



Quotations from J. Krishnamurti  
Photos by Friedrich Grohe and friends

Timeless Change 2026

## The benediction that man is ever seeking

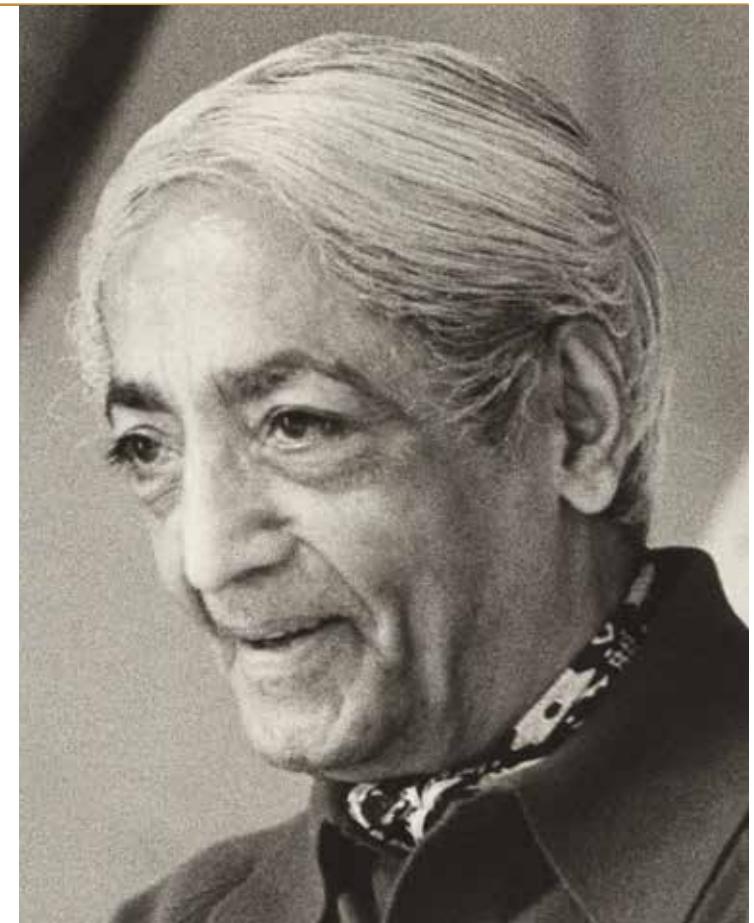
That night, particularly in that distant valley with the most ancient hills with their peculiar shaped boulders, the silence was as real as the wall you touched. And you looked out of the window at the brilliant stars. It was not a self-generated silence; it was not that the earth was quiet and the villagers were asleep, but it came from everywhere – from the distant stars, from those dark hills and from your own mind and heart. This silence seemed to cover everything from the tiniest grain of sand in the river-bed – which only knew running water when it rained – to the tall, spreading banyan tree and a slight breeze that was now beginning.

There is the silence of the mind which is never touched by any noise, by any thought or by the passing wind of experience. It is this silence that is innocent, and so endless. When there is this silence of the mind action springs from it, and this action does not cause confusion or misery.

The meditation of a mind that is utterly silent is the benediction that man is ever seeking. In this silence every quality of silence is.

There is that strange silence that exists in a temple or in an empty church deep in the country, without the noise of tourists and worshippers; and the heavy silence that lies on water is part of that which is outside the silence of the mind.

The meditative mind contains all these varieties, changes and movements of silence. This silence of the mind is the true religious mind, and the silence of the gods is the silence of the earth. The meditative mind flows in this silence, and love is the way of this mind. In this silence there is bliss and laughter.



See [jkrishnamurti.org](http://jkrishnamurti.org) for quotations and recordings, and for 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

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*"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 for over 60 years to speak with 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

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*"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 one of Krishnamurti's chief concerns. Human conditioning, including the nature of thinking itself – especially the belief that we are deeply, fundamentally separate entities – is creating

havoc and sorrow in the world. The schools founded by Krishnamurti are committed to nurturing young people not only towards academic excellence but also in awareness of life as an unbroken whole. Potentially joyful and liberating, this can allow for the possibility of deeper intelligence, compassion and a feeling for the vast immensity of life.

## International Study Centres

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*"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 house extensive ranges of recordings, books and other material. Just as importantly, they offer atmospheres of quietness and natural beauty in which to inquire deeply into fundamental questions of living. They are intended as places for those who wish to give full attention to the teachings and their implications in their own lives.

## Contact

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For contact information, please see the address details on the back cover or visit [jkrishnamurti.org](http://jkrishnamurti.org)

## Abbreviations

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E&W: England & Wales    US: United States    O: Full Moon



*I know the energy that's created through friction. Right? Our whole world, whole civilisation, all our life is based on that, on friction. I want to find out if there is an energy which has no friction.*

## Discussion with Scientists, Brockwood Park, 29 August 1977

# JANUARY

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

Videmanette Bougemont Switzerland (E Grobe)



*All reply of thought and emotion will only prolong the despair and the agony of problems that have no answers ...*

Krishnamurti's Notebook, 20 October 1961, Bombay

# 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	25	26	27	28

Presidents' Day (US)

Lake Lucerne, Switzerland (F. Grohe)

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



*Forget all you know about yourself; forget all you have ever thought about yourself; we are going to start as if we knew nothing.*

Freedom from the Known, Ch. I

# 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	20	21
22	23	24	25	26	27	28
29	30	31				

British Summer Time  
begins (E&W)

Walled Garden, Brockwood Park, UK (Andy Mcveigh)

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



*Truth is not in some far distant place; it is in the looking at what is. To see oneself as one is – in that awareness into which choice does not enter – is the beginning and end of all search.*

The Only Revolution, India – Part VI

# APRIL

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

Canyon near Ojai, California (Liz Otterbein)

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



*This is all part of awareness, which begins on the surface and then goes deeper and deeper; but for most of us awareness stops at a certain point.*

Think on These Things, Ch. 23

# MAY

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

April							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30				



*Can I look at one thing so completely that everything is included in that?*

1<sup>st</sup> Public Dialogue, Brockwood Park, 9 September 1969

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

May							July						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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	

In Rishi Valley, India (Mark Edwards)



*There's no illusion, no deception, when there's no desire, conscious or unconscious, for any experience of any kind, when one's wholly indifferent to the coming and going of all experience, when one's not asking for anything.*

Krishnamurti's Notebook, 26 July 1961, Gstaad

# JULY

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	
			o			

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

Near the Sulzhütte, St Antönien, Switzerland  
(Christoph Grohe)



*The meditative mind is seeing – watching, listening, without the word, without comment, without opinion – attentive to the movement of life in all its relationships throughout the day.*

The Only Revolution, India – Part III

# 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	View from Mürren, Switzerland (F. Grohe)				

Summer Bank Holiday  
(E&W)

July							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	26
26	27	28	29	30	31	o	27	28	29	30			



*Without compassion, there is no clarity ...*

The Wholeness of Life – Part II, Ch. V

# SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
	Labor Day (US)					
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
2	3	4	5	6	7	8	1	2	3	4	5	6	7
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	31												

In Rougemont, Switzerland (F. Grohe)



*The mind cannot enter into a totally new dimension if there is a shadow of memory of anything.  
Because that is timeless, that is eternal.*

Fire in the Mind, Ch. 6

# OCTOBER

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

Near Haus Sonne, Black Forest, Germany (F. Grohe)

September							November						
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
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					



*Only with the ending of sorrow, for sorrow is the result of thought, can you step out of the world of war, hate, envy and violence. This act of stepping out is the religious life. This religious life has no belief whatsoever, for it has no tomorrow.*

The Only Revolution, India – Part X

# NOVEMBER

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

Davossersee, Switzerland (F. Grohe)

October							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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		



*This mind has no 'beyond'; it is not becoming something.*

Fire in the Mind, Ch. 9

# 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		

Boxing Day  
observed (E&W)

Christmas Day

(Michaela Markovicova)

November							January						
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
							31						



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Quotes: © Krishnamurti Foundation of America, © Krishnamurti Foundation Trust Ltd

Photos: J. Krishnamurti – KFT; March – Andy Mcveigh; April – Liz Otterbein; May – Michaela Markovicova

June – © Mark Edwards; July – Christoph Grohe; December – Michaela Markovicova; all other photos – Friedrich Grohe

Editing: Claudia Herr | Design: Francisco Mazza; Brandt MediaDesign, Euskirchen, Germany

Printing: DCM Druck Center Meckenheim, Germany; Pragati Offset, Hyderabad, India