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U.G. Krishnamurti

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U.G. Krishnamurti : The Mystique of Enlightenment Conversations with U.G. Krishnamurti before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mystique of Enlightenment Conversations with U.G. Krishnamurti:

A no-nonsense book about that truth which many spiritual seekers are seeking, what gurus call "enlightenment," and what UG Krishnamurthi calls the "natural state." In this selection from his conversations, UG maintains that the so-called enlightenment is a purely biological phenomenon - that only when one is completely free of cultural conditioning, religious thinking, and intellect, can the body, with its own extraordinary intelligence, get free to be in the 'natural' state. This book is an invaluable roadside companion for all those on the path or thinking of setting out on it.

About the Author Uppaluri Gopala Krishnamurti (July 9, 1918 March 22, 2007), better known as U.G. Krishnamurti, or just U.G., was a man of Indian descent who, while claiming to have no message, generated a great deal of interest and was sought by many people for his views and life history. He rejected the very basis of thought and in doing so negated all systems of thought and knowledge. This assertion was experiential and not speculative. Several books were

written of his words by those who visited and associated with him, as well as video and audio records. "Tell them that there is nothing to understand.