

KANZ NEWS – March 2019
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In that one second of awareness you can see the whole universe.

By being aware, one discovers how one is conditioned, how I am conditioned – as a Hindu, Buddhist, Christian; as a nationalist: British, German, Russian, Indian ... I am conditioned. Do it and you will find out for yourself how extraordinarily limited, how obviously infantile our thoughts, our feelings, and our ideas are.

The Collected Works, Vol XV

Questioner: I find it impossible to be aware all the time.

Krishnamurti: Don't be aware all the time! Just be aware in little bits.

Please, there is no "being aware all the time". That is a dreadful ideal.

Just be aware for one minute, for one second, and in that one second of awareness you can see the whole universe. When you say, "I must be aware all the time", you have made a problem of it, and then you should really find out why you want to be aware all the time. See the greed it implies, the desire to acquire.

The Collected Works, Vol XIII

One has to be aware of one's thoughts and feelings, without anxiety, without pressure. Be aware of your thoughts and feelings, let them come out, don't check them, don't hold them back. Let them pour out, the gentle as well as the violent ones, but be aware of them.

Letters to a Young Friend

This journey I am proposing is not to the moon or even to the stars. The distance to the stars is much less than the distance within ourselves.

The Collected Works, Vol XI

The image and quotes above are taken from a series of exhibition panels created by Vikram Parchure. The title of the exhibition is "To the Young".

Vikram is a designer exploring design as an instrument of social change and value education.

Krishnamurti's deep concern for the young led him to exhort youth to insightfully understand that the old ways of problem-solving will prove too inadequate to deal with the complexity of present-day world dilemmas. He said that only a mind that is fresh, youthful, perceptive and ever-willing to face the challenges of uncertainty can deal with this challenge successfully. What makes for such a youthful quality of mind, regardless of the body's physical age? This is the vitally important question that is explored in these panels.

Each KANZ newsletter is presenting one of the panels developed by Vikram for the reader's interest and reflection on the key themes of this exhibition.

Krishnamurti Foundation Trust 50th Anniversary – Bulletin



This year marks the 50th anniversary of the Krishnamurti Foundation Trust and this edition of the Bulletin is based around this milestone.

This special 50th anniversary edition, in addition to the extract at the beginning of the Bulletin incorporates a lesser-known talk at the end, and two further Krishnamurti texts. The Bulletin also includes articles on the history of the Foundation, some of the main developments, and news related to its work, in particular with respect to digital and print dissemination, and also touches on future projects and plans.

The Bulletin can be downloaded [here](#).

The Earliest Sound Films of Talks by Krishnamurti



The earliest sound films of Krishnamurti speaking to audiences were produced and broadcast in America by the National Educational Television Network- it was the first time that he had allowed his talks and discussion groups to be filmed. The principal settings are the Oak Grove in Ojai, California, and the Thacher School in the Ojai Valley. There are eight films in the series.

Film 7 Living and Death **January 1, 1966, Ojai, California, USA**

To understand the problem of death, one has to be free of fear. Fear is thought in action with regard to the past, through the present and to the future. Fear is the movement of time, which is essentially the process of thinking. How one looks at fear matters immensely.

Death is the ending of all the things which have been accumulated, which is the known. Losing the known means complete loneliness.

Can one die every day to one's experience? So that every experience is totally assimilated, understood and dissolved. This requires a great deal of energy, which is attention.

Watch the film [here](#).

New Book: Meditations



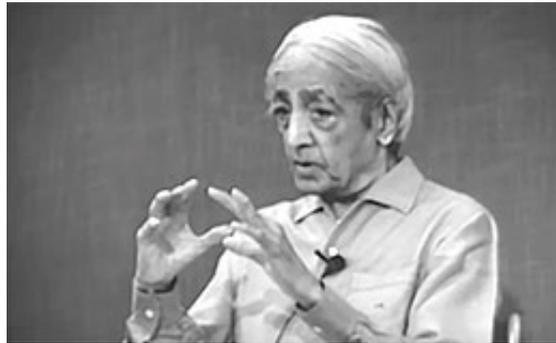
This new edition of the classic collection of brief excerpts from Krishnamurti's books and talks presents the essence of his teachings on meditation -- a state of attention, beyond thought, which brings total freedom from authority and ambition, fears and separateness.

The writings consist of material gleaned from talks, writings, and diary notes. They represent an astonishing outpouring which illustrates the deep meaning meditation had in the life of J. Krishnamurti.

Publisher: Shambhala
Editor: Evelyne Blau
133 pp – Paper

The book can be obtained [here](#).

Can the Change of a Few Affect Total Consciousness? – Video Excerpt



A new generation is necessary, obviously, depending on education and so on. But it seems almost impossible to rely on every human being changing, to bring about a new society, a new culture. And as that seems almost impossible, will the transformation of a few people, that's you and I, few people – not the elite – I don't know why you are afraid of using that word 'elite'; the few are the elite, always – will those few affect the whole consciousness of mankind?

View the short video [here](#).

Verbatim Reports of Krishnamurti's Earlier Talks – from the Krishnamurti Postal Lending Library



Before Krishnamurti's public talks were recorded electronically, (the first video being made in 1966 in California), they were taken down by hand and quickly published in booklets. Firstly by the "Star Publishing Trust", and subsequently by "Krishnamurti Writings inc". Later these talks were published in 17 volumes called "The Collected Works of J Krishnamurti" published by the Krishnamurti Foundation of America, covering the years 1933 to 1967. So these volumes are an extensive compendium of Krishnamurti's talks and discussions in the USA, South America, Europe, India, Australia and New Zealand, from 1933 to 1967.

The Krishnamurti Postal Lending library does not have these volumes, but it does hold a great many of the original verbatim reports. Krishnamurti said that over the years the fundamental content of the teachings did not change, but it can be seen from these earlier talks that his style, his emphasis, his choice of words, even the meaning that he put on certain words did vary with time. The books contain many treasures, Krishnamurti so often finding new issues to explore, and here and there exploring a particular issue in great depth. His talks always seem fresh. He himself seemed to be continually exploring within himself, as if for the first time – one never feels he is merely repeating himself.

Because the library has duplicate copies of many of these early books, we are offering them free of charge, – not as a loan but for keeping. Some are hardback, some softback, the latter sometimes not being in good physical condition.

For details see:

<https://sites.google.com/site/krishnamurtinz/library/books/books->

for-free

“ So, the important thing is not what you believe or disbelieve, or what your activities are, but to understand the whole process, the whole content of yourself, and that means being aware from moment to moment without any sense of accumulation. When the mind is utterly tranquil, quiet, without any sense of acquisitiveness or accumulation, when there is that state of tranquillity in which the experience is not – only then is there that which may be called God. The word is not important. And then there is a state of creation which is not the expression of the self “

For a complete list of books available in the Krishnamurti Postal Lending library, see:

<http://www.krishnamurti-nz.org/library/books>

There is no charge for borrowing.

Christchurch Dialogue Meeting

To live with a living thing such as fear requires a mind and heart that are extraordinarily subtle, that have no conclusion and can therefore follow every movement of fear. Then if you observe and live with it—and this doesn't take a whole day, it can take a minute or a second to know the whole nature of fear—if you live with it completely you inevitably ask, “Who is the entity who is living with fear?”

Saturday, 23 March, 2:00pm – 4:00pm

**Christchurch City South Library Learning Centre
66 Colombo Street, Sydenham Room**

(Please use After Hours Entrance at the far end of the building furthest from Colombo Street)

Enquiries: aakaasha@glenrowan.nz, 03 329 4789

Showings of Krishnamurti

videos and group dialogues:**CHRISTCHURCH**

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

PALMERSTON NORTH

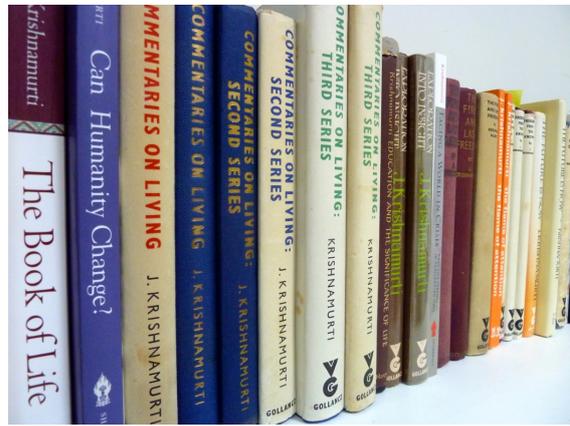
– contact Nadya Kaplyukova / mua_mail@yahoo.com

HAMILTON

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

AUCKLAND

– the last Sunday of every month: contact Krishna Umara 09 488 7482 / krishna.umaria@gmail.com



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