

KANZ NEWS – December 2025

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

Krishnamurti on Can the Mind Be Free of Conditioning?



Self-knowledge, or the learning about yourself every day, brings about a new mind. You have denied the old mind. Through self-knowledge, you have denied your conditioning totally. The conditioning of the mind can be denied only when the mind is aware of its operations, how it works, what it thinks, what it says, its motives.

There is another factor involved. We think it is a gradual process, that it will take time to free the mind from conditioning. We think that it will take days or years to uncondition our conditioned mind, gradually, day after day. This implies acquiring knowledge in order to dissipate conditioning, which means you are not learning but acquiring. A mind that is acquiring is not learning. A mind that uses knowledge to achieve a sense of liberation must have time. Such a mind thinks it must have time to free itself from its conditioning, which means it is going to

acquire knowledge, and as the knowledge expands, it will become freer and freer. This is utterly false.

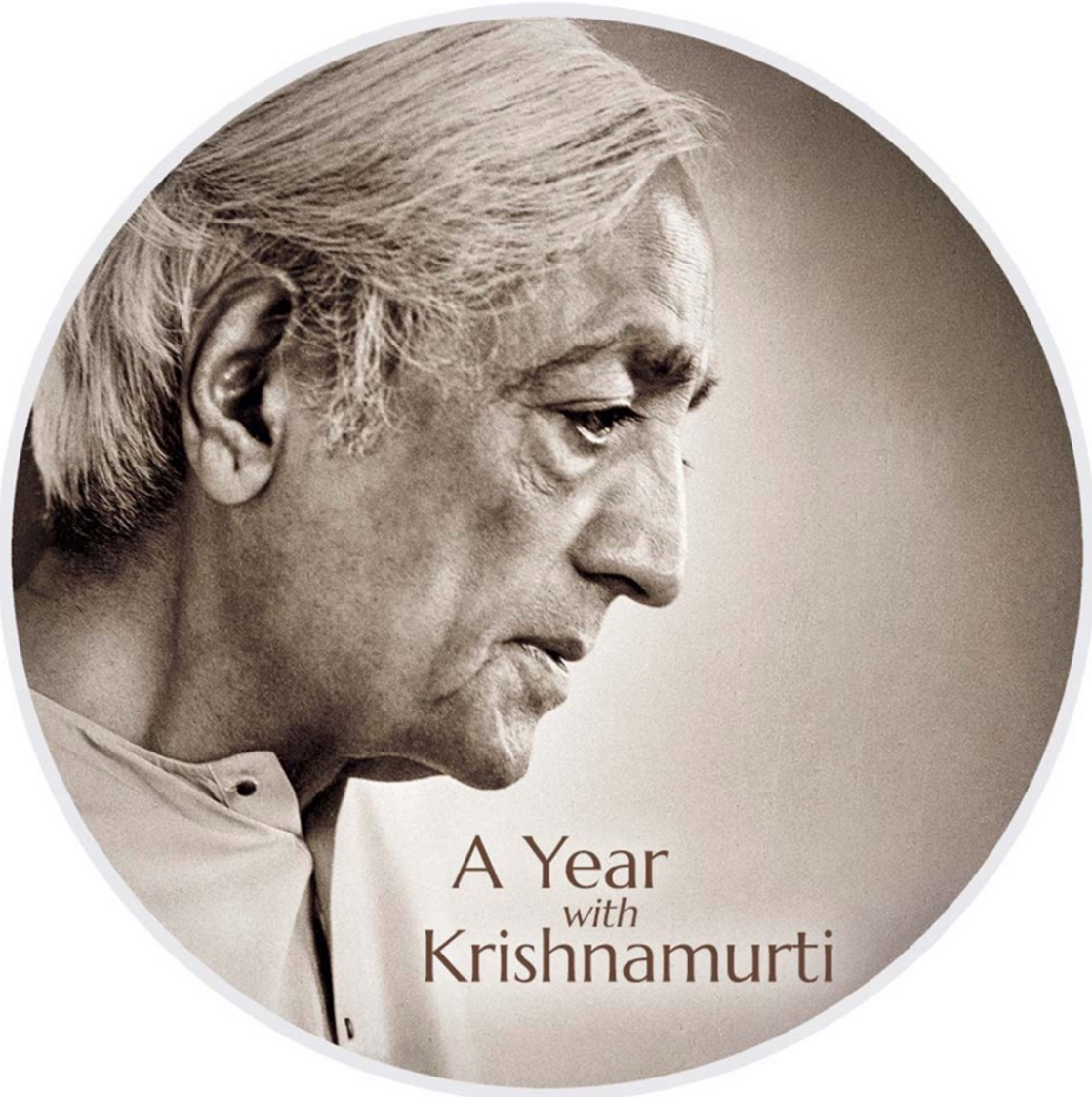
Through time, through the multiplication of many tomorrows, there is no liberation. There is freedom only in the denial of the thing seen immediately.

Krishnamurti in New Delhi 1962, Talk

Read the article [here](#)

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

A Timeless Journey Begins



Begin the new year with a unique 365-day email journey offering an excerpt from Krishnamurti delivered to your inbox each day.

Organised in 'flows' that unfold related themes in series, the carefully chosen material, including hard-to-find texts, is sourced from the entirety of Krishnamurti's works.

Sign up now; this timeless journey begins 1st January 2026 – or anytime after.

Pre-Sign Up Now – [Here](#)

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

From the Archives, Volume 10 – Events



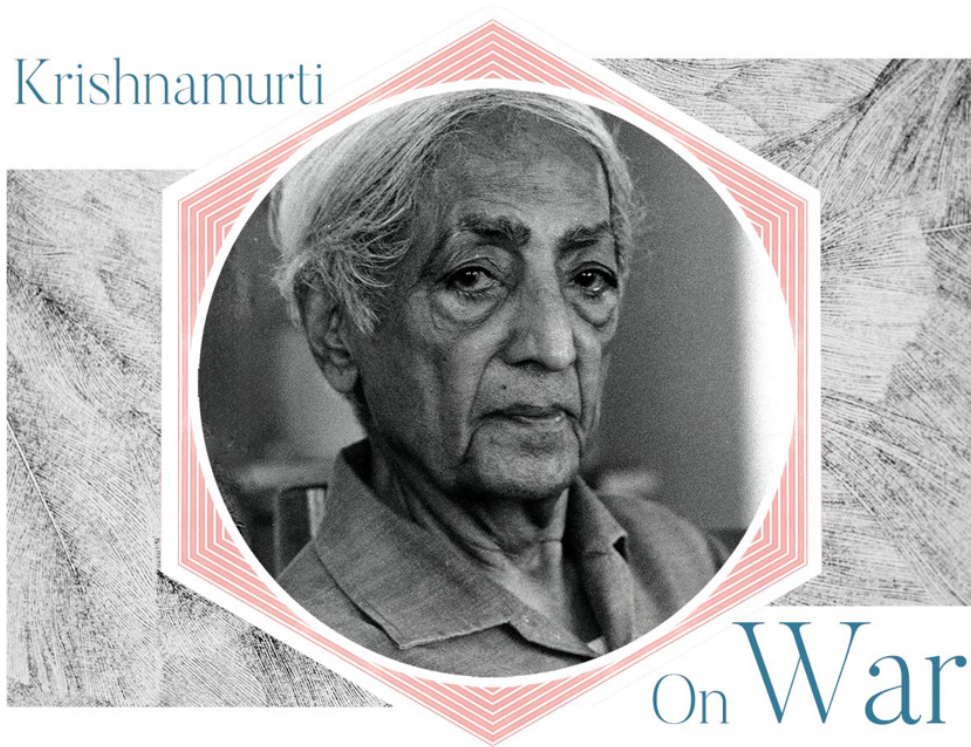
During the course of eight decades, from age 15 until just before his death at age 90, Krishnamurti spoke at public meetings, to small groups, to individuals, and to education groups consisting of teachers, parents or students.

The first time he spoke at a gathering was in 1910; his final recording was 76 years later in 1986.

In total, Krishnamurti held more than 5,300 events. Volume 10 of *From the Archives* charts the course of these varied events, from the Theosophical era, to speaking in major cities worldwide, to the schools and centres he established, illustrated with contemporary materials and extracts.

Read Article [here](#)

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



Krishnamurti lived through two world wars, and was deeply concerned about the roots of conflict between human beings.

In this article Krishnamurti explores the causes of ill will, and whether it is possible to live a peaceful life.

Read Article [here](#)

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

Krishnamurti Podcast – Self Knowledge



This month's episode on Anger has six sections.

The first extract (2:06) is from Krishnamurti's second talk in Rajghat 1967, titled 'Looking at anger totally'.

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

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

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

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

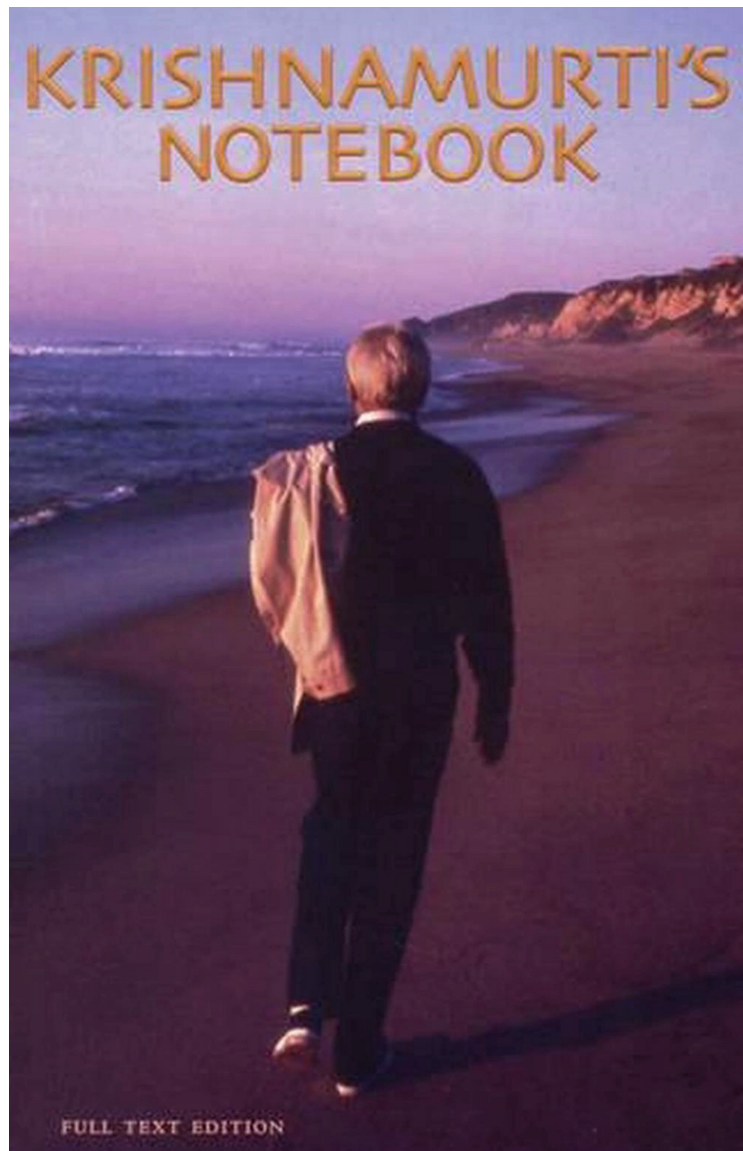
The final extract (45:10) this month is from the second question and answer meeting in Ojai 1980, titled 'Don't respond to anger with anger'.

Listen [here](#).

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

Krishnamurti Postal Lending Library Review

Krishnamurti's Notebook



In the previous issue of this newsletter, three diary – type books, written by Krishnamurti himself, were mentioned. In this issue the first diary written, in 1961, entitled Krishnamurti's Notebook, is reviewed.

From the Foreword by Mary Lutyens:

In June 1961 Krishnamurti began to keep a daily record of his perceptions and states of consciousness. Apart from about fourteen days he kept up this record for seven months. He wrote clearly, in pencil, and with virtually no erasures. The first seventy seven pages of the manuscript are written in a small notebook; from then until the end, (p. 323 of the manuscript), a larger loose-leaf book was used. The record starts abruptly and ends abruptly. Krishnamurti himself cannot say what prompted him to begin it. He had never kept such a record before, nor has he kept one since.

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

– contact Nadya Kaplyukova /
mua_mail@yahoo.com

ROTORUA

– contact Anne Richards 027 661 9121 /
anne.richards250@gmail.com

HAMILTON

– contact: Clive Elwell 022 085 7184 /
clive.elwell@gmail.com

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