

Anxiety and depression are conditions of the psychological person-ality, the ego-I mentality of the physical animal body-brain. When one becomes UNIDENTIFIED with the body and its own egocentric personality the real you becomes free of all negative and destructive conditions.

Anxiety, Depression and Loneliness are the conditions of the physical animal person-ality they are not part of the true inner self, the God self, the real and eternal you.

We are not physical beings. We are spiritual beings lost and confused by the physical experience.

Is the condition called "MANIC DEPRESSIVE PSYCHOSIS" the cyclical spiritual process of becoming unidentifed (happy, free) and then identified (with the physical and mental limitations) and then unidentification again???

Is what is called "MANIC DEPRESSIVE PSYCHOSIS" (non-genetic, functional) a positive spiritual process or a negative medical condition??

### Stress Chemistry and Enlightenment

We live under stress, in a subhuman culture whose populace is completely confused even in the most elemental levels of existence. We are all involved in an animal-like struggle for survival, without much intelligence even at the level of the verbal mind. Such a circumstance tends to stimulate a chemical profusion in the body that enables it to function and survive under stress, but that chemical design does not allow the higher psychic and subtle centers of the body-mind to awaken. On the contrary, this stress chemistry triggers the degenerative processes of aging as well as all other forms of bodily degeneration, and this same stress chemistry is generally empty of the profound genetic signals that can trigger the higher evolutionary functions of Man.

In response to the stress of the usual worldly life, practitioners of traditional mysticism and yoga found ways to evolve into the consciousness of the higher states of mind, particularly those awakened in the right hemisphere of the brain. These practitioners commonly went out into the wilderness and used esoteric "tricks," such as fasting, prayer, and techniques of brain-stimulating meditation, to encourage the body not only to stop producing the chemistry of stress, anger, sexual desire, and fear, but to start producing another and superior kind of chemistry. They were thus able to awaken certain aspects of the brain that will be naturally and commonly awake only in the future evolutionary stages of mankind.

Until we have created a human order that is fundamentally free of mutual threat, it will not be common for people to live in a truly awakened and peaceful state, not only of mind, but of body (or the total body-mind). The body-mind must receive the signals that the stressful world has been overcome, that we need not fear, that we presently have a peaceful human society, not a society full of bombs and benighted craziness. The evolutionary mechanism of the bodily being is programmed to awaken its next higher centers of function only when the chronic problems of its lower functional centers have been solved and when the being can live without chronically creating degenerative stress chemistry. You can perhaps make yourself more comfortable by becoming free of some of the anxiety of your ordinary daily life, but you cannot thus become so peaceful that the right hemisphere of the brain and the higher evolutionary mechanisms of the body-mind as a whole are stimulated. To enter into your higher human destiny, you must be altogether "cured" in your deep psychic heart.

Basically, the human race is yet functioning within the realm of the threatened existence of beings who are eaten by other beings. We stressfully and chronically continue to animate the urge to reproduce, because we feel that everybody is in danger of being eaten! We feel, bodily, that everyone is prey to someone else. In fact, we continually witness the drama of hunter and prey all over the world. Listen to the daily news! People are being killed all over the Earth every day - simply murdered in weird personal and social or political conflicts. Such a dreadful circumstance is a natural part of the unevolved and lower state of Man. Everybody asks, "Why are we doing this?" But no broad social and political agency has come up with any reason to stop doing it!

We could just as easily change our circumstances. Why don't we just change them then? It is because the animal still lives in our hormones, you see. Our bodily chemistry is yet stimulating us to live like the vital-elemental creature. Thus, we must have conflicts and opponents. We must eat and be devoured ourselves.

Certainly, we would like the quality of our existence to be different. But people in general are not yet moving toward anything significantly different. Thus, the would-be human world is yet a lower-adapted, subhuman world. Perhaps some people are more highly evolved - people who can live an apparently moral, ecstatic, or spiritually devoted life -but they are not common. Most people are fixed in their adaptation to living under stress, and they do not know enough to create human and spiritual sanctuary for themselves.

To create a human sanctuary for higher adaptation and the ultimate transcendence of Man is a true urge, even the primal human urge. We inherently desire a human and natural environment in which we can live without the chronic production of stress chemistry. We want to be cured at the heart of our mind and thereby transformed bodily. And we know, deeply, psychically, that we cannot realize that transformation until we can create a culture in which people can live without degenerative stress. Thus, sanctuary, or spiritual community, is the motive in Man that contains the genetic secret of the next stage in human evolution.

We do not live a life of love and peace and harmony, in which the basic requirements of ordinary physical and social life are mutually granted. Yet, such is the state of evolution or adaptation that mankind must enjoy in order to experience spiritual and bodily bliss both significantly and continuously. And it will not be natural or common for people in general to exist in such a condition, until the human world is profoundly changed in a very practical way.

This consideration of chronic stress, or confinement to lower adaptation, is not simply a negative criticism of the way we *tend* to live; it is also, unfortunately, a description of the way most of us *must* live at the present time. We must be stressful, politically and socially, to protect the world and our own lives and families and communities from the profoundly chaotic madness of this subhuman global society. We are all struggling. We all have our eyes on what happens in the daily world, in the news. Thus, we cannot exist in anything like a blissful condition all the time - and, truly, except in the case of profoundly creative spiritual practice, we cannot enjoy the higher bliss of Man even some of the time.

Because we believe that we are not easily surviving, that we are indeed under constant mortal threat, we die early. We think it is extraordinary to live to the age of seventy or eighty. Our expected life span is better than it was even a few decades ago, but, even so, our lifetime is not time at all. And we live under stress the whole time! Very little tends to be accomplished in such a span. Therefore, we are always dropping the body and having to begin again. We must find the ways to overcome the stresses of lower adaptation, to transform the chemistry of the body-mind literally, so that we can live our daily life without personal, social, cultural, and chemical stress. Such a life is not possible for a group of people until they manage to create sanctuary with one another - a mutually protected, stable, basically unthreatened way of life.

"We are threatened!" is the message of the news. It reminds us of our chronic situation. The theatre of the news is all about people who are threatening one another, either with terrible violence or with just plain social nastiness, exploiting one another to death. We constantly reinforce loveless society in our associations with one another. We teach each other and we pass on to our children all the techniques for living as a stressful personality. We believe bodily, stressfully, that our life cannot, even should not, be long, that it is not good to be alive in the body, that we are only supposed to go elsewhere. We have all these ideas that are Life-negative in bodily terms, but the ultimate way of Enlightenment is to become *Life-positive* in bodily terms, which is just the reverse of what we are tending to do. Human beings are living way down at the bottom of their evolutionary potential. Nevertheless, if we can personally, and with a few others, grasp the higher realities of the mechanisms in which we live, then we can practice a Way of life that stimulates and develops those higher factors. We must have sanctuary, a relatively protected world, in which to do that, because, if we are going to rise above the civilization of the daily news, we must live in a way that is superior to the way that people in general tend to live.

-Franklin Jones

KRISHNAMURTI

On Fear

How to get rid of fear, which influences all activities?

It is the mind (the mentality or mental process of the psychological Ego-I) that creates fear, the mind (lower mind, egoic) being the process of thinking. Thinking is verbalization. You cannot think without words, without symbols, images; these images, which are the prejudices, the previous knowledge, the apprehensions of the mind (lower mind, egoic), are projected upon the fact, and out of that there arises fear. There is freedom from fear only when the MIND (true mind, with intuition, the "witness" process of the true SELF or spiritual SELF) is capable of looking at the fact without translating it, without giving it a name, a label. This is quite difficult, because the feelings, the reactions, the anxieties that we have, are promptly identified by the mind (brain, bio-computer) and given a word. The feeling of jealousy is identified by that word. Is it possible not to identify a feeling, to look at that feeling without naming it? It is the naming of the feeling that gives it continuity, that gives it strength. The moment you give a name to that which you call fear, you strengthen it; but if you can look at that feeling without terming it, you will that it withers away. Therefore if one would be completely free of fear it is essential to understand this whole process of terming, of projecting symbols, images, giving names to facts. There can be freedom from fear only when there is SELF-knowledge. SELF-knowledge is the beginning of wisdom, which is the ending of fear. (edited)

Note: SELF-knowledge means the same as SELF-realization.