

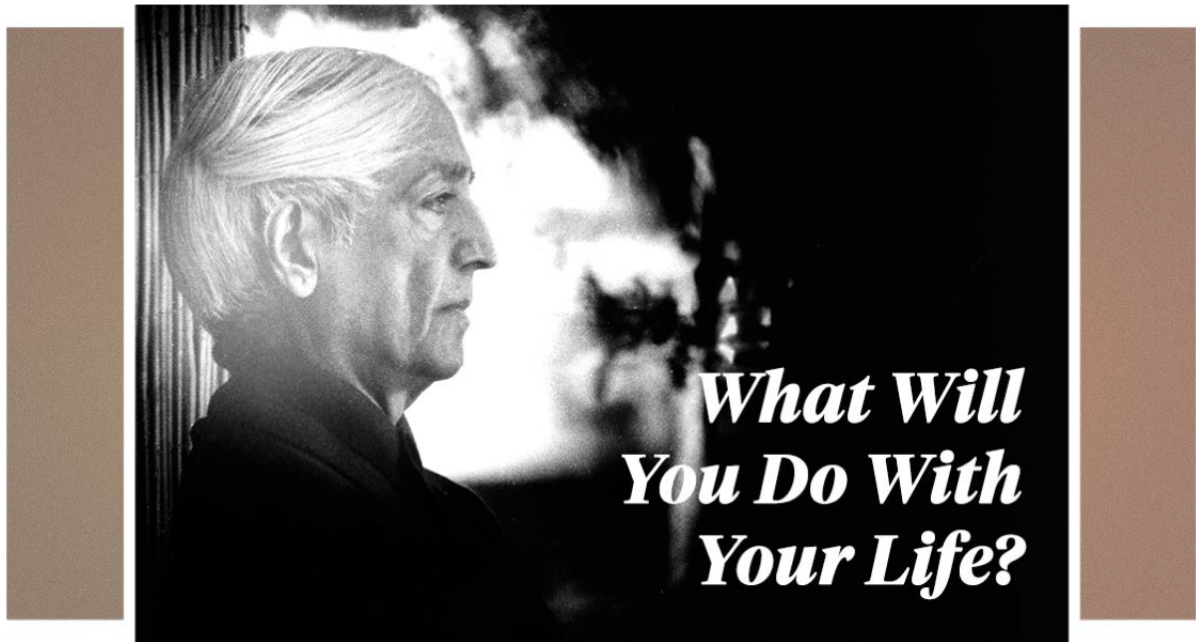
KANZ NEWS – September 2026

www.kanz.org.nz



*What generally happens
when you begin to suffer?
You immediately seek a remedy
that will ease your suffering.
So gradually in your search
for comfort, you again
put yourself to sleep.*

KRISHNAMURTI



In this thoughtful reflection, Krishnamurti invites us to question the very way we live — not just what we do but how and why we do it.

He explores the ‘art of living,’ urging honest examination of ambition, fear, conflict and the pull of status, suggesting that life isn’t about external achievement but about clarity, order and freedom from inner turmoil.

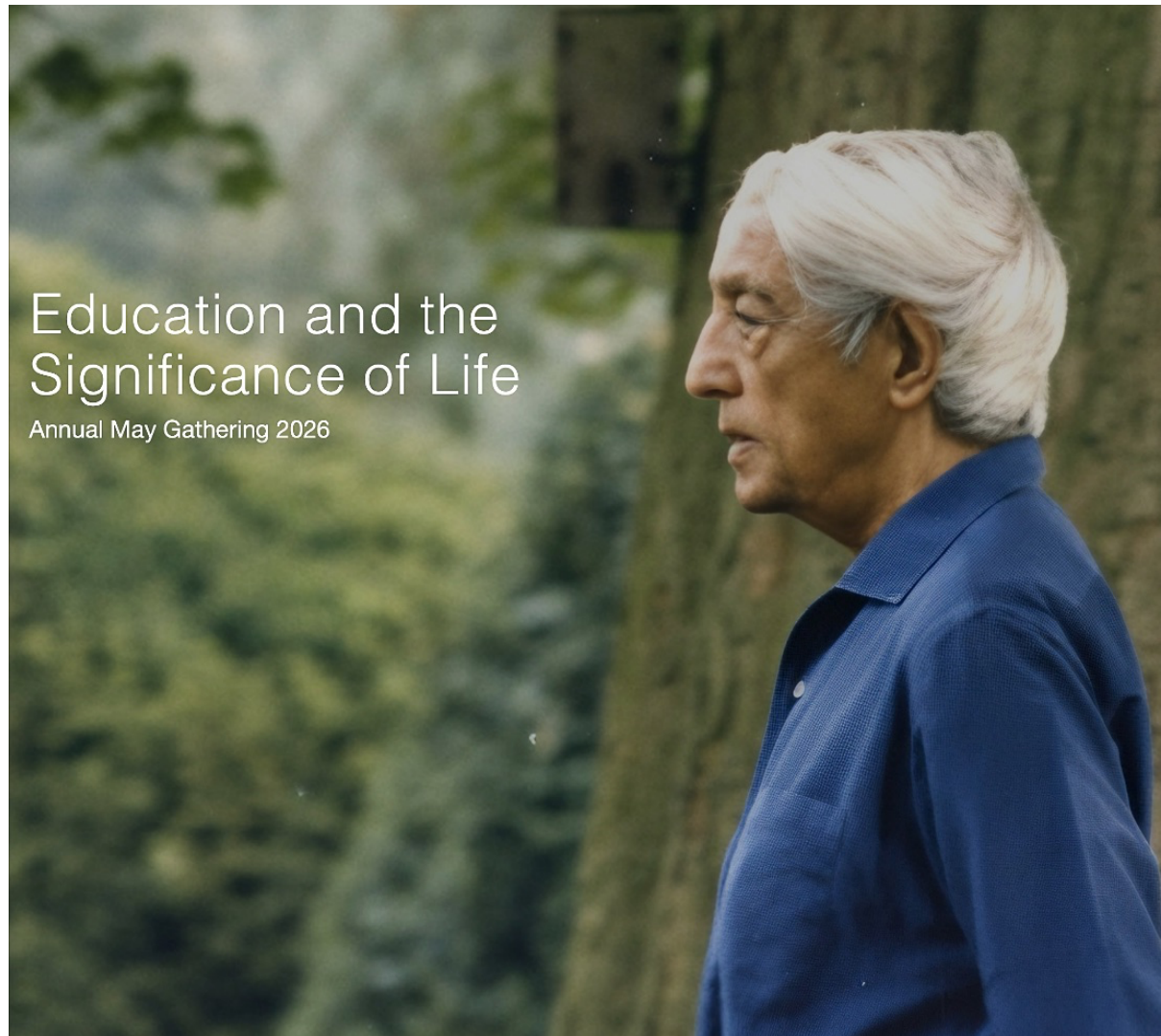
This feature is a profound invitation to look closely at our lives and ask: *How shall we live?*

Read [here](#)

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

Krishnamurti Foundation of America Annual Gathering





The KFA held its annual gathering in May at the Krishnamurti Centre, Ojai, California.

A keynote address will be included in this newsletter over this and the following three issues.

Source: [Krishnamurti Foundation of America](#)





In this month's newsletter the presentation is by Mary Kelley on the Significance of True Learning in Our Lives.

View the presentation [here](#)

Krishnamurti Podcast – Truth



This month's podcast has five sections. The first extract (2:06) is a rare recording of Krishnamurti reading 'Truth is a Pathless Land', in Ojai 1930.

The second extract (7:10) is from the second question and answer meeting in Ojai 1980, titled 'Is truth absolute or relative?'

The third extract (34:02) is from Krishnamurti's third question and answer meeting at Brockwood Park in 1983, titled 'Facts show what the truth is'.

The fourth extract (53:04) is from the fourth talk at Brockwood Park in 1972, titled 'Truth is to see the false'.

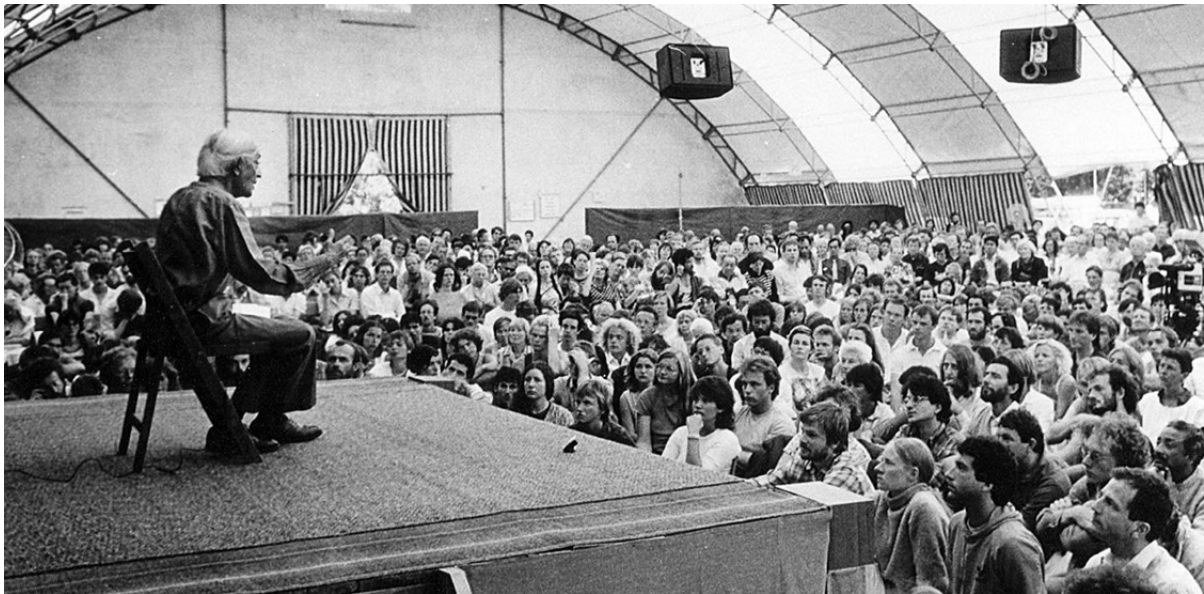
The final extract this month (58:34) is from Krishnamurti's first

question and answer meeting in Ojai 1984, titled 'Truth acts as a poison if one doesn't act'.

Listen [here](#).

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

You Are Only Aware Now, or Never



1976 was the first time Krishnamurti was videoed at the Saanen gatherings in Switzerland.

The series of 12 talks and discussions represent the whole of his teachings, from hurt to light, fear to transformation, with the overarching theme of awareness explored throughout. (Note: the first talk exists only as audio.)

Watch series [here](#)

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

New Zealand September Retreat





This is the final notification for the Krishnamurti Weekend Retreat, due to be held 25th – 27th September at the Aio Wira Retreat Centre, 8 Aio Wira Road, Waitakere, West Auckland 0781, NZ.

If you wish to make a booking or ask for further information please contact: Mirani <anila3@live.com>

The cost is \$400.

Participants are reminded of the necessity of bringing their own sheets, pillow cases and towels, (extra towel for spa/ sauna). All the beds are either king single or single.

There are a limited number of king single flat sheets that can be hired for an additional \$20 per set – please inform Mirani if you wish to hire.

Also remember to inform Mirani if you have any special dietary needs.

Check in time is 2pm on Friday and check out time is 3pm on Sunday

The theme of the retreat is:

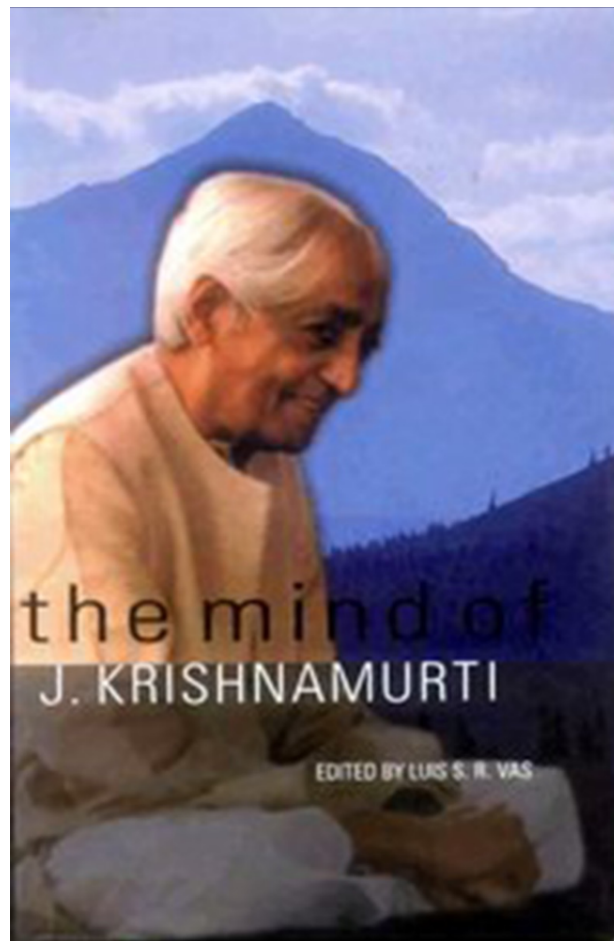
“What does it mean to live Krishnamurti's teachings?”

Various aspects of this question will be explored, through discussion together, through watching relevant video extracts of Krishnamurti's talks and discussions, through quiet periods and walks.

Clive Elwell (facilitator) clive.elwell@gmail.com

The Mind of J Krishnamurti

A book review from the Krishnamurti Postal Lending Library in NZ



The Mind of J. Krishnamurti is a book edited by Luis S. R. Vas. The book contains a collection of commentaries, reviews and evaluations of Krishnamurti's thoughts. It is a compendium perceived and understood by his many admirers, amongst whom were Aldous Huxley and Henry Miller.

The book is divided into six parts, with some personal reaction, comparative studies, conversations with several well known people, and a number of essays about various aspects of Krishnamurti's teachings:

“The story of Krishnamurti's life is one of the strangest that one can imagine – men have given up many things for the sake of truth, money, power, and even life itself. The Buddha renounced a throne to become a monk and walk the streets with a beggar's bowl. Krishnamurti set aside the allegiance, the devotion, of a well-organised band of a hundred thousand followers for the sake of coming down the steps of the spiritual throne erected for him by Mrs Besant and becoming an average

man for no greater reason than that for him there was no condition or state more blessed than love”

From chapter 2 :Introducing Krishnamurti by B Sannnnnjiva Rao

This is just one of the many books available from the Krishnamurti Postal Lending Library, containing talks by Krishnamurti, dialogues with him, and books about him by people who knew him personally, and also books by people simply inspired by him.

For all details about the Krishnamurti Postal Lending Library, see:

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

Showings of Krishnamurti videos and group dialogues:

CHRISTCHURCH:

- contact Pauline Matsis 03 312 1470 / paulinematsis@gmail.com
- contact Kyoko Giebel 03 329 4789 / aakaasha@glenrowan.nz

PALMERSTON NORTH

- contact Nadya Kaplyukova / mua_mail@yahoo.com

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