

KANZ NEWS – March 2025

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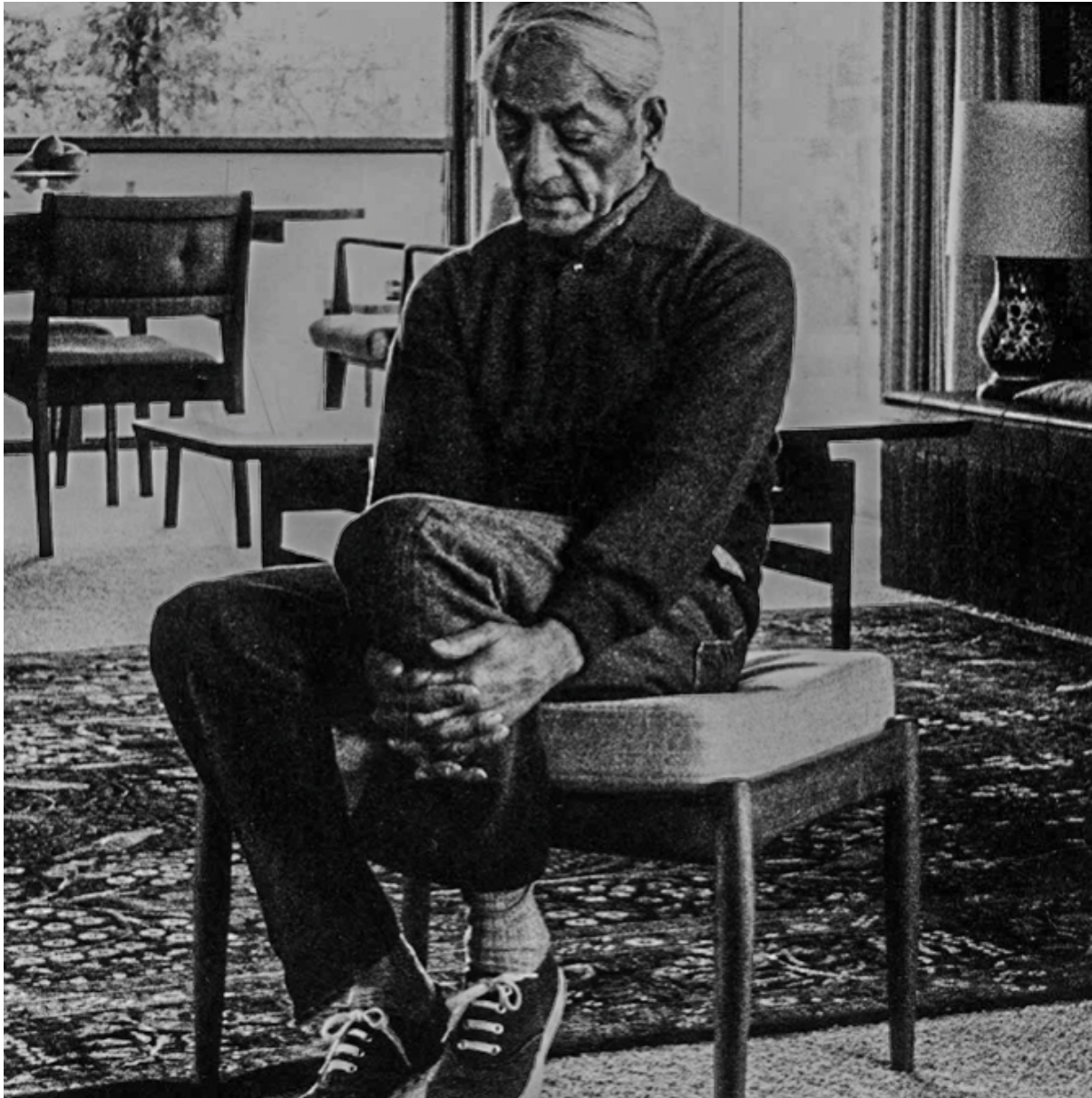


Every psychological problem is related to every other psychological problem, so if you can solve one problem completely – it does not matter what it is – you will see that you are able to meet all other problems easily and resolve them.

J. Krishnamurti

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

On Hurt



OBSERVATION WITHOUT A CENTRE means there is only that thing you call pain. There is no entity saying, 'I must go beyond the pain.' When there is no observer, is there pain? This is not just a trick of words. It is the observer that gets hurt; it is the centre that gets flattered. It is the centre that says, 'It's a shock.' It is the centre that says, 'I know pain.' Can you observe this thing called pain without the centre or observer?

Krishnamurti in Bombay 1973, Small Group Discussion 7

Read the article [here](#)

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

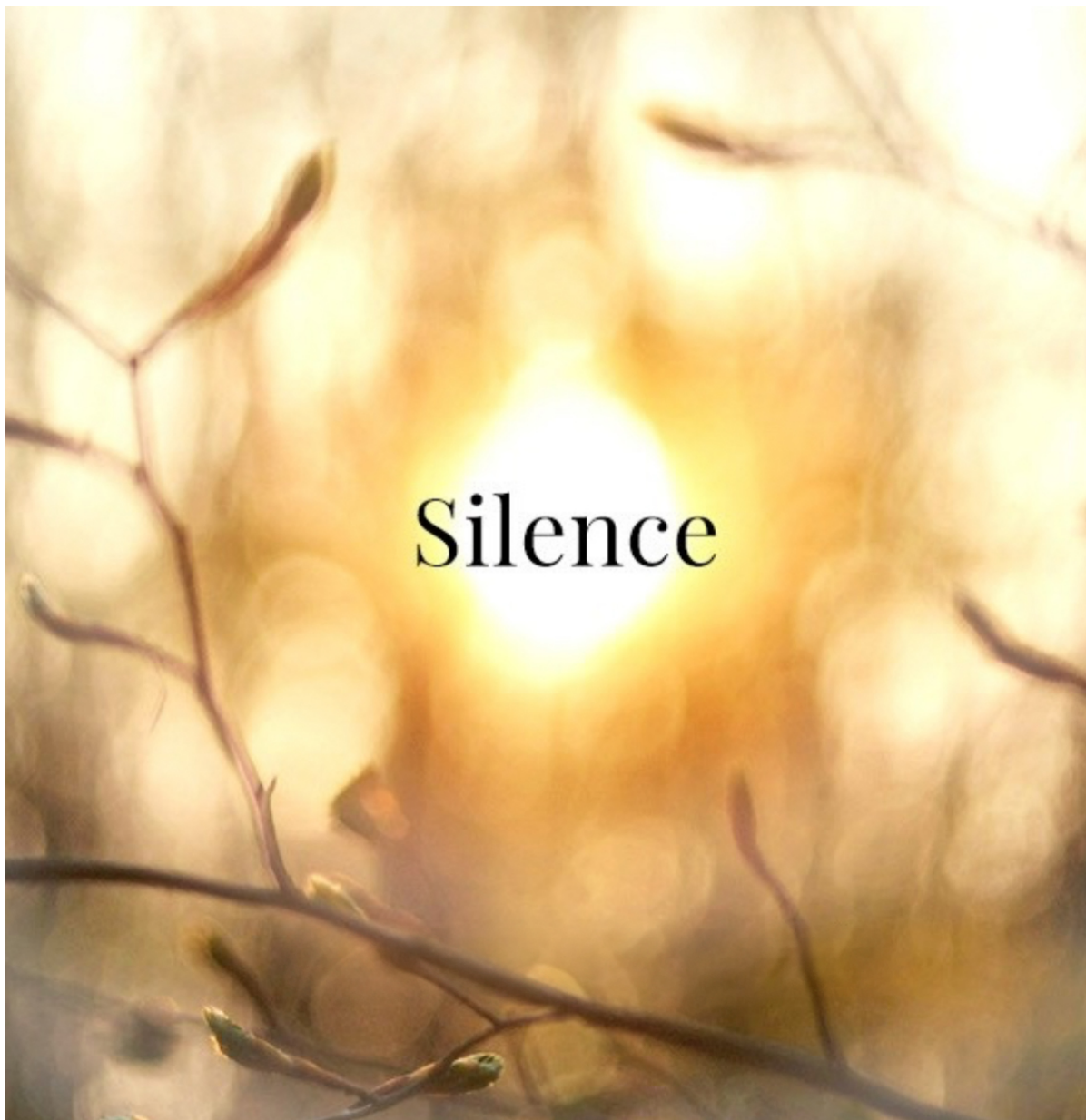
Krishnamurti Foundation of America Bi-annual Newsletter



The latest edition of Foundation Focus, the KFA bi-annual newsletter, is now available in digital format. This issue highlights the diverse initiatives overseen by the Foundation and featuring insightful articles that explore Krishnamurti's teachings. These pieces are thoughtfully penned by KFA staff, residential scholars, and community members who are deeply engaged with his work.

Read [here](#)

Source: [Krishnamurti Foundation of America](#)



"Meditation is one of the most extraordinary things, and if you do not know what it is you are like a blind person in a world of bright color, shadows, and moving light.

It is not an intellectual affair, when the heart enters into the mind, the mind has quite a different quality: it is then really limitless, not only in its capacity to think, to act efficiently, but also in its sense of living in a vast space where you are part of everything.

Meditation is the movement of love.

This meditation cannot be learned from another. You must begin without knowing anything about it, and move from innocence to innocence.

The soil in which the meditative mind can begin is the soil of everyday life, the strife, the pain, and the fleeting joy. It must begin there, and bring order, and from there move endlessly. You must take a plunge into the water, not knowing how to swim. And the beauty of meditation is that you never know where you are, where you are going, what the end is."

J. Krishnamurti

Excerpt from *Meditations*, 1969

Source: [Krishnamurti Foundation of America](#)

Krishnamurti Podcast – Action



This month's podcast has four sections.

The first extract, starting at 2:06, is from Krishnamurti's third talk in Ojai 1984, titled What is action?

The second extract, starting at 7:10, is from the first talk in Amsterdam 1981, titled The cycle of thought and action.

The third extract, starting at 19:24, is from Krishnamurti's first talk at Brockwood Park in 1978, titled Complete, immediate action.

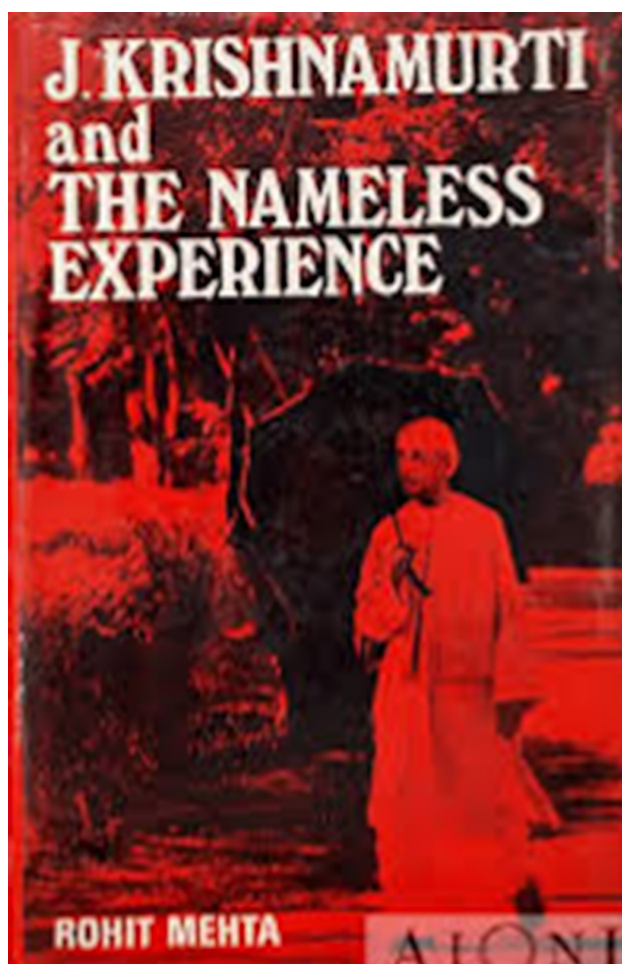
The final extract this week, starting at 41:19, is from the fourth talk in Saanen 1973, titled Intelligent action.

[Listen here.](#)

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

Krishnamurti Postal Lending Library Book Review

"Krishnamurti and the Nameless Experience"



Many books have been written about Krishnamurti by people who were acquainted with him, and the Krishnamurti Postal Lending Library carries a wide selection of these. Nevertheless, such books remain personal interpretations, and so are limited. They can never be a

substitute for direct contact with K's words, through his books, audio recordings and videos, Nevertheless "Krishnamurti and the Nameless Experience" stands out among its genre for its clarity, its originality.

This book is an invaluable guide for those seeking to understand K's teachings, and who are having difficulty in doing so. Although it is clear as one reads the book that the writer is pointing in the same directions as K's words, he has a significantly different way of describing the problems which arise when one embarks on the journey of self exploration. As such it provides the reader with a fresh opportunity to understand "the teachings"

Although the book makes reference to K 's words throughout, if these were omitted it could stand alone as an original creation. What the book does have in common with K's words is the sense that each sentence is bubbling over with insight – insight into the human mind and the human condition, If you are interested in how the human mind works, why it does the contradictory things that it does, this book is recommended for you.

Here are some quotes from the book:

"The mind that seeks will certainly find what it seeks – for it seeks only that which it has projected".

"The mind that is constantly renewing itself never grows old. It is continually on a voyage of discovery –it never arrives – it moves on towards an endless journey. And the secret of life is found not by one who has arrived, but one whose journey never ends".

"Is it possible to look at everything and everyone from the deep silence of communion, from that state of total attention where there is neither the perceiver nor the perceived?".

"It is interesting to note that all effort at self improvement is initiated by that very self which seeks to improve itself. It is obvious that in such an effort at self improvement all that happens is the strengthening of the very self!".

This title is 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>

Auckland Dialogue Meeting

Meetings are held monthly on the first Monday of the month.

The meetings are held in New Lynn.

Please contact Brett Nielsen 021 974 960 to obtain meeting details and to advise attendance.

Showings of Krishnamurti videos and group dialogues:

DUNEDIN

– contact Indu Peiris
/ keerthi.peiris@gmail.com

CHRISTCHURCH

– contact Kyoko Giebel 03 329 4789 /
aakaasha@glenrowan.nz– monthly:
– contact Pauline Matsis 03 312 1470 /
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