

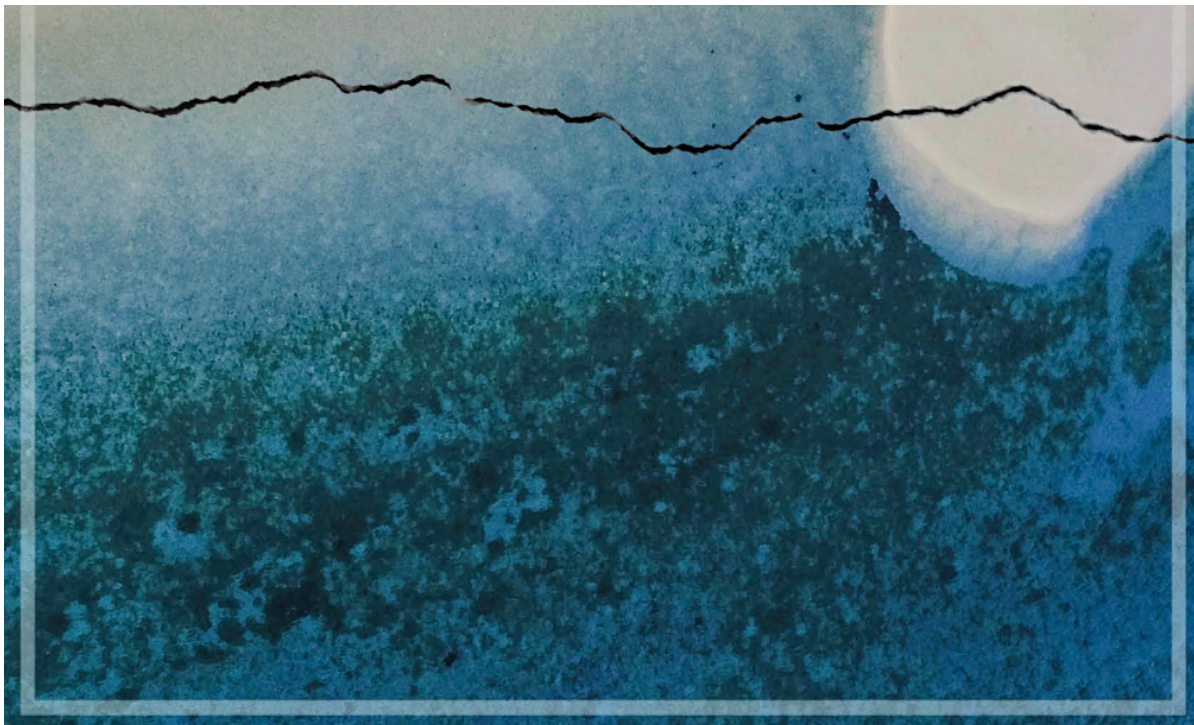
KANZ NEWS – February 2025

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**CAN YOU LIVE WITH WHAT YOU ACTUALLY ARE,
KNOWING YOURSELF TO BE DULL, ENVIOUS, FEARFUL,
BELIEVING YOU HAVE AFFECTION WHEN YOU HAVE NOT,
GETTING EASILY HURT, EASILY FLATTERED AND BORED?
CAN YOU LIVE WITH ALL THAT, NEITHER ACCEPTING IT
NOR DENYING IT, BUT JUST OBSERVING IT?**

KRISHNAMURTI



Source: [Krishnamurti Foundation Trust, England](#)

2025 Video & Audio Directories

A promotional graphic for the 2025 editions of the English Krishnamurti Foundation Trust directories. It features three profile portraits of a man with his hands clasped, each with a different color overlay: green, blue, and brown. Above the portraits is a dark blue banner with the text "2025 Video & Audio Directories" in white, italicized font. Below the portraits is a dark blue banner with the text "Free Downloads" in white, italicized font. At the bottom, there are three smaller boxes, each containing the text "EXTRACTS FROM RECORDINGS | 2025 EDITION", "FULL-LENGTH RECORDINGS | 2025 EDITION", and "TRANSLATED RECORDINGS | 2025 EDITION" respectively.

New editions of the English Krishnamurti Foundation Trust directories are now available to download.

These PDFs catalogue contain the vast content of the official YouTube channels, with links to and information on many audio and video productions.

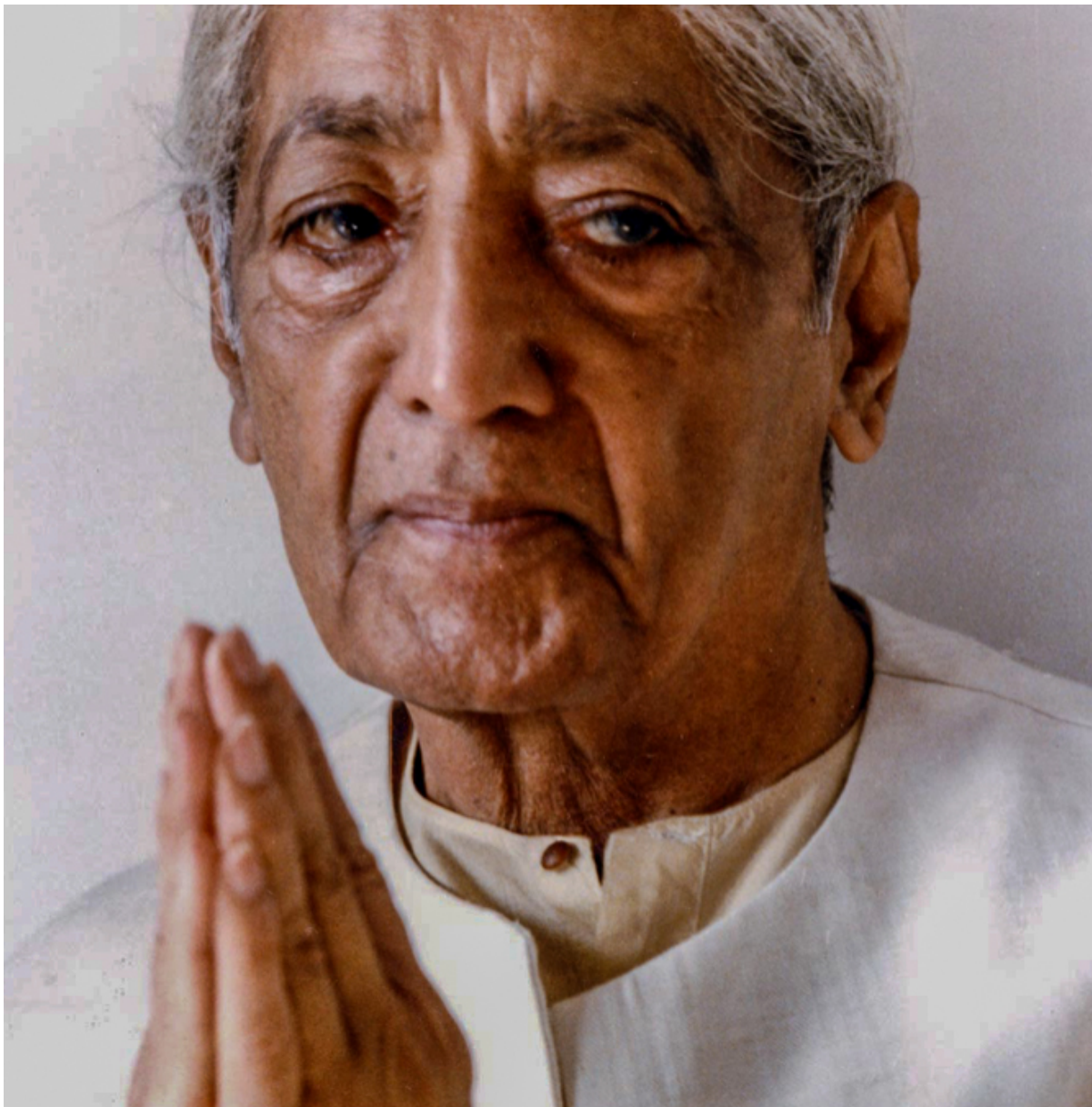
The Extracts directory includes a handy list of topics.

The Translations directory is a complete list of all available translations – more than 4,000 subtitles in over 40 languages.

Download the Directories [here](#)

Source: [Krishnamurti Foundation Trust, England](#)

Freedom From The Self



FREEDOM FROM THE SELF, and therefore the search of reality, the discovery and the coming into being of reality, is the true function of man. Religions play with it in their rituals and rigmarole – you know, the whole business of it. But if one becomes aware of this whole process, then there is a possibility for the newly awakened intelligence to function. In that, there is not self-release, not self-fulfilment, but creativeness. It is this creativeness of reality, which is not of time, that sets one free from all the business of the collective and the individual. Then one is really in a position to help create the new.

Krishnamurti in Ojai 1949, Talk 7

Read the article [here](#)

Source: [Krishnamurti Foundation Trust, England](#)

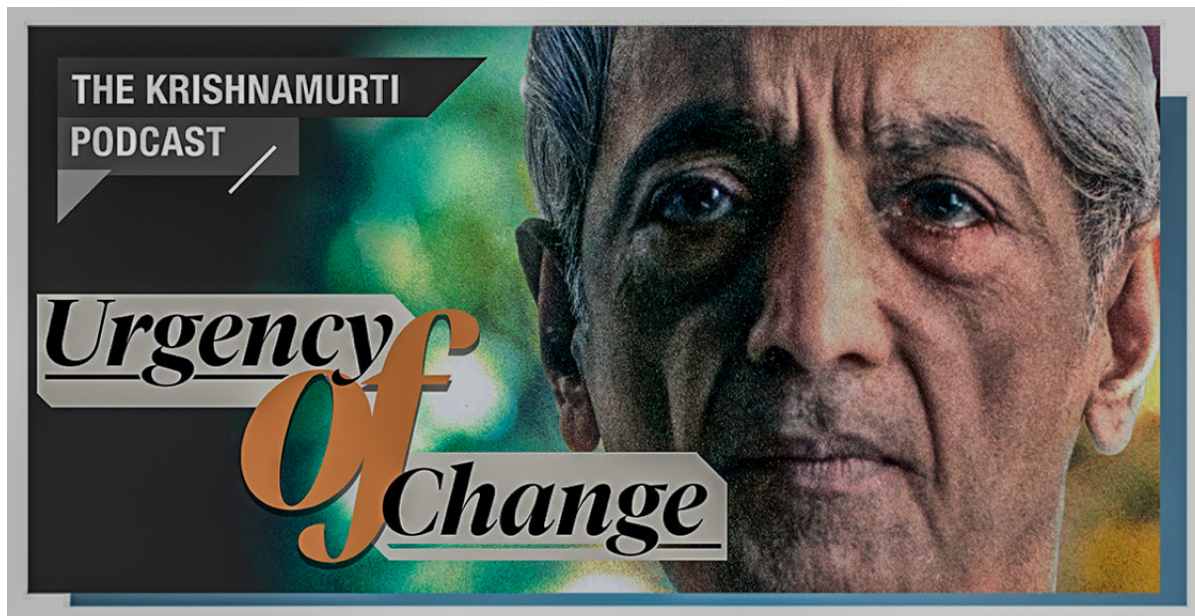


Volumes [6](#) and [7](#) of *From the Archives* highlighted formal and informal portraits of Krishnamurti. Volume 8 also features photographs from the English Foundation's archive collection, this time showing Krishnamurti with some of those closely associated with him, individually or in groups. The thirteen photos span the course of his life, from the early 1900s to the 1980s, and were taken in India, Europe and the United States. Many of the photographs are previously unpublished and are available here for the first time.

Read [here](#)

Source: [Krishnamurti Foundation Trust, England](#)

Krishnamurti Podcast – Consciousness



This month's episode on Consciousness has four sections.

The first extract (2:07) is from Krishnamurti's first talk in Saanen 1981, titled 'Consciousness is common to all mankind'.

The second extract (20:51) is from the fourth talk at Brockwood Park 1977, titled 'Observing consciousness'.

The third extract (38:06) is from the third talk in Bangalore 1974, titled 'What happens to consciousness when one dies?'

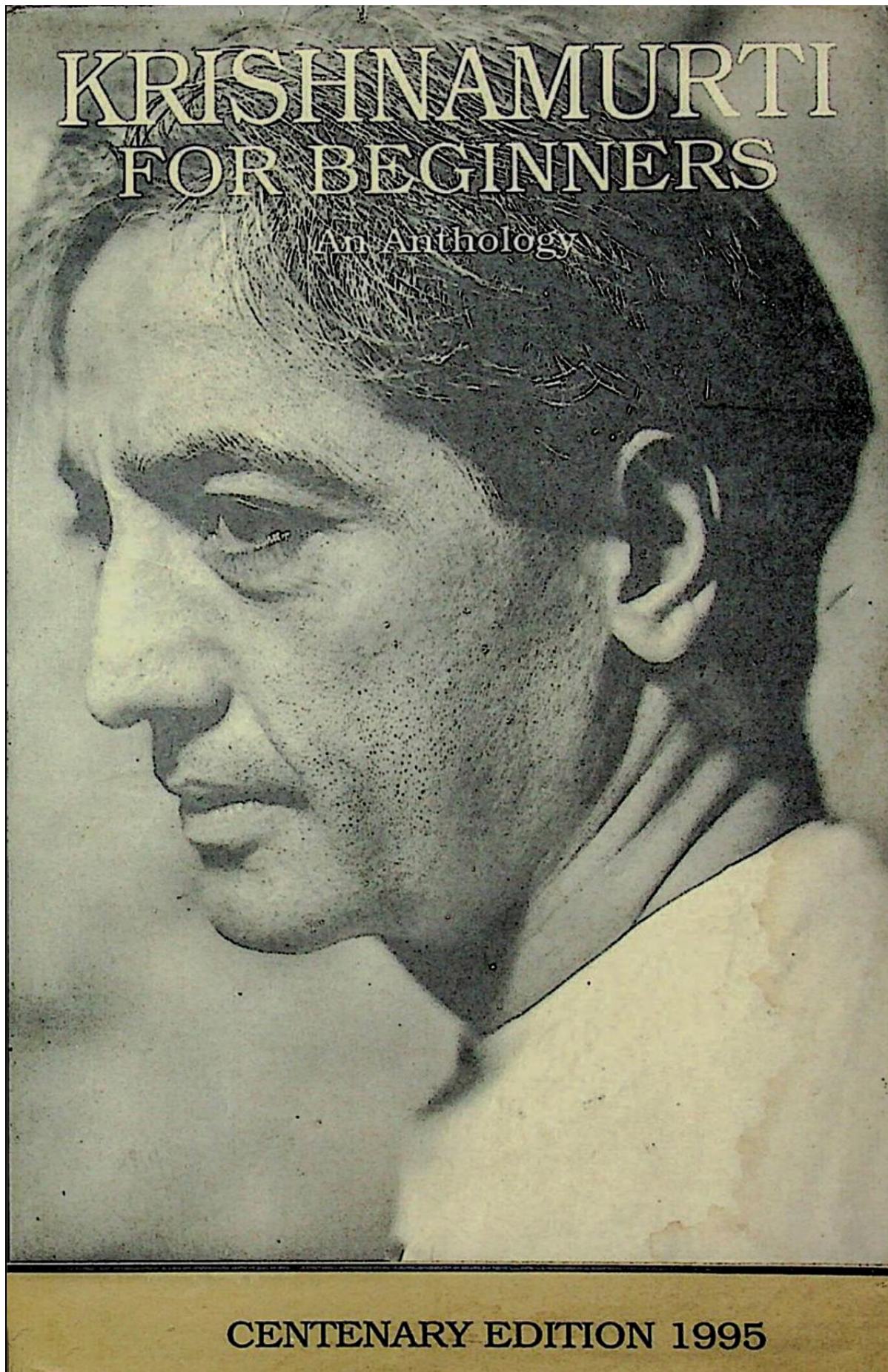
The final extract this week (55:14) is from the fourth talk in New York 1974, titled 'The emptying of consciousness'.

[Listen here.](#)

Source: [Krishnamurti Foundation Trust, England](#)

Krishnamurti for Beginners

An Anthology – from the Krishnamurti Postal Lending Library



As an introduction to Krishnamurti's teachings this book would make

the ideal present for someone unfamiliar with his work.

The problems of daily living that confront every human being, and Krishnamurti's original approach to them, form the basis of the selections.

Krishnamurti held that truth is beyond the constructions of the human mind, beyond the known, formulated or imagined, and that in the search for truth the first step is the last step. In the sense that new beginnings held a special meaning for Krishnamurti, all are beginners on the journey of life. And in that context, this book is meant for all.

In the foreword to the book it is stated that the best introduction to Krishnamurti is Krishnamurti himself – his books, video and audio recordings – and not interpreters and commentators. It is in this spirit that this book has been presented.

The Anthology comprises a variety of genres that Krishnamurti employed to communicate his message – public talks, answers to questions, writings, interviews, diaries, dictations, letters, dialogues, and discussions. These range over the period from 1948 to 1983.

The book's introduction presents an overview of Krishnamurti's extraordinary life, and mission.

This title is only one of the many books about J Krishnamurti available to borrow, free of charge, from the Krishnamurti Postal Lending Library. For a complete list of other titles please see:

<https://www.kanz.org.nz/library>

“ There is the personal sorrow and the sorrow of the world. There is the sorrow of ignorance and the sorrow of time. This ignorance is the lack of knowing oneself, and the sorrow of time is the deception that time can cure, heal, and change. Most people are caught in that deception and either worship sorrow or explain it away. But in either case it continues, and one never asks oneself if it can come to an end. ”

J Krishnamurti

Auckland Dialogue Meeting

Krishnamurti Association in New Zealand

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