

J. Krishnamurti

STUDY PROGRAMME



DEVELOPED BY THE KRISHNAMURTI FOUNDATION OF AMERICA
THIS VERSION COMPILED BY THE KRISHNAMURTI ASSOCIATION IN NEW ZEALAND

• INTRODUCTION •

ASKING QUESTIONS ABOUT ONESELF

“Think on These Things” is a study programme developed by the Krishnamurti Foundation of America.

Its intent is to engage people in asking fundamental questions of themselves and to bring about the space necessary for a deeper self-inquiry and self-understanding.

The questions asked are meant to challenge the deeply held assumptions we have about ourselves and about our life.

The issues explored within the programme are widely relevant, regardless of age, background or education. They can be focused on by someone on their own, or discussed within a group.

The questions are intended to be observed openly, and without preconception, to see what they mean.

There are thirteen topics in the programme.

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|---------------|----------------|
| 1. Authority | 8. Success |
| 2. Education | 9. Fear |
| 3. Listening | 10. Truth |
| 4. Meaning | 11. Loneliness |
| 5. Identity | 12. Happiness |
| 6. Violence | 13. Freedom |
| 7. Comparison | |



• Authority •



Question: What is the role of authority in our lives?

Sub-Questions (to help with this enquiry):

- What kinds of authority exist? e.g. religion, school, parents, police, experts, practical, psychological
- How do we create authority in ourselves?
- What is the difference between inner and outer authority?
- What would it mean to be free from authority?

Video: [Freedom and Authority](#)

• Education •



Question: Why are you educated?

Sub-Questions (to help with this enquiry):

- How is your education relevant to your daily life?
- What is learning?

Video: [What is the Use of Education?](#)

• Listening •



Question: Is it possible to listen impartially?

Video: [The Art of Listening](#)

• Identity •



Question: Why do you identify with anything at all?

Sub-Questions (To help with this enquiry):

- What do you identify with?
- Why do you identify?
- What is identification? What does it do?
- Do we have a psychological necessity for identification?
- What are the consequences of identification of any sort - whether it is with a nation or an idea?
- Who would you be without an identity?

Video: [Are You an Individual?](#)

• Meaning •



Question: What makes life really worth living for you?

Sub-Questions (To help with this enquiry):

- What gives your life meaning?
- What is it about those things and people that is important and gives you a sense of meaning?
- If those things and people are taken away, could you, (& how would you), still find meaning in your life?
- What would it mean to find permanent fulfilment?

Video: [The Ending of Sorrow Brings Love and Compassion](#)

• Violence •



Question: Where does violence begin? / Where does violence end?

Sub-Questions (To help with this enquiry):

- What do we consider is violence?
- In what ways are we violent?
- How is the outward manifestation of violence related to our inner violence?
- Do we see ourselves as separate from those on whom we inflict violence?
- Can you conceive of a world without violence?
- What would it mean to be free from violence?

Video: [The Violent Self](#)

• Comparison •



Question: Why do we compare?

Sub-Questions (To help with this enquiry):

- Is there value in the act of comparison?
- Is there something inherently negative about comparison?
- Do we learn when we compare?

Video: [Are we wired to compare?](#)

• Success •



Question: Why do you want to become anything?

Sub-Questions (To help with this enquiry):

- What has the consistent search for security / success done to how we approach life?
- Why do we want success?
- What do you fear would happen if you do not succeed?
- What will guide your life if it is not success?
- What has the pursuit of success done to the world?

Video: [Are we aware that we are fragmented?](#)

• Fear •



Question: What is the effect of fear on your mind, and on your actions?

Sub-Questions (To help with this enquiry):

- What do you experience during a moment of fear?
- In what ways is physiological fear similar to, or different from, psychological fear? (For example, is the fear of being bitten by a snake different from the fear of failing an examination?)
- How does fear express itself psychologically in our lives?
- What would it mean to live life free from psychological fear?

Video: [Can the Human Mind be Completely Free of Fear?](#)

• Truth •



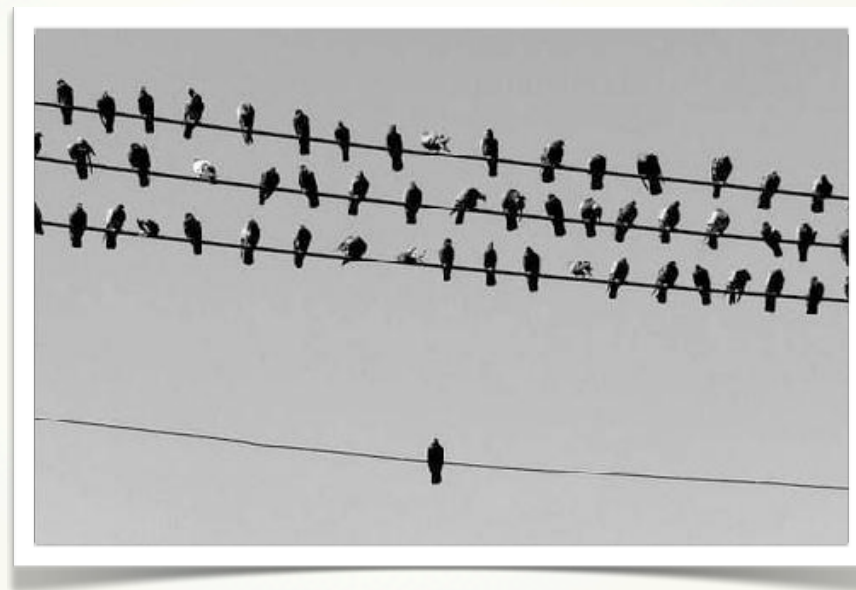
Question: How do you know if something is true?

Sub-Questions (To help with this enquiry):

- Do we have the ability to objectively tell the truth of a situation?
- How do you know if something is true without relying on external authority (credentialed experts, judgement, prejudice)?
- What would it mean to look at something and see the truth or falseness of it without external or inward authority determining how we see it?

Video: [Can Goodness, Love, and Truth be born of discipline?](#)

• Loneliness •



Question: What does loneliness feel like?

Sub-Questions (To help with this enquiry):

- What makes you feel connected to a friend?
- What happens to you when you feel lonely?
- Can you describe what loneliness feels like?
- Does loneliness disappear if you have relationships, if you have achievements?
- What would it mean to feel connected to oneself and to others without depending on other people?
- What would it mean to live without loneliness?

Video: [Fear of Loneliness](#)

• Happiness •



Question: Can there be happiness without pleasure?

Sub-Questions (To help with this enquiry):

- Is happiness important?
- Is it you who is happy, or is there just happiness?

Video: [Does pleasure bring happiness?](#)

• Freedom •



Question: What would it mean for you to be psychologically free?

Sub-Questions (To help with this enquiry):

- What is freedom?
- In what ways are you not free?
- How does freedom relate to responsibility (society, others)?

Video: [Freedom & Authority](#)