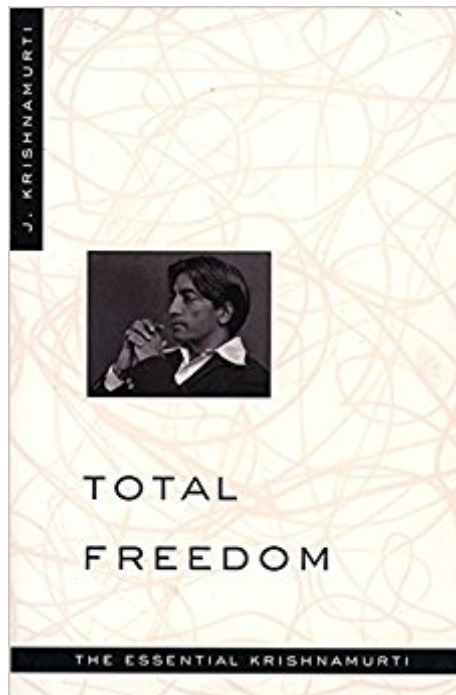




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# **Total Freedom: The Essential Krishnamurti**



## Synopsis

Counted among his admirers are Jonas Salk, Aldous Huxley, David Hockney, and Van Morrison, along with countless other philosophers, artist, writers and students of the spiritual path. Now the trustees of Krishnamurti's work have gathered his very best and most illuminating writings and talks to present in one volume the truly essential ideas of this great spiritual thinker. Total Freedom includes selections from Krishnamurti's early works, his Commentaries on Living, and his discourses on life, the self, meditation, sex and love. These writings reveal Krishnamurti's core teachings in their full eloquence and power: the nature of personal freedom; the mysteries of life and death; and the pathless land, the personal search for truth and peace. Warning readers away from blind obedience to creeds or teachers including himself, Krishnamurti celebrated the individual quest for truth, and thus became one of the most influential guides for independent-minded seekers of the twentieth century and beyond.

## Book Information

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## Customer Reviews

"[Krishnamurti's] language is naked, revelatory and inspiring. It pierces the clouds of philosophy which confound our thought and restores the springs of action.... He initiated no new faith or dogma, questioned everything, cultivated doubt and perseverance, freed himself of illusion and enchantment of pride, vanity, and every subtle form of dominion over others. . . . I know of no other living man whose thought is more inspiring." -- "Henry Miller" "In my own life Krishnamurti influenced me profoundly and helped me personally break through the confines of my own self-imposed

restrictions to my freedom." -- "Deepak Chopra, M.D."

Described by the Dalai Lama as one of the greatest thinkers of the age, J. Krishnamurti has influenced millions throughout the 20th century, and his thoughts continue to resonate even a decade after his death. His words have influenced such notables as Dr. Jonas Salk, Aldous Huxley, Joseph Campbell, Van Morrison, Bruce Lee and countless other students of the spiritual path, ranging from scientists to philosophers to artists of all kinds. Practical, profound and timeless, Krishnamurti's ideas -- rejecting the prejudices of traditional learning, celebrating personal, spiritual freedom, and the individual's search for Truth -- are inspiring now more than ever. Collected in this comprehensive volume are the most illuminating and essential of his writings and talks: words that are of vital relevance to today's spiritual environment, and catalytic in guiding us toward a deeper understanding of ourselves, our place in the universe, and the mysteries of the human condition. Total Freedom is both an introduction to Krishnamurti and an essential, extensive collection. It includes selections from his early work to his later, Krishnamurti to Himself: His Last Journal, and his valuable insight into the nature of the self, meditation, sex, love, and the mysteries of life and death. Revealing his core teachings in all their eloquence and power, these writings incite us to recognize that Truth is a pathless land, to accept no spiritual authority -- not even himself -- and to think critically, that we may free our minds and see clearly on our own personal journey. As revolutionary now as ever, Krishnamurti remains, for independent minds, one of the most influential guides in the quest for spiritual understanding and enrichment. "[Krishnamurti's] language is naked, revelatory and inspiring. It pierces the clouds of philosophy which confound our thought and restores the springs of action... He initiated no new faith or dogma, questioned everything, cultivated doubt and perseverance, freed himself of illusion and enchantment of pride, vanity, and every subtle form of dominion over others... I know of no other living man whose thought is more inspiring." --Henry Miller "In my own life Krishnamurti influenced me profoundly and helped me personally break through the confines of my own self-imposed restrictions to my freedom." --Deepak Chopra, M.D.

Brilliant! Hard to describe this book as it is deep and ponderous and will turn your awareness of what you think "is" completely upside down. I love the musings of Krishnamurti and the glimpses into the world that he was seeing and how he describes it in such graceful ways. He was a spacious mind, or so it seems, and did not have the clutter of "foolish things" most of us fill our minds with. So refreshing to read these words from such spaciousness!

A must read for anyone serious about understanding the world and how it is perceived by our mind.

The best book I've ever read it's a true treasure.

I am an avid fan of Krishnamurti's work. So 5 stars from me is no surprise. His work makes me stop and think - something I need more of in this hectic world of ours. Thus, I read it in small, savory bites.

As a long term meditator this book connects more and more and more as the years go by. I am informed my review requires 2 more words - this book is about going beyond words.

It is the best book which explains super conductivity of brain duly developing choice less awareness. When mind is able to identify false and refuse to respond, there will be total energy available to do creative work. Great work of Shri J Krishnamurti Ji. All regards to him for the eternal path.

It's taken me a long time to get through this book but it's been excellent to have on my phone and be able to read sections from time to time. Bears re-reading as it contains wonderfully thought-provoking ideas on how we view the world.

I started reading this book from my local library and immediately ordered my own copy.

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