

THE FIRST  
AND  
LAST FREEDOM

J. Krishnamurti

Rs. 60/-

THE FIRST AND LAST FREEDOM

R. Rajendra Buzin *puṅkattai*

THE FIRST AND LAST  
FREEDOM

by

J. KRISHNAMURTI

*with a foreword by*

ALDOUS HUXLEY

KRISHNAMURTI FOUNDATION INDIA

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*The First And Last Freedom* was the first considerable book to have been published in response to demand from all over the world for a comprehensive book that would convey Krishnamurti's teaching through the medium of the written word.

The central fact of all Krishnamurti's teachings, as Aldous Huxley stresses in his preface, is that for each individual reader the central human problem can be solved in only one way—for and by himself; that it is through self-knowledge, and not through belief in someone else's symbols, that a man comes to the eternal reality, in which his being is grounded. What, then, is it that Krishnamurti offered? Not self-discipline, not prayer, not yoga. There is, Krishnamurti claimed, a transcendent spontaneity of life, a 'creative Reality' as he called it, which reveals itself as immanent only when the perceiver's mind is in a state of 'alert passivity', of 'choiceless awareness'.