

# TIMELESS CHANGE

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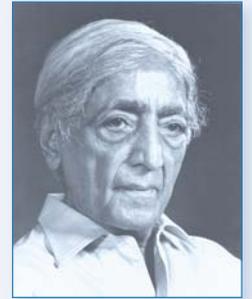
## 2010

Monthly Quotes from J. Krishnamurti  
Photography by Friedrich Grohe

# Timeless Change: 2010 Calendar

*monthly quotes from J. Krishnamurti*

photos by Friedrich Grohe



Krishnamurti spent his adult life speaking to people around the world on the eternal questions of life. One could say he was a philosopher in the original sense of the word, not an academic or intellectual, but a lover of truth. But who Krishnamurti was is probably not as important as what Krishnamurti said, or rather the exploration we can take through the words he has left:

*“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 challenges us to approach these questions in a way that defies traditional roles of teacher and student. He does not see himself as someone dispensing knowledge or ideas to be collected, and asks the reader to find a relationship in which there is no following of an authority, only discovery:

*“I do not believe that there is any teaching; there is only learning, and this is very important to understand. When the individual who is listening regards the speaker as one who is teaching him something, such an attitude creates and maintains the division of the pupil and the master, of the one who knows and the one who does not know. But there is only learning, and I think it is very important from the very beginning to understand this and to establish the right relationship between us. The man who says he knows does not know; the man who says he has attained liberation has not realized. If you think you are going to learn something from me which I know and you do not know, then you become a follower—and he who follows will never find out what is truth. That is why it is very important for you to understand this.”*

More of Krishnamurti’s works, including quotes and audio and video streams are available at [www.jkrishnamurti.org](http://www.jkrishnamurti.org). You can also find information there regarding foundations with libraries, retreats and study centers in India, England, and California.

*“The free mind never asks how, but is always discovering, moving, living.”*

# The KFA

The Krishnamurti Foundation of America is a non-profit organization located in Ojai, California, about 80 miles northwest of Los Angeles. The foundation, established by Krishnamurti in 1969 for the purpose of preserving and disseminating his teachings, operates the Pepper Tree Retreat, K Publications, the Krishnamurti Library, Archives and Education Center, and the Oak Grove School.

## K Publications

K Publications is the official publisher of Krishnamurti's original content and is a collaborative project of the Krishnamurti Foundation Trust (United Kingdom) and the Krishnamurti Foundation of America whom are licensed to negotiate and contract the world rights of Krishnamurti. K Publications draws its material from the Krishnamurti archives worldwide, in which there are 100,000 pages of still unpublished material, including hundreds of hours of audio recordings and original video footage. Online at [www.kpublications.com](http://www.kpublications.com). Online bookstore at: [www.krishnamurtibooks.com](http://www.krishnamurtibooks.com).

## Krishnamurti Library, Archives and Center

Recordings of Krishnamurti's talks and dialogues, as well as manuscripts of his writings, are preserved in three main archives: in Ojai, California; at Brockwood Park, England; and at Vasanta Vihar, Chennai, India.

The Krishnamurti Education Center attracts people from all over the world, who come to learn about themselves using Krishnamurti's teachings as a basis for inquiry. The Education Center hosts speaker panels, dialogue groups, conferences, and study programs within a context of cooperative, shared inquiry into the fundamental questions of human life. The Krishnamurti Education Center includes the Krishnamurti Library and Visitor Center.

The Krishnamurti library contains a comprehensive record of Krishnamurti's teachings, including all of his books and an extensive selection of talks, discussions, and interviews in audio and video formats. There is a large reading room and facilities for video viewing. Krishnamurti books, CDs, DVDs, audio and video tapes may be purchased in the library bookstore. The library opened in 1984 at Krishnamurti's urging, and is now located in Pine Cottage, the former home of Krishnamurti. The Library is located at 1098 McAndrew Rd., Ojai, California 93023. For more information, visit [www.kfa.org](http://www.kfa.org).

Tel.: 805-646-4948. Email: [klibrary@kfa.org](mailto:klibrary@kfa.org).

## Pepper Tree Retreat

Krishnamurti's home for many years is now available as a retreat for guests who wish to stay in this beautiful setting. The grounds are imbued with a meditative calm and intensity which make the retreat an ideal place for inquiry. There are hiking trails leading from the property. The retreat is located at 1130 McAndrew Rd., Ojai, CA 93023, USA. Reservations can be made online at [www.PepperTreeRetreat.com](http://www.PepperTreeRetreat.com), or at 1-877-355-5986.

# Oak Grove School

Founded by Krishnamurti in 1975, the Oak Grove School is located on 150 acres of rolling oak woodland. Offering a holistic approach to learning, Oak Grove aspires to equip students with the skills necessary to function with intelligence and sanity in modern society. The school atmosphere encourages self-understanding, academic excellence, and environmental awareness. For more information, visit [www.oakgroveschool.com](http://www.oakgroveschool.com).

In establishing the schools for children he founded in India, England, and the United States, Krishnamurti envisioned that education should emphasize the integral cultivation of the mind and the heart, not mere academic intelligence. Krishnamurti said:

*"Surely a school is a place where one learns about the totality, the wholeness of life. Academic excellence is absolutely necessary, but a school includes much more than that. It is a place where both the teacher and the taught explore not only the outer world, the world of knowledge, but also their own thinking, their behavior."*

-J. Krishnamurti

## Supporting the KFA & Oak Grove School

The Foundation is a public charity and partners with donors to fulfill its mission. Contributions are tax deductible and help in three major ways: 1) expand publications through books, CDs, DVDs, downloadable talks via the internet, foreign translations, etc.; 2) provide financial aid to keep Oak Grove School's student body diverse, and help us sustain programs like the Teaching Academy summer residential program; 3) establish the new Krishnamurti Study Center in Ojai as a hub for dialogue retreats, guest speaker programs, educational forums, college student retreats. For more details, please visit [www.kfa.org](http://www.kfa.org). To make a contribution, click on "Donate," call 805-646-2726, X. 30, or email [giving@kfa.org](mailto:giving@kfa.org).

## Further Information

Please contact the KFA for further information, to receive a free catalogue of books, CDs, and DVDs, or to receive Foundation newsletters:

### Krishnamurti Foundation of America

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Website: [www.kfa.org](http://www.kfa.org)



Saas Fee, Switzerland

# January 2010

DECEMBER 2009

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FEBRUARY

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

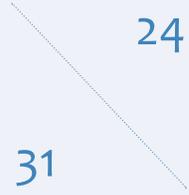
THURSDAY

FRIDAY

SATURDAY

Now, can one die every day to everything that one knows—except, of course, the technological knowledge, the direction where your home is, and so on; that is, to end, psychologically, every day, so that the mind remains fresh, young and innocent? That is death. And to come upon that there must be no shadow of fear. To give up without any argument, without any resistance. That is dying. Have you ever tried it? To give up without a murmur, without restraint, without resistance the thing that gives you most pleasure (the things that are painful, of course, one wants to give up in any case). Actually to let go. Try it. Then, if you do it, you will see that the mind becomes extraordinarily alert, alive and sensitive, free and unburdened. Old age then takes on quite a different meaning, not something to be dreaded.

*13 February 1969, Stanford University*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 New Year's Day	2
3	4	5	6	 7	8	9
10	11	12	13	14	 15	16
17	18 Martin Luther King, Jr. Day (U.S.)	19	20	21	22	 23
 24	25	26	27	28	29	 30
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Adyar Beach, Chennai, India

# February 2010

JANUARY

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MARCH

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

You learn a great deal by watching, watching the things about you, watching the birds, the tree, watching the heavens, the stars, the constellation of Orion, the Dipper, the Evening star. You learn just by watching not only the things around you but also by watching people, how they are dressed. You not only watch that which is outside but also you watch yourself, why you think this or that, your behaviour, the conduct of your daily life, why people want you to do this or that. You are watching, not resisting. If you resist you don't learn. Or if you come to some kind of conclusion, some opinion you think is right and hold on to that, then naturally you will never learn. Freedom is necessary to learn, and curiosity, a sense of wanting to know why you or others behave in a certain way, why people are angry, why you get annoyed. Learning is extraordinarily important because learning is endless. Learning why human beings kill each other for instance. Of course there are explanations in books, all the psychological reasons why human beings behave in their own particular manner, why human beings are violent. All this has been explained in books of various kinds. But what you read is not what you are. What you are, how you behave, why you get angry, envious, why you get depressed, if you watch yourself you learn much more than from a book that tells you what you are.

15 November, 1983  
Letters to the Schools, Vol II

	1	2	3	4		5	6
		Groundhog Day					
7	8	9	10	11	12		13
14	15	16	17	18	19	20	
Valentine's Day Chinese New Year	Presidents' Day. (U.S)						
	22	23	24	25	26	27	
	28						



# March 2010

## FEBRUARY

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## APRIL

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

It is utterly and irrevocably possible to empty all hurts and, therefore, to love, to have compassion. To have compassion means to have passion for all things, not just between two people, but for all human beings, for all things of the earth, the animals, the trees, everything the earth contains. When we have such compassion we will not despoil the earth as we are doing now, and we will have no wars.

*28 July 1974, Saanen*

	1	2	3	4	5	6
 7	8	9	10	11	12	13
14 <small>Daylight Saving Time Begins</small>	 15	16	17	18	19	20
21	22	 23	24 <small>St. Patrick's Day</small>	25	26	27
28	 29	30	31			



Sunrise over the Ganges, Rajghat, Varanasi, India

# April 2010

MARCH

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

There is a difference between concentration and attention. Concentration is to bring all your energy to focus on a particular point. In attention there is no point of focus. We are very familiar with one and not with the other. When you pay attention to your body, the body becomes quiet, which has its own discipline; it is relaxed but not slack and it has the energy of harmony. When there is attention, there is no contradiction and therefore no conflict. When you read this pay attention to the way you are sitting, the way you are listening, how you are receiving what these words are saying to you, how you are reacting to what is being said and why you are finding it difficult to attend. You are not learning how to attend. If you are learning the how of attending, then it becomes a system, which is what the brain is accustomed to, and so you make attention something mechanical and repetitive, whereas attention is not mechanical or repetitive. It is the way of looking at your whole life without the centre of self-interest.

					1	2	3
					April Fool's Day		
4	5		6	7	8	9	10
Easter Sunday							
11	12		13		14	15	16
18		21	22	23	24	25	26
			Earth Day				
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Saas Fee, Switzerland

# May 2010

## APRIL

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## JUNE

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

If we could take a journey, make a pilgrimage together without any intent or purpose, without seeking anything, perhaps on returning we might find that our hearts had unknowingly been changed. I think it worth trying. Any intent or purpose, any motive or goal implies effort—a conscious or unconscious endeavor to arrive, to achieve. I would like to suggest that we take a journey together in which none of these elements exist. If we can take such a journey, and if we are alert enough to observe what lies along the way, perhaps when we return, as all pilgrims must, we shall find that there has been a change of heart; and I think this would be much more significant than inundating the mind with ideas, because ideas do not fundamentally change human beings at all. Beliefs, ideas, influences may cause the mind superficially to adjust itself to a pattern, but if we can take the journey together without any purpose, and simply observe as we go along the extraordinary width and depth and beauty of life, then out of this observation may come a love that is not merely social, environmental, a love in which there is not the giver and the taker, but which is a state of being, free of all demand. So, in taking this journey together, perhaps we shall be awakened to something far more significant than the boredom and frustration, the emptiness and despair of our daily lives.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 May Day (U.K.)
2	3	4	5 Cinco de Mayo	 6	7	8
9 Mother's Day	10	11	12	 13	14	15 Armed Forces Day (U.S.)
16	17	18	19	 20	21	22
23	24 Victoria Day (Can.)	25	26	 27	28	29
30	31 Memorial Day (U.S.)					



*In the Rose Garden, Brockwood Park, England*

# June 2010

**MAY**

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**JULY**

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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Father's Day	Summer Solstice						
27	28	29	30				

Observation implies no accumulation of knowledge, even though knowledge is obviously necessary at a certain level: knowledge as a doctor, knowledge as a scientist, knowledge of history, of all the things that have been. After all, that is knowledge: information about the things that have been. There is no knowledge of tomorrow, only conjecture as to what might happen tomorrow, based on your knowledge of what has been. A mind that observes with knowledge is incapable of following swiftly the stream of thought. It is only by observing without the screen of knowledge that you begin to see the whole structure of your own thinking. And as you observe—which is not to condemn or accept, but simply to watch—you will find that thought comes to an end. Casually to observe an occasional thought leads nowhere. But if you observe the process of thinking and do not become an observer apart from the observed, if you see the whole movement of thought without accepting or condemning it, then that very observation puts an end immediately to thought—and therefore the mind is compassionate; it is in a state of constant mutation.



Beside Arya Vihara, Ojai, California, USA

# July 2010

JUNE

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AUGUST

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

We depend on experiences—pleasant or painful—to keep us awake; every form of challenge we want to keep us awake. When one realizes that this dependence on challenges and experiences only makes the mind more dull and that they do not really keep us awake—when one realizes that we have had thousands of wars and haven't learnt a thing, that we are willing to kill our neighbour tomorrow on the least provocation—then one asks, why do we want them and is it at all possible to keep awake without any challenge? That is the real question—you follow? I depend on a challenge, experience, hoping it will give me more excitement, more intensity, make my mind more sharp, but it does not. So I ask myself if it is possible to keep awake totally, not peripherally at a few points of my being, but totally awake, without any challenge, without any experience? That means, can I be a light to myself, not depending on any other light? That doesn't mean I am vain in not depending on any stimulation. Can I be a light that never goes out? To find that out I must go deeply within myself, I must know myself totally, completely, every corner of myself, there must be no secret corners, everything must be exposed. I must be aware of the total field of my own self, which is the consciousness of the individual and of society. It is only when the mind goes beyond this individual and social consciousness that there is a possibility of being a light to oneself which never goes out.

					1	2	3
					Canada Day		
 4	5	6	7	8	9	10	
Independence Day (U.S.)	Independence Day - observed (U.S.)						
 11	12	13	14	15	16	17	
 18	19	20	21	22	23	24	
 25	26	27	28	29	30	31	



At Gurukula Botanical Sanctuary, Kerala, India

# August 2010

## JULY

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## SEPTEMBER

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

What is the relationship of a mind which has understood sorrow and therefore the ending of sorrow? What is the quality of the mind that is no longer afraid of ending, which is death? When energy is not dissipated through escape, then energy becomes the flame of passion. Compassion means passion for all. Compassion is passion for all.

*12 December 1970, New Delhi*

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Near Davos, Switzerland

# September 2010

AUGUST

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OCTOBER

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

The very nature of intelligence is sensitivity, and this sensitivity is love. Without this intelligence there can be no compassion. Compassion is not the doing of charitable acts or social reform; it is free from sentiment, romanticism and emotional enthusiasm. It is as strong as death. It is like a great rock, immovable in the midst of confusion, misery and anxiety. Without this compassion no new culture or society can come into being. Compassion and intelligence walk together; they are not separate. Compassion acts through intelligence. It can never act through the intellect. Compassion is the essence of the wholeness of life.

*1 December, 1979  
Letters to the Schools, Vol I*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 1	2	3	4
5	6 Labor Day	7	 8	9	10	11
12 Grandparents Day	13	14	 15	16	17	18
19	20	21	22	 23 Fall Equinox	24	25
26	27	28	29	 30		



By Arnensee, Near Gstaad, Switzerland

# October 2010

SEPTEMBER

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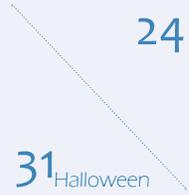
NOVEMBER

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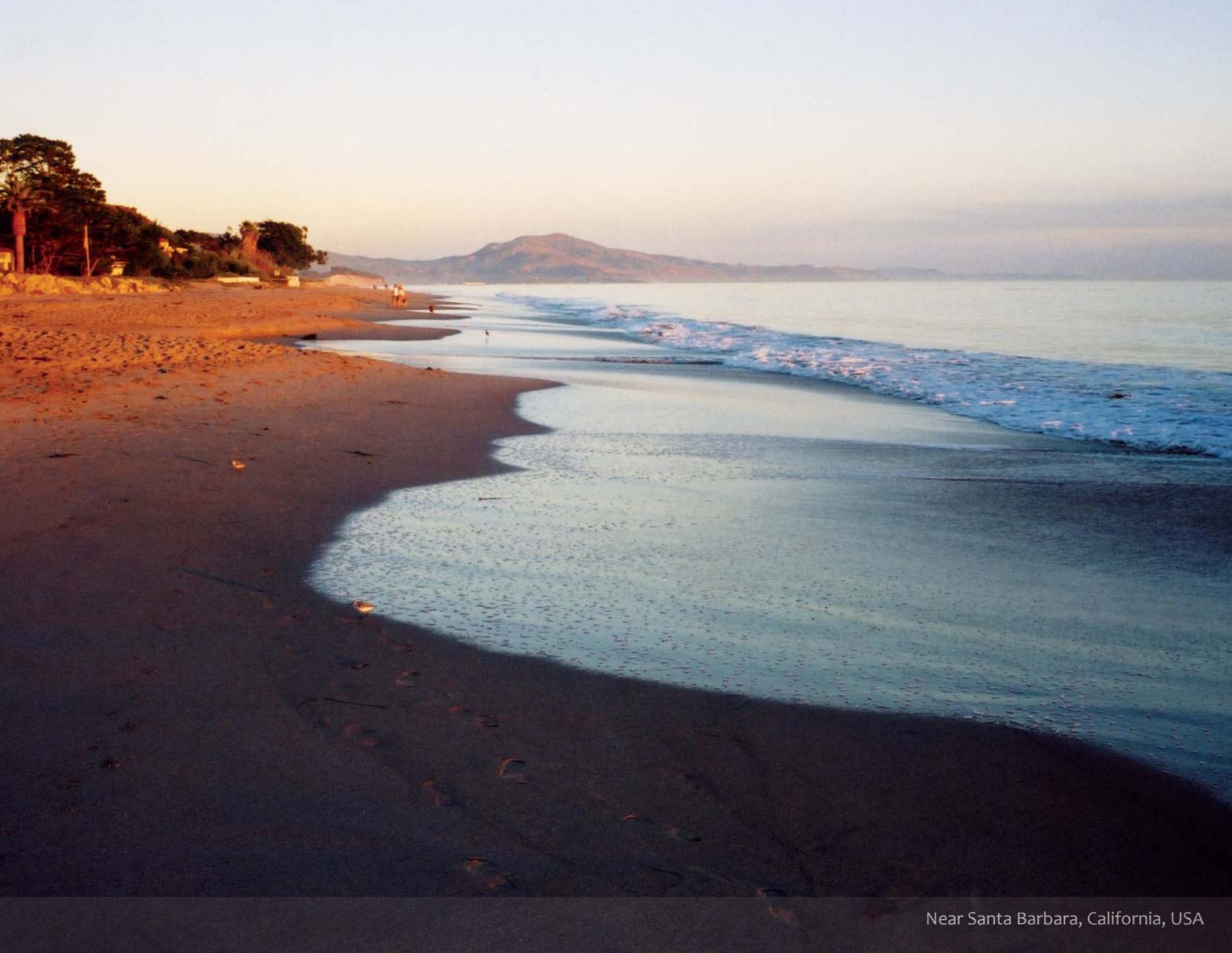
When death comes, it does not ask your permission; it comes and takes you; it destroys you on the spot. In the same way, can you totally drop hate, envy, pride of possession, attachment to beliefs, to opinions, to ideas, to a particular way of thinking? Can you drop all that in an instant? There is no “how to drop it”, because that is only another form of continuity. To drop opinion, belief, attachment, greed, or envy is to die—to die every day, every moment. If there is the coming to an end of all ambition from moment to moment, then you will know the extraordinary state of being nothing, of coming to the abyss of an eternal movement, as it were, and dropping over the edge—which is death.

I want to know all about death, because death may be reality; it may be what we call God—that most extraordinary something that lives and moves and yet has no beginning and no end.

*9 December 1959, Madras*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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10	11	12	13		14	15
	Columbus Day (U.S.)				15	16
17	18	19	20	21		22
24	25	26	27	28	29	
						
31						

31 Halloween



Near Santa Barbara, California, USA

# November 2010

OCTOBER

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DECEMBER

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

There is silence between two notes; there is silence between two thoughts, between two movements; there is the silence between two wars; there is silence between husband and wife before they begin to quarrel. We are not talking of that quality of silence, because they are temporary, they go away. We are speaking of a silence that is not produced by thought, that is not cultivable, that comes only when you have understood the whole movement of existence. In that there is silence, there is no question and answer, there is no challenge, there is no search, everything has ended. In that silence, there is a great sense of space and beauty and extraordinary sense of energy. Then there comes that which is eternally, timelessly sacred, which is not the product of civilization, the product of thought. That is the whole movement of meditation.

14 January 1979, Madras

	1	2 Election Day (U.S.)	3	4	5	 6
7 Daylight Saving Time Ends	8	9	10 Veterans Day (U.S.) Remembrance Day (Ca.)	11	12	 13
14	15	16	17	18	19	20
 21	22	23	24	25	26	27
 28	29	30				
					Thanksgiving Day (U.S.)	



Rishi Valley, India

# December 2010

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				

JANUARY 2011

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

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Habit and meditation can never abide together; meditation can never become a habit; meditation can never follow the pattern laid down by thought which forms habit. Meditation is the destruction of thought, not thought caught in its own intricacies, visions and its own vain pursuits. Thought shattering itself against its own nothingness is the explosion of meditation.

*Krishnamurti's Notebook, p 213*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
● 5	6	7	8	9	10	11
		Pearl Harbor Day (U.S.)				
12	☾ 13	14	15	16	17	18
19	20	☉ 21	22	23	24	25
		Winter Solstice			Christmas Eve	Christmas Day
26	☾ 27	28	29	30	31	
					New Year's Eve	



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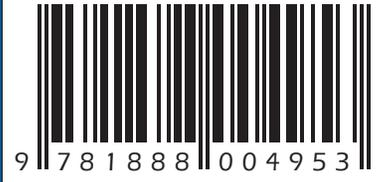
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[www.kfa.org](http://www.kfa.org)

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DECEMBER 2009

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JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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JANUARY 2011

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