

KANZ NEWS – August 2026

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*Have you ever given up
something that gives you
great pleasure, to drop it
instantly without any effort?*

KRISHNAMURTI

2025 Most Carousel Quotes



Carousel quotes allow the presentation of longer Krishnamurti quotes in an attractive and compelling format.

They have proved to be very popular, and here are presented the five most viewed on Instagram in 2025.

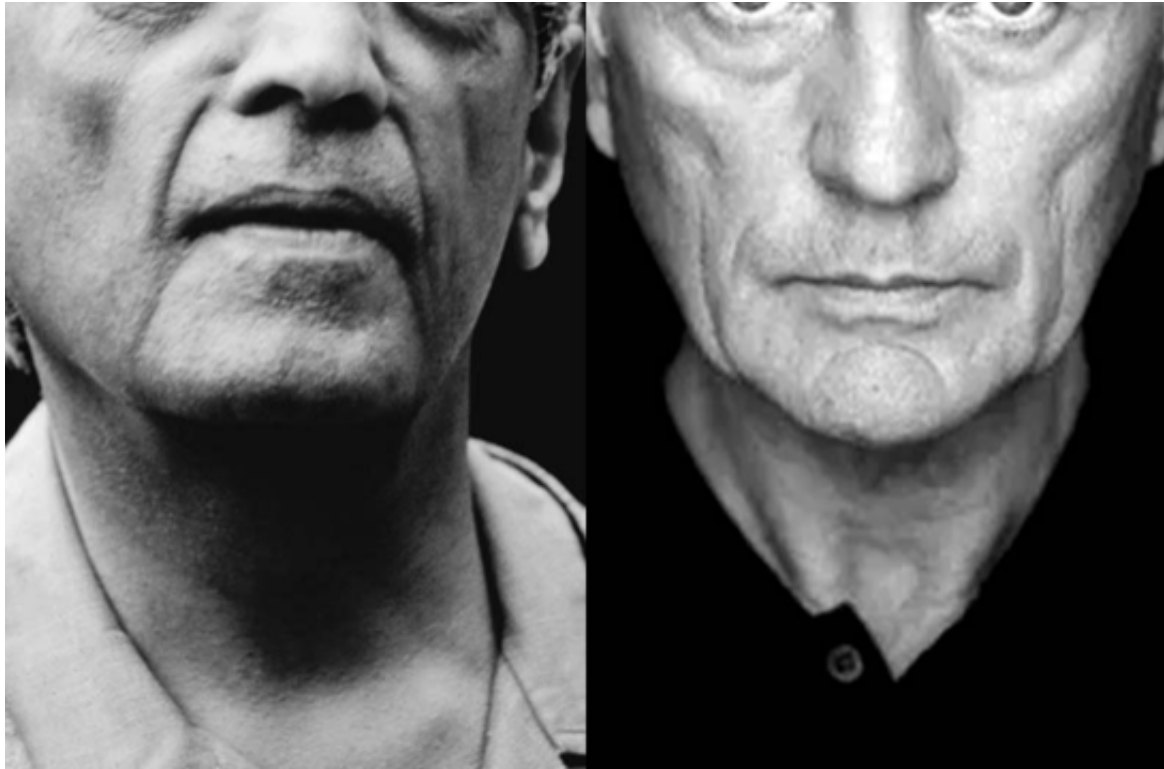
To read the quote, scroll to the left, or use the arrow on a desktop device.

1. *'Meditate alone. Get lost. And don't try to remember where you have been. If you try to remember it...'* [FULL QUOTE](#)
2. *'Most of us are afraid to be alone. Do we ever go out for a walk alone? Very rarely. We want somebody...'* [FULL QUOTE](#)
3. *'If I love somebody 'because', then it is not love. If I give up fear because I have faith in something...'* [FULL QUOTE](#)
4. *'Most people are unhappy; and they are unhappy because there is no...'* [FULL QUOTE](#)
5. *'Painters, writers and poets probably consider themselves creative. We all seem to agree with...'* [FULL QUOTE](#)

Source: [Krishnamurti Foundation Trust, England](#)

Terence Stamp and Krishnamurti





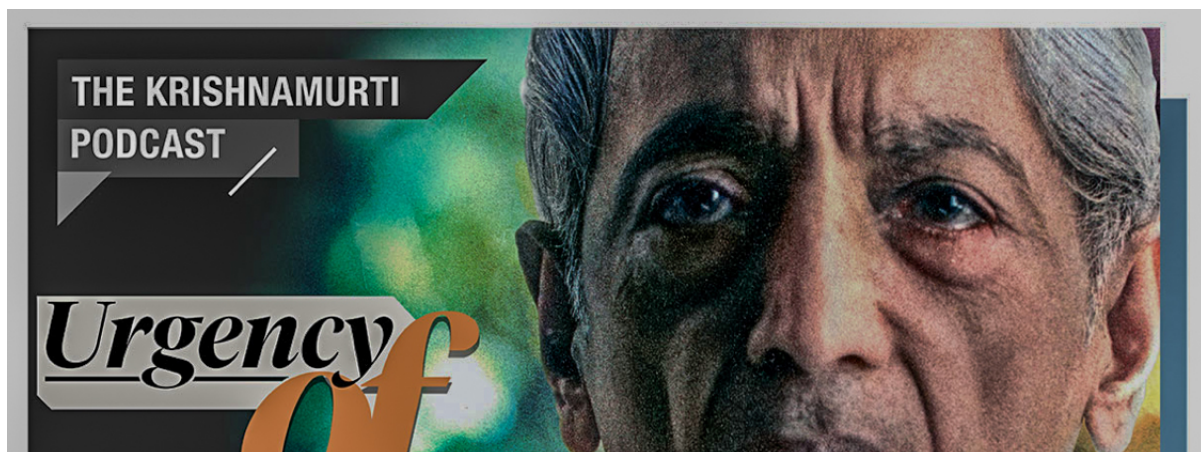
The actor Terence Stamp, who died in August 2025 aged 87, often spoke of the lasting impact meeting Krishnamurti had on his life.

Introduced to Krishnamurti in the late 1960s, Stamp described the encounter as a turning point, leading him to explore meditation, yoga and a simpler way of living.

Read [here](#)

Source: [Krishnamurti Foundation Trust, England](#)

Krishnamurti Podcast – Life





This month's episode on Life has four sections.

The first extract (2:06) is from Krishnamurti's second talk in Bangalore 1971, titled 'What is our daily life?'

The second extract (9:44) is from the fourth talk in Saanen in 1973, titled 'Is there a meaning to life?'

The third extract (39:16) is from Krishnamurti's first talk in Ojai 1982, titled 'A holistic view of life'.

The final extract this month (1:15:04) is from the fifth discussion in Saanen 1968, titled 'The only thing important in life'.

Listen [here](#).

Source: [Krishnamurti Foundation Trust, England](#)

From the Archives Vol. 1-10



The Krishnamurti archives were created to preserve his legacy for future generations; they safeguard recordings, transcripts, books, photographs, letters, and more.

These articles highlight rare and interesting archive items, and the efforts involved in preserving Krishnamurti's teachings.

Read More [here](#)

Source: [Krishnamurti Foundation Trust, England](#)

New Zealand September Retreat



In recent years the Krishnamurti Weekend Retreat has become an established event, and this year it will be held 25th – 27th September.

The venue will be at the Aio Wira Retreat Centre, Waitakere, West Auckland

<https://www.aiowira.org.nz/>

It is a quiet place, surrounded by native bush.

Accommodation is in male/female dormitories, and each bed, (no bunks), has a new mattress.

Food will be supplied by external caterers and will be vegetarian. Please inform us if you have special needs.

The cost for the weekend will be approximately \$400. Unfortunately this is an increase on previous years but is unavoidable as both

accommodation and catering costs have also increased.

Please advise if you require help for transport, for example a pick-up from Auckland airport.

The title given to the Retreat is:

“What does it mean to live Krishnamurti's Teachings”.

The emphasis for the programme will be more on actual doing rather than just intellectual discussion.

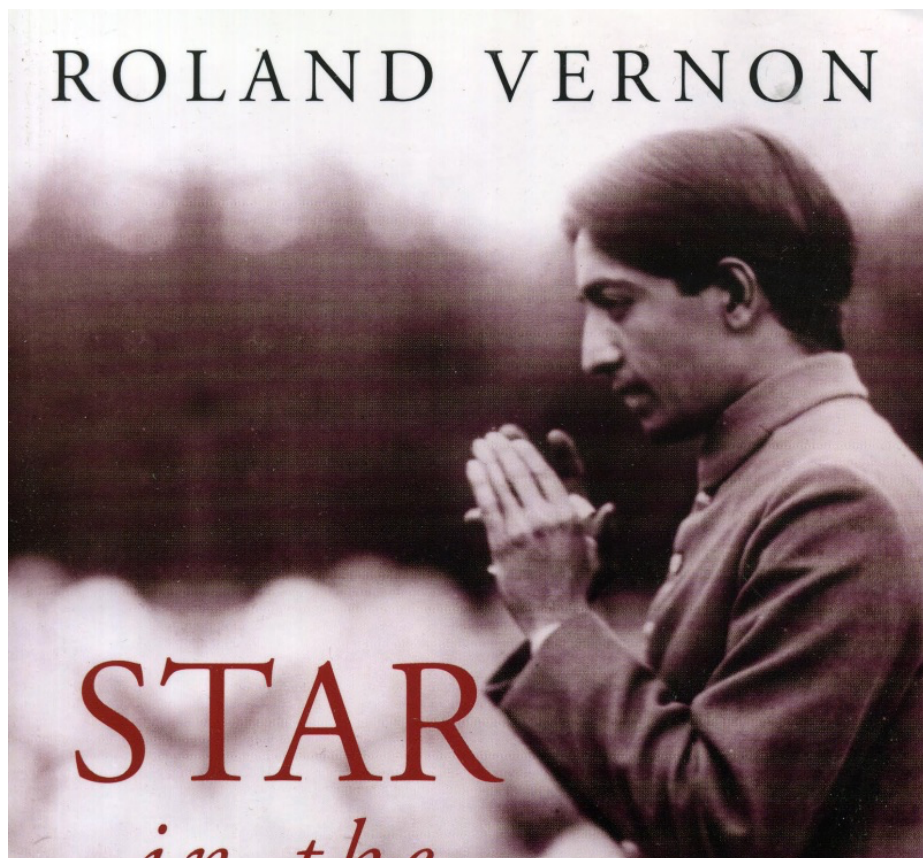
It is hoped that facilitation will be a mutual affair, and newcomers are reminded that there is no authority figure running the program.

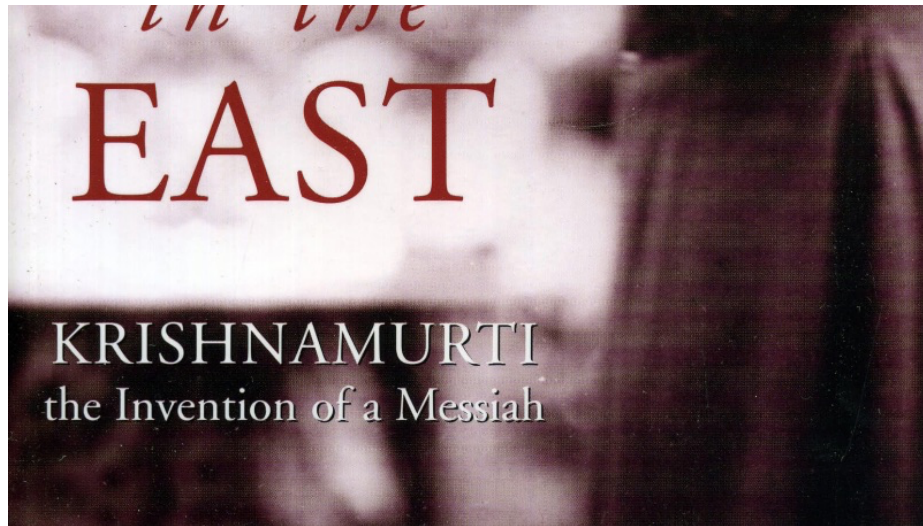
Enquiries on practical matters to Mirani: anila3@live.com

Questions about the program to Clive: clive.elwell@gmail.com

Krishnamurti Postal Lending Library Book Review

Star in the East (Krishnamurti – the Invention of a Messiah by Roland Vernon)





"Krishnamurti's life abounds in paradoxes, some of which Roland Vernon's very readable, sensitive, and even-handed book tries to unravel"

Sunday Telegraph

This book examines the discrepancy between Krishnamurti seen as the World Teacher and Krishnamurti seen as an ordinary man.

While doing that it naturally considers the question was he the fulfilment of the Theosophist's prophecy for the coming of the new World Messiah, or merely a product of their conditioning. It is a strength of the book that it does not come to any conclusion on the matter but rather it presents a considerable body of evidence to help the reader decide on these questions for themselves, if one wishes to do that,

Every person who knew Krishnamurti well agreed that there was in him "an ordinary man". Ordinary men, and women, have their weaknesses but rejecting claims to being a messiah, or even a guru, and subsequently proving himself as human as any in his relationships, loves and weaknesses, he continued until his death to fulfill the role of world teacher.

His extraordinary story is told in this book in the light of a century of changing spiritual attitudes. It is a tale of mysticism, sexual scandals, religious fervour and chicanery out of which emerged one of the most influential thinkers of modern times.

The Krishnamurti Postal Lending Library has a large selection of book

The Krishnamurti Postal Lending Library has a large selection of books about Krishnamurti, from interesting and scholarly commentaries to biographies by people who lived with him closely. A full list of all the books it contains can be found at:

<https://www.kanz.org.nz/library>

Showings of Krishnamurti videos and group dialogues:

CHRISTCHURCH:

- contact Pauline Matsis 03 312 1470 / paulinematsis@gmail.com
- contact Kyoko Giebel 03 329 4789 / aakaasha@glenrowan.nz

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Virtual Online Krishnamurti Study Centre

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