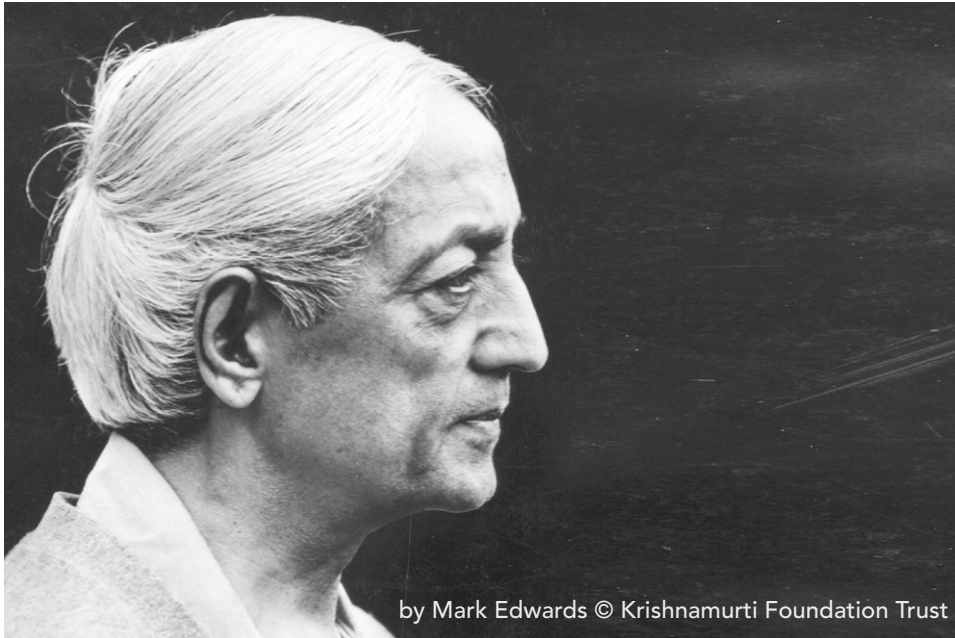




Quotations from J. Krishnamurti  
Photos by Friedrich Grohe and friends

# Timeless Change 2021





### The most extraordinary things of the mind

If we could understand, feel our way into this, we should see that freedom, beauty, and love are the very essentials for discovery – not knowledge, not experience, not belief, not belonging to any organization. Not being anything is the beginning of freedom. So if you are capable of feeling, of going into this, you will find, as you become aware, that you are not free, that you are bound to very many different things, and that at the same time the mind hopes to be free. And you can see that the two are contradictory. So the mind has to investigate why it clings to anything. All this implies hard work. It is much more arduous than going to an office, than any physical labor, than all the sciences put together. Because the humble, intelligent mind is concerned with itself without being self-centred; therefore, it has to be extraordinarily alert, aware, and that means real hard work every day, every hour, every minute. And because we are not willing to do that, we have dictatorships, politicians, gurus, presidents of societies, and all the rest of the rubbish. This demands insistent work because freedom does not come easily. Everything impedes – your wife, your husband, your son, your

neighbor, your gods, your religions, your tradition. All these impede you, but you have created them because you want security. And the mind that is seeking security can never find it. If you have watched a little in the world, you know there is no such thing as security. The wife dies, the husband dies, the son runs away – something happens. Life is not static, though we would like to make it so. No relationship is static because all life is movement. That is a thing to be grasped, the truth to be seen, felt, not something to be argued about. Then you will see, as you begin to investigate, that it is really a process of meditation. But do not be mesmerized by that word. To be aware of every thought, to know from what source it springs and what is its intention – that is a meditation. And to know the whole content of one thought reveals the whole process of the mind.

Now, if you can move from freedom, then you will discover the most extraordinary things of the mind, and then you will find that the mind itself is the total reality. It is not that there is a reality to which the mind goes, but the mind itself, that extraordinary thing, when there is no contradiction within itself, when there is no anxiety, no fear, no desire to be successful – then that mind itself is that which is eternal, unnameable. But to speculate about the eternal without understanding the whole process of the mind is just childish play. It is an immature game which scholars – whom you worship – play. So it would be good if you and I could really go into this, without any dramatic heroism, without any spectacular rubbish, but as two human beings interested in solving the problems we have, which are also the problems of the world. The personal problem is not different from the world problem. So if you and I can go into it with humility, knowing our states, tentatively inquiring, then you will find that without your asking, without your inviting, there is that which is not controllable, which is not nameable, to which there is no path. Then only, as you begin to inquire, you will see how extraordinarily easily you will be able to solve your problems, including the problem of starvation which is so enormous. But you cannot tackle it if you have not understood the mind.

See [jkrishnamurti.org](http://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

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*"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

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*"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

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*"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

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For contact information, please see the address details on the back cover or visit [jkrishnamurti.org](http://jkrishnamurti.org)

## Abbreviations

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UK: United Kingdom    US: United States    O: Full Moon





La Chia and Les Rodomonts from Rougemont, Switzerland (F. Grohé)



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





In the Western Ghats, Kerala, India (Abhishek Jain)



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





View from Sulzhütte, St. Antonien, Switzerland (Christoph Grohe)



There is no path to truth, historically or religiously. It is not to be experienced or found through dialectics; it is not to be seen in shifting opinions and beliefs. You will come upon it when the mind is free of all the things it has put together.

Krishnamurti's Journal, 7 October 1973

# MARCH

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
Daylight Saving Time begins (US)						
21	22	23	24	25	26	27
28	29	30	31			
Summer Time begins (UK)						

February							April						
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							25	26	27	28	29	30	





In the Grove, Brockwood Park (F. Grohe)



To know the whole content of one thought reveals the whole process of the mind.

The Book of Life, 24 December (October 1958, Madras/Chennai)

APRIL						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					Good Friday (UK)	
4	5	6	7	8	9	10
	Easter Monday (UK)					
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	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	31				23	24	25	26	27	28	29
							30	31					





In the Grove, Brockwood Park (F. Grohe)



The Book of Life, 24 December (October 1958, Madras/Chennai)

SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

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4

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6

7

8

Early May Bank Holiday  
(UK)

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Spring Bank Holiday (UK)  
Memorial Day (US)

April

June

S	M	T	W	T	F	S	S	M	T	W	T	F	S
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		27	28	29	30			





One of the 'biotope' ponds at Chalet Solitude in Rougemont (F. Grohe)



Krishnamurti's Journal, 10 October 1973

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								July							
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	31														





At Chalet Solitude, Rougemont (F. Grohe)

If you can listen quietly even for a minute, for a second, then you will find that that very quietness, the very silence of that second has within it the whole abundance, the richness and the beauty and the goodness of truth.

7th Talk in Bombay/Mumbai, 9 March 1955

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
Independence Day (US)	Holiday (US)					
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	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	31				





View from Krotona, Ojai (Liz Otterbein)



Meditation is the flame burning intensely without leaving any ashes. Words, feelings, thought, always leave ashes and to live on ashes is the way of the world.

Krishnamurti's Notebook, 18 September 1961, Paris

# 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 (UK)					

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





Above Lauenensee, Switzerland (F. Grohé)



Does creation lie in the thing produced? The thing produced by hand or by the mind, however beautiful or utilitarian – is that what one is after?

Krishnamurti's Journal, 25 October 1973

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
	Labor Day (US)					
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	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	31					24	25	26	27	28	29	30
							31						





Shola-grasslands, Western Ghats, Kerala, India (Abhishek Jain)



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





Schijen Zahn, near the Sulzhütte, St Antonien, Switzerland (F. Grohe)



October							December						
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													





Sacred geometry of nature; morning frost on roof window, Rougemont (F. Grohe)



The song of a bird, the distant flute, the breeze among the leaves, all these break down the walls that human beings have created for themselves.

Krishnamurti's Journal, 1 April 1975

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	
Boxing Day (UK)	Holiday (UK)	Holiday (UK)			Holiday (US)	Christmas Day

November							January						
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					





**Krishnamurti Foundation Trust**  
Brockwood Park  
Bramdean, Hampshire  
SO24 0LQ, England  
Tel: +44 (0)1962 771525  
Email: [info@kfoundation.org](mailto:info@kfoundation.org)  
Web: [kfoundation.org](http://kfoundation.org)

**Krishnamurti Foundation of America**  
P.O.Box 1560  
Ojai, California 93024  
USA  
Tel: +1 (805) 646-2726  
Email: [info@kfa.org](mailto:info@kfa.org)  
Web: [kfa.org](http://kfa.org)

**Krishnamurti Foundation India**  
Vasanta Vihar  
124 Greenways Rd, R A Puram  
Chennai 600 028, India  
Tel: +91 (44) 2493 7803  
Email: [publications@kfionline.org](mailto:publications@kfionline.org)  
Web: [kfionline.org](http://kfionline.org)

**Fundación Krishnamurti Latinoamericana**  
Turó de la Peña, 30  
08440 Cardedeu  
Spain  
Email: [fkla@fkla.org](mailto:fkla@fkla.org)  
Web: [fkla.org](http://fkla.org)

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Abhishek Jain (alumnus of Gurukula Botanical Sanctuary and Centre for Learning, India)

