

KANZ NEWS – October 2025

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

Krishnamurti on Attachment and Freedom



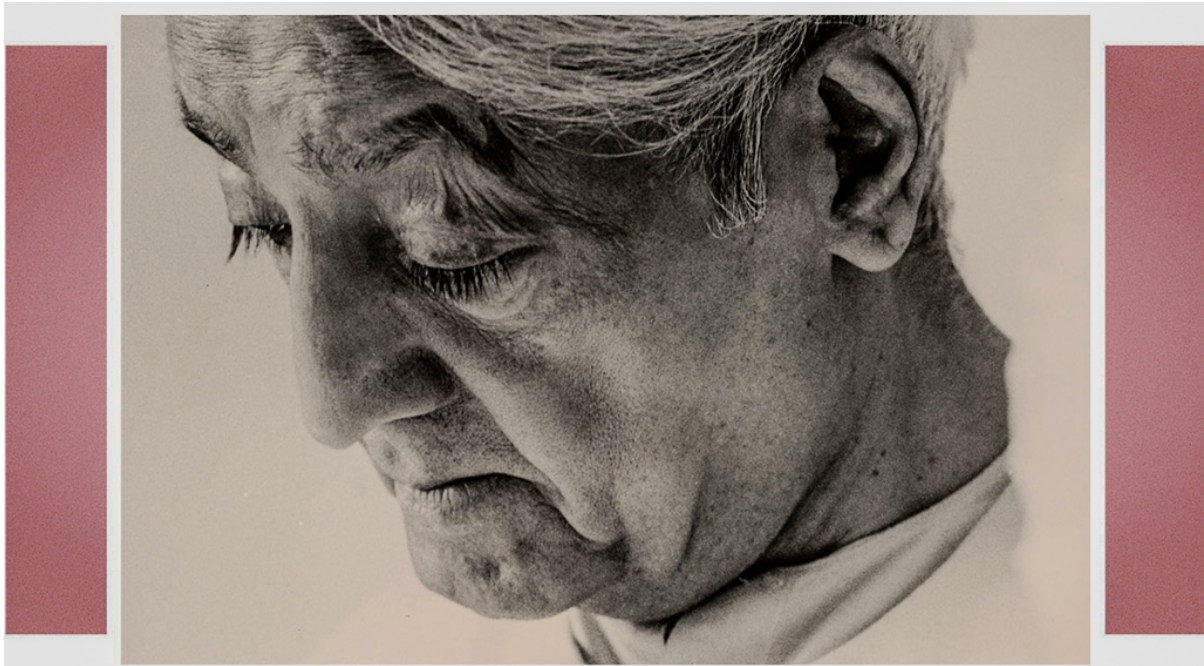
You cannot be attached to a living thing any more than you can be attached to the river or the sea because the living thing is moving, eternal, in a state of continual motion. So when you say you are attached to your son or daughter, your husband or wife, if you can very carefully look within yourself you will see that you cannot be attached to a living person because that person is constantly changing, moving, in a state of turmoil. What you are attached to is your picture of that person.

Krishnamurti in Bombay 1958, Talk 4

Read the article [here](#)

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

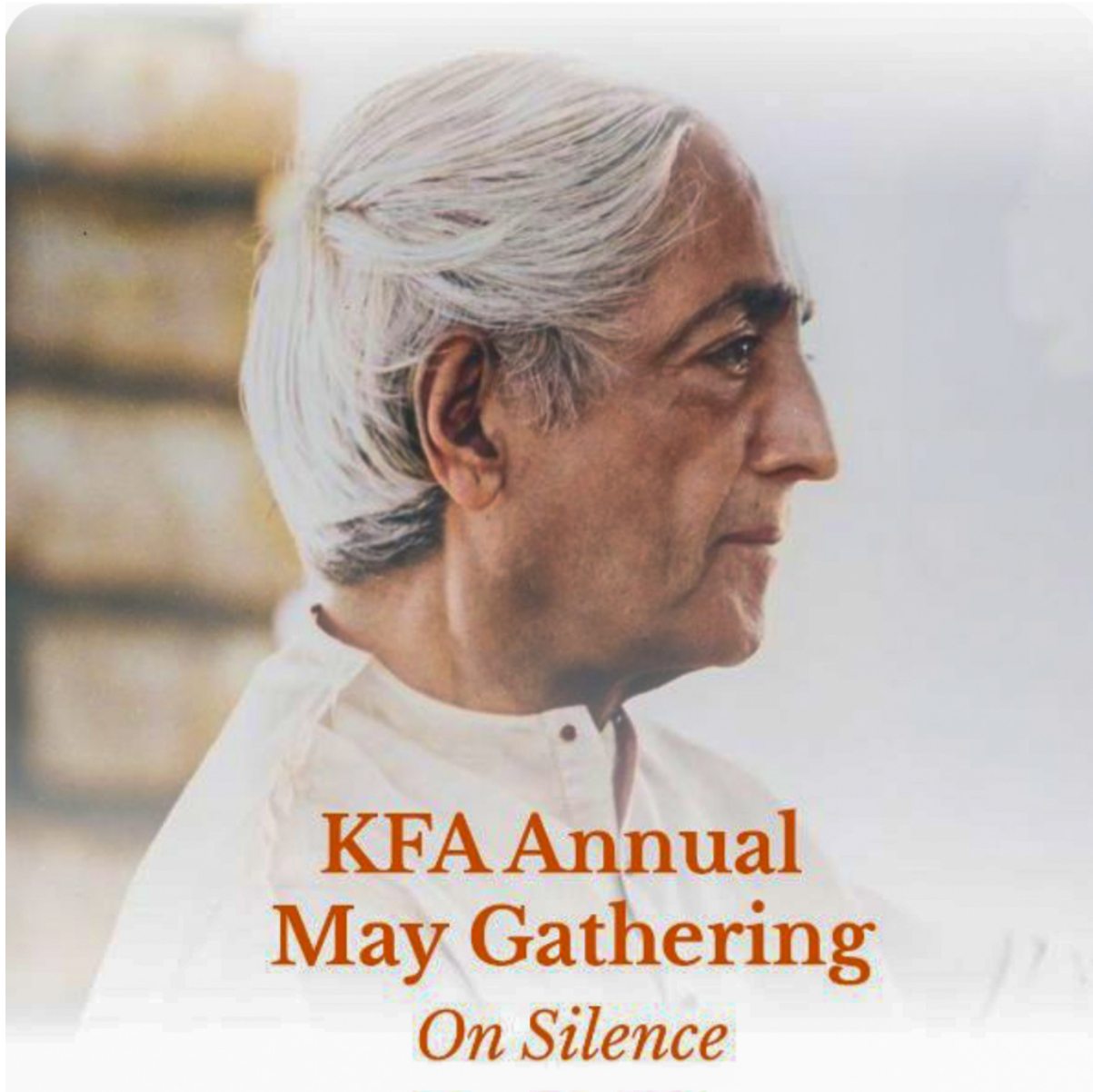
Krishnamurti On Yoga



Krishnamurti did not advocate any particular system of yoga, warning against turning it into a rigid practice or a path to enlightenment. Rather than focusing on its philosophical or spiritual aspects, he emphasised the moral dimension and the necessity of a body that is both sensitive and 'independently intelligent'. Explore his unique perspective on yoga.

Read Article [here](#)

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



The Krishnamurti Foundation of America held its Annual Gathering in Ojai, California in May this year.

A number presentations from the Gathering will be published over the next few issues of this newsletter.

This year's Gathering theme, "On Silence," invites us to inquire into the nature of silence—not merely as the absence of noise, but as something deeper that may reveal itself in stillness, in attention, and in the space between thoughts.

"Silence isn't the space between two noises. Silence isn't the cessation of noise. Silence isn't something thought has created. It comes naturally, inevitably, as you open, as you observe, as you examine, as

you investigate."

—J. Krishnamurti

What Does It Mean To Live The Teachings?



David Edmund Moody, PhD, is the author of three books about Krishnamurti. His most recent book is *Krishnamurti in America: New Perspectives on the Man and his Message*. This biography examines the whole of Krishnamurti's life and work, with special attention to the crucial events in the United States that have been neglected or overlooked by previous biographers. These events include the unusual and challenging circumstances leading to the formation of the Krishnamurti Foundation of America.

David worked closely with Krishnamurti during the early years of the Oak Grove School, where he served as teacher, educational director, and director, from 1975 to 1987. He took his PhD in educational psychology (UCLA, 1991) with a research focus on the role of insight in students' understanding of concepts in the sciences.

Further information about David and his work is available at davidedmundmoody.com.

In his last recorded statement, a few days before he died, Krishnamurti spoke of the “immense energy, immense intelligence” that flowed through his body for some seventy years. He said other people might get in touch with that energy if they “live the teachings.” But no one had done it, he said.

Krishnamurti’s work is vast, detailed, and very comprehensive. It explores the whole of life and consciousness. How can we get a handle on what it actually means to live the teachings? Or, to put the question more prosaically, what is Krishnamurti asking us to do?

This presentation will examine this issue with the aid of copious quotations drawn from the public talks over the course of many years.

View Presentation [here](#)

Source: [Krishnamurti Foundation of America](#)

Krishnamurti Podcast – Happiness



This month’s podcast has six sections. The first extract (2:07) is from Krishnamurti’s fourteenth talk in Ojai 1949, titled ‘Why are we seeking happiness?’

The second extract (8:32) is from the second talk in Bombay 1974,

titled 'What is the meaning of life?'

The third extract (31:06) is from the fourth talk in Ojai 1978, titled 'The moment you say you are happy, you are not happy'.

The fourth extract (35:58) is from the sixth talk in Saanen 1972, titled 'When there is enjoyment, the brain relaxes'.

The fifth extract (42:18) this week is from the third talk in Ojai 1975, titled 'Is happiness in the past or future?'

The final extract (50:42) this week is from the first talk in San Juan 1968, titled 'To come upon happiness one must understand oneself'

[Listen here.](#)

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

Krishnamurti Postal Lending Library Review

New Book Published by the Krishnamurti Association in New Zealand



I DON'T MIND WHAT HAPPENS

Reading or listening to one of Krishnamurti's talks can be a significant challenge. There is so much information presented and the mind tries to understand each item of what is being said which can become quite confusing. Almost to a point of feeling it is impossible.

We create our own barrier to understanding what he is saying. We don't understand that Krishnamurti has no intention of teaching us.

He wants us to approach his talks by immediately applying what he is saying in ourselves. Whereas we try to take onboard and understand what he is saying so we can learn and hopefully apply what we see as his teaching in the future.

This book contains statements by Krishnamurti gathered from the seventeen volume "Collected Works". (Krishnamurti Foundation of America).

The aim is to present simple statements made by Krishnamurti in his talks that each capture a strand of his message.

It is hoped that the reader can approach this by just reading one of the entries and maybe immediately apply it without judgement.

It is not a book that is meant to be read as a whole.

This new book is published by the Krishnamurti Association in New Zealand and is available for loan from the Lending Library.

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

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

Final Notice of Weekend Retreat in Auckland



This is the final notification of this year's weekend retreat which will be held in Auckland at the Bella Rakha retreat centre. The dates are from

Friday 10th October to Sunday 12th. The cost is NZ\$360

At the moment 16 people have registered for the event, including three from overseas. There is still just time for new people to register. All those attending will get a single room.

The program of the event has been described in previous editions of the KANZ Newsletter. The central area of study will be some of Krishnamurti's talks from Saanen 1980. The first of which is entitled "Why is there such chaos in the world?". There will also be a strong emphasis on what Krishnamurti called "The Arts of Listening and Observing", with some practical work.

To register, please contact Mirani (anila3@live.com). All other enquiries to Clive (clive.elwell@gmail.com).

Showings of Krishnamurti videos and group dialogues:

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@gmail.com

AUCKLAND

- contact Brett Nielsen 021 974 960



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