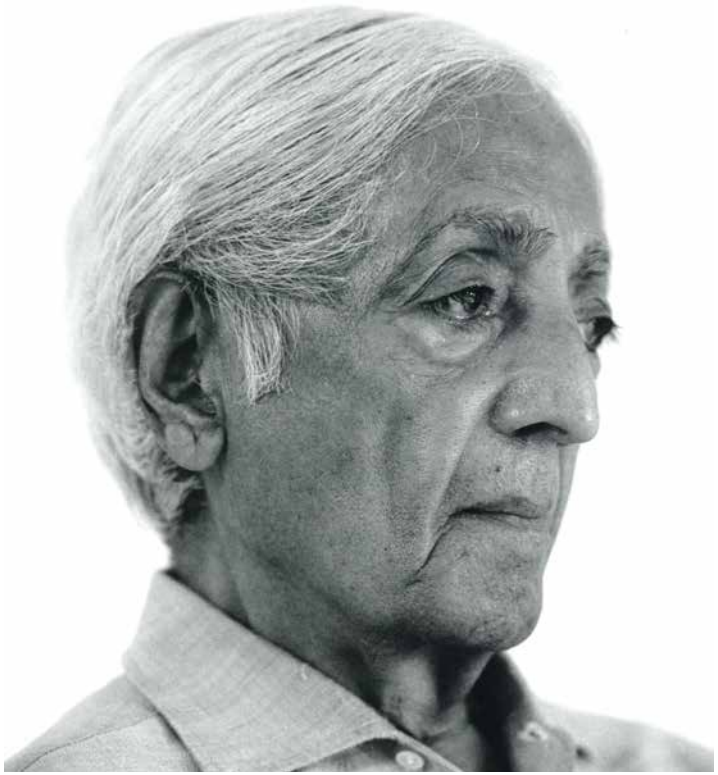
Quotations from J. Krishnamurti
Photos by Friedrich Grohe and friends

Timeless Change 2023



Fear Cannot Be Divided

Is fear to be divided, as the conscious fears and the unconscious fears? Please be careful how you answer this question, for if you say they are not to be divided then you are denying the unconscious. If you accept that fears are to be divided into the conscious and the unconscious, then you accept that formula. See what is implied when you make the division into fears of the deeply rooted unconscious and the superficial fears. What is implied in that?

One can be fairly easily conscious and aware and know the superficial fears by one's immediate reactions. But to unearth, unravel, uproot, to expose the deep-rooted fears, how is that to take place – through dreams, through intimations, through hints? All that implies time. Or is there only fear, which we translate into different forms? Only one desire, but the objects of desire change? Desire is always the same. Perhaps fear is always the same – one fear which is translated into different fears.

I am afraid of this and that, but I realize that fear cannot be divided. This is something that you have to realize, it is not a logical conclusion, not something which you put together and believe in. But when you see that fear cannot be divided you have made a discovery that is tremendous and then you will have put away altogether this problem of the unconscious and you will no longer depend on the psychologists, the analysts.

This is really a very serious thing, for when you see that fear is indivisible you understand that it is a movement which expresses itself in different ways, not the separate fears of death, of my wife, of losing my job, of not achieving, fulfilling myself and so on. And as long as you see that movement – and not the object to which the movement goes – then you are facing an immense question.

Then you are asking how one can look at fear, which is indivisible and therefore not fragmentary, without the fragmentation which the mind has cultivated. You are following? I have been presented with the nature of fear as a totality, there is only a total fear, not the fragmentary fears. Now can my mind, which thinks in fragments – my wife, my child, my family, my job, my country, you know how it functions in fragments – can my fragmentary mind observe the total picture of fear? Can it? You are understanding the question?

I have lived a life of fragmentation, my thought is only capable of thinking in fragmentation, so I only look at fear through the fragmentary process of thought. To look at total fear must I not be without the fragmentary process of thought? Thought, the whole process of the machinery of thinking, is fragmentation, it breaks up everything. I love you and I hate you, you are my enemy, you are my friend. My peculiar idiosyncrasies, my inclinations are in battle with everything else – my job, my position, my prestige, my country and your country, my God and your God – it is all the fragmentation of thought. And this thought is always old, it is never new and is therefore never free. Thought can never be free because it is the reaction of memory and memory is old. This thought looks at the total state of fear, or tries to look at it, and when it looks it reduces it into fragments.

So the mind can only look at this total fear when there is no movement of thought.

Talk 5, Saanen, 18 July 1967

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

(Michaela Markovicova)

Truth comes into being when your mind and heart are purged of all sense of striving and you are no longer trying to become somebody; it is there when the mind is very quiet, listening timelessly to everything that is happening.

This Matter of Culture, *Ch. 4*

JANUARY

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

December

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25	26	27	28	29	30	31

February

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At Rishi Valley, India (V. Santharam)

Intelligence is discernment of the essential, and to discern the essential there must be freedom from those hindrances which the mind projects in the search for its own security and comfort.

Education and the Significance of Life, *p. 36*

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 Presidents' Day (US)	21	22	23	24	25
26	27	28				

January

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March

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At Lauenensee, Switzerland (Sara Fargas Prieto)

There is a seriousness that has the quality of light whose very nature is to penetrate, a light that has no shadow; this seriousness is infinitely pliable and therefore joyous.

Krishnamurti's Notebook, *p. 180*

MARCH

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

February

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April

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At Brockwood Park, UK (Andy Mcveigh)

We open this door, but keep that one closed, for we want the fresh breeze only through a particular opening. We never go outside or open all the doors and windows at the same time.

Commentaries on Living, I, *The Flame and the Smoke*

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 Good Friday (UK)	8
9	10 Easter Monday (UK)	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
23	24	25	26	27	28	29
30						

March

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May

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28	29	30	31			

Brockwood Park, UK

Silence and spaciousness go together. The immensity of silence is the immensity of the mind in which a center does not exist.

Meditations, *p. 7*

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Early May Bank Holiday (UK)	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 Memorial Day (US) Spring Bank Holiday (UK)	30	31			

April

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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June

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Videmanette, Rougemont, Switzerland

We're always wandering off from the central issue. The central issue is so colossal, so enormous, so confusing that we'd rather not face it.

1st Talk, New York, 26 September 1966

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 Juneteenth Independence Day (US)	20	21	22	23	24
25	26	27	28	29	30	

May

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July

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30	31					

You don't grapple with the problem, you don't face it; you don't go deeply into yourself and look, search, understand; and you don't do it because you know it would mean really letting go of many things …

6th Talk, Saanen, 18 July 1963

JULY

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

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August

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Videmanette, Rougemont, Switzerland

How is it possible … for the mind to be aware of this conflict between the fact and what the mind wants, and so live in a constant movement which has no resting place, no anchorage, which deeply, inwardly does not demand anything permanent?

9th Talk, Mumbai, 10 March 1961

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 Summer Bank Holiday (UK)	29	30	31		

July

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September

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One has found the very source of dissipation of energy, that any fragmentation, any division, any conflict – for division means conflict – is waste of energy.

2nd Talk, Saanen, 11 July 1967

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Labor Day (US)	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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August

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October

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Lauenensee, Switzerland

It is utterly important, if we would grasp the depth of meaning of insight, to have the quality of complete integrity, to have that integrity which is the honesty of the whole.

The Whole Movement of Life Is Learning, *p. 59*

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 Indigenous Peoples' Day (US)	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Summer Time ends (UK)	30	31				

September

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November

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Ojai Valley Preserve, USA (Liz Otterbein)

Clarity is not an effect or result; it is the pure observation of thought and thought's total activity. This clarity is strength.

The Whole Movement of Life Is Learning, *p. 104*

NOVEMBER

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

October

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December

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At Chalet Solitude, Rougemont, Switzerland

I don't know what you are going to do about it when you see the problem, when you see the necessity, the truth of having this delicate, subtle mind, which is absolutely quiet.

Meditations, *p. 109*

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 Christmas Day	26 Boxing Day (UK)	27	28	29	30
31						

November

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January

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