

Untitled True Story About M the Seeker and His Experience of Listening to Talks by Jiddu Krishnamurti

M the seeker attended J. Krishnamurti's series of talks and question and answer sessions in Ojai California in two different years.

Each series of talks, etc. lasted two weeks.

Talks were on the weekends and question and answer sessions were on the weekdays.

More than one thousand people would attend each talk.

People arrived very early to get a good seat.

M arrived earlier to be the first or second in line and always sat front row center.

M was very quiet.

However the crowd would be chattering away the whole time from when they arrived until Krishnamurti arrived.

A thousand people chattering away is very loud.

When people saw Krishnamurti's Mercedes arrive the word spread quickly that he had arrived and the crowd stopped chattering.

From the great thunder of more than 1000 people chattering to everyone being quiet.

When Krishnamurti's talk had ended Krishnamurti would ask everyone to get up and everyone except for one person in the crowd would get up and leave.

The crowd would chatter again as they were leaving.

The one person who did not get up and leave was M the seeker.

M the seeker stayed with his eyes shut for the purpose of reflecting on what Krishnamurti had just said.

When M the seeker was attending the talk without having brought anyone with him he would always stay there for a very long time after the crowd had left, sometimes for more than one hour.

Years earlier M had listened to a recording of Krishnamurti saying to a crowd: "Have you listened? No you have not listened because if you had listened you would have left here with ecstatic mind."

M remembered that and took that to heart and put that into practice by often staying for a long time after Krishnamurti's talk had ended to reflect on what Krishnamurti had just said.

What does "reflecting" mean?

The first point to be understood is during and after the Talk do not go on to some other thinking, some other subject.

Do not get lost in something else.

That means to stay with what Krishnamurti just said in the Talk he just gave.

So after the Talk is over keep asking yourself "what did K just say?"

From the second the Talk is over continue keeping your mind on the Talk that K

just gave.

The mind may wander unto something else for a few seconds and if it does that is OK; just bring it right back to the question what did K just say in the Talk he just gave?"

Every time the mind wanders for a few seconds unto something else bring it back to the question "What did K just say in his Talk?"

That is the first point and the primary point.

Even if you don't reflect, keep bringing the mind back to that same question "What did K just say in his Talk?"

Bring what he just said back to mind.

That means you are keeping your mind on it and not letting it go elsewhere.

So for maybe 30 minutes or one hour after the Talk has ended you are still keeping your mind on the question "What did K just say in his Talk?"

Be very careful about what thought does at that point because thought may invent an interpretation of what K just said that is not what K just said.

The crowd follows certain patterns. In the case of J. K.'s talks, etc. they used every second before K showed up to chatter and as soon as K was finished talking they immediately began to chatter.

If you think they were chattering about what K just said, then you don't know much about humans.

They were chattering about nonsense.

"What are we going to have for Lunch?"

K has just given an invitation to leave with ecstatic mind and the humans are thinking and chattering about: "What are we going to have for Lunch?"

They all got up and left instead of staying and reflecting upon what K had said.

Thoughts, beliefs, ideas, concepts, opinions, etc. are also like a crowd that follows patterns.

The fact that someone did not go on to other thoughts and thus get lost in other thoughts and subjects, like that entire crowd did, is a great first step.

Just being willing to give up an extra 30 or 60 minutes for the purpose of staying focused on what was just said is a great first step.

If thought tries to add some interpretation ask yourself: "Was this really what K just said in his Talk or is this some interpretation of what K just said?"

There may be hundreds of different thoughts that the crowd went unto next.

What all those different thoughts on different subjects had in common is that they had nothing to do with what K said.

One of the keys to the lessons of the Krishnamurti story was that Krishnamurti once said to a crowd:

"Have you really listened?"

No you have not listened,
because if you had really listened
you would have left here with ecstatic mind.”

Whatever the various different reasons people chose not to stay and reflect on what K had said immediately after the Talk had ended, while the Talk was still fresh in memory, they were missing an opportunity to leave with Ecstatic Mind.

Whatever thoughts people went on to immediately after the Talk had ended, none of those thoughts were more important than leaving with ecstatic mind.

If you ever have an opportunity to leave with ecstatic mind, forget about "What are we going to have for lunch" or any other of the hundreds of thoughts that will leave you unchanged.

Instead, after a Sage is finished speaking ask yourself what did the Sage just say?