



This Light in Oneself: True Meditation

J. Krishnamurti

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These selections present the core of Krishnamurti's teaching on meditation, taken from discussions with small groups, as well as from public talks to large audiences. His main theme is the essential need to look inward, to know ourselves, in order really to understand our own—and the world's—conflicts. We are the world, says Krishnamurti, and it is our individual chaos that creates social disorder. He offers timeless insights into the source of true freedom and wisdom.

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