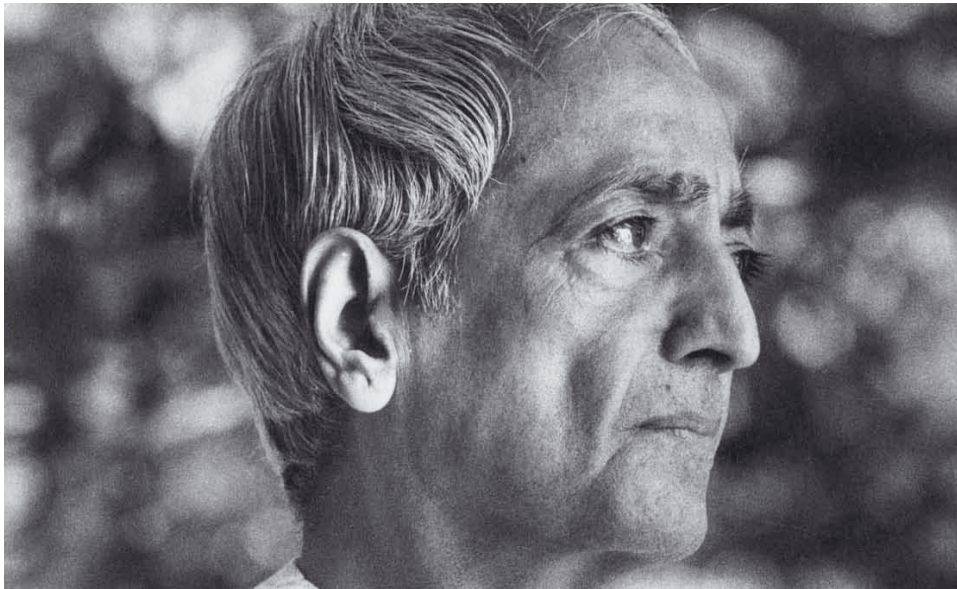




Quotes from J. Krishnamurti
Photos by Friedrich Grohe

Timeless Change 2013



J. Krishnamurti

Jiddu Krishnamurti was born in India in 1895 and died in the United States in 1986. He spoke throughout his life in many parts of the world to large audiences as well as with numerous individuals, including writers, scientists, philosophers and educators.

Asked to describe what lay at the heart of his teaching, he said:

"Truth is a pathless land. Man cannot come to it through any organization, through any creed, through any dogma, priest or ritual, nor through any philosophic knowledge or psychological technique. He has to find it through the mirror of relationship, through the understanding of the contents of his own mind, through observation and not through intellectual analysis or introspective dissection..."

Krishnamurti was concerned with all humanity and stated repeatedly that he held no nationality or belief and belonged to no particular group or culture. In the latter part of his life, he travelled mainly between the schools he founded in India, Britain and the United States, schools that educate for the total understanding of man and the art of living.

He stressed that only this profound understanding can create a new generation that will live in peace.

"I think it is important to understand that freedom is at the beginning and not at the end. We think freedom is something to be achieved, that liberation is an ideal state of mind to be gradually attained through time, through various practices; but to me, this is a totally wrong approach. Freedom is not to be achieved; liberation is not a thing to be gained. Freedom, or liberation, is that state of mind which is essential for the discovery of any truth, any reality; therefore, it cannot be an ideal; it must exist right from the beginning. Without freedom at the beginning, there can be no moments of direct understanding because all thinking is then limited, conditioned. If your mind is tethered to any conclusion, to any experience, to any form of knowledge or belief, it is not free; and such a mind cannot possibly perceive what is truth."

Krishnamurti raises questions such as:

"What is it that we are seeking? And can a mind that is seeking ever find something beyond time, beyond its own projections?"

"Is there such a thing as the absolute, the immeasurable, and is there any relation between that immensity and our everyday living?"

"Is there freedom in thinking, or is all thought limited?"

Krishnamurti engaged in dialogue with many thinkers, politicians, commentators and scientists, including Ivan Illich, Aldous Huxley, Iris Murdoch, Bernard Levin, Indira Gandhi, and David Bohm. His numerous books explore the nature of human consciousness and the possibility of its transformation through enquiry and insight.

More of Krishnamurti's works, including quotes and audio and video streams are available at www.jkrishnamurti.com. You can find information there regarding Foundations, Schools, and Retreats 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 DVD production. All this material is being translated. Over 30 languages are available including all major European and most Indian languages, as well as Russian, Japanese, Cantonese, Mandarin, Korean, Thai, Vietnamese, Hebrew, Arabic and Persian.

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.

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:

www.jkrishnamurti.com/info

www.jkrishnamurti.com/onlineshop

Abbreviations

E&W: England & Wales
UK: United Kingdom

NI: Northern Ireland
US: United States

S: Scotland



At Chalet Solitude, Rougemont, Switzerland



In the Ojai Valley, California, USA

There is no complexity in ‘what is’, but only in the many escapes that we seek.

Commentaries on Living, First Series, Ch. 79

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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		

January 2013							March 2013						
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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						



View from Pine Cottage, Ojai, California, USA

Truth, the beauty of reality, can be discerned only when the mind is fearless.

2nd Talk in Santiago, Chile, 7 September 1935

MARCH																																																																																										
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17	18 St. Patrick's Day bank holiday (NI)	19 ☾	20	21	22	23																																																																																				
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31 British Summer Time begins					<div>February 2013</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td><td></td></tr></table> <div>April 2013</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr></table>		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			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				
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28	29	30																																																																																								



At Brockwood Park in Hampshire, England

Meeting Life, Ch. 18, August 1981 in Saanen, Switzerland

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Easter Monday (E&W,NI)	2	3 ☾	4	5	6
7	8	9	10 ●	11	12	13
14	15	16	17	18 ☾	19	20
21	22 Earth Day	23	24	25 ○	26	27
28	29	30				

March 2013							May 2013						
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													



Pond flowers at Chalet Solitude, Rougemont, Switzerland

When we say we see a tree or a flower or a person – do we actually see the tree, or do we see the image that that word has created?

3rd Talk in Rishi Valley, 11 November 1967

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

April 2013							June 2013						
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						



Windmill Rock, Rishi Valley, India

When a fact is interpreted, it ceases to be a fact; it becomes something entirely different.

Krishnamurti's Notebook, 28 June 1961

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
Father's Day (UK, US)						
23 ○	24	25	26	27	28	29
30 ☾						

May 2013

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 2013

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			



View of the Matterhorn from Riffelalp, Zermatt, Switzerland

It was a marvellous morning and the cool air which was becoming colder wrapped round you, and you were completely lost to everything. There was nothing and beyond nothing.

Krishnamurti to Himself, 11 March 1983

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day (US)	5	6
7	8 ●	9	10	11	12 Battle of the Boyne (NI)	13
14	15	16 ◐	17	18	19	20
21	22 ○	23	24	25	26	27
28	29 ◑	30	31			

June 2013							August 2013						
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							



Near Haus Sonne in the Black Forest, Germany

To put the right question demands an awareness of the total relationship of every problem...

1st Talk in Madras, 15 January 1967

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6 ●	7	8	9	10
	Holiday (S)					
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,NI)					

July 2013							September 2013						
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					



In the Alps, Switzerland

There is only one fact: impermanence.

Commentaries on Living, Third Series, Ch. 45

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 2013							October 2013						
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		



Near Brockwood Park in Hampshire, England

Speculation and imagination are a hindrance to truth. The mind that speculates can never know the beauty of 'what is'.

Commentaries on Living, Second Series, Ch. 15

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

September 2013							November 2013						
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



On Lake Geneva, Switzerland

Meditation is a movement in and of the unknown. You are not there, only the movement.

Meeting Life, Ch. 2

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 ● Daylight Saving Time ends (US)	4	5	6	7	8	9
10 ◐	11 Veterans Day (US)	12	13	14	15	16
17 ○	18	19	20	21	22	23
24	25 ◑	26	27	28 Thanksgiving Day (US)	29	30 St. Andrew's Day (S)

October 2013							December 2013						
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				



Near Haus Sonne, on the Belchen in the Black Forest, Germany

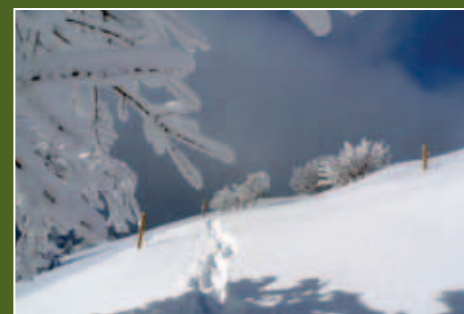
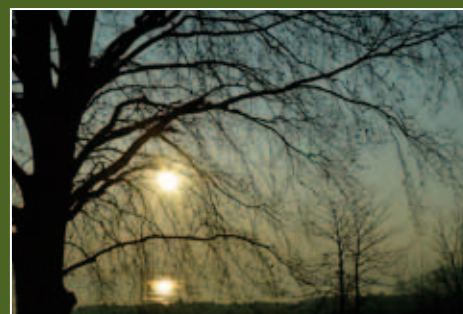
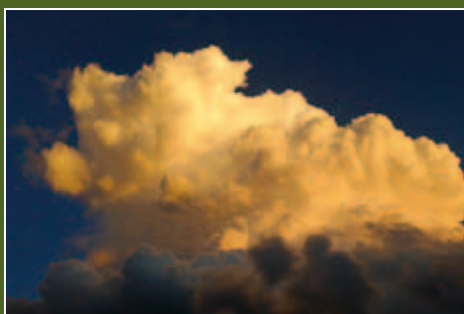
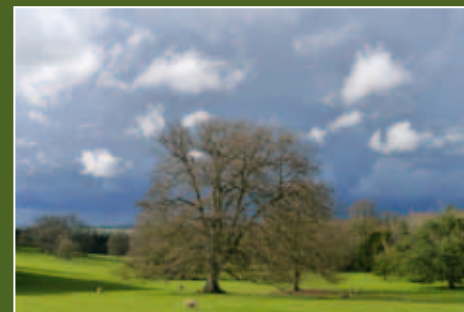
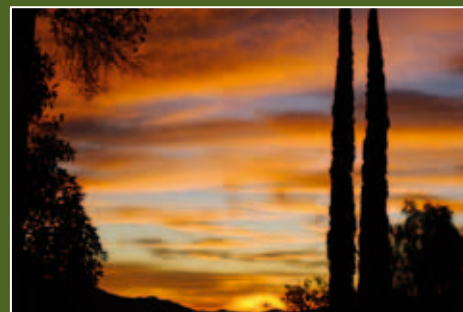
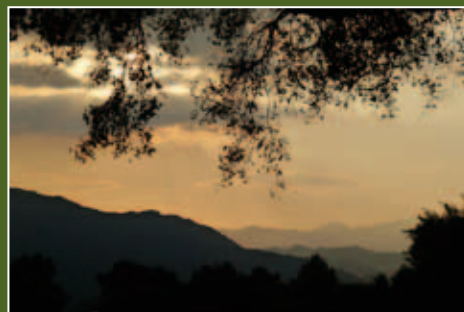
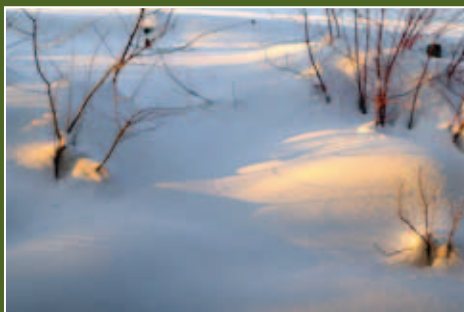
To commit oneself to freedom and to find out what love is – those are the only two things that matter: freedom and that thing called 'love'.

1st Talk in New Delhi, 19 November 1967

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)		
		New Year's Eve				

November 2013							January 2014						
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
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ISBN: 978-1-934989-55-5



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