



Book of Life, The: Daily Meditations with Krishnamurti

Jiddu Krishnamurti

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365 Daily Meditations on Freedom, Personal Transformation, Living Fully, and Much More, from the Man the Dalai Lama Described as "One of the Greatest Thinkers of the Age"

Book of Life, The: Daily Meditations with Krishnamurti Details

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Mug Dha says

This - i wouldn't call it a book- these teachings have shown me the way when i asked for directions, have miraculously opened up just the right page to answer that particular nagging question, have helped me feel like somebody knows what i am thinking. This is magic.

Jesús Sard says

Krishna reborn talking is mort in the Book of Lif?

Chris says

I have been using this book for a year now and it challenges the conditioned mind afresh each day. Recommended. If you want it free on- line (which I do anyway) get it in a daily email form from JKOnline RSS

Kimberly says

Made it through at least once, then passed it on to a friend.

Emmanuelle says

I am completely amazed by this book. To wrap up, the book is an invitation to know and listen to ourselves in order to find equilibrium in life in general. The more I read, the more I realized how socially constructed our lives are. We do things without thinking if they really fit us, sometimes the society requires them to be done in a certain way... I totally recommend it..

Ree says

kata temen saya, penulis kaya gini mah udah kaya dewa, apapun yang diomongin dan ditulis emang bagus karena hidupnya sudah banyak makan garam, tapi kita sebagai orang awam, ya ngerti apa maksudnya tapi gak bisa lantas sok melakukan apa yang disebutnya. Seperti kalo kata orangtua kita menasehati, "jangan malam-malam ya pulangny nanti sakit", kita anak muda gak langsung gak pulang malam, kudu maen dulu sampe kerasa badan udah gak enak karena sakit, barulah kita mengerti apa maksud orangtua kita itu. HEHEHE...Namanya juga buku, ya dibaca dan dimengerti aja...

Valentina Petricciuolo says

Questo non è un libro che si può leggere una volta e poi lasciarlo "invecchiare" sullo scaffale. NO. e' davvero un compagno di vita quotidiano, da tenere sempre con se ovunque si vada. Io mi ripropongo di rileggerlo ancora più e più volte...e non ne avrò mai abbastanza!

Efi says

A couple of pages a day, enrich your life and enlighten your life journey.
To be read and to be re-savored.
For an intermediate stage (at least) in the spriritual quest.

Gigo says

You really need above-the average mental abilities to understand the full depth of this book, unfortunately at this point of time I have to occasionally skip some parts because I can't follow it. J was colossal thinker (or maybe Im so mediocre?)

Gokul Menon says

Relationship based on mutual need brings only conflict. However interdependent we are on each other, we are using each other for a purpose, for an end. With an end in view, relationship is not. You may use me and I may use you. In this usage, we lose contact. A society based on mutual usage is the foundation of violence. When we use another, we have only the picture of the end to be gained. The end, the gain, prevents relationship, communion. In the usage of another, however gratifying and comforting it may be, there is always fear. To avoid this fear, we must possess. From this possession there arises envy, suspicion, and constant conflict. Such a relationship can never bring about happiness. A society whose structure is based on mere need, whether physiological or psychological, must breed conflict, confusion, and misery. Society is the projection of yourself in relation with another, in which the need and the use are predominant. When you use another for your need, physically or psychologically, in actuality there is no relationship at all; you really have no contact with the other, no communion with the other. How can you have communion with the other when the other is used as a piece of furniture, for your convenience and comfort? So, it is essential to understand the significance of relationship in daily life.

Widyarini says

It's not easy to understand him, for he is from another world.
But to digest and to live up what he said is tremendous bless, if we could only listen.

He is a great and true observer, with wonderful sensitivity and intelligence. I am grateful to him.

Andrei Mallas says

I read that book over and over again for over 2 years; now its in the hands of a good friend.

David Roberts says

A great daily reading book if you don't mind having to go back and re-read phrases, sentences, and paragraphs to be sure that you understand what the author is saying. One of my friends called him 'inscrutable," and I think this is an apt description. I'm pretty sure that I understood at least 80% of what he had to say in this compilation of quotes. Most of the other 20% are likely ideas that can't penetrate my current world-view shell.

This is one of the few daily reading books that I will likely go back to and read again in some future year. The quotes are very well selected.

Stephanie says

A mind that is dependent can never be free. Pg37

If you destroy desire, you destroy life itself. Pg 52

..Happiness is not a thing to be pursued; it comes. But if you seek it, it will evade you. Pg 96

That which confirms can never flower in goodness. Pg 169

Aloneness..is not isolation. To be completely alone implies that the mind is free of every kind of influence and is therefore uncontaminated by society.." Pg 170

I'm talking about aloneness in which the mind is totally free from the past, and only such a mind is virtuous, for only this aloneness is there innocence. Pg 171

Belief is a form of self-protection, and only a petty mind can believe in God. Pg 178

The mind is a product of the past, it is the result of yesterday, and can such a mind be open to the unknown?

Only when the mind is wholly silent, completely inactive, not projecting, when it is not seeking and is utterly still - only then that which eternal and timeless comes into being. Pg. 179

Enlightening!

Deepak Dhawan says

Helps me keep my sanity in this circus.
