

KANZ NEWS – May 2025

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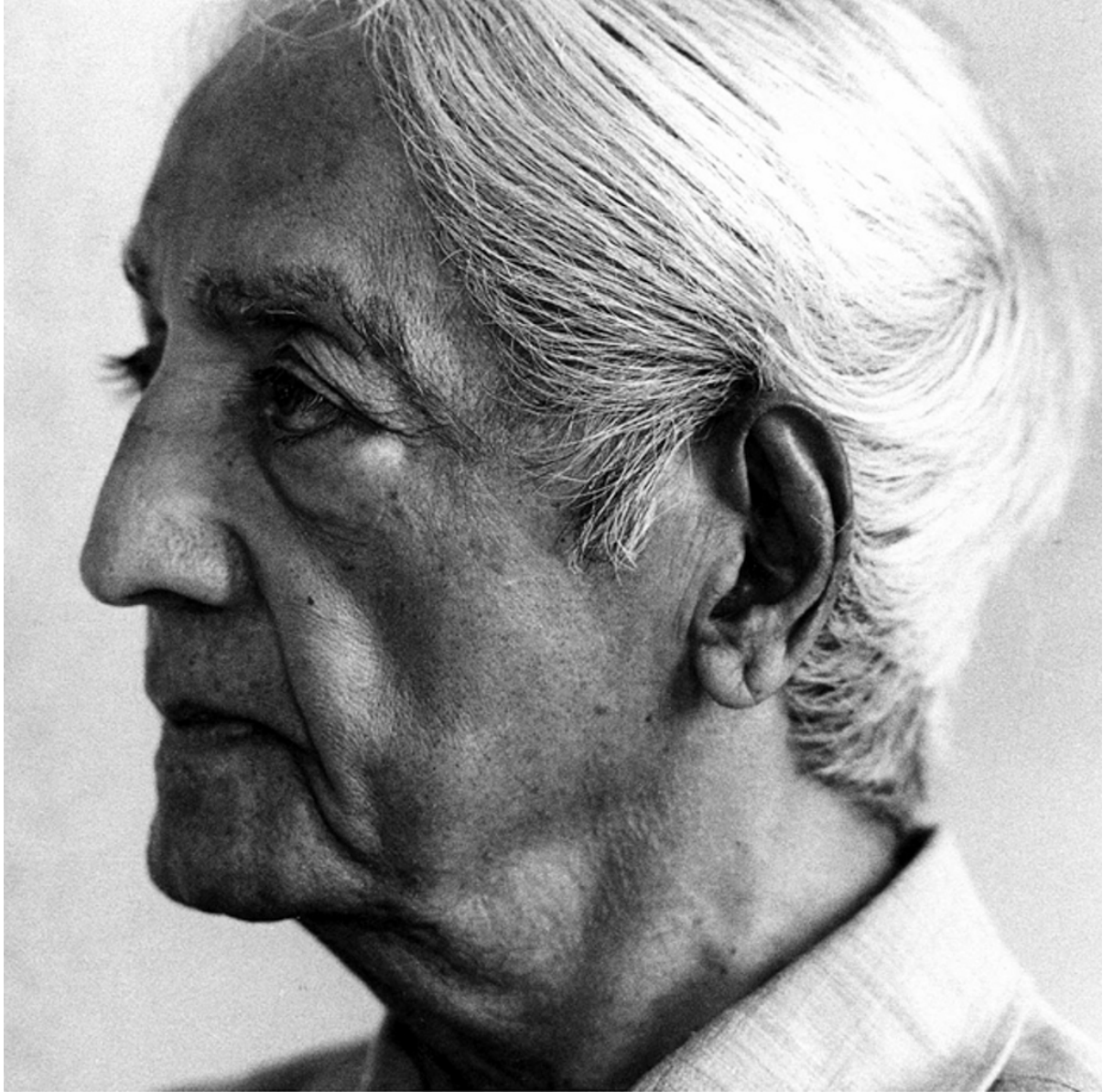


Why has thought
become so
important in our lives?
Why in our daily lives,
in our grinding, boring,
frightened lives, has
thought taken on such
inordinate importance?
Why is one a slave
to thought?

S. Krishnamurti

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

The Observer and the Observed



When you say, 'I must be free from all conditioning, I must experience,' there is still the 'I' that is the centre from which you are observing. Therefore there is no way out because there is always the centre, the conclusion, the memory, a thing that is watching and saying, 'I must' or 'I must not.'

Is there a state of the non-observer, a state in which there is no centre from which you look? At the moment of actual pain, there is no 'I'. At the moment of tremendous joy, there is no observer – the heavens are filled, you are part of it, there is bliss. This state takes place when the mind sees the falseness of attempts to become, to achieve. There is a state of timelessness only when there is no observer.

Krishnamurti in Bombay 1961, Talk 8

Read the article [here](#)

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

Reading the Book of Oneself



The new feature *Reading the Book of Oneself* is a relatable introduction to Krishnamurti's vast body of work.

Using the metaphor of reading a book, he unfolds the human condition chapter by chapter, suggesting a novel approach to understanding oneself, one's life and our shared humanity.

Krishnamurti reveals the causes of contradiction and conflict, inquires into order and authority, and illuminates the darkness of fear by understanding how time and thinking define our lives.

This 'book of oneself' confirms to those willing to read to the very end that the answers to the problems and challenges of the world and our lives come not from others but from within.

Read feature [here](#)

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

2024 Most Watched Extracts



The Krishnamurti Foundation Trust has an online library of many themed extracts from Krishnamurti's talks.

Here are links to the five most watched Extracts in 2024.

1. [Observe Your Fear.](#)

From the second public talk in Saanen, 1976 – 11 minutes

2. [The Fact Is We Are Nothing.](#)

From the second conversation with Pupul Jayakar at Brockwood Park, 1983 – 11 minutes

3. [Remain in the Now.](#)

From the fourth talk in Saanen, 1983 – 10 minutes

4. [Observe Without the Word.](#)

From the third take in Saanen, 1981 – 10 minutes

5. [Looking at Fear Like an Extraordinary Jewel.](#)

From the third talk in Saanen, 1981 – 10 minutes

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

Krishnamurti Podcast – Observation



This month's podcast has eight sections. The first extract, starting at 2:10, is from Krishnamurti's fifth talk in Saanen 1976, titled 'Emotions are natural, healthy, normal'.

The second extract, starting at 5:25, is from the third discussion in Saanen 1976, titled 'Emotion untouched by thought'.

The third extract, starting at 14:06, is from the fourth talk in Saanen 1970, titled 'Thought divides intellect and emotion'.

The fourth extract, starting at 23:17, is from the third discussion in Saanen 1971, titled 'Watching without thought or emotion'.

The fifth extract, starting at 30:45, is from the second talk in Saanen 1984, titled 'Health without emotional strain'.

The sixth extract, starting at 39:50, is from the second question and answer meeting in Madras 1981, titled 'Looking at emotion anew'.

The seventh extract, starting at 49:02, is from the third talk in New York 1974, titled 'Sentimental people are violent'.

The final extract, starting at 53:10, this week is from the fifth discussion in Saanen 1975, titled 'Compassion has no sentimentality'.

[Listen here.](#)

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

2025 Krishnamurti Weekend Retreat



As in previous years, Clive Elwell and Mirani Wijeyesinghe are organising a weekend retreat based on group enquiry and the work of J. Krishnamurti.

The location of the Gathering will be at the Bella Rakha Retreat Centre, West Auckland. <https://www.retreatcentres.co.nz/>

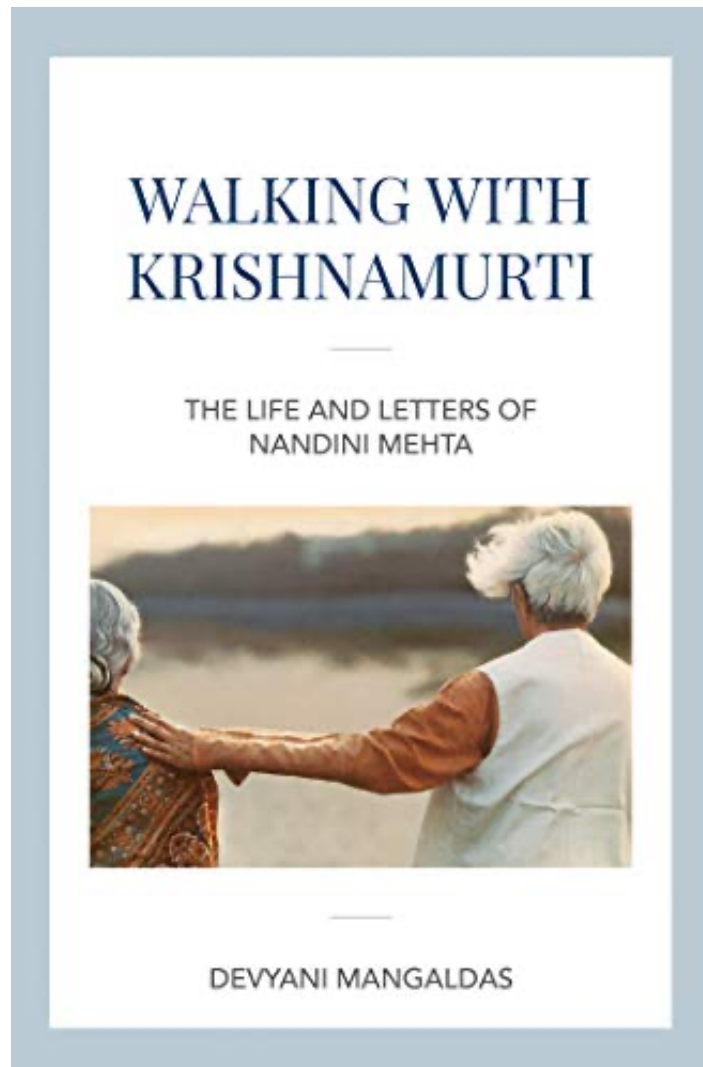
This is just a brief notification of the event, which is scheduled for 10th – 12th October.

Further details will be made available in the coming months.

If you would like to pencil in a booking at this stage, please email Clive at clive.elwell@gmail.com

Krishnamurti Postal Lending Library Book Review

Walking With Krishnamurti: The Life and Letters of Nandini Mehta



Nandini Mehta first met the philosopher and spiritual teacher Jiddu Krishnamurti in Bombay in 1948, when she accompanied her father-in-law to one of his meetings. Over the course of the next 38 years, until his death in 1986, Nandini and Krishnamurti shared a beautiful friendship.

This biography, written by her mother, traces her life, beginning in her childhood in the United Provinces, to the end in Mumbai – a journey dedicated to family and the underprivileged. It highlights the way in which Nandini absorbed and understood Krishnamurti's words, how

they helped her, how she tried to live her life according to his teachings, and how she helped others. She was a member of the Krishnamurti Foundation, India, and Bal Anand, the centre for underprivileged children that she started, continues to be associated with it.

In a nutshell, this memoir traces her life's story, her struggles, and her steps to a peaceful and spiritual existence. One of the reasons the book is special is that it contains what can be termed "advice on living by Krishnamurti", something he has rarely done in other books.

From the editor of the book:

"Understanding Nandini Mehta and the philosophy with which she lived her life has on several occasions caused me to re-examine myself, my behaviour, and the way in which I've handled a situation or relationship. I have stopped and asked myself whether I could approach a setting with more compassion, generosity, or kindness. As the materials Devi had worked on slowly started to become a coherent manuscript, I found that many of Nandini's profound words made me think harder about life and about the materialism our existence is focused on. I believe there are valuable life lessons in her writing. Her life is inspiring, and has the capacity to open up valleys of hope in bleak moments

For all details about the Krishnamurti Postal Lending Library, see:

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

Auckland Dialogue Meeting

Meetings are held monthly on the first Monday of the month.

The meetings are held in New Lynn.

Please contact Brett Nielsen 021 974 960 to obtain meeting details and to advise attendance.

Showings of Krishnamurti videos and group dialogues:

DUNEDIN

– contact Indu Peiris
/ keerthi.peiris@gmail.com

CHRISTCHURCH

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

PALMERSTON NORTH

– contact Nadya Kaplyukova /
mua_mail@yahoo.com

ROTORUA

– contact Anne Richards 027 661 9121 /
anne.richards250@gmail.com

HAMILTON

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

AUCKLAND

– contact Brett Nielsen 021 974 960



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

Virtual Online Krishnamurti Study Centre

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

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