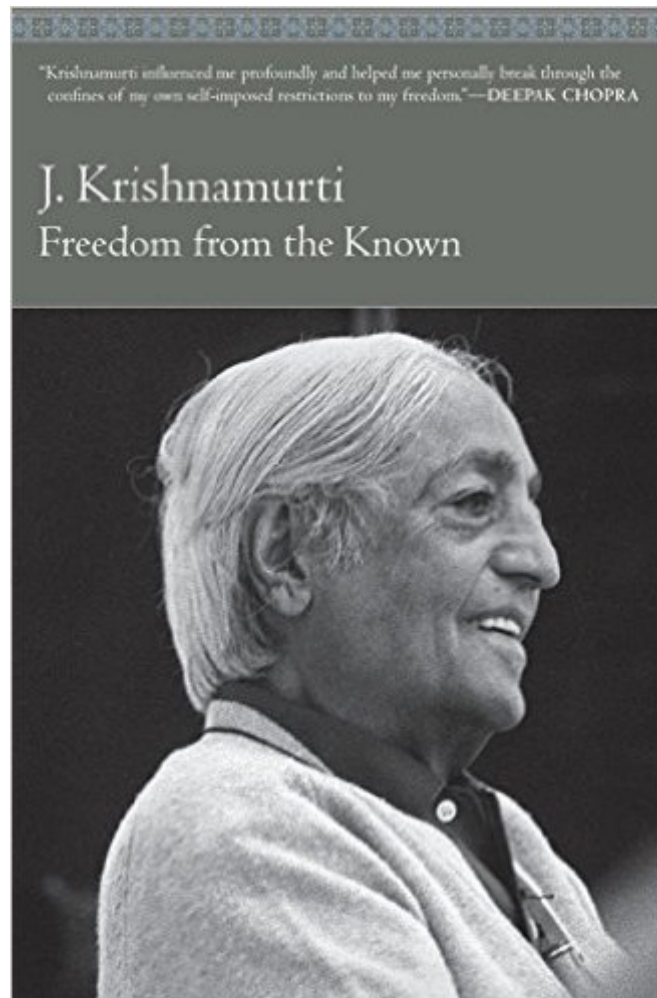


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# Freedom From The Known



## Synopsis

Krishnamurti shows how people can free themselves radically and immediately from the tyranny of the expected, no matter what their age-opening the door to transforming society and their relationships.

## Book Information

Paperback: 124 pages

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (137 customer reviews)

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## Customer Reviews

I have read several Krishnamurti books, all of them great. After reading them I lend them out and usually don't get them back. But that's good because those people will probably lend them to other people, and so on. One need only read a single Krishnamurti book because they all contain the same themes, most important of which is the idea that "truth is a pathless land." He states that if one wants peace in the world, TRULY wants peace, he/she must abandon the following: organized religion, nationalism, sociological ideology (capitalism, communism, socialism, etc.), leaders, teachers, the past, and more. That doesn't sound possible, does it? As well, he claims that true meditation is not sitting in the lotus position and pushing away thoughts or chanting mantras. Rather, true meditation is "choiceless awareness," meaning simply observing life without judgment. Don't ever judge at all? That doesn't sound possible either, does it? He says that love is all important, and we must learn to be more sensitive and compassionate. Often, he talks about sitting and looking at a beautiful sunset, or a tree, or a bird in flight. These are simple things that are full of meaning if we just take the time to admire them. They are so beautiful that just for a moment you forget about yourself, and your "self" is the cause of all your suffering. Though he rejects all organized religion, it just so happens that his remarks are quite similar to what a Buddhist would

say. He's big on compassion, "meditation," and living in the present. But what is refreshing about Krishnamurti is his bluntness. He doesn't hesitate to call all religions "stupid" or "foolish" because they separate people, and that separation causes conflict.

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