

KANZ NEWS – January 2021

www.kanz.org.nz



Talking of Freedom

Do you know what a free mind is? Have you ever observed your own mind? It is not free, is it? It is extremely difficult for the mind to be free of fear because that implies being really free of the desire to imitate, to follow, free of the desire to amass wealth, or to conform to a tradition – which does not mean that you do something outrageous.

Life Ahead, Ch. 2

Many philosophers have written about freedom. We talk of freedom – freedom to do what we like, to have any job we like, freedom to choose a woman or a man, freedom to read any book, or freedom not to read at all. We are free, and what do we do with that freedom? We use that freedom to express ourselves, to do whatever we like. The Totalitarian States have no freedom at all because they have the idea that freedom brings about the degeneration of man. Therefore, they control, suppress. So what is freedom? Is it based on choice? Is it to do exactly what we like? Some psychologists say that if you feel something, do not suppress, restrain or control it, but express it immediately, and we are doing that very well, too well. And this is also called freedom. Just look what we have reduced our freedom to!

Questions and Answers, Ch. 50

It is strange that we haven't gone above and beyond the narrow field of suppression, control, obedience, and the authority of 'the book'. For, in all this, the mind can never flourish. How can anything flourish within the darkness of fear?

Meeting Life, Ch. 6

Does freedom lie 'out there'? Where do you begin to search for freedom? In the outward world, where you express whatever you like, which is the so-called 'individual' freedom, or does freedom begin inwardly?

Questions and Answers, Ch. 50

Most of us demand freedom politically, or religiously, or to think what we like, and there is the 'freedom of choice'. Political freedom is all right, and one must have it, but most of us never demand and find out whether it is at all possible to be free 'inwardly'. Our mind is a slave to its own projections, to its own demands, to its own desires and fulfilments, a slave to its cravings, to its appetites. But we are always wanting freedom outwardly – to go against the society, against a particular structure of society. And this revolt against society, which is taking place all over the world, is a form of violence, which indicates that one is concentrating on outward change without inward change.

San Diego 1970, Talk 3

Without freedom man withers away, however great his work, whether in art, science, politics or religion.

Conversations, Ch. 3

To know how one is conditioned is the first step towards freedom. But do we know how we are conditioned?

The Collected Works, Vol. 8

The whole of your life, from the moment you are born to the moment you die, is conforming, imitating, obeying, adjusting to social laws, or to a particular idiosyncrasy, which is your own particular character. When you are faced with that, you realise that any activity born of thought, born of an idea, born of a concept – as an idea, an ideology, a formula, a tradition, or a prompting from the past – is imitative.

The Collected Works, Vol. 16

To be free of all authority, of your own, and that of another, is to die to everything of yesterday, so that your mind is always fresh, always young, innocent, full of vigour and passion. It is only in that state that one learns and observes. And for this a great deal of awareness is required, actual awareness of what is going on inside yourself, without correcting it, or telling it what it should or should not be – because the moment you correct it you have established another authority, a censor!

Freedom from the Known, Ch. 1

Freedom exists only when there is no confusion inside me, when I am not caught in any trap. There are innumerable traps: gurus, saviours, preachers, excellent books, psychologists, and psychiatrists; they are all traps. And if I am confused and there is disorder, must I not first be free of that disorder before I talk of freedom? Should I not begin here, inside me, in my mind, in my heart, to be totally free of all fears, anxieties, despairs, and the hurts and wounds that I have received? Can one watch all that for oneself and be free of them?

Questions and Answers, Ch. 50

So you are left with yourself, and that is the actual state for a man to be who is very serious about all this; and as you are no longer looking to anybody or anything for help, you are already free to discover. And when there is freedom there is energy; and when there is freedom it can never do anything wrong. There is no such thing as doing right or wrong when there is freedom. And hence there is no fear, and a mind that has no fear is capable of great love. And when there is love, it can do what it will.

Freedom from the Known, Ch. 1

The image and quotations above are sourced from an exhibition, entitled, "A World in Crisis", which has been put together by the Krishnamurti Foundation India in order to share with others Krishnamurti's insights into the nature of the crisis. Over the coming months each KANZ newsletter will present one of the panels from this exhibition.

Our thanks to Krishnamurti Foundation Trust (England), Krishnamurti Foundation of America, and to the many professional and amateur photographers for the use of their work in this humanitarian venture



New Article – Krishnamurti On Meditation

Krishnamurti's approach to meditation is perhaps unique. It is certainly radical. Read the new article curated by Krishnamurti Foundation Trust, featuring texts and videos by Krishnamurti on meditation.

Access the article [here](#).

Unconditionally Free
A new book by Michael Mendizza



Unconditionally Free New Book

Unconditionally Free is a sweeping overview view of the life and insights of J. Krishnamurti. A unique format follows a timeline from 1850 to the speaker's death in 1986 through his early life and training, his growing rebelliousness, a mysterious 'process' and its awakening of an intense, yet silent, state of body and mind and with that awakening a radically different way of living. Highlights of J. Krishnamurti's talks and dialogues, decade after decade, beginning in the 1920's, are followed by rare descriptions and explorations by Krishnamurti of what this 'other' way of living feels like, as a direct experience. The book shares highlights of equally rare and insightful explorations of this 'other' state and its resonance with classic Tibetan Buddhist teachings, followed by an inquiry into what prevents most from experiencing what the speaker pointed to all his life. It ends by offering a map of the teachings, not as content, but as style, form, and function.

It becomes clear turning the pages: to change the world, before it is too late, each of us must bring about our own inner-revolution. This total transformation is not the product of thought, time, or methods. It is a change in the very root of human consciousness, in the state of the mind and heart, and from that, its content. Unconditionally Free brings this possibility closer, clearer and more urgent than it has ever been. This is the moment.

The book can be purchased [here](#)

February Australian Krishnamurti Gathering



A Krishnamurti Gathering is to be held in the Springbrook National Park, Queensland, for five nights from the 4th of February to the 9th of February, 2021. (Covid protocols withstanding).

The theme of the Gathering will be "Being With What Is".

The cost is A\$111 per night, or A\$555 for the five nights, fully catered, (A\$33 per day visit, including morning tea, lunch and afternoon tea).

Please contact Andrew Hilton at adhilton@bigpond.net.au for further information and bookings.

Payment can be made by Internet to Krishnamurti Australia BSB 062 257 Acct. 102 202 91

Krishnamurti Podcasts



First conversation with Mary Zimbalist – Conditioning

Mary Zimbalist was Krishnamurti's assistant from the 1960s until his death in 1986. Her unfinished memoirs chronicling her time with Krishnamurti are online free of charge, and in the book *In the Presence of Krishnamurti*, which is available on the KFA website kfoundation.org. This conversation with Krishnamurti was recorded in 1984. Topics covered include: Can the brain be free from all the programming it has received? Is this possible through watching the very activity of thought? Watchfulness makes the brain extraordinarily acute, sharp and clear. This clarity is freedom.

Find more information online at kfoundation.org and on social media as

Krishnamurti Foundation Trust

[Listen here](#)

NOTE: For Microsoft Windows computers download iTunes for Windows [here](#) to listen to the podcast

Krishnamurti Postal Lending Library – Booklets for the Young



"The review this month looks at four booklets that are specifically intended for young people, all published by the Krishnamurti

Foundation of India:

- ***Boredom and the Entertainment industry***, (Various sources)
- ***Does School Prepare you for Life?*** (Excerpts from a talk to students at Rajghat Besant School, 1963)
- ***Discover Your hidden Talent***, (Excerpts from a talk at Rishi Valley School, 1984)
- ***Have Strong Feelings, don't be frightened of them***, (Excerpts from a talk at Rajghat Besant School, 1964)

Boredom and the Entertainment Industry starts:

"Is it not a very strange thing in this world, where there is so much distraction, entertainment, that almost everybody is a spectator and very few are players? Whenever we have a little free time, most of us seek some form of amusement. We pick up a serious book, a novel, or a magazine We turn on the radio or the television, or we indulge in incessant talk. There is a constant demand to be amused, to be entertained, to be taken away from ourselves. We are afraid to be alone, afraid to be without a companion, without a distraction of some sort. Very few of us ever walk in the fields and the woods, not talking or singing songs, but just walking quietly and observing things about us and within ourselves. We almost never do that because, you see, most of us are very bored; we are caught in a dull routine of learning, or teaching, or household duties, or a job, and so in our free time we want to be amused, either lightly, or seriously. We read, or go to the cinema – or we turn to a religion, which is the same thing. Religion too has become a form of distraction, a kind of serious escape from boredom, from routine".

In the this booklet K talks to students about how computers may impact mankind's everyday occupations, including his thinking. Even back in 1966 he foresaw this happening. He asked what mankind will do with all the leisure so created.

As with all his talks to students, K emphasises the necessity of their discovering what it is that they love to do with their lives. He says:

"If you love what you are doing – love – then you have all the leisure that you need in your life".

"Either your brain withers because it is not active, or it becomes active in a totally different direction".

Elsewhere he raises the issue that mankind can choose, either a life based on entertainment, or a truly religious life.

These, and other books, can be found in the Krishnamurti Postal Lending

Library:<http://www.krishnamurti-nz.org/library>

To contact the Library, email:

Krishnamurtinzwebsite@gmail.com

For a complete list of books available in the Krishnamurti Postal Lending library, see:

<http://www.krishnamurti-nz.org/library/books>

There is no charge for borrowing.

Christchurch Dialogue Meeting

When you love, is there an observer? There is an observer only when love is desire and pleasure. When desire and pleasure are not associated with love, then love is intense. It is, like beauty, something totally new every day. As I have said, it has no yesterday and no tomorrow.

Saturday, 30 January, 1:00pm – 4:00pm

Christchurch City South Library Learning Centre

66 Colombo Street, Sydenham Room

(Please use the door in the Children's Book Section in the Library))

Enquiries: aakaasha@glenrowan.nz, 03 329 4789

**Showings of Krishnamurti
videos and group dialogues:**

CHRISTCHURCH

– monthly: contact Pauline Matsis 03 312

1470 / paulinematsis@gmail.com
 – monthly: contact Kyoko Giebel 03 329 4789
 / aakaasha@glenrowan.nz

PALMERSTON NORTH

– contact Nadya Kaplyukova /
 mua_mail@yahoo.com

HAMILTON

– contact: Clive Elwell 022 085 7184 /
 clive.elwell@gmail.com

AUCKLAND

– the last Sunday of every month: contact
 Krishna Umaria 09 488 7482 /
 krishna.umaria@gmail.com



Postal lending book library –
www.krishnamurti-nz.org/library

**Virtual Online Krishnamurti
 Study Centre**

<https://www.kanz.org.nz/virtual-krishnamurti-study-centre>

Krishnamurti Association in New Zealand

www.kanz.org.nz

e-mail: kanzadmin@gmail.com

[unsubscribe from this list](#) [update subscription preferences](#)

This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Krishnamurti Association in New Zealand · P.O. Box 990 · Cambridge, Wkto 3450 · New Zealand

