

KANZ NEWS – September 2019

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The Chattering Mind

Questioner: I wanted to discuss today a very prosaic thing: the problem of the chattering mind. What makes the mind chatter? What is the purpose of this chattering? Every free moment we see that it is chattering, murmuring, murmuring all the time.

Bombay, January, 1973

Krishnamurti: Why is one's mind chattering? Go on, think it out sir. Is it that the mind has got into the habit, and therefore it keeps on chattering, chattering, chattering? Is it because it is afraid very

profoundly, if it doesn't chatter what will happen?

Please answer this: why is the mind occupied with something? First watch yourself. Please don't immediately answer; it becomes verbal and meaningless. Why is your mind occupied? If it was not occupied it is empty isn't it? And you are frightened of that, aren't you? So fear is dictating that you should be occupied with something so as to escape from fear – and chatter, chatter, chatter – is that it?

Public discussion, Brockwood Park, 1977

All right. Sir, why do you object to a chattering mind? What is the point of it? You say you are wasting energy, but you are wasting energy in ten different directions. Why do you object to this? I am trying to put it differently, I am trying to convey something

Public Talk, Bombay, 1973

What is the state of your mind when I put that question? Please watch yourself. The moment you put that question to yourself really, vitally, actually, what then is the state of your mind? Is it not quiet? You are watching, you have no answer. It is no longer chattering, analysing, judging; it is watching, observing, because you don't know.

Public Talk, Ojai, 1952

Perception which is intelligence, which is "seeing", is then operating. Therefore, "seeing" is of the greatest importance,. "Seeing" is attention, and it is "seeing" that frees the mind from chattering.

The Urgency of Change

The image and quotes above are taken from a series of exhibition panels created by Vikram Parchure. The title of the exhibition is "To the Young".

Vikram is a designer exploring design as an instrument of social change and value education.

Krishnamurti's deep concern for the young led him to exhort youth to insightfully understand that the old ways of problem-solving will prove too inadequate to deal with the complexity of present-day world dilemmas. He said that only a mind that is fresh, youthful, perceptive and ever-willing to face the challenges of uncertainty

can deal with this challenge successfully. What makes for such a youthful quality of mind, regardless of the body's physical age? This is the vitally important question that is explored in these panels.

Each KANZ newsletter is presenting one of the panels developed by Vikram for the reader's interest and reflection on the key themes of this exhibition.

A WEEKEND RETREAT
Coromandel Peninsula
27th/29th September
A few places still available



Although thought is necessary, almost all of mankind's problems also have their origins in thought. Can thought find its right place in the human mind? This is what will be investigated during the retreat, through self inquiry, through silence, through dialogue, through observation, and aided by the words of J. Krishnamurti and Professor David Bohm.

The emphasis is on inquiry. The event is not based on any belief system, and there is no authority figure involved.

The venue is Koru Dojo, set in beautiful native bush on 363 Mill Creek Road, near Whitianga. The maximum number is 14 people. Day visits are possible, please inquire. The total residential cost, (from Friday dinner to Sunday lunch), will be from \$202 to \$182, depending on the type of accommodation taken.

All meals are provided, and are vegan.

There are still a few places available.

Enquiries and bookings to:

Clive Elwell

[022 085 7184](tel:0220857184)

clive.elwell@gmail.com

[Retreat Facebook Page](#)

[Retreat Information Flier](#)

Compassion Is Freedom from Sorrow Public Meetings Amsterdam, 1981



Krishnamurti gave two public talks in Amsterdam in 1981.

The first talk, is entitled – "Thought and Time are the Root of Fear"

The video can be viewed [here](#).

The Ego/Self-System Part III: The Psychological System



A sense of self, complete with an ego system of evaluation according to group and cultural norms, gives rise to reactions about the self — a feedback system: performance in relation to the values of the social group, followed by evaluation, followed by judgment of the self. Since the group and the individual are inseparable, the judgments flow amongst the membership and the differences in performance place the individuals according to hierarchy. In short, the elements of self/ego determine how and what we feel about ourselves and that, directly or indirectly, generates much of our personal and daily psychological reactions.

Read full article [here](#).

(Part 1: A Historical Perspective was published in the December 2018 edition of this newsletter)

(Part 2: A Neuroscience Perspective was published in the August 2019 edition of this newsletter)



The Krishnamurti Foundation of America hosted their Annual Gathering at the Oak Grove School in Ojai, California in May.

The Gathering celebrated the 50th anniversary of the Krishnamurti Foundation of America with interesting talks from speakers such as Michael Mendizza, (author, filmmaker, and former KFA trustee), Michael Krohnen, (Krishnamurti's friend and personal chef), and Prof. Krishna, (Trustee of the Krishnamurti Foundation of India).

Over the next few months KANZ will present recorded videos from the event programme.

The fourth presentation presented is from Saturday 4th May and is entitled "A Sacred Legacy: To keep it alive" with Michael Krohnen, and can be viewed [here](#).

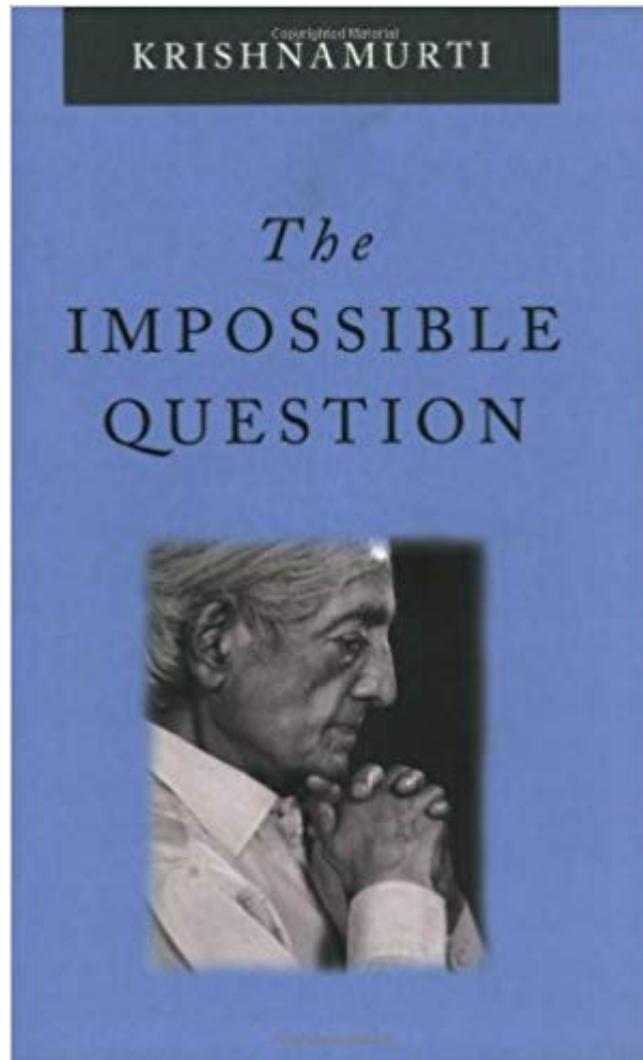


This new video, by the same filmmaker as the recent Foundation release, showcases the Krishnamurti Centre at Brockwood Park, in England. It aims to be of interest to those thinking of staying at the Centre and to regular guests. Filmed in summer and autumn, the special atmosphere of the Centre and surrounds is readily apparent.

The short video can be viewed [here](#).

The Impossible Question

A review from the Krishnamurti Postal Lending Library



This popular book is a record of seven sessions of talks and questions given in Saanen in the summer of 1970, followed by seven dialogues between Krishnamurti and his audience. The title is taken from these words:

"We never put the impossible question – we are always putting the question, what is possible? If you put an impossible question your mind then has to find the answer in terms of the impossible, not what is possible. All the great discoveries, scientific discoveries, are based on this, the impossible. It was impossible to go to the moon. . . . Because it was impossible therefore, they put their mind to it and 300,000 people worked at it, co-operating, working night and day . . . they put their minds to it, and went to the moon. But we never put the impossible question – the impossible question is this, can the mind empty itself of the known – itself, not you empty the mind. That is an impossible question. If you put it with tremendous earnestness, seriousness, with passion, you'll find out. But if you say, oh, it is

possible then you are stuck.”

This book can be borrowed from the Krishnamurti Postal Lending Library in NZ, see:

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

To contact us, 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 do not compare at all, when there is no ideal, no opposite, no factor of duality, when you no longer struggle to be different from what you are – what has happened to your mind? Your mind ceased to create the opposite and has become highly intelligent, highly sensitive, capable of immense passion, because effort is a dissipation of passion – passion which is vital energy – and you cannot do anything without passion.

Saturday, 21 September, 2:00pm – 4:00pm

**Christchurch City South Library Learning Centre
66 Colombo Street, Sydenham Room**

(Please use After Hours Entrance at the far end of the building furthest from Colombo Street)

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 Umara 09 488 7482 / krishna.umaria@gmail.com
 – every second Monday of the month: contact Rohit Grover / rohit@mailbox.org or Eleni Charalampous / eleni.a.xar@gmail.com



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www.krishnamurti-nz.org/library

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