

## Message 442

Paris, 4 April, 2022

### The Truth

"Buddhist Monk Rahula demanded to know the Truth straightaway – no Bla Bla please!  
J. Krishnamurti responded: " It is compassion without any illusion whatsoever, in it. " "

Here, J. Krishnamurti's statement means that compassion is the Truth of Life and that is understood only by staying sensitive to the illusory nature of "I".

Rahul Sankrityayan, father of Indian travelogue was converted into Buddhism and he is known as Buddhist Monk Rahula in the western world.

To understand the above talk between Buddhist Monk Rahula and J. Krishnamurti in totality, we must know what compassion is and what illusion is.

Compassion is actually, a state of innocence, of benevolence to all life, no violence in thoughts, words and deeds.

That compassion, the state of no bondage, no expectation, no attachment, no suspicion etc. happens only when there is no One or no "I" to bind or expect. It is a state of absolute Freedom. This is the state of No-mind, No-"I", Divinity, Love and Light. And this is the Truth, the Truth of Life whereas "I", made of fear, greed, attachment, envy etc. is illusion.

In that meditative state of real compassion or the infinite Joy, movement of thought is in the dimension of being of "what is" and One is free from the becoming of "what should be". This is the only Yoga.

The most scientific way to understand the illusory nature of "I" and then to know the compassion, the Truth of Life is Swadhyaya, Tapa and Ishwar Pranidhan of Kriya Yoga as propounded by Sage Patanjali. Here, the process for understanding of illusory nature of "I" is called Swadhyaya whereas Sage Veda Vyasa in Bhagavad Gita refers to the same process as Adhyatma.

Adhyaatmajyanaananyatvam

Tattvajyanaanarthadarshanam.

अध्यात्मज्ञाननित्यत्वं तत्त्वज्ञानार्थदर्शनम्। 13:11

That is, for realization of the Truth, knowing from moment to moment the illusory nature of "I" is must.

Actually, Swadhyaya and Adhyatma, both are Sanskrit words and their root is "Dhyai" (ध्या) which means to meditate. Etymological meaning of both the words are same i.e. meditation on the self (Swa or Aatma) without the meditator ("I"). Thus, Swadhyaya or Adhyaatma must happen for realisation of Love, Compassion, the Truth of Life.

**Jai J. Krishnamurti**