



Quotes from J. Krishnamurti
Photos by Friedrich Grohe

Timeless Change 2019

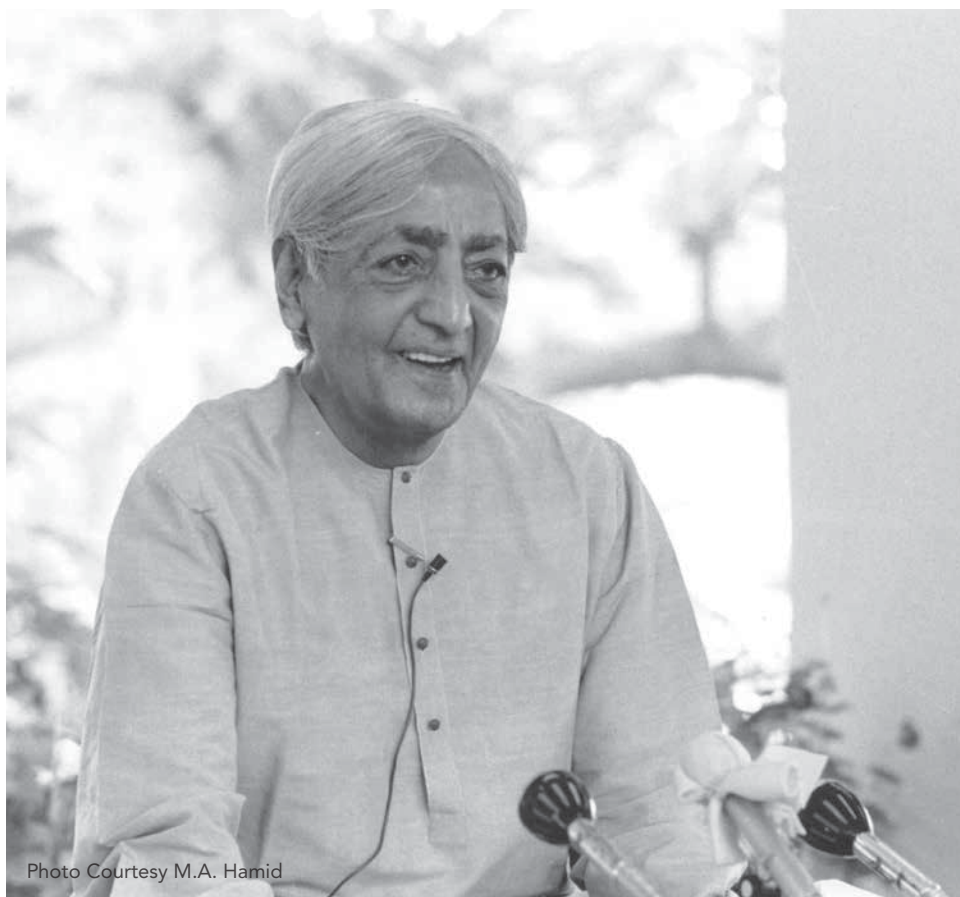


Photo Courtesy M.A. Hamid

Energy is timeless and is not to be measured

It seems that human beings have enormous amounts of energy. They have been to the moon, have climbed the highest peaks of the earth. They have had prodigious energy for wars, for the instruments of war, and great energy for technological development. Mankind has had energy to accumulate vast knowledge, to build the pyramids, to explore the atom, and to work every day. When one considers all this, it is striking to realize the energy expended. This energy has gone into the investigation of external things, but man has given very little energy to inquire into the whole psychological structure of himself. Energy is needed, both externally and inwardly to act – or to be totally silent.

Action and non-action require great energy. We have used “positive” energy in wars, in writing books, in performing surgery, and to work beneath the seas. Non-action requires far more than the so-called positive action. Positive action is to control, to support, to escape. Non-action is the total attention of observation. In this observation, that which is being observed undergoes a transformation. This silent observation demands not only physical energy, but also deep psychological energy. We are used to the former, and this conditioning limits our energy. In a complete, silent observation, which is non-action, there is no expenditure of energy, and so energy is limitless.

Non-action is not the opposite of action. Going to work daily, year after year for so many years, which may be necessary as things are, does limit; but not-working does not mean you will have boundless energy. The very slothfulness of the mind is a waste of energy, as is the laziness of the body. Our education in every field narrows down this energy. Our way of life, which is a constant struggle to become or not to become, is the dissipation of energy.

Energy is timeless and is not to be measured, but our actions are measurable, and so we bring down this limitless energy to the narrow circle of the “me”. Having confined it, we then search for the immeasurable. This searching is part of positive action, and is therefore a waste of psychological energy. So there is a never-ending movement within the archives of the “me”.

What we are concerned with in education is to free the mind of the “me”. As we have said on several occasions in these letters, it is our function to bring about a new generation free of this limited energy which is called the “me”. It must be repeated again that these schools exist to bring this about.

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

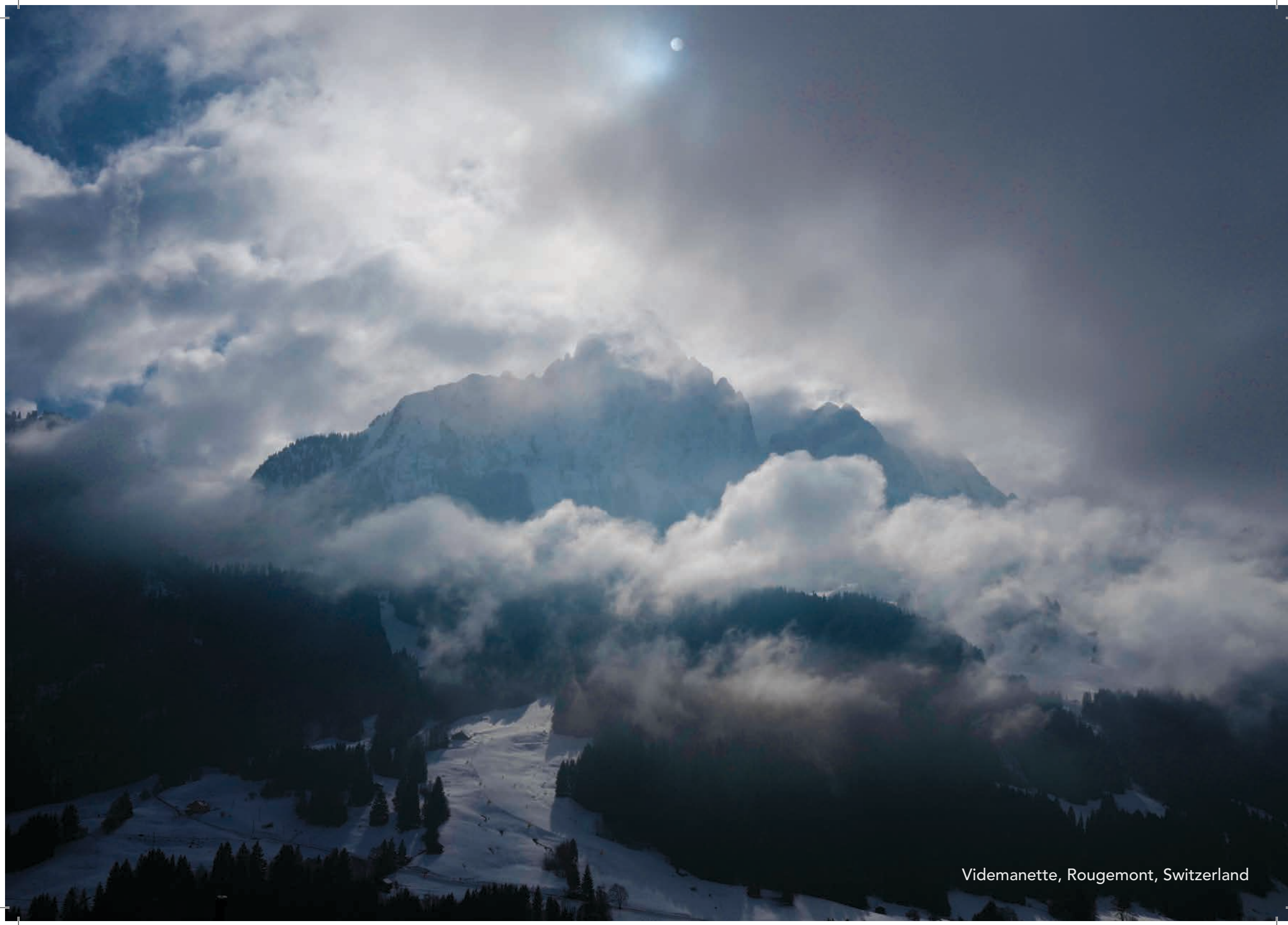
For contact information, please see the address details on the back cover or visit jkrishnamurti.org

Abbreviations

E&W: England & Wales

US: United States

O: Full Moon



Videmanette, Rougemont, Switzerland



In Ojai, California

The understanding of relationship is infinitely more important than the search for any plan of action. ...
The understanding of relationship is true action.

Action and Relationship, Colombo, 22 January 1950

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



Foundation offices at Brockwood Park, England

It is only in freedom you can discover if there is truth or not. It is only in freedom you can find out what love is.

Collected Works, Vol. XII, Madras, 2nd Public Talk, 26 November 1961

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

February

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		

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			



Commentaries on Living, III Series, p. 261

APRIL

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 <div>Good Friday (E&W)</div>	20
21	22 <div>Easter Monday (E&W)</div>	23	24	25	26	27
28	29	30				

March							May						
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													



Apple blossoms at Brockwood Park, England

It is so easy to get entangled in images and formulations, whether invented by ourselves or by others, and therefore it is necessary to be ever watchful and alert.

Education and the Significance of Life, pp. 37-38

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

April							June						
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						



Partnun Lake, near St. Antonien, Switzerland

Why war and not peace?

Krishnamurti's Notebook, p. 31

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						

May

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	31	

July

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	31		



Life Ahead, pp. 21-22

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					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	31
30													



At Brockwood Park, England

Throughout the world there is revolt, but that revolt is not through the understanding of the whole structure of society, which is yourself. That revolt is fragmentary...

On Nature and the Environment, p. 52; from a talk in Amsterdam, 22 May 1968

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



Above Zermatt, Switzerland

It is one of the most difficult things, to be free – to forget everything that one has known, inwardly, of yesterday; to die to every experience one has had, pleasurable or painful. But only then is the mind free to live, to act totally.

Collected Works, Vol. XII, Saanen, 5th Public Talk, 3 August 1961

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <small>Labor Day (US)</small>	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					

August							October						
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		



At Haus Sonné, Black Forest, Germany

Love is the most practical thing in the world.

This Matter of Culture, p. 181

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	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	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 Rougemont, Switzerland

What is of importance is perception, not who sees.

Fire in the Mind, p. 178

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

October							December						
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
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27	28	29	30	31			29	30	31				



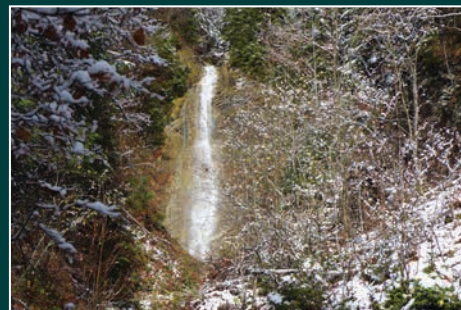
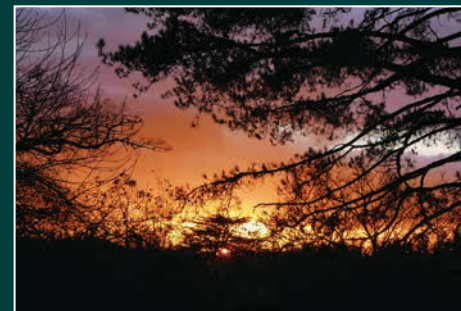
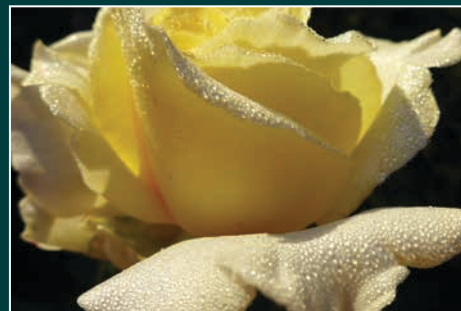
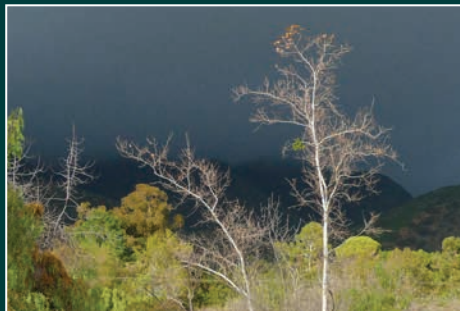
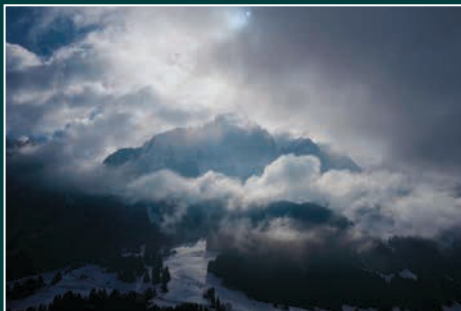
Near Haus Sonne, Black Forest, Germany

The dove has flown away, and the beauty of the mountain of cloud is upon the land – and truth is there, where you never look.

The Only Revolution in The Second Krishnamurti Reader, p. 16

DECEMBER						
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			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
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24	25	26	27	28	29	30	26	27	28	29	30	31	



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