



Quotations from J. Krishnamurti
Photos by Friedrich Grohe and friends

Timeless Change 2024



A mind that can go deeply

Let us consider together, those of us who can communicate, whether it is at all possible totally to end every form of violence in ourselves and still live in this monstrously brutal world. I think it is possible. I don't want to have a breath of hate, jealousy, anxiety or fear in me. I want to live completely at peace.

... To be beyond violence I cannot suppress it, I cannot deny it, I cannot say, 'Well, it is a part of me and that's that', or 'I don't want it'. I have to look at it, and I have to study it, I must become very intimate with it and I cannot become intimate with it if I condemn it or justify it.

... To learn, to discover something fundamental, you must have the capacity to go deeply. If you have a blunt instrument, a dull instrument, you cannot go deeply. So what we are doing is sharpening the instrument, which is the mind – the mind which has been made dull by all this justifying and condemning. You can penetrate deeply only if your mind is as sharp as a needle and as strong as a diamond.

It is no good just sitting back and asking, 'How am I to get such a mind?' You have to want it as you want your next meal, and to have it you must see that what makes your mind dull and stupid is this sense of invulnerability which has built walls round itself and which is part of this condemnation and justification. If the mind can be rid of that, then you can look, study, penetrate, and perhaps come to a state that is totally aware of the whole problem.

So let us come back to the central issue – is it possible to eradicate violence in ourselves? It is a form of violence to say, 'You haven't changed, why haven't you?' I am not doing that. It doesn't mean a thing to me to convince you of *anything*. It is your life, not my life. The way you live is your affair. I am asking whether it is possible for a human being living psychologically in any society to clear violence from himself inwardly. If it is, the very process will produce a different way of living in this world.

... If you look at it, go into it completely, it ceases, but if you say, 'I must not hate; I must have love in my heart', then you are living in a hypocritical world with double standards. To live completely, fully, in the moment is to live with 'what is', the actual, without any sense of condemnation or justification – then you understand it so totally that you are finished with it. When you see clearly the problem is solved.

... Your conditioned mind, your way of life, the whole structure of the society in which you live, prevent you from looking at a fact and being entirely free from it *immediately*. You say, 'I will think about it; I will consider whether it is possible to be free from violence or not. I will try to be free.' That is one of the most dreadful statements you can make, 'I will try'. There is no trying, no doing your best. Either you do it or you don't do it. You are admitting time while the house is burning...

Extracted from Freedom from the Known, Chapter VI

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



At Chalet Solitude, Rougemont, Switzerland (*Friedrich Grohe*)

Krishnamurti to Himself, 30 May 1983

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 Martin Luther King Jr. Day (US)	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

December							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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		
31													



In Ojai, California (*Friedrich Grohe*)

What is important is not to have a goal but to see if our daily existence has a meaning in itself.

8th Talk, Saanen, 7 August 1962

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	21	22	23	24
	Presidents' Day (US)					o
25	26	27	28	29		

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



Upper Ojai, California (Liz Otterbein)

We are trying politically, legally and socially to bring order in the outer world in which we are living, and inwardly we are confused, uncertain, anxious and in conflict. Without inward order there will always be danger to human life.

The Whole Movement of Life Is Learning, Chapter 39

MARCH

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

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	29		

April

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				



At Brockwood Park, UK (Friedrich Grohe)

Go and sit quietly under the same tree every day, and you will soon begin to be aware that everything around you is living. ... But to see all this and to feel the joy of it you must have real quietness inside you.

Think on These Things, 'The Purpose of Learning'

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Easter Monday (UK)	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							May						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
3	4	5	6	7	1	2	5	6	7	1	2	3	4
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													



In the Grove, Brockwood Park, UK (Friedrich Grohe)

The wise man is one who is not aware of himself as separate, for in that separation there is destruction, there is war, there is conflict, there is sorrow.

Can the Mind Be Quiet?, p. 235

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	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							June						
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						



Videmanette, Rougemont, Switzerland (Friedrich Grohe)

Our seeing is very limited and our eyes are accustomed to near things. Our look is as bound by time-space as our brain. ... we do not know how to look through and beyond these fragmentary frontiers. But the eyes have to see beyond them, deeply and widely, without choosing, without shelter ...

Krishnamurti's Notebook, 24 July 1961, Gstaad

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
23	24	25	26	27	28	29
30						

May

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

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			



At Lac Retaud, Switzerland (Friedrich Grohe)

June								August							
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															



Sulzhütte, Near St Antönien, Switzerland (Christoph Grohe)

The roots of heaven are of great emptiness, for in emptiness there is energy, incalculable, vast and profound.

Krishnamurti to Himself, 11 March 1983 (2nd part)

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	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					



Adyar Beach, Chennai, India (*Friedrich Grohe*)

The actual never conditions the brain, but the theory, the conclusion, the description, the abstraction, do condition it.

Krishnamurti to Himself, 9 May 1983

SEPTEMBER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Labor Day (US)					
8	9	10	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			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 Haus Sonne, Black Forest, Germany (Friedrich Grohe)

Our search is always outgoing; the mind seeking any experience is outgoing. Inward going is not a search at all; it is perceiving.

Meditations, p. 77

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

September							November						
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



In Olšina, Czech Republic (Michaela Markovicova)

Perception is only possible when there is no image – no symbol, no idea, word, form, which are all the image. Then perception is light. It is not that I see light. There is light.

5th Dialogue, New Delhi, 19 December 1970

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

October							December						
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 Brockwood Park, UK (Andy McVeigh)

When the mind is free from all its projections, there is a state of quietness in which problems cease, and then only the timeless, the eternal comes into being.

5th Talk, Bombay, 12 March 1950

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)		

November							January						
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
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24	25	26	27	28	29	30	26	27	28	29	30	31	



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