

KANZ NEWS – May 2026

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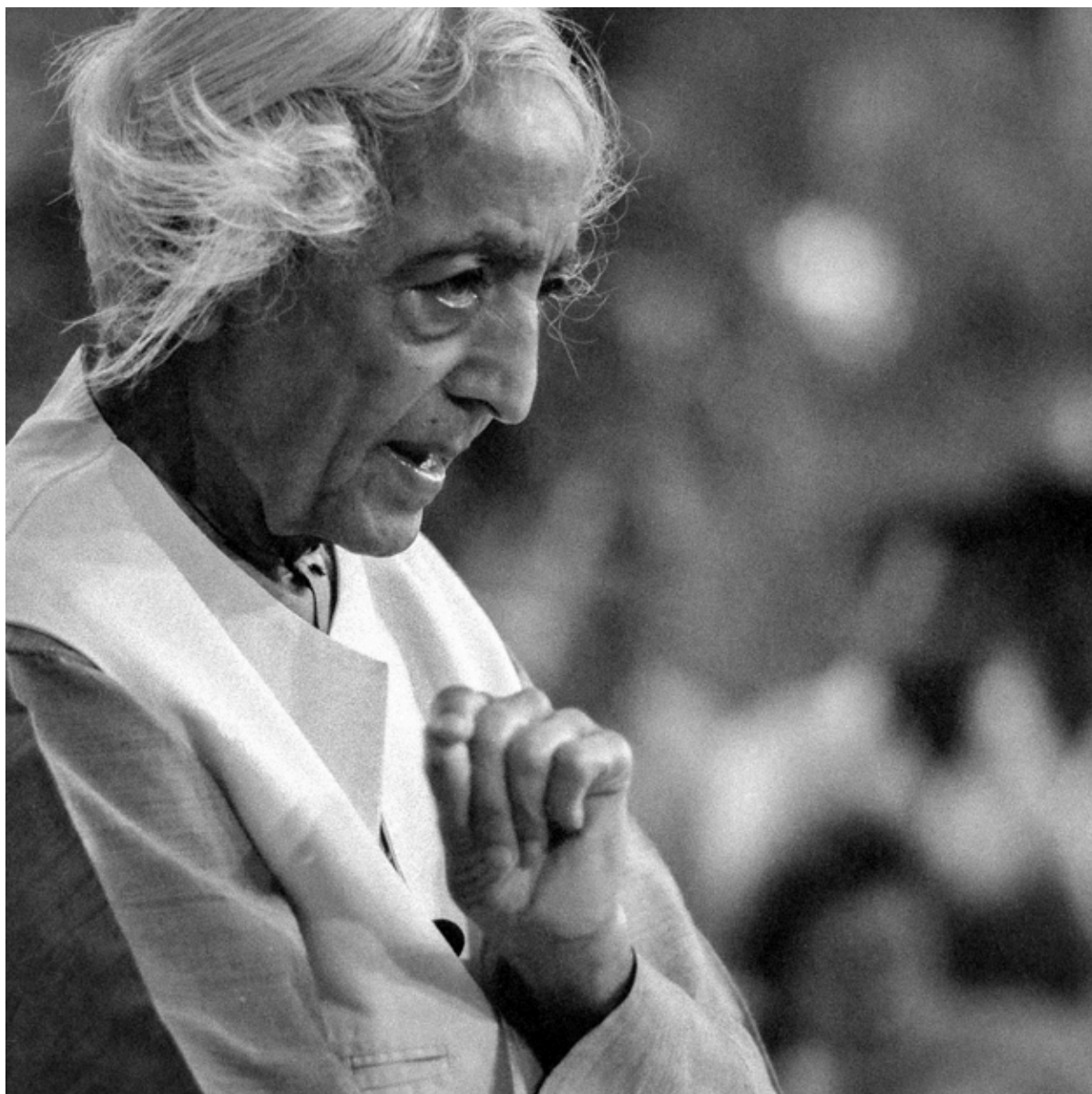


*One is never
afraid of the
unknown;
one is afraid
of the known
coming to
an end.*

KRISHNAMURTI

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

Reading the Book of Oneself



“To know oneself is one of the most difficult things because in the observation of myself I come to a conclusion about what I am seeing; and the next observation is through that conclusion.

Can one observe the actual anger without any conclusion, without saying right, wrong, good, bad?

Can one observe holistically? Self-knowledge is not knowing oneself, but knowing every movement of thought.

Because the self is the thought, the image, the image of K and the

image of the `me.'

So, watch every movement of thought, never letting one thought go without realising what it is.

Try it. Do it and you will see what takes place. This gives muscle to the brain.

from: Exploration into Insight, Foreword”

Read the article [here](#)

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

15 Quotes On ... New Topics

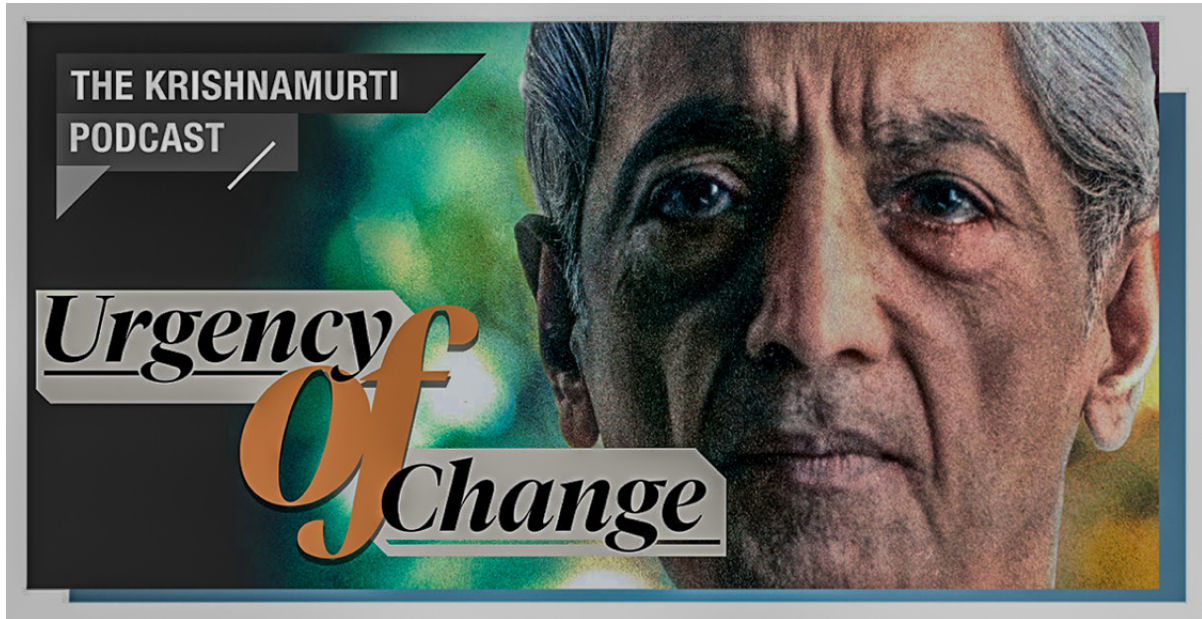


This feature explores key themes through Krishnamurti’s words, with each page presenting fifteen carefully selected quotes on a specific topic, accompanied by book extracts that provide deeper context.

[Start exploring](#)

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

Krishnamurti Podcast – Habits



This month's podcast has four sections.

The first extract (2:06) is from Krishnamurti's fifth talk in Saanen 1962, titled 'Awareness of habits'.

The second extract (24:24) is from the first question and answer meeting at Brockwood Park in 1983, titled 'Ending the habit of chattering'.

The third extract (39:28) is from Krishnamurti's first talk in Saanen 1970, titled 'Listening ends habit'.

The final extract (48:08) this month is from the third discussion in Madras 1979, titled 'The habit of tradition'.

Listen [here](#).

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

2025 – Most Read Articles





Regarding the Quote 'It Is No Measure of Health...'

Learn about the authenticity of what is perhaps Krishnamurti's best-known quote.

The Observer and the Observed

'The observer is watching, judging, censoring, accepting, rejecting.'

Can the Mind Be Free of Conditioning?

'Freeing the mind from conditioning is the ending of sorrow.'

The Meaning of Death

'Can you know death in the same way that you know living?'

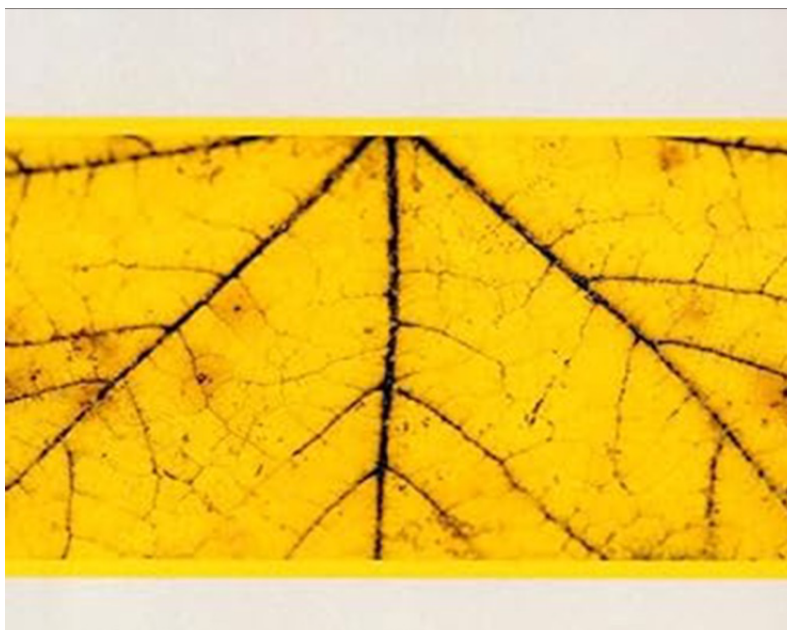
The Root of Fear

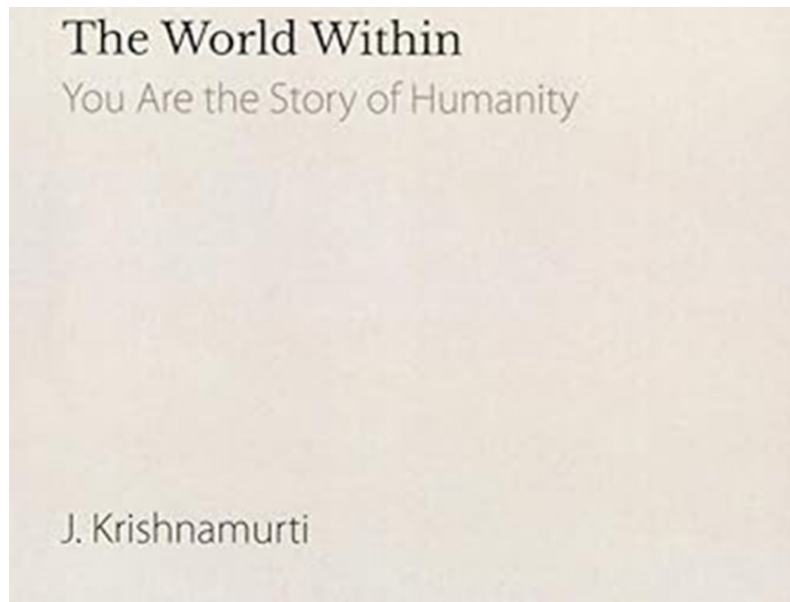
'It is only with direct contact with fear that you are free.'

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

Krishnamurti Postal Lending Library Review

The World Within





This book, which is subtitled “You are the Story of Humanity” is one of the many titles available from the Krishnamurti Postal Lending Library.

Reading the teachings of J. Krishnamurti, one is immediately struck by how personal the words are to one’s own thinking, and what a close mirror they are of our human psychological activity.

His language is not bound by time, place, or circumstance, and so readers in any era, or on any continent, can find themselves clearly and compassionately made plain.

In this book his language is simple, without jargon, or without any assumptions about the audience by the speaker.

Krishnamurti helped the interviewees to see for themselves the intricacies of their thinking, and of their problems.

During the Second World War (1939–1945) Krishnamurti did not speak publicly in the United States, but lived quietly in Ojai, California.

People sought him out and came to dialogue with him on many issues of the times, or their own personal dilemmas.

Their problems were universal human problems, and each made true his statement that ‘You are the world.’

As Krishnamurti unwound the tight threads of their thinking and

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: Norbert Csatory 027 498 7795 /
norbertcsatory@hotmail.com

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www.kanz.org.nz

e-mail: kanzadmin@gmail.com

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