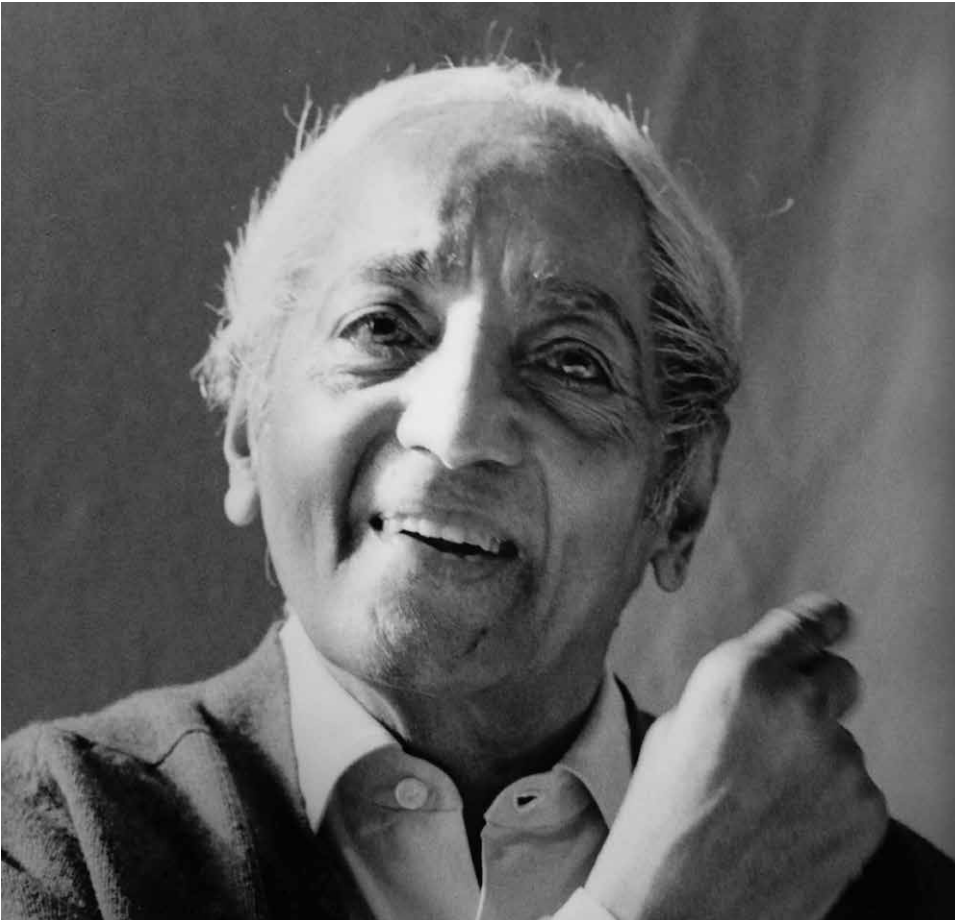




Quotations from J. Krishnamurti
Photos by Friedrich Grohe and friends

Timeless Change 2022



Action inevitably follows being

It seems to me very important to understand the quality of the mind, and to bring about that which is good. Most of us are not concerned with bringing about the good mind, but only with what to do; action has become much more important than the quality of the mind. To me, action is secondary. If I may so put it, action does not matter, it is not important at all; because when there is the good mind, the mind that is creatively explosive, then from that creative explosiveness comes right action; it is not 'doing is being', but 'being is doing'.

For most of us, action seems vital, important, and so we get caught in action; but the problem is not action, though it may appear to be. Most of us are concerned with how to live, what to do in certain circumstances, whether to take this side or that side in politics, and so on. If you observe you will see that our search is generally to find out what is the right action to take, and that is why there is anxiety, this pursuit of knowledge, this search for the guru. We inquire in order to find out what to do; and it seems to me that this approach to life must inevitably lead to a great deal of suffering and misery, to contradiction, not only within oneself, but socially, a contradiction that invariably breeds frustration. To me, action inevitably follows being. That is, the very state of listening is an act of humility. If the mind is capable of listening, that very listening brings about the good mind, from which action can come into being. Whereas, without the good mind, without that strange, explosive quality of creativity, mere search for action leads to pettiness, to shallowness of heart and mind.

I do not know if you have noticed how most of us are occupied with what to do, and probably we have never had this quality of mind which immediately perceives the totality. The very perception of the totality is its own action, and I think it is important to understand this, because our culture has made us very shallow; we are imitative, traditionally bound, incapable of wide and deep vision, because our eyes are blinded by the immediate action and its results. Observe your own mind and you will see how concerned you are with what to do; and this constant occupation of the mind with what to do can only lead to very shallow thinking. Whereas, if the mind is concerned with the perception of the whole – not with how to perceive the whole, what method to use, which is again to be caught in the immediate action – then you will see that from this intention comes action, and not the other way around.

Collected Works, IX / Talk 5 in Mumbai, 18 March 1956

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

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



Thought moves through the present to the future and back again; like a restless animal tied to a post, it moves within its own radius, narrow or wide, but it is never free of its own shadow.

Commentaries on Living, I, Occupation of the Mind

JANUARY

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

December

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	

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					



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



Ojai Valley Preserve, California, USA (Liz Otterbein)

We divide the particular from the rest and try to solve it. And so conflict increases and there is no way out.

The Urgency of Change, Seeing the Whole

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
Daylight Saving Time begins (US)					o	
20	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						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						24	25	26	27	28	29	30



Near Saas Fee, Switzerland

To look at something without a background is to face the fact.

Talk 5 at Rajghat, 10 January 1962

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	20	21	22	23
24	25	26	27	28	29	30

Good Friday (UK) o

Easter Monday (UK)

March							May						
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				



At Chalet Solitude, Rougemont, Switzerland

Is there a freedom that is not a reaction, a freedom per se, for itself, not away from something?

Talk 3 at Brockwood Park, 1 September 1984

MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Early May Bank Holiday (UK)	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 Memorial Day (US)	31				

April							June						
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		



In Bryce Canyon National Park, Utah, USA

Where the individual accepts his responsibility for war and violence, there peace finds a foothold.

Krishnamurti: 100 Years, p. 118 / Mumbai, 3 April 1948

JUNE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				Spring Bank Holiday (UK)	Platinum Jubilee Bank Holiday (UK)	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
			◦			
19	20	21	22	23	24	25
Juneteenth (US)	Holiday (US)					
26	27	28	29	30		

May							July						
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						



Sulzfluh-Höhlen, near St Antönien, Switzerland (Christoph Grohe)

The mind sees its own description and gets caught in it and thinks it sees the fact, whereas in reality it is caught up in its own movement. So where are we now, when there is only 'what is' and not the description?

Eight Conversations, 7th Conversation

JULY

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

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		

August

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 from Chalet Solitude, Rougemont, Switzerland

July							September						
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	29	30	
31													



Above Col du Pillon, Switzerland

Love is that state in which the thought process as time has completely ceased. And where love is, there is transformation. Without love, revolution has no meaning; for then revolution is merely destruction, decay, a greater and greater, ever-mounting misery.

Talk 5 at Rajghat, 20 February 1949

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
	Labor Day (US)					o
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	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					



At Lake Geneva; Buchillon, Switzerland

Krishnamurti's Notebook, *Chennai*, 9 December 1961

SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

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4

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9

10

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12

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Columbus Day (US)

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24

25

26

27

28

29

30

31

Summer Time ends (UK)

September

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	

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			



Lauenensee, Switzerland

Commentaries on Living, III, *The Flame of Discontent*

NOVEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4

5

6

7

8

9

10

11

12

Daylight Saving Time
ends (US)

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Veterans Day (US)

13

14

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21

22

23

24

25

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Thanksgiving Day (US)

October

S	M	T	W	T	F	S
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					

December

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



La Videmanette, Rougemont, Switzerland

The universe is filled with sound. This sound has its own silence; all living things are involved in this sound of silence. To be attentive is to hear this silence and move with it.

The Whole Movement of Life Is Learning, p. 157

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

November							January						
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				



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