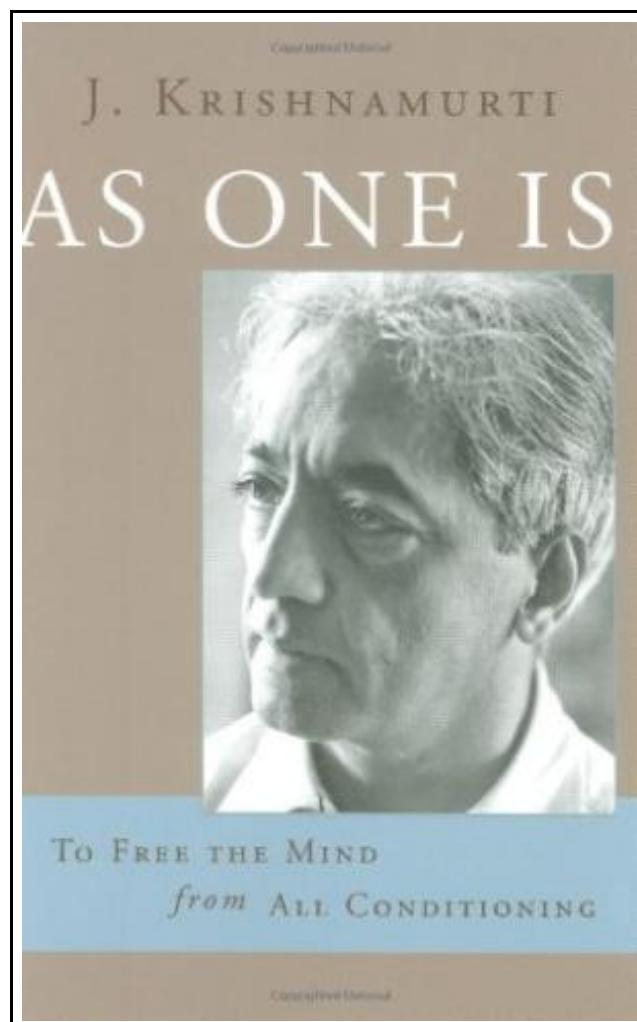


## As One is: To Free the Mind from All Conditioning



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Hohm Press,U.S. Paperback. Book Condition: new. BRAND NEW, As One is: To Free the Mind from All Conditioning, J. Krishnamurti, This title contains a series of 8 lectures, given in Ojai, California in 1955, from one of the 20th century's greatest philosophers and teachers. Krishnamurti confronts the typical grasping and confused mind which lies at the root of all violence and suffering. Though offered over fifty years ago, the ideas in these talks are fresh, relevant and offer an enduring message for today as Krishnamurti discusses a world in which booming productivity and scientific advancement should promise a happy future, but don't. He points also to the ongoing escalation of war, competition, envy and territoriality despite gains in education, religious ecumenism and the technologies of self-improvement. He asks his listeners to consider that all apparent progress is simply another illusion. In their brilliantly clear essays, his focus is singular, with no glib answers to eternal questions. To read this book is to venture into the unexplored assumptions that govern our lives. The workings of the mind are so simple and obvious in J Krishnamurti's explanations, yet so enormously challenging to confront. Like other classic texts, such as religious scriptures, the words ring true. The issues addressed include: 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.

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