

KANZ NEWS – November 2025

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If you cannot
stand alone inwardly,
you are not free.

KRISHNAMURTI

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

Krishnamurti on What Brings Disorder in Relationships



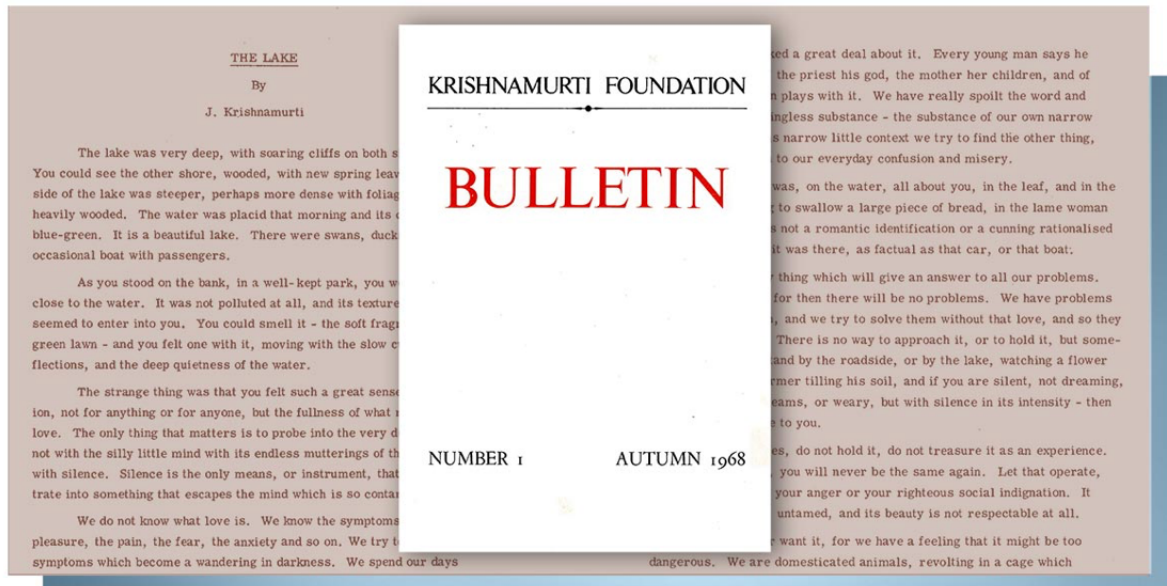
Life is a movement in relationship and in that relationship there is disorder. We must examine closely why we live in such disorder in our relationships with each other, however intimate or superficial. To understand the full meaning of relationship with each other, however close, however distant, we must begin to understand why the brain creates images. We have images about ourselves and images about others. Why is it that each one has a peculiar image and identifies himself with that image? Is the image necessary? Does it give one a sense of security? Does not the image bring about the separation of human beings?

From Krishnamurti's Book [THE NETWORK OF THOUGHT](#)

Read the article [here](#)

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

The Lake, 1968

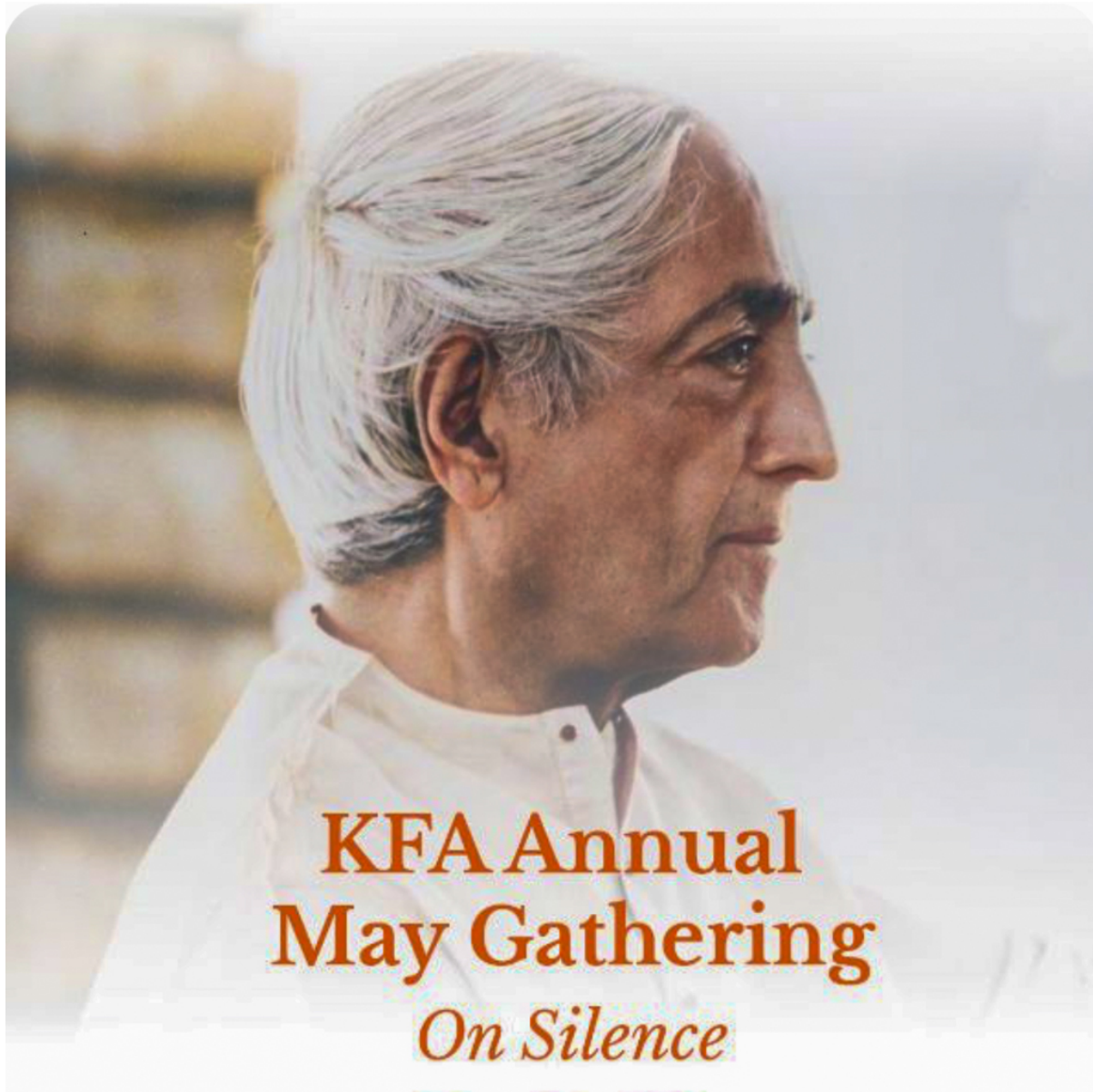


‘The Lake’ is a striking original piece written by Krishnamurti for the first issue of the Krishnamurti Foundation Trust bulletin in 1968.

‘When it comes, do not hold it; do not treasure it as an experience. Once it touches you, you will never be the same again.’

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

Meditation 2025.0 – From Here To Now



This final presentation from the May KFA Gathering is presented by John Duncan.

John Duncan is a prominent figure associated with J. Krishnamurti and the Krishnamurti Foundation of America. He first encountered Krishnamurti's teachings in 1984, began working at the KFA in 1999, and was involved in working on Krishnamurti Publications. Duncan now leads dialogues on Krishnamurti's teachings at the Krishnamurti Centre in Ojai, California and continues to be involved with the KFA.

John comments that the content of this talk is about meditation, which is a very challenging endeavor. Because meditation is not a thing, a noun. It is not something you do, an action, a verb. Rather, it is a dimension, a realm. It is like the neighborhood you grew up in or that you live in now, only it is much, much more vast.

That neighborhood, the entire world, the universe, the dimension of time itself is a small dimension that exists as a tiny sliver within the dimension of meditation. It is not unlike the dimension of dreams,

where an entire reality takes place in silence, even though there appears to be talking and noise, and every character in the dream is really you. Except that in the dimension of meditation, everything takes place in silence, and none of the characters are you, not even you!

Regarding meditation, Krishnamurti said, "If you don't know it, you are like a blind man in the world of bright color, shadows, and moving light." And that it has the "sense of living in a vast space where you are part of everything." In his public talks, it would always be introduced at the end of the series after much discussion about what it was not. Only after fragmentation and its attributes, conflict, loneliness, et al. had been understood, seen, and negated was it reasonable to go into the question of what is meditation.

It is an impossible question really, one that cannot be answered adequately with a response from the outside, so we keep that question alive, by listening. And listening is silent, it is present and alert, it is not going beyond itself in terms of seeking its own desire, its own security.

That is all it is, and it is everything, the summation of all energy.

View Presentation [here](#)

Source: [Krishnamurti Foundation of America](#)

Krishnamurti Podcast – Self Knowledge



This month's podcast has six sections.

The first extract (2m 10s) is from Krishnamurti's first question and answer meeting in Saanen 1980, titled 'What is self-knowledge?'

The second extract (9m 42s) is from the fifth discussion in Saanen 1977, titled 'Observing oneself in relationship'.

The third extract (22:38) is from the third talk at Brockwood Park in 1970, titled 'We look at ourselves with knowledge'.

The fourth extract (37:56) is from the third question and answer meeting in Saanen 1981, titled 'Reading the book of oneself'.

The fifth extract (45:40) is from the sixth talk in Ojai 1949, titled 'Without self-knowledge there can be no meditation'.

The final extract this month (54:22) is from the third question and answer meeting in Ojai 1982, titled 'Because we don't know ourselves, we destroy'.

Listen [here](#).

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

2025 New Zealand Gathering



The weekend gathering, which has been a regular annual event in recent years, was held on 10–12th October at Bella Rakha Retreat Centre, Oratia, Auckland.

This was the first time at this centre, and it turned out to be spacious, with very pleasant surroundings, a natural, quiet oasis in West Auckland. Everyone had their own room, and these were very pleasant, with wood-lined walls, and a good view from the window. The food, which was excellent, was provided by outside caterers.

Fifteen people attended the gathering, including three from overseas. There was good contact between participants, a warm sharing, with everyone cooperating over the work that needed to be done. Everyone participated equally in the dialogue sessions.

The programme evolved as needed during the weekend, with mutual agreement. We started by investigating what K calls the Art of Listening and Looking, with some practical work on this. We moved on to looking at the chaos in the world, and finally considered together “What is the Sacred?”. The common theme throughout was “Thought” – why does thought interfere with our listening and looking, why has it caused such chaos in the world, and is there anything beyond thought?

Here is some feedback on the weekend from participants:

- *I came because I love to be with people who are sincere about intentionally looking at themselves .. the workings of their minds.. I treasure personal connections with people not only on a mind level but also on a heart level – and I experienced both of that. It was interesting and revealing to listen to everyone’s point of view and observing my own inner reactions. I wish we could find together a more respectful way of truly listening to each other without interrupting the speaker – we all do this.*
- *I thought the venue was excellent and relaxed. I particularly enjoyed that we all had our own rooms to sleep in. The highlight was the food which was excellent and easy to prepare and clean up after.*
- *I enjoyed the programme and I thought people contributed openly and well.*
- *I very much enjoyed the retreat. It was a time for reflection, learning, and meeting fellow inquirers. Food was great too. I would really prefer if we can do this for four days. So we have time to go deeper into our observation and investigate one theme continually until we all get a grasp of it. For example, 'perception is action', 'the observer is the observed', and 'thought is the past and future, never the present'.*
- *It was a nice getaway for me from the city life. I understand one has to do lot of work oneself, when it comes to moment to moment observation in daily life. However, the retreat provides some dedicated time to look within.*
- *Seeing the fact that how the qualities such as, listening and looking are missing, without condemning the brain, and being open to the fact, that the knowledge is not based on my own experiences alone, but the collective experiences of humanity, were the main takeaways for me.*

Another gathering is tentatively scheduled to be held at the Bella Rakha Centre on 16th – 18th October 2026

Krishnamurti Postal Lending Library Review

Krishnamurti's Diaries



Most of the books published “by” Krishnamurti are transcripts taken from his public talks and dialogues, or extracts from these.

However, there are exceptions to this, there are books he actually penned, like “Education and the Significance of Life”.

Krishnamurti recorded three diary-style works, which were published as books, namely:

- *The UK Observer on Krishnamurti's "Freedom From the Known"*

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