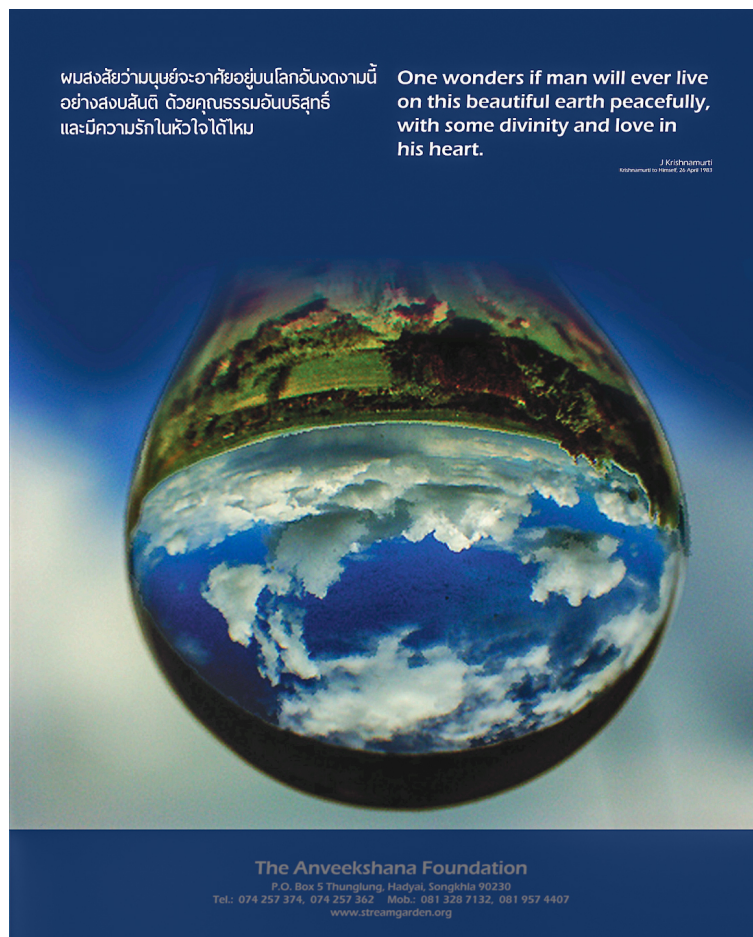


KANZ NEWS – August 2023

www.kanz.org.nz



Previously these newsletters have published the content of two public exhibitions focused on the teachings of J. Krishnamurti. "To The Young" and "World In Crisis".

These two exhibitions were developed by Vikram Parchure a designer exploring design as an instrument of social change and value education. He had his formal training at the National Institute of Design, Ahmedabad, and has explored design in the context of diverse fields. He has been involved with curriculum design in mainstream and progressive education, the design of learners' aids in adult literacy and non-formal education programmes, the design of conscience raising

programmes for the socially oppressed, and the teaching of value education through theatre. He innovated a pilot heritage education programme near Chennai to address issues of cultural alienation in contemporary society.

Vikram has developed a third exhibition entitled "The Only Revolution".

This is the final exhibition panel in the series.

Our thanks to Vikram Parchure and The Anveekshana Foundation, Thailand for permission to show these panels.

Krishnamurti Foundation of America May Gathering



The KFA Annual Gathering is held in Ojai, California, each year in May.

A highlight from the Gathering will be presented in this newsletter over the coming months.



The second Gathering highlight to be presented is "The Art of Living and Dying with Choiceless Awareness" with Jerry Flexler.

This presentation starts with an exploration of what several selected folks have had to say about Krishnamurti's most unique notion of 'choiceless awareness,' including a few Krishnamurti commentators and a few American scholars.

The second part looks at selected examples of what Krishnamurti himself had to say about choiceless awareness.

In the final part, Jerry offers his own take on the topic, which, perhaps, might suggest a close connection between what Krishnamurti had to say about the art of living and his notion of choiceless awareness.

Jerry currently lives in beautiful Victoria, British Columbia, but for much of his life he has been a peripatetic sojourner, with occasional stays in many different locales. His life has been characterised by continuous learning, and he has adopted – mostly – an attitude of open-mindedness and intellectual humility. Following a psychologically transformative event in 1998, at the age of 42, and while living in Vancouver, he gave up his position, his home, and most of his belongings, and set out on a worldwide search for community with like-minded folk. While spending time in Australia, in January 2001, a kind

elder gentleman gave him a copy of Krishnamurti's *Freedom From The Known*. He then read this book with great interest, and, as was his habit in those days, he carefully highlighted in bright yellow those portions of the text that appealed to his personal outlook on life and that intrigued him most. With this particular book, he noticed, as he was reading the last few pages, that he had highlighted what seemed like ninety percent of the text. He was hooked. Later, in 2015, he chose Krishnamurti as his master's degree field of study. His master's thesis, titled *Krishnamurti and the Dance of Dialogue: Instigating Insight in Higher Education*, completed in 2019, describes his close reading of the transcript of a one-hour dialogue Krishnamurti had in California in 1981 with six American college students. His study included a thematic content analysis, and Jerry discovered that Krishnamurti while improvising, had, through his skillful facilitation, conducted an inquiry into many of the themes that are the most essential elements in K's own 'curriculum.' Also, his study described certain unique features that Krishnamurti applied in his dialogic approach, with specific examples from the transcript. He concluded that Krishnamurti's dialogic approach could be adapted for higher education. This work was followed, in 2019, with doctoral research that has taken him in a different direction, with a historical focus on how people had engaged with Krishnamurti's teachings in California in the middle part of the twentieth century.

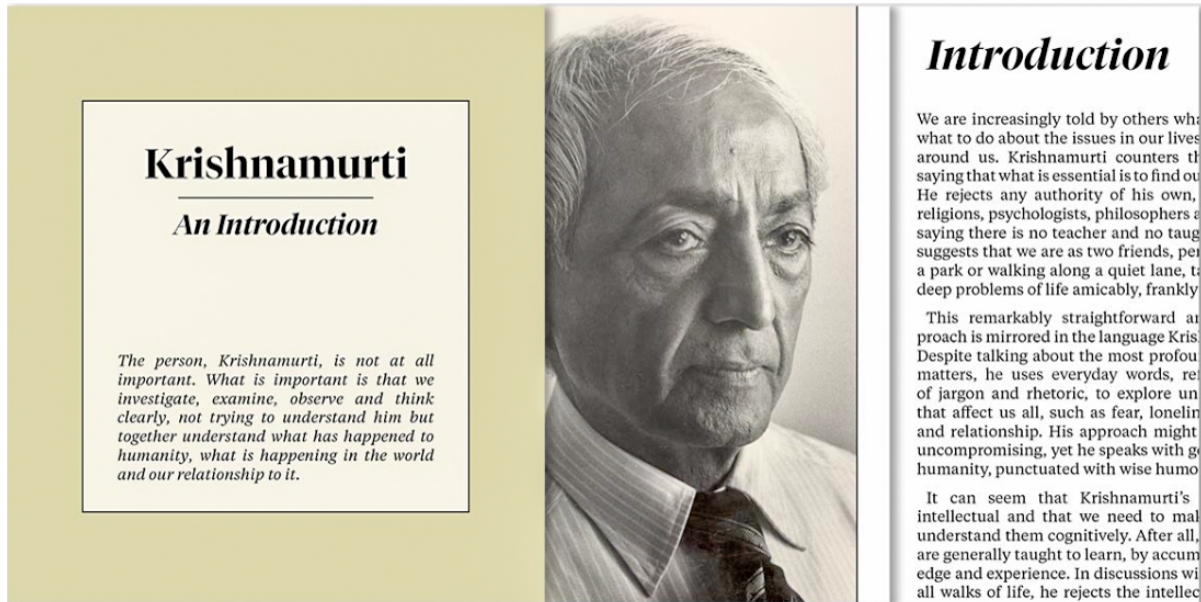
View the presentation [here](#).

5 Popular Full-Length Videos



In the Present Is the Whole of Time
To Act Instantly Is To See Actually "What Is"
In Total Silence the Mind Comes Upon the Eternal
Is There an Action Not Touched by Thought?
The Beginning of Meditation

Free Booklet: Introduction to Krishnamurti



This new booklet serves as a good entry to Krishnamurti's teachings. Along with the introduction, it includes a short biography, quotes, topical excerpts, an introduction by physicist David Bohm, and Krishnamurti's own 'Core of the Teachings'.

Download [here](#)

Krishnamurti Podcasts

**Commentaries on Living
Read by Terence Stamp 5**



Commentaries on Living is one of Krishnamurti's most well-known and best loved books. In it, he recalls many of the private conversations with those who came to see him. With encouragement from Aldous Huxley these meetings were written down by Krishnamurti and published in 1956. Two further volumes were published in 1958 and 1960. Chapters included in this episode are titled Experiencing, Virtue, Simplicity of the Heart, Facets of the Individual, Sleep, and Love in Relationship.

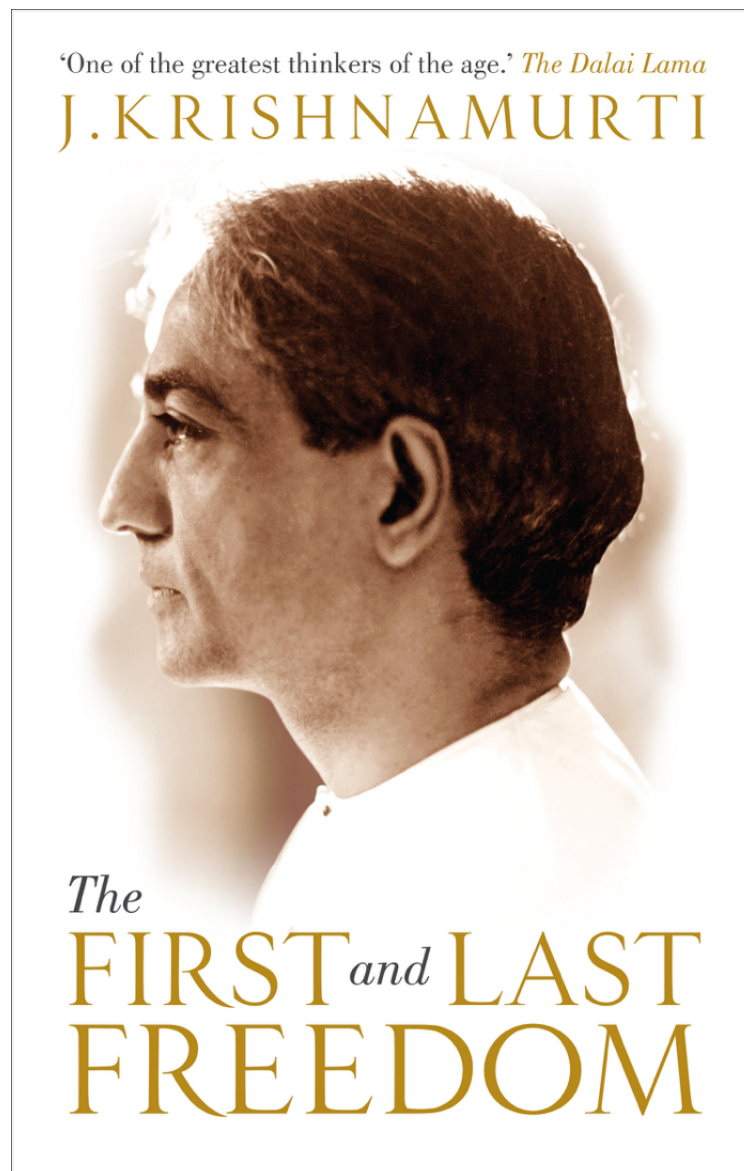
Terence Stamp is an Oscar-nominated actor, known for his roles in *The Limey*, *Superman*, *The Collector*, *Wall Street*, and many others. It was through working with Fellini that he met and became friends with Krishnamurti. Stamp includes his experiences with Krishnamurti in his recent memoir *The Ocean Fell Into the Drop*.

We thank the Karina Library in Ojai, California and Terence Stamp for these recordings, most of which have not been released before.

Listen [here](#).

Krishnamurti Postal Lending Library Book Review

"The First and Last Freedom"



“Now, freedom from all that, is freedom from the known; it is the state of a mind which says, “I do not know”, and which is not looking for an

answer. Such a mind is completely not seeking, not expecting; and it is only in this state that you can say, "I understand". It is the only state in which the mind is free, and from that state you can look at the things that are known – but not the other way round. From the known you cannot possibly see the unknown; but when once you have understood the state of a mind that is free – which is the mind that says, "I don't know" and remains unknowing, and is therefore innocent – from that state you can function, you can be a citizen, you can be married, or what you will. Then what you do has relevance, significance in life. But we remain in the field of the known, with all its conflicts, striving, disputes, agonies, and from that field we try to find that which is unknown; therefore we are not really seeking freedom. What we want is the continuation, the extension of the same old thing: the known"

This enlightening book explores human existence, consciousness, and the true nature of freedom.

Krishnamurti invites readers on a transformative journey that challenges conventional thinking and explores the self. "The First and Last Freedom" encapsulates Krishnamurti's timeless wisdom on thought, fear, love, and the impact of society.

In this seminal work, Krishnamurti emphasises self-awareness and freeing ourselves from past influences and beliefs. He encourages personal inquiry and discovering our unique path to freedom and liberation. Through profound questioning and keen observation, Krishnamurti challenges us to transcend limitations, live in the present moment, and gain transformative insights.

Whether you're new to Krishnamurti, or a dedicated student, this book promises to deepen your understanding of human consciousness and the possibilities of true freedom.

A special feature of this book is the twelve page introduction by the author Aldous Huxley, who was a close friend of Krishnamurti. K's influencee on Huxley can be seen in some of Huxley's books, especially "Island", which envisages a sane, rational, peaceful society with a strong emphasis on individual choiceless awareness.

The First and Last Freedom is just one of the many books available for free loan from the Krishnamurti Postal Lending Library. The full list can be found at:

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

October Weekend Retreat An Exploration into Meditation



Following the weekend retreat last year at Waitetuna, another retreat is planned for October 2023. The theme will be “*An exploration into Meditation*”

The term “exploration” is important here. It is not the intention to spend the weekend following traditional meditational practices, but rather to enquire into the whole questions “What is true meditation?”, “What is its meaning?”, and, “What is its place in our everyday life?”

The words of J. Krishnamurti will play a part in the sessions, but not as an authority, only as a starting point for enquiry.

Krishnamurti frequently said:

“In meditation don't follow anybody, including the speaker.”

So although the sessions will be facilitated, there will be no authority figure, but rather a mutual self-enquiry, with a mix of dialogue and actual **doing**. Periods of silence will play a part in the sessions. Following feedback from the previous retreat, there will also be more unstructured time available.

“Meditation is to be aware of every thought and of every feeling, never to say it is right or wrong but just to watch it and move with it. In that watching you begin to understand the whole movement of thought and feeling. And out of this awareness comes silence” – J. Krishnamurti.

So the retreat will simultaneously be a time for questioning and a time for silence. It is an opportunity for participants to slow down.

The retreat will question whether the issue of meditation can be approached without predetermined ideas of what it is, and if so is it possible to be in a state of learning about what it is, and is there a state of not-knowing that is part of meditation in itself?

Apart from the retreat sessions participants will help a little with food preparation and cleaning up after meals.

Practical Details:

Date: October 13th–15th

Venue: Waitetuna Retreat Centre, Cogswell Road, near Raglan

Cost: approximately NZ\$310

For administrative details/bookings contact: Mirani Wijeyesinghe, email <anila3@live.com> mob: 0210 229 2644

For retreat content contact: Clive Elwell email <clive.elwell@gmail.com>

Meditation
Vasanta School Gardens, Auckland, April 1934



I wonder what people generally mean by meditation?

As far as I can make out, the so-called meditation, which is but concentration, is not meditation at all. We are used to this idea that by concentrating, by making tremendous effort to control the mind and fix it on a certain idea or concept, certain picture or image, by focusing the mind on a particular point, we are meditating.

Now, what is happening when you are trying to do that? You are trying to concentrate your mind on a particular idea and banish all other ideas, all other concepts; and trying to fix the mind on that idea, to force the mind to limit itself to that—whether it be a great thought, an image, or a concept which you have picked up in a book—what is happening when you are doing that? Other ideas come creeping in and you try to banish them away, and so this continual conflict is kept up. Ideas creep in which you do not want, in the attempt to fix your mind on a particular idea. You are but creating conflict, making the mind become smaller, contracting the mind, forcing the mind, but trying to discover the full significance of each thought as it arises. How can you say which is a better idea and which is a worse idea; which is noble, which is ignoble? You can only say that when the mind has discovered their true values.

So, to me, the joy of meditation consists in this process of discovering

the right value of each thought. You discover by a natural process the significance of each thought, and therefore free the mind from this continual conflict.

Suppose you are trying to concentrate on an idea—you think of what you are going to wear, that idea comes into your mind, or whom you are going to see, or what you are going to have for lunch. Complete each thought, do not try to banish it away; then you will see that mind is no longer a battlefield of competing ideas.

So your meditation is not limited to a few hours, or to a few moments during the day, but is a continual alertness of the mind and heart throughout the day; and that, to me, is true meditation. In that there is peace. In that there is a joy.

But the so-called meditation you practice for discipline in order to get something in return is, to me, a pernicious thing, it is really destroying thought. Why are we forced to do that? Why do we force ourselves to think concentratedly for a few moments during the day of things which we think we like? Because we are doing the rest of the day something we do not like, which is not pleasant.

Therefore, we say, "To find, to think about some thing which I like, I must meditate." So you are giving a false answer to a false cause. That is, environment—economic, social, religious—prevents you from doing, fulfilling what you want to do; and as it prevents you, you have to find moments, an hour or two, in which to live. So disciplining the mind, forcing it to a particular pattern, then is necessary, and hence the whole idea of discipline. Whereas, if you really understood the limitation of environment and broke through it with action, then this process of disciplining the mind to act in a certain manner would become wholly unnecessary.

Please, you have to think it over rather carefully if you would see the significance of all this; because a disciplined mind—not a mind that is merely disciplined to carry out a technique—is a mind that has been trained along a certain particular pattern, and that pattern is the outcome.

J.Krishnamurti, Auckland, April 1934

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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