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YOUR RETREAT

J. Krishnamurti, *Excerpt from The Collected Works of J. Krishnamurti, Vol. 6*

Have a complete break with the past and see what happens.

"Don't you also want to go away sometimes to be quiet and take stock of things and not merely become a repetitive machine, a talker, explainer, and expounder? Don't you want to do that sometime, don't you want to be quiet, don't you want to know more of yourself? Some of you wish to do it, but economically you cannot. Some of you might want to do, but family responsibilities and so on crowd in your way. All the same, it is good to retreat to be quiet and to take stock of everything that you have done. When you do that, you acquire experiences that are not recognized, not translated.

Therefore, my retreat has no significance to you. I am sorry. But your retreat, if you follow it rightly, will have significance to you. And I think it is essential sometimes to go to retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely, and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let in fresh air into your minds. Wouldn't you? That means you must be insecure, must you not? If you can do so, you would be open to the mysteries of nature and to things that are whispering about us, which you would not otherwise reach; you would reach the God that is waiting to come, the truth that cannot be invited but comes itself. But we are not open to love, and other finer processes that are taking place within us, because we are all too enclosed by our own ambitions, by our own achievements, by our own desires. Surely it is good to retreat from all that, is it not? Stop being a member of some society. Stop being a Brahmin, a Hindu, a Christian, a Mussulman.

Stop your worship, rituals, take a complete retreat from all those, and see what happens.

In a retreat, do not plunge into something else, do not take some book and be absorbed in new knowledge and new acquisition. Have a complete break with the past and see what happens. Do it, and you will see delight. You will see vast expanses of love, understanding, and freedom. When your heart is open, then reality can come. Then the whisperings of your own prejudices, your own noises, are not heard. That is why it is good to take a retreat, to go away, and to stop the routine—not only the routine of outward existence but the routine that the mind establishes for its own safety and convenience.

Try it, those who have the opportunity. Then perhaps you will know what is beyond recognition, what truth is which is not measured. Then you will find that God is not a thing to be experienced, to be recognized; but that God is something which

comes to you without your invitation. But, that is only when your mind and your heart are absolutely still, not seeking, not probing, and when you have no ambitions to acquire. God can be found only when the mind is no longer seeking advancement. If we take a retreat from all that, then perhaps the whisperings of desire will cease to be heard, and the thing that is waiting will come directly and surely.