, makes for repetitiousness. Awareness is not a matter of determination, for purposive direction is resistance, which tends towards exclusiveness. Awareness is the silent and choiceless observation of what is; in this awareness the problem unrolls itself, and thus it is fully and completely understood. A problem is never solved on its own level; being complex, it must be understood in its total process. To try to solve a problem on only one level, physical or psychological, leads to further conflict and confusion. For the resolution of a problem, there must be this awareness, this passive alertness which reveals its total process. – *Krishnamurti 'Commentaries on Living' Chapter 41*

'Choiceless Awareness' ~ Interpretation

- When we closely identify with our problems, we always struggle with them.
- The SELF takes over.
- We make the problems worse, when we don't notice the SELF taking over.
- The SELF is the 'I, ME, MINE' call of the mind.
- We need to be aware and constantly on the lookout for the SELF in everything we do.
- We can't achieve this awareness of SELF through practice.
- We can't effectively control or distract ourselves away from our problems.
- This only strengthens the SELF and makes the problems worse.
- Instead, we need to pay attention to everything the mind presents to us ~ good or bad.
- Without choosing what or what not to pay attention to.
- In this way, without trying to fix, change or do anything about our problems at all, we can notice and look deeply into them.
- This helps us over time, to see the whole of the problem ~ the problem just as it really is, and also what the SELF/Mind is telling us about it and adding.
- Not by debating and trying to explain everything to ourselves in words.
- Or by trial and error ~ doing things differently ~ and trying to learn new habits.
- We can't become aware by *trying* to be aware.
- By doing that we just edit-out the things we want and don't want to pay attention to.
- We need to pay attention and be aware of *everything*, to know the reality of 'What Is'.
- In that way, based on the thoughts, feelings and sensations of mind that we can notice, observe and witness, understanding of the entire complexity of the problem unfolds.
- Then, sooner or later, by sitting with it, silently allowing it to be and directly experiencing and noticing everything about it, the problem eventually resolves itself on every level.