



Quotes from J. Krishnamurti
Photos by Friedrich Grohe

Timeless Change 2018



Photo by Mark Edwards

Learn from the book of the story of yourself

... When the part is extolled, praised and given honours, when it assumes all-importance, then one's life – which is relationship, action, conduct – becomes contradictory, hypocritical. Then anxiety and guilt come into being. Intellect has its place, as in science, but man has used scientific knowledge not only for his benefit, but to bring about instruments of war and pollution of the earth. The intellect can perceive its own activities, which bring about degeneration, but it is utterly incapable of putting an end to its own decline, because essentially it is only a part.

As we have said, education is the essence of learning. Learning about the nature of the intellect, its dominance, its activities, its vast capacities and its destructive power, is education. To learn the nature of thought, which is the very movement of the intellect, not from a book but from the observation of the world about you, to learn what exactly is

happening, without theories, prejudices and values, is education. To learn from books is important, but what is far more important is to learn from the book of the story of yourself, because you are all mankind. To read that book is the art of learning. It is all there – the institutions, their pressures, the religious impositions and doctrines, their cruelty, their faiths. The social structure of all societies is the relationship between human beings with their greed, their ambitions, their violence, their pleasures, their anxieties. It is there if you know how to look.

The book is not out there or hidden in yourself; it is all around you; you are part of that book. The book tells you the story of the human being, and it is to be read in your relationships, in your reactions, in your concepts and values. The book is the very centre of your being, and the learning is to read that book with exquisite care. The book tells you the story of the past, how the past shapes your mind, your heart and your senses. The past shapes the present, modifying itself according to the challenge of the moment. And in this endless movement of time human beings are caught. This is the conditioning of man.

This conditioning has been the endless burden of man, of you and your brother. The philosophers, the theologians, the saints have accepted this conditioning, have allowed the acceptance of it, making the best of it; or they have offered escapes into fantasies of mystical experiences, of gods and heavens. Education is the art of learning about this conditioning and the way out of it, the freedom from this burden. There is a way out, which is not an escape, which does not accept things as they are. It is not the avoidance of the conditioning; it is not the suppression of it. It is the dissolution of the conditioning.

When you read this or when you hear it, be aware of whether you are listening or reading with the verbal capacity of the intellect, or with the care of attention. When there is total attention, there is no past but only the pure observation of what is actually going on.

*Excerpt from The Whole Movement of Life Is Learning, pp. 97-99
J. Krishnamurti © 1980 Krishnamurti Foundation Trust Ltd*

Further quotations and recordings are available at jkrishnamurti.org, as is information on Foundations, Schools and Study Centres in India, England and California.

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."

For over 60 years Krishnamurti travelled the world speaking to interested audiences. Established as charitable trusts, the Foundations in England, India, Spain and the United States exist to preserve and make available accurate publications of those teachings.

More than 80 books are currently available as well as hundreds of audio and video titles. There is also an increasing amount of online content and subtitled DVD production. Over 30 languages are available.

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 out-

come 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.

Retreat 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 enquiry 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



Near Haus Sonne in the Black Forest, Germany

Action and Relationship, Colombo, 28 December 1949

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 Martin Luther King, Jr. Day (US)	16	17	18	19	20
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					1	2	3
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28			
31													



In the Ojai Valley, California, USA

It was a lovely evening, and somehow you felt that the whole universe was there beside you, and a strange quietness surrounded you.

'The Only Revolution' in The Second Penguin Krishnamurti Reader, p. 90

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
	Presidents' Day (US)					
25	26	27	28			

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



On Lake Geneva, Montreux, Switzerland

When the mind realizes the limitation, the narrowness, the finiteness of thought, then only can it ask the question: What is truth?

On Nature and the Environment, p. 62; from a talk in Saanen, 13 July 1975

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

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



At Brockwood Park, England

Why does thought not realize it is mechanical?

Fire in the Mind, p. 68

APRIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Easter Monday (E&W)	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 o					

March							May						
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		



On the way to Inwoods Small School, Brockwood Park, England

In the quiet stillness of the spring day you felt the beauty of the earth and the sense of unity of the earth and all things upon it.

'The Only Revolution' in The Second Penguin Krishnamurti Reader, p. 96

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

April							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
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



In the Grove at Brockwood Park, England

All problems are related; there is no isolated problem. So we have to look at life not as something to be broken up into parts, made fractional, but as something to be understood as a whole.

Discover the Immeasurable, p. 42

JUNE						
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
				o		

May							July						
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	31			29	30	31				



In the Grove at Brockwood Park, England

There is no abstract truth. But truth is very subtle. It is the subtlety that is difficult to follow. It is not abstract. It comes so swiftly, so darkly, it cannot be held by the mind.

5th Talk at Rajghat, 20 February 1949

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4 Independence Day (US)	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				

June							August						
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	



In Rougemont, Switzerland

We are attached to the world of ideas and not to peace.

Action and Relationship, Colombo, 22 January 1950

AUGUST						
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	
○ Summer Bank Holiday (E&W)						

July							September						
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
							30						



On the way from Ojai to Los Angeles, USA

Education and the Significance of Life, p. 21

SEPTEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Labor Day (US)

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August

October

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12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30	31		28	29	30	31			



Near Haus Sonne in the Black Forest, Germany

Beyond Violence, p. 90

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

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



In Morges, Switzerland

If you are seeking the highest, you will not find it; it must come to you, if you are lucky – and luck is the open window of your heart, not of thought.

'The Only Revolution' in The Second Penguin Krishnamurti Reader, p. 57

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

October							December						
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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	31				23	24	25	26	27	28	29
							30	31					



Near the Sulzhutte, in the eastern Swiss Alps

The Limits of Thought, p. 4

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

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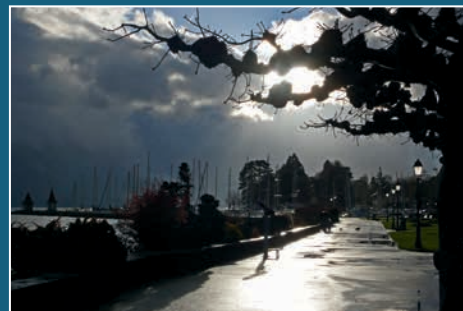
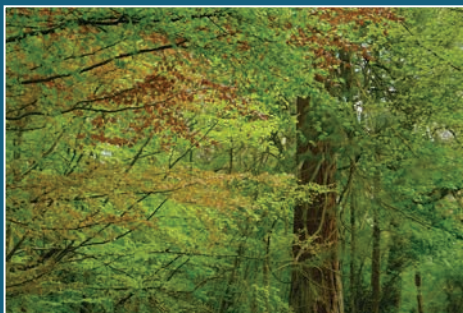
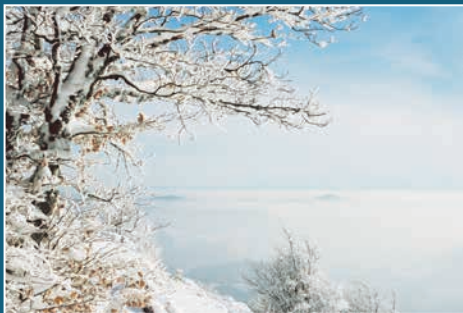
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