

KANZ NEWS – June 2023

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คุณรู้สึกถึงความงามของชีวิตคุณบ้างไหม หรือมันเป็น
ชีวิตแบบปุถุชนคนทั่วไป ชีวิตที่ไร้ความหมาย
ที่ดิ้นรนต่อสู้ไม่จบสิ้นจากเช้าจรดค่ำ

*Do you have a sense of beauty in your life, or
is it mediocre, meaningless, an everlasting
struggle from morning until night?*

J Krishnamurti
Ramana Talk 4, 1962



The Anveekshana Foundation

P.O. Box 5 Thunglung, Hadyai, Songkhla 90230
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New Book Releases



Three new books have been released, ["The Beauty of Life"](#), ["What is Meditation?"](#), and ["Can Conflict End?"](#)

The "Beauty of Life" is a re-release of a newly expanded edition of "Krishnamurti's Journal" and contains thirteen additional previously unpublished entries.

[Purchase from online store](#)

New Video – The Root of Fear



"So we are enquiring what is the root of fear, not a particular fear but the root of all fear. The root of fear is time: what I will be, what I have been, what I might not be. Time is the past, the present, and the future. The past modifying itself in the present and continuing in the future. Fear of something that has happened psychologically, or physically, last week, or last year, and hoping that it will not continue in the future. So time is a factor of fear. The poor man, fear of not being able to find the next meal. You don't know all that. The fear of having no home, no shelter, no food. And the effect of fear, both on the physical organism, and on the psychological, on the psyche, and the very psyche may be made up of fear. Please understand that.

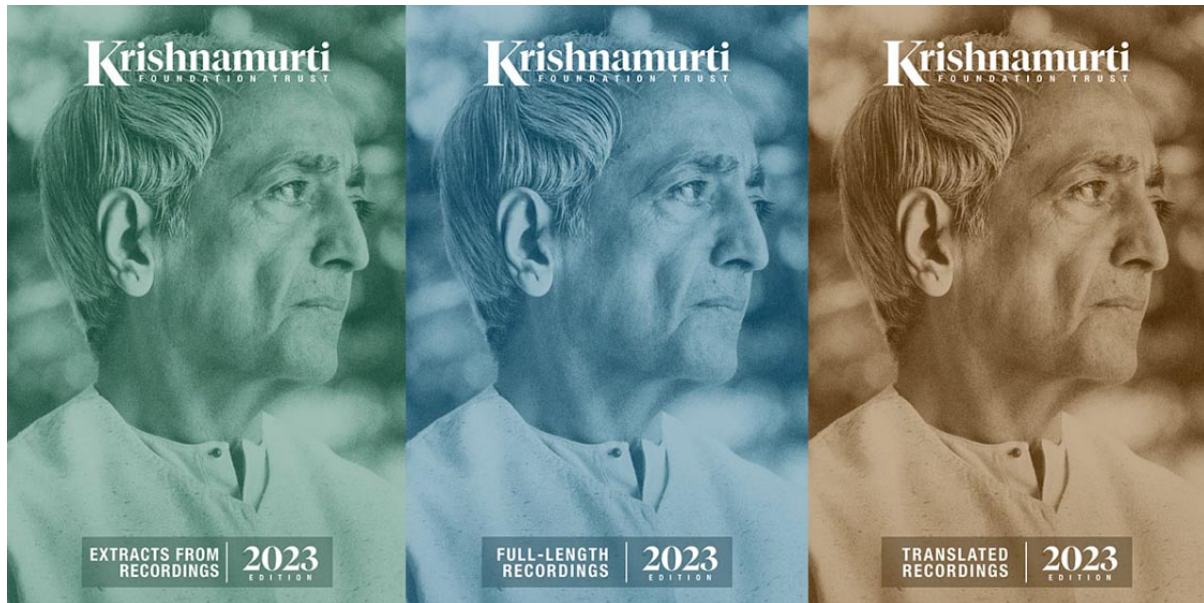
The psyche, what you are, may be the result of fear. And probably is. So it is important to understand the depth and the meaning of fear. And that is time and thought. Time as the future, I might die, I might lose, I might be nobody, I am somebody now – which I doubt – but I want to be somebody in the future, the next day, and so on. So time and thought are the root of fear. And therefore one must ask a much more serious question: whether time and thought has a stop."

J. Krishnamurti

Talk 2, New York, 1983

[Watch video here](#)

Free Digital Directories



New editions of our directories are now available to download. The three PDFs catalogue the vast amount of content available on the official YouTube channel, with links to and information on our audio and video productions including extracts, with a handy list of topics and a complete list of all available translations (more than 3,300 subtitles in over 40 languages).

Directory Downloads:

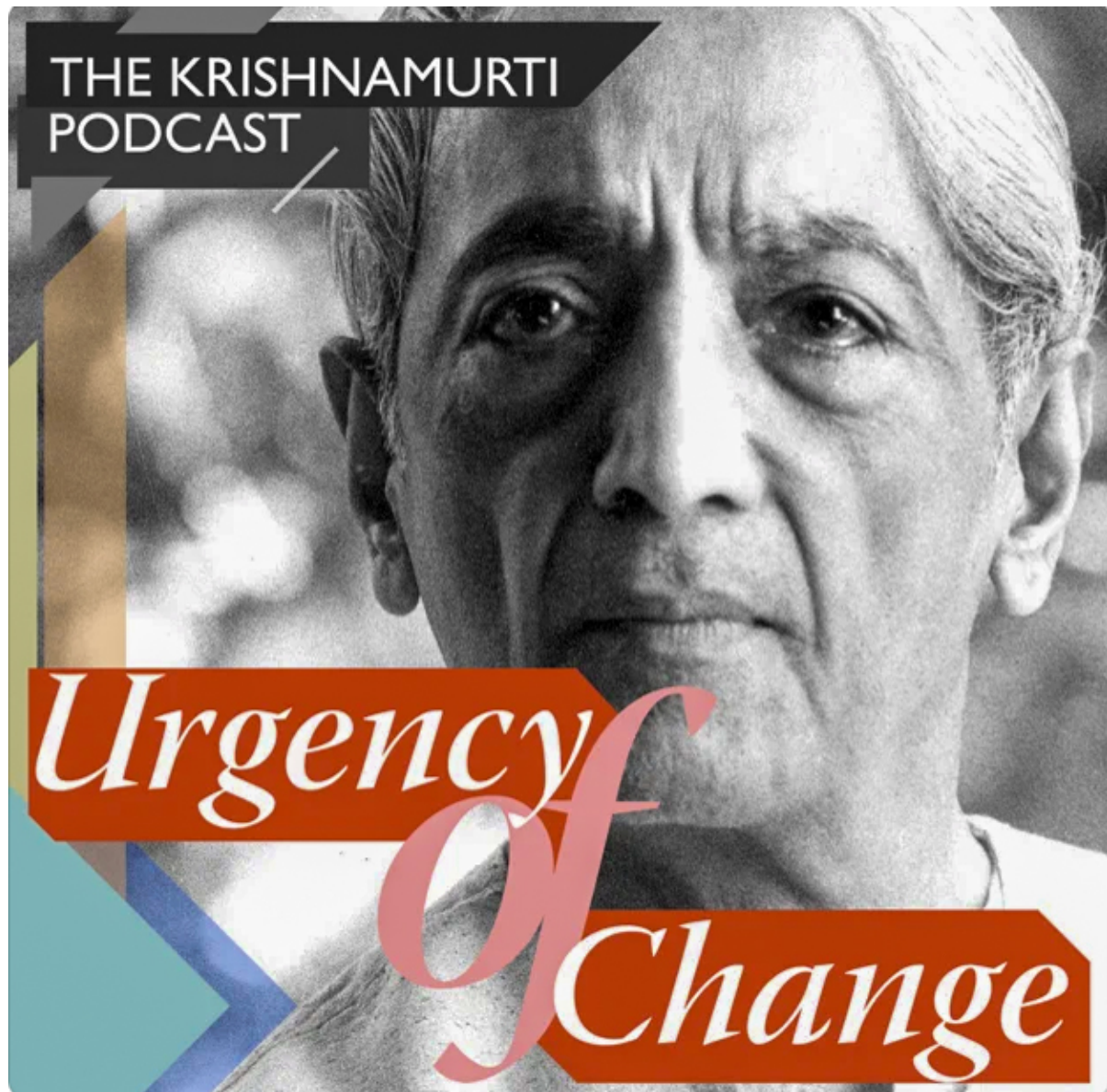
[Extracts from Recordings](#)

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[Translated Recordings](#)

Krishnamurti Podcasts

Krishnamurti with Alain Naudé 6



This conversation between Krishnamurti and Naude was recorded in Malibu in 1972. Naude begins by asking: Are the various scriptures of India and the Middle East similar to, or in contradiction to, your teaching?

Krishnamurti later asks: Can thought end right through one's consciousness? Must thought not end for something new to be observed?

How does the mind look at itself? Does it look as an observer different from the observed, or without the observer, and therefore there is only the observed?

Can consciousness empty itself of its content?

What has happened to the mind that has discarded the weight of becoming, of tradition, myth, gurus and authority?

A mind that has no space can never find truth. A mind that is not empty

can never find truth.

Remaining with the fact of hurt.

When you are nothing, you love.

There is a movement in silence that has no beginning and no end, a movement that is always new.

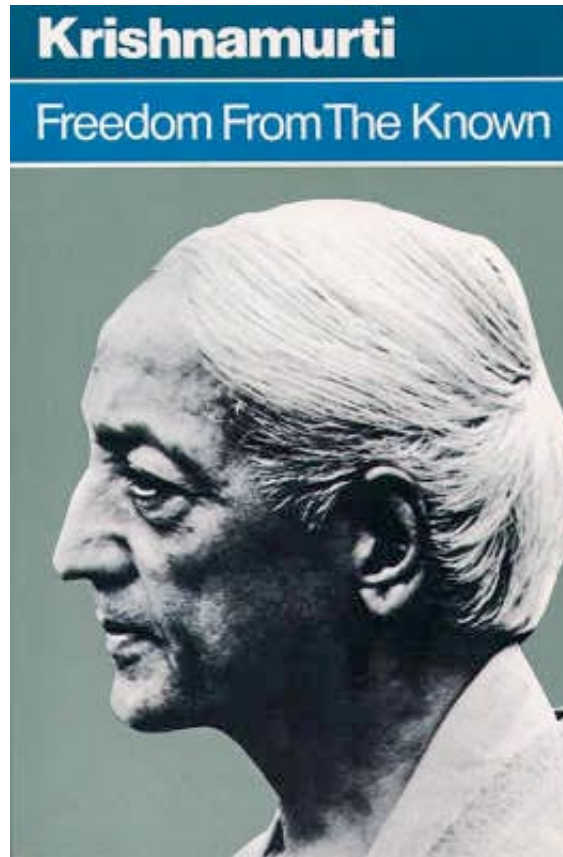
Inquiry is different from effort, from seeking, from achievement.

Alain Naude was Krishnamurti's private secretary in the 1960s. He met Krishnamurti in 1963 whilst a music lecturer and concert pianist. He gave up his teaching and performing in 1964 to work with Krishnamurti. Fluent in several languages, he was very helpful at international gatherings and in attracting younger audiences to Krishnamurti's talks, at a time of cultural change in the West.

Listen [here](#).

Krishnamurti Postal Lending Library Book Review

"Freedom From The Known"



From the back cover of this book, published in 1969:

"In this classic work, Krishnamurti shows how people can free themselves radically and immediately from the tyranny of the expected, no matter what their age. And, by first changing themselves, can then change the whole structure of society and their relationships. Major themes of "Freedom From the Known" include: Awareness, Man's Search, and the Tortured Mind. A brimming spiritual well from which readers may profitably draw".

In "The Life and Death of Krishnamurti", the biographer Mary Lutyens gives a delightful account of the origin of "Freedom from the Known", which Krishnamurti asked her to compile in 1967:

K asked me out the blue if I would do a book for him. To my amazement I heard myself saying, 'Yes'. Then I asked, 'What kind of a book?' 'Something based on the talks. I leave it to you', he replied. The rest of my summer was overshadowed by the enormity of what I had let myself in for. The first thing obviously was to read some of K's talks, which I had not done for nearly 40 years.

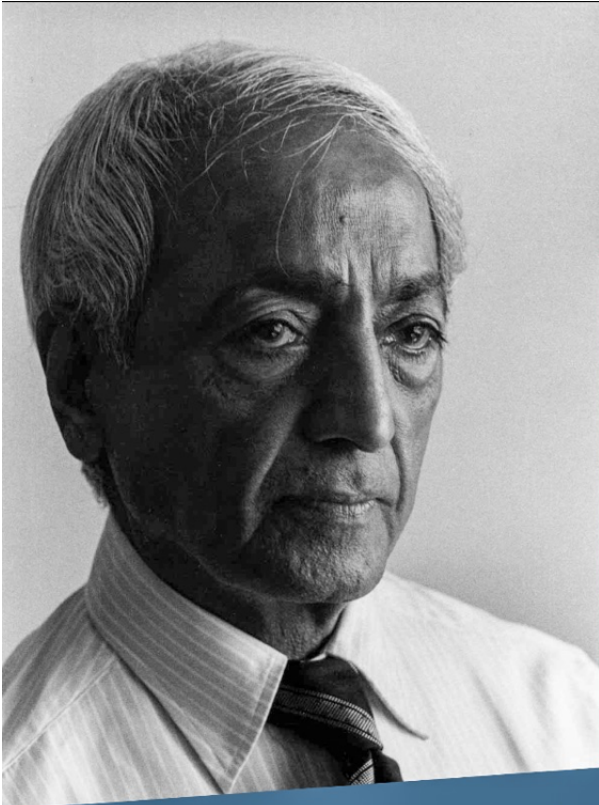
Later, after completing the book, she says the title was chosen by Krishnamurti himself That title contains perhaps the essence of K's

teachings. He once said:

“Unless the mind is free from knowledge as experience and conclusion, there is no discovery, but only a continuance, however modified, of what has been”.

All of the books mentioned above are available for free loan from the Krishnamurti Postal Lending Library. The full list can be found at <https://www.kanz.org.nz/library>

The Book of Yourself 14 Week Online Course



THE BOOK OF YOURSELF

“The understanding of yourself, however painful or passing, is the beginning of wisdom”

The Course

The intent of the course is to take Krishnamurti's teachings as a mirror in which our humanity is compassionately and insightfully reflected in an attempt to see and understand ourselves and thereby become fully responsible for our lives.

Krishnamurti Australia (KA) and the Krishnamurti Association of New Zealand (KANZ) are co-hosting a fourteen week online study course on Jiddu Krishnamurti's teachings.

The Book of Yourself course was created by Javier Gomez Rodriguez and is a comprehensive examination of Krishnamurti's teachings as they apply to our human condition, the world, and our daily life.

The course is based on the perception that as human beings we embody the universal history of mankind, and it is through understanding this history, this deep conditioning, that we can bring about a profound transformation in our consciousness, and in the world at large.

In keeping with the self-reflective nature of the course, the subjects will be as interactive as possible. The course consists of extensive live online presentations, short video clips, followed by a dialogue or Q & A. In preparation for each session participants are asked to read through the text and PowerPoint summaries provided, and view audio-visual material corresponding to each chapter. Presentations will be via Zoom link.

The course creator and presenter, Javier Gómez Rodríguez, was born in Spain. In his mid-teens he came across the work of Jiddu Krishnamurti and was instantly struck by its wholeness and 'ring of truth'. From 1975–1978 he was a student at Brockwood Park, the school Krishnamurti founded in England in 1969. He completed a B.A. in Humanities and an M.A. in Spanish Language and Literature in the US. In 1990, he returned to Brockwood as a teacher. There he met Krishnamurti's close associate David Bohm and actively engaged with him in the exploration of Bohm's dialogue proposal, one of the most creative approaches to self-knowledge and transformation in a group setting.

This comprehensive course is intended for anyone who is seriously concerned about the fragmentation, violence, and conflict seen in the world today, recognises their responsibility in relation to it, and sees the need for a fundamental change and deepening their own self-understanding.

Because of the extensive work required to run this course, and its interactive nature, a minimum of 4–6 participants are needed to make it viable.

If you are interested in participating in what could be a potentially life changing journey of exploration, please email your Book of Yourself expression of interest to cjwaters@outlook.com. If there is

sufficient interest Krishnamurti Australia and KANZ would like to run this fourteen week course in the second half of 2023.

A Weekend Retreat in October.

This is advance notice of a weekend retreat planned for October, similar to the one held in October 2022.

The theme will be Meditation.

More details will be announced closer to the time.

contact: Mirani Wijeyesinghe,

email <anila3@live.com> mob: NZ 210 229

Meditation is not the repetition of the word, nor the experiencing of a vision, nor the cultivating of silence. The bead and the word do quieten the chattering mind, but this is a form of self-hypnosis. Meditation is not wrapping yourself in a pattern of thought, in the enchantment of pleasure. Meditation has no beginning, and therefore it has no end.

If you say: "I will begin today to control my thoughts, to sit quietly in the meditative posture, to breathe regularly" – then you are caught in the tricks with which one deceives oneself. Meditation is not a matter of being absorbed in some grandiose idea or image: that only quietens one for the moment, as a child absorbed by a toy is for the time being quiet. But as soon as the toy ceases to be of interest, the restlessness and the mischief begin again. Meditation is not the pursuit of an invisible path leading to some imagined bliss.

The meditative mind is seeing – watching, listening, without the word, without comment, without opinion – attentive to the movement of life in all its relationships throughout the day. And at night, when the whole organism is at rest, the meditative mind has no dreams for it has been awake all day. It is only the indolent who have dreams; only the half-asleep who need the intimation of their own states. But as the mind watches, listens to the movement of life, the outer and the inner, to such a mind comes a silence that is not put together by thought

It is not a silence that the observer can experience. If you do experience it and recognise it, it is no longer silence. The silence of the meditative mind is not within the borders of recognition, for this silence has no frontier. There is only silence in which the space of silence ceases.

From "The Only Revolution"

J. Krishnamurti

Auckland Dialogue Meeting

Meetings are held fortnightly on Mondays.

The meeting location has changed and meetings are now being held in New Lynn.

Please contact Brett Nielsen 021 974 960 to obtain meeting details and to advise attendance.

Showings of Krishnamurti videos and group dialogues:

CHRISTCHURCH

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

PALMERSTON NORTH

- contact Nadya Kaplyukova / mua_mail@yahoo.com

HAMILTON

- contact: Clive Elwell 022 085 7184 / clive.elwell@

AUCKLAND

- contact Brett Nielsen 021 974 960



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

Virtual Online Krishnamurti Study Centre

<https://www.kanz.org.nz/virtual-krishnamurti-study-centre>

Krishnamurti Association in New Zealand

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