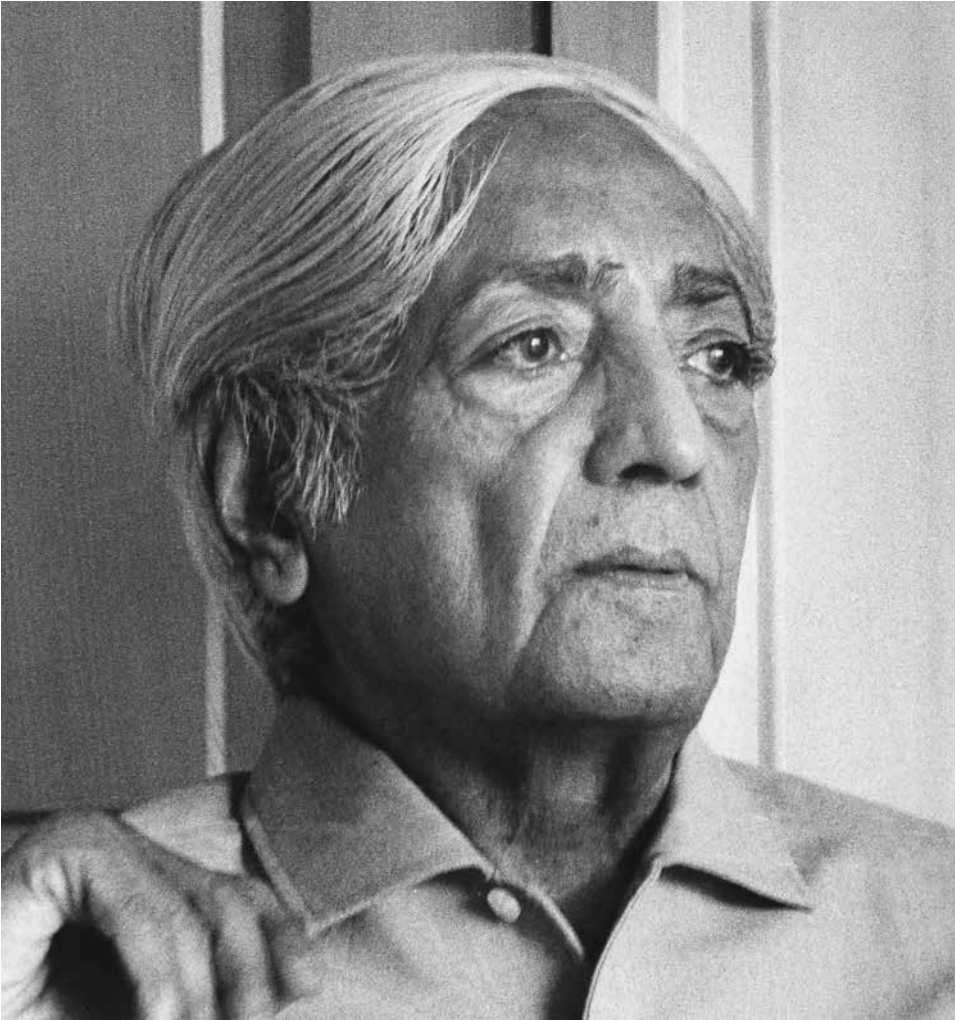




Quotes from J. Krishnamurti

Timeless Change 2020



On Meditation

When you meditate in solitude, it must be solitude. You must be completely alone, not following a system, a method, repeating words, pursuing a thought, or shaping a thought according to your desire.

This solitude comes when the mind is freed from thought. When there are influences of desire or of the things that the mind is pursuing, either in the future or in the past, there is no solitude. Only in the immensity

of the present this aloneness comes. And then in quiet secrecy in which all communication has come to an end, in which there is no observer with his anxieties, with his stupid appetites and problems – only then, in that quiet aloneness, meditation becomes something that cannot be put into words. Then meditation is an eternal movement.

I don't know if you have ever meditated, if you have ever been alone, by yourself, far away from everything, from every person, from every thought and pursuit, if you have ever been completely alone, not isolated, not withdrawn into some fanciful dream or vision, but far away, so that in yourself there is nothing recognizable, nothing that you touch by thought or feeling, so far away that in this full solitude the very silence becomes the only flower, the only light, and the timeless quality that is not measurable by thought. Only in such meditation love has its being. Don't bother to express it; it will express itself. Don't use it. Don't try to put it into action; it will act, and when it acts, in that action will be no regret, no contradiction, none of the misery and travail of man.

So meditate alone. Get lost. And don't try to remember where you have been. If you try to remember it, then it will be something that is dead. And if you hold on to the memory of it, then you will never be alone again. So meditate in that endless solitude, in the beauty of that love, in that innocence, in the new – then there is the bliss that is imperishable.

The sky is very blue, the blue that comes after the rain, and these rains have come after many months of drought. After the rain the skies are washed clean and the hills are rejoicing, and the earth is still. And every leaf has the light of the sun on it, and the feeling of the earth is very close to you. So meditate in the very secret recesses of your heart and mind, where you have never been before.

See jkrishnamurti.org for further quotations, as well as recordings. Also available is information about the Krishnamurti foundations, international study centres, publications, upcoming events in your area, and the Krishnamurti schools in India, the USA and the UK.

Foundations

"The Foundations will see to it that these teachings are kept whole, are not distorted, are not made corrupt. They will not give rise to any sectarian spirit in their activities... nor create any kind of place of worship around the teachings or the person."

Krishnamurti travelled the world for over 60 years speaking to interested audiences. The foundations in the UK, the USA, India and Spain, established as charitable trusts, produce accurate publications of the teachings, maintain archives and help to look after the schools.

Over 60 books are in print, with many translated; some 30 languages are represented. Hundreds of videos and audios are also available, the vast majority free online.

Schools

"Education is not merely the acquisition of technical knowledge, but the understanding with sensitivity and intelligence of the whole problem of living... a school is a place where one learns about the totality, the wholeness of life."

Education was always one of Krishnamurti's chief concerns. He felt that if both the young and the old could be awakened to their conditioning of nationality, religion, prejudices, fears and desires, which inevitably leads to conflict, they might bring to their lives a totally different quality.

The Krishnamurti Schools are committed to educating young people to meet life as a whole. Academic excellence is absolutely necessary, but equal importance is given to an ongoing enquiry into the way we live

our daily lives. Many of the difficulties in today's world are the outcome of attitudes and beliefs that current education needs to examine.

In the secure and friendly atmosphere of these schools, the students are encouraged to reflect on their own thoughts, feelings and actions and on those of others. This process is liberating, and with awareness and understanding of their behaviour they may discover much more of the immensity of life.

International Study Centres

"It is essential sometimes to go to retreat, to stop everything that you have been doing, to stop your beliefs and experiences completely, and look at them anew, not keep on repeating like machines whether you believe or do not believe. You would then let fresh air into your minds."

The Krishnamurti Centres are intended for the study of the teachings of J. Krishnamurti. They are for people who would like to be in an environment of quietness and great natural beauty where they can give full attention to these teachings and their implications in their own lives. It is hoped and intended that people will use the Centres, the teachings of Krishnamurti and the atmosphere of quiet inquiry to deepen their understanding.

There is an extensive range of Krishnamurti books, DVDs, MP3 files and other recordings available in these Centres.

Contact

For contact information, please see the address details on the back cover or visit jkrishnamurti.org

Abbreviations

E&W: England & Wales US: United States O: Full Moon



In Schönried, Switzerland

You have only to watch, see, listen; it is all there open and clear.

Krishnamurti's Notebook, 3 December 1961

JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Holiday	2	3	4
5	6	7	8	9	10 °	11
12	13	14	15	16	17	18
19	20 Martin Luther King, Jr. Day (US)	21	22	23	24	25
26	27	28	29	30	31	

December							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	2	3	4	5	6	7	8
15	16	17	18	19	20	21	9	10	11	12	13	14	15
22	23	24	25	26	27	28	16	17	18	19	20	21	22
29	30	31					23	24	25	26	27	28	29



Intelligence is not personal, is not the outcome of argument, belief, opinion or reason. Intelligence comes into being when the brain discovers its fallibility, when it discovers what it is capable of, and what not.

The Awakening of Intelligence, p. 412

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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Presidents' Day (US)

January							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4	1	2	3	4	5	6	7
5	6	7	8	9	10	11	8	9	10	11	12	13	14
12	13	14	15	16	17	18	15	16	17	18	19	20	21
19	20	21	22	23	24	25	22	23	24	25	26	27	28
26	27	28	29	30	31		29	30	31				



You need to have passion to end sorrow, and passion is not bought through escape. It is there when you stop escaping.

Krishnamurti's Notebook, 3 December 1961

MARCH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Daylight Saving Time begins (US)	o					
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
Summer Time begins (E&W)						

February							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1				1	2	3	4
2	3	4	5	6	7	8	5	6	7	8	9	10	11
9	10	11	12	13	14	15	12	13	14	15	16	17	18
16	17	18	19	20	21	22	19	20	21	22	23	24	25
23	24	25	26	27	28	29	26	27	28	29	30		



Near Brockwood Park, England

March							May						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						



Pied flycatcher

Is there a joy that is not dependent on anything?

Eight Conversations, 5th Conversation

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8 <small>Early May Bank Holiday (E&W)</small>	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 <small>Spring Bank Holiday (E&W) Memorial Day (US)</small>	26	27	28	29	30
31						

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



View from the Sulzhütte, St. Antonien, Switzerland

May							July						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													



View from Schönried, Switzerland

The power to breed illusion must cease completely, not to gain reality; there's no bargaining with fact. Reality is not a reward; the false must go, not to gain what's true but because it's false.

Krishnamurti's Notebook, 1 September 1961

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 <small>Independence Day (US)</small>
5 <small>o</small>	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30	31					



In Mürren, Switzerland

What can be measured is not truth.

Krishnamurti's Notebook, 16 July 1961

AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Summer Bank Holiday
(E&W)

July

September

S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	26
26	27	28	29	30	31		27	28	29	30			



Near Haus Sonne, Black Forest, Germany

Beginnings of Learning, Ch. 13

SEPTEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Labor Day (US)

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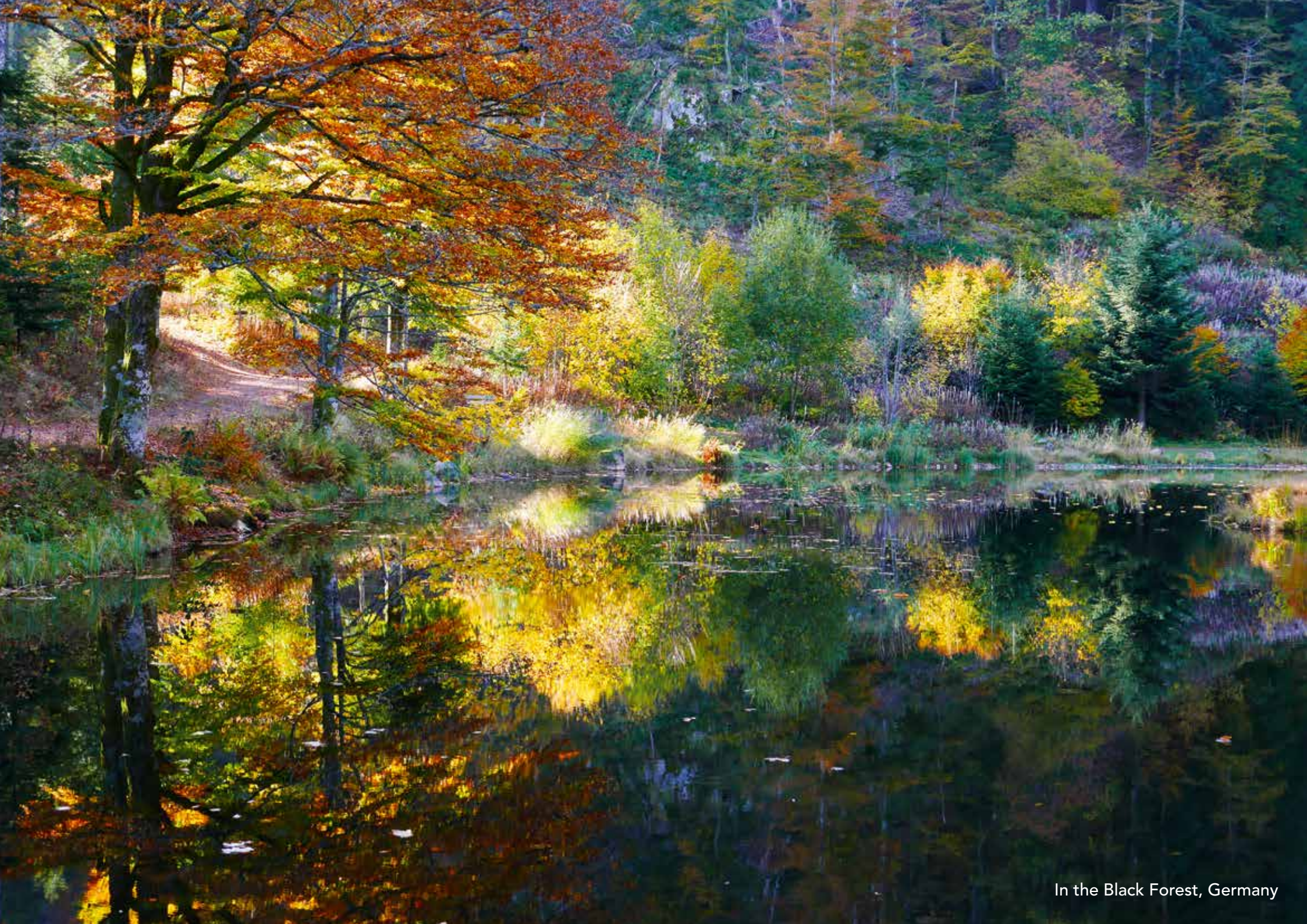
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August

[illegible]

October

[illegible]



In the Black Forest, Germany

The world is each one of us; to feel that, to be really committed to it and to nothing else, brings about a feeling of great responsibility and an action that must not be fragmentary, but whole.

The Awakening of Intelligence, p. 75

OCTOBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	Columbus Day (US)					
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Summer Time ends (E&W)						

September							November						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30					



On Lake Geneva, Switzerland

If you watch, looking out of the window and not saying a word to yourself – which does not mean you suppress the word – just observing without the activity of the brain rushing in, there you have the clue, there you have the key.

The Impossible Question, p. 78

NOVEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Saving Time ends (US)	2	3	4	5	6	7
8	9	10	11 Veterans Days (US)	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day (US)	27	28
29	30 o					

October							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30	31	27	28	29	30	31		



View from Rougemont, Switzerland

The Whole Movement of Life Is Learning, pg. 54

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	Christmas Day	Boxing Day (UK)

November							January						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7							1
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30						24	25	26	27	28	29	30
							31						



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