

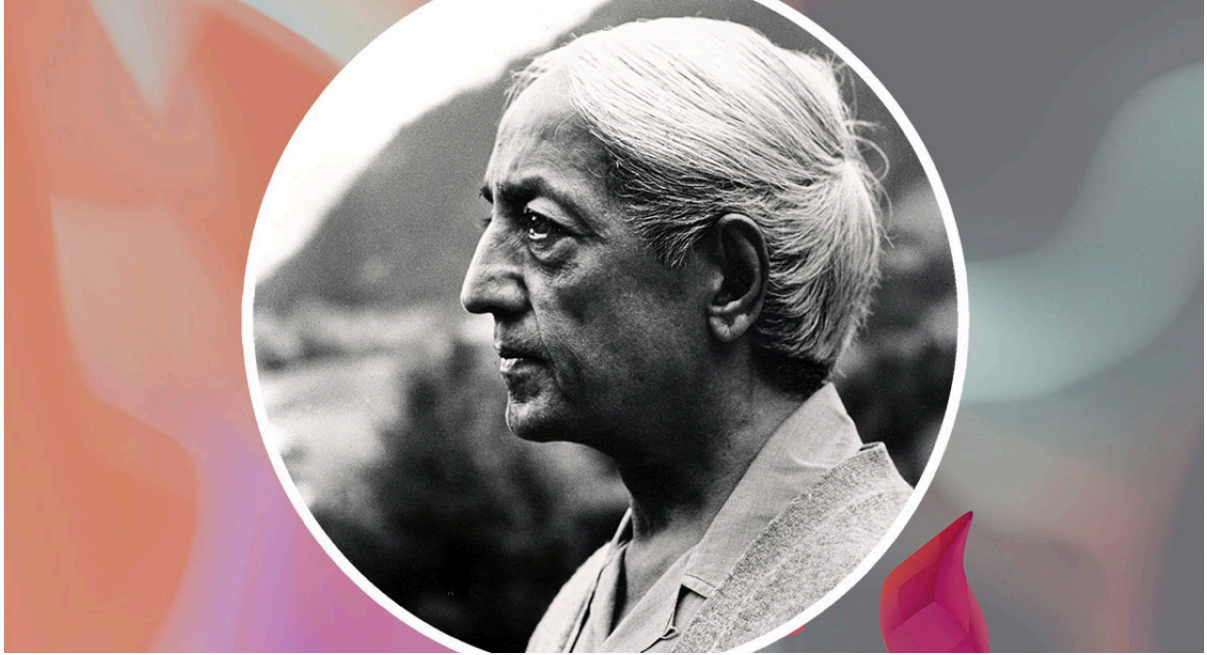
KANZ NEWS – January 2026

www.kanz.org.nz



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

The Core of the Teachings



In 1980, at the request of his biographer Mary Lutyens, Krishnamurti wrote a short text summarising the core of his teachings: *The core of Krishnamurti's teaching is contained in the statement he made in 1929 when he said, 'Truth is a pathless land.' Man cannot come to it through any organisation, through any creed, through any dogma, priest or ritual, nor through any philosophical knowledge or psychological technique. He has to find it through...*

Read the article [here](#)

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



New editions of the Krishnamurti Foundation Trust directories are now available to download.

These PDF's catalogue the vast content of the official YouTube channels, with links to and information on KFT's audio and video productions.

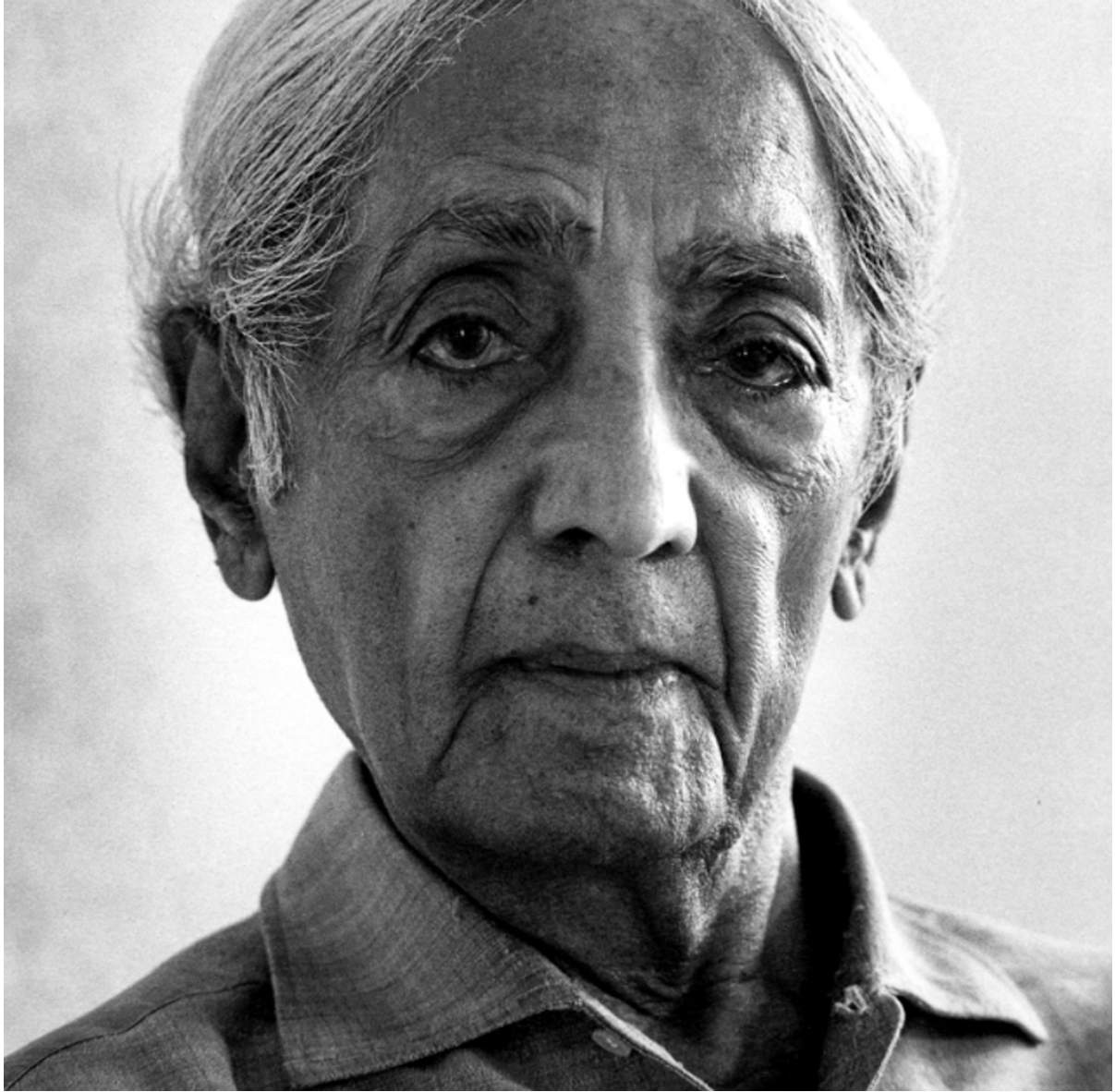
The extracts directory includes a handy list of topics.

The translations directory is a complete list of all available translations – more than 4,200 subtitles in over 40 languages.

Access the Directories [here](#)

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

The Ending of Conflict



Conflict exists when we disregard what is actually taking place and translate it in terms of an ideal, in terms of 'what should be', in a concept we have accepted, or we ourselves have created. When there is a division between 'what is' and 'what should be' there must inevitably be conflict.

Krishnamurti in Madras 1981, Talk 2

Watch [here](#)

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

New Book: End of The Journey



This new collection of dialogues explores a central question: Why, after years of listening to Krishnamurti, has there been no radical change? Drawing from small group discussions held in India between 1965 and 1984, these selections reveal not just Krishnamurti's answers to the questions posed by the participants, but the methodology of his dialogue itself.

Purchase [here](#)

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

Krishnamurti Podcast – Anger



This month's podcast has six sections. The first extract (2m 6s) is from Krishnamurti's second talk in Rajghat 1967, titled 'Looking at anger totally'.

The second extract (6m 26s) is from the second discussion in Madras 1971, titled 'Is it possible to be free of irritation?'

The third extract (11m 30s) is from the first talk in New Delhi 1967, titled 'Being attentive to anger'.

The fourth extract (15m 40s) is from the second talk in Madras 1971, titled 'An observation of anger without the observer'.

The fifth extract (33m 20s) is from the second discussion in Saanen 1972, titled 'Anger has no opposite'.

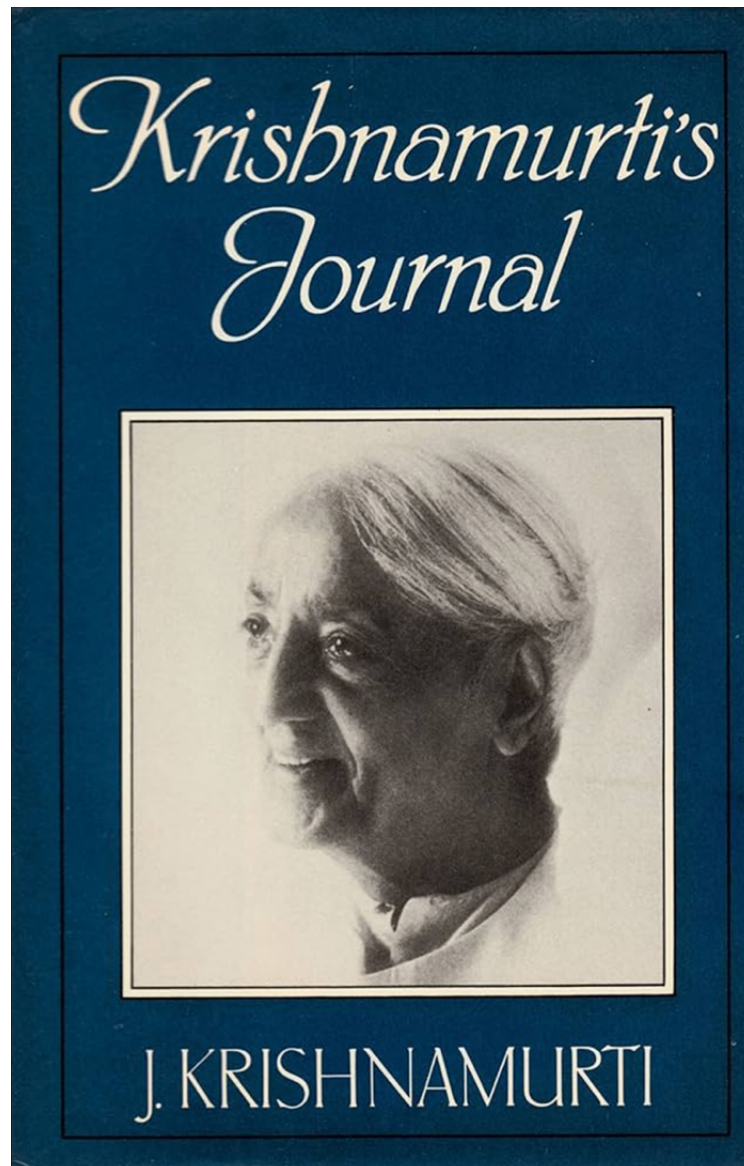
The final extract (45m 10s) this month is from the second question and answer meeting in Ojai 1980, titled 'Don't respond to anger with anger'.

Listen [here](#).

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

Krishnamurti Postal Lending Library Review

Krishnamurti's Journal



In the December newsletter, it was mentioned that Krishnamurti had written three diary-type books, and the first one, known as Krishnamurti's Notebook was described in some detail. This month the focus is on the second diary, published in 1982 as "Krishnamurti's Journal"

The following is taken from the foreword of the journal, written by Mary Lutyens:

In September 1973 Krishnamurti suddenly started keeping a journal. For nearly six weeks he made daily entries in a notebook. For the first month of that period he was staying at Brockwood Park, Hampshire, and for the rest of the time in Rome. He resumed the journal eighteen months later while in California.

Nearly every entry starts with a description of some natural scene which

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



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