



Krishnamurti

FOUNDATION TRUST

EXTRACTS FROM
RECORDINGS

2023
EDITION

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HOW TO USE THE DIRECTORY

This directory contains information about, and direct links to, all the video and audio extracts taken from J. Krishnamurti's talks and discussions currently on the official YouTube Krishnamurti channel (youtube.com/c/KFoundation). Hundreds more extracts will be added in the future and will be included in updated versions of the directory.

You can consult the directory on a computer, tablet or phone and perform a word search to get information about recordings on specific topics. For phones and tablets, you might need to download a PDF reader app which allows word search. On a computer you can use **CTRL + F** (Windows) or **COMMAND + F** (Mac) when the document is opened to activate the search function.

You can go directly to topics such as *Attachment* or *Thinking together* by just clicking on the link in the *Table of Contents*.

To watch or listen to the extract on YouTube you will need to click on the hyperlink provided. See examples below:

[On beauty](#)

BO84Q-WQ01 - Video - 9 minutes

From series: [BO84T1-4 Q Time is the enemy of man](#)

Code format

Examples

AM69T4-SQ01 = Amsterdam 1969 Public Talk No.4 *Spoken Question* No.1

OJ79T6-EX01 = Ojai 1979 Public Talk No. 6 *Extract* No. 1

MA8182Q1-WQ04 = Madras 1981-82 Questions & Answers No. 1 *Written Question* No. 4

Most common places

AM: Amsterdam, Netherlands

BA: Bangalore, India

BE: Benares, India

BK: Berkeley, USA

BO: Bombay (Mumbai), India

BR: Brockwood Park, England

CC: Calcutta (Kolkata), India

CL: Claremont, USA

CO: Colombo, Sri Lanka

LO: London, England

LS: Los Alamos, USA

MA: Madras (Chennai), India

ML: Malibu, USA

ND: New Delhi, India

NY: New York, USA

OJ: Ojai, USA

RA: Rajghat, India

RV: Rishi Valley, India

SA: Saanen, Switzerland

SF: San Francisco, USA

Event types

C: Conversation

D: Public Discussion

DS: Discussion with Students

DSG: Discussion with Small Group

DSS: Discussion with Staff and Students

DT: Discussion with Teachers

DYP: Discussion with Young People

F: Film

I: Interview

Q: Public Question & Answer

T: Public Talk

Get Involved

Since the channel's inception in 2006, Krishnamurti Foundation Trust has been solely responsible for managing the official international YouTube channel, producing its entire content of over 2,000 videos and audios from recordings carefully stored in our state-of-the-art archives at Brockwood Park, UK. Every week, we continue to publish a previously-unreleased full-length audio recording, and a new topical video extract. All our content is offered free of charge and completely advert-free.

Our videos are translated by volunteers from all over the world. If you would like to help us with translating subtitles, please contact us at digital@kfoundation.org

For more information on the work and activities of the Foundation, including dozens of featured articles delving deeper into Krishnamurti's teachings, and information on [Brockwood Park](#) and the [Krishnamurti Centre](#), please visit kfoundation.org

For more information on the work of the Krishnamurti Foundations worldwide, and a large collection of searchable transcripts, please visit the international website at jkrishnamurti.org

EXTRACTS

Accumulation

A mind freed from accumulation

ML70DSG7-EX02 - Video - 13 minutes

From series: ML70DSG1-8 Can the mind observe without comparison?

Action

What is right action that will meet everything in our lives?

BR81Q2-WQ03 - Video - 19 minutes

From series: BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands

Can right action ever encompass violence?

BR82Q1-WQ02 - Video - 16 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

An action not of the past

MA7879T1-EX02 - Video - 13 minutes

From series: MA7879T1-6 D1-3 Life is a movement in learning

On seeing and action

OJ80Q3-WQ02 - Video - 13 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

What is right action when understanding isn't total?

OJ81Q4-WQ02 - Video - 7 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

What is an action and state of being that is pure?

OJ82Q2-WQ02 - Video - 28 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

When one understands something must one act?

SA85Q2-WQ01 - Video - 22 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Action/Thought

Is there an action not based on thought?

SA78T3-EX01 - Video - 17 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Art of listening/seeing/learning

The arts of listening, seeing and learning

MA8081T5-EX02 - Video - 17 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

On seeing and listening

SA82Q3-WQ01 - Video - 15 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

The art of listening, seeing and learning

SA85Q3-EX01 - Video - 17 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth
Art/Creation/Creativity

What is true creativity?

OJ80Q3-WQ01 - Video - 17 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

What is the role of the artist?

OJ83Q1-WQ01 - Video - 20 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

Cannot creativity include the activity of thought?

SA84Q2-WQ01 - Video - 28 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

What do you mean by creation?

SA85Q1-WQ03 - Video - 15 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

What is an artist?

SD74CA17-EX03 - Video - 4 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Attachment

Why do you say attachment is corruption?

BR80Q2-WQ04 - Video - 7 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

On attachment and detachment

SA80Q5-WQ05 - Video - 14 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Why can't we sustain attention?

BO85Q1-WQ02 - Video - 12 minutes

From series: BO85T1-4 Q1-2 That benediction is where you are

Total vs partial attention

BR69T1-EX01 - Audio - 4 minutes

From series: BR69T1-4 D1-2 Understanding ourselves

What is attention if it has nothing to do with thought?

BR84Q1-WQ01 - Video - 15 minutes

From series: BR84T1-4 Q1-2 The ending of sorrow

Awareness in inattention is attention

MA7879T2-EX02 - Video - 15 minutes

From series: MA7879T1-6 D1-3 Life is a movement in learning

What is the relationship of attention to thought?

OJ80Q4-WQ05 - Video - 12 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

Is it possible to achieve a constant attention?

OJ81Q4-WQ01 - Video - 29 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

What can one do to nourish attention?

OJ82Q2-WQ01 - Video - 17 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

Does attention become a constant spontaneous state of action?

SA84Q3-WQ02 - Video - 12 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Authority

I feel what you say is right and I have left my guru

SA82Q3-WQ03 - Video - 9 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

Authority/Spiritual

Why do we accept spiritual authority?

SD74CA15-EX01 - Video - 14 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Do not accept spiritual authority

SD74CA16-EX01 - Video - 6 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Awareness

Can one be aware with all the senses simultaneously?

BO85Q1-WQ04 - Video - 16 minutes

From series: BO85T1-4 Q1-2 That benediction is where you are

Is it possible to be completely awake?

SA80Q2-WQ02 - Video - 14 minutes

From series: SA80T1-7 Q1-5 When there is freedom

On inattention, and the gap between understanding and action

SA80Q3-WQ02 - Video - 21 minutes

From series: SA80T1-7 Q1-5 When there is freedom

On awareness and the awakening of intelligence

SA81Q2-WQ03 - Video - 17 minutes

From series: SA81T1-7 Q1-3 The turning point

There is no continuous awareness

SF73T1-SQ01 - Audio - 11 minutes

From series: SF73T1-4 Meditation is the total negation of the self

Just be aware

SF73T4-SQ03 - Audio - 2 minutes

From series: SF73T1-4 Meditation is the total negation of the self

Beauty

On beauty

BO84Q-WQ01 - Video - 9 minutes

From series: BO84T1-4 Q Time is the enemy of man

Must beauty be expressed?

SD74CA9-EX02 - Video - 10 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Becoming

The end of becoming

SA78T7-EX02 - Video - 11 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Behaviour/Conditioning

What does it take to snap from conditioned behaviour to spontaneity?

SM72T1-EX03 - Video - 2 minutes

From series: SM72T1-4 What is total action?

Being human

You are a human being, not a Christian or Hindu

SD74CA1-EX01 - Video - 2 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

When you are human you are not a woman or man

SM72T2-EX02 - Video - 10 minutes

From series: SM72T1-4 What is total action?

Belief

What is an intelligent response to the belief that everything is relative?

OJ80Q2-WQ01 - Video - 29 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

Belonging

Why belong to anything?

SD72CES2-EX03 - Video - 8 minutes

From series: SD72CES1-2 - San Diego 1972 - Dialogues - Goodness only flowers in freedom

Brain

Is it possible to keep the brain young?

OJ79T5-EX02 - Video - 5 minutes

From series: OJ79T1-6 D1-4 The essence of goodness is a mind that is not in conflict

Brain/Attention

The brain is quiet when there is attention.

AM69T5-EX01 - Audio - 12 minutes

From series: AM69T1-5 - Amsterdam 1969 - Students Discussions

Brain/Mind

On the difference between brain and mind

BO84Q-WQ05 - Video - 11 minutes

From series: BO84T1-4 Q Time is the enemy of man

What is the mind?

BO85Q2-WQ03 - Video - 11 minutes

From series: BO85T1-4 Q1-2 That benediction is where you are

Why does the mind so readily accept trivial answers?

BR79Q1-WQ05 - Video - 7 minutes

From series: BR79T1-4 Q1-2 On being conditioned

On my mind being the same as others', and responsibility

BR80Q1-WQ03 - Video - 9 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

What is it in the human mind that wants to follow?

BR81Q1-WQ02 - Video - 42 minutes

From series: BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands

What do you mean by brain, mind and consciousness?

BR82Q2-WQ03 - Video - 12 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

Is your brain free from problems?

BR83Q2-EX01 - Video - 18 minutes

From series: BR83T1-4 Q1-2 The world of peace

Is there any difference between the brain and mind?

MA8081Q1-WQ02 - Video - 15 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

Is the ageing of the mind inevitable?

MA8283Q2-WQ02 - Video - 16 minutes

From series: MA8283T1-4 Q1-2 Why has man become what he is?

Why is your mind chattering?

OJ80Q4-EX01 - Video - 7 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

Is there a difference between the brain and the mind?

OJ81Q1-WQ02 - Video - 15 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Is the deterioration of the mind inevitable?

SA82Q1-WQ01 - Video - 36 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

Could we speak about the brain and the mind?

SA83Q2-WQ02 - Video - 36 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

Why do you differentiate between the brain and the mind?

SA85Q2-WQ05 - Video - 14 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Certainty

Is there an absolute certainty?

SA80Q5-WQ06 - Video - 13 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Change

Why don't we have the energy to change?

AM69T1-EX01 - Audio - 13 minutes

From series: AM69T1-5 - Amsterdam 1969 - Students Discussions

Can a minority of integrated people outweigh the majority?

BR80Q2-WQ05 - Video - 4 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

If I change, what will happen afterwards?

BR85Q2-WQ02 - Video - 10 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

On change and destiny

MA8081Q1-WQ06 - Video - 8 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

What have you done about poverty?

MA8384Q1-SQ01 - Video - 9 minutes

From series: MA8384T1-4 Q1-2 Is it possible to bring about a deep psychological revolution in ourselves?

How can mere individuals change and affect the whole?

MA8384Q1-WQ01 - Video - 37 minutes

From series: MA8384T1-4 Q1-2 Is it possible to bring about a deep psychological revolution in ourselves?

Is mutation purely a psychological happening?

MA8384Q1-WQ02 - Video - 32 minutes

From series: MA8384T1-4 Q1-2 Is it possible to bring about a deep psychological revolution in ourselves?

On the urgency of change

OJ80Q2-WQ03 - Video - 11 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

Why do we not change?

OJ82Q2-WQ04 - Video - 12 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

Are we struggling against our nature in seeking to change?

OJ85Q2-WQ02 - Video - 6 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

How am I to radically bring about a change in my life?

SA83Q3-WQ05 - Video - 11 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

Change at the root

SD74CA1-EX03 - Video - 2 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Communion

Communion requires seriousness

SD74CA3-EX05 - Video - 5 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Compassion

Does compassion spring from observation or thought?

BR80Q2-WQ02 - Video - 11 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

On compassion and action

BR82Q1-WQ03 - Video - 13 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

Competition/Hurt

Is it possible to be competitive and yet not hurt?

MA8182Q1-WQ05 - Video - 8 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

Computer

The computer is taking over

MA8081T5-EX01 - Video - 29 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

Concentration

I derive strength from concentrating on a symbol. Is this an illusion?

BR80Q1-WQ07 - Video - 8 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

In concentration is conflict

OJ77T6-EX01 - Video - 7 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

Conditioning

Everyone is conditioned

BR76D2-EX01 - Video - 19 minutes

From series: BR76T1-4 D1-2 Can a human being undergo a deep, radical transformation?

On conditioning

OJ81Q1-WQ01 - Video - 33 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Do racial physical differences affect conditioning?

OJ85Q1-WQ02 - Video - 14 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

You are not different from your conditioning

SA78D1-EX02 - Video - 6 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Seeing the danger of conditioning

SA78D2-EX03 - Video - 34 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Conflict

Will there be less conflict when you depart?

OJ82Q1-WQ02 - Video - 11 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

Conscious/Unconscious

Dividing consciousness into the conscious and unconscious is a mistake

SA78T6-EX02 - Video - 24 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Consciousness

Death - What happens if I don't end all the content of my consciousness?

BR81T3-EX01 - Video - 30 minutes

From series: BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands

On individual and group consciousness

BR82Q1-WQ01 - Video - 21 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

Is awareness beyond time?

BR83Q2-WQ01 - Video - 36 minutes

From series: BR83T1-4 Q1-2 The world of peace

What does it mean to step out of the stream?

OJ80Q3-WQ05 - Video - 8 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

On revolution in consciousness

OJ81Q4-WQ05 - Video - 10 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

On sharing the same consciousness

OJ84Q1-WQ01 - Video - 26 minutes

From series: OJ84T1-4 Q1-2 Attention and order

Are there different levels of consciousness?

SA80Q5-WQ03 - Video - 18 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Corruption

On the corrupt and immoral society

MA8081Q1-WQ01 - Video - 12 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

Crisis

A crisis is always new

SD74CA3-EX04 - Video - 1 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Death

What is the relationship of time to death?

BR76T3-EX01 - Video - 19 minutes

From series: BR76T1-4 D1-2 Can a human being undergo a deep, radical transformation?

Is there any survival after death?

MA8081Q2-WQ06 - Video - 16 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

How shall I be rid of the fear of death?

MA8182Q2-WQ05 - Video - 8 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

There is no yesterday or tomorrow

NY66T4-SQ02 - Audio - 7 minutes

From series: NY66T1-6 Public Meetings

What is death?

OJ79T5-EX01 - Video - 18 minutes

From series: OJ79T1-6 D1-4 The essence of goodness is a mind that is not in conflict

On reincarnation

OJ80Q3-WQ04 - Video - 17 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

On death, continuity and creation

OJ85T4-EX01 - Video - 22 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

Can one live in a timeless state?

SA80Q2-WQ03 - Video - 19 minutes

From series: SA80T1-7 Q1-5 When there is freedom

On death and detachment

SA82Q2-WQ01 - Video - 53 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

What does death mean to you?

SA83Q3-WQ04 - Video - 18 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

Death/Consciousness

On death and the ending of consciousness 1

SD74CA13-EX01 - Video - 15 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

On death and the ending of consciousness 2

SD74CA13-EX02 - Video - 38 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Death/Fear

Why are we afraid of death?

SA78T6-EX03 - Video - 23 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Death/Order/Disorder

Death, order and disorder

SD72CES2-EX01 - Video - 14 minutes

From series: SD72CES1-2 - San Diego 1972 - Dialogues - Goodness only flowers in freedom

Desire

Is desire something fundamental?

BR83Q1-WQ02 - Video - 37 minutes

From series: BR83T1-4 Q1-2 The world of peace

What is it that all of us desire?

OJ85Q1-WQ06 - Video - 12 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

On self-knowledge without desire and will

SA80Q1-WQ01 - Video - 30 minutes

From series: SA80T1-7 Q1-5 When there is freedom

What is desire?

SA83Q3-WQ01 - Video - 24 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

Why should I control my desires?

SD74CA17-EX04 - Video - 7 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Desire/Pleasure

On desire and pleasure

SD74CA7-EX01 - Video - 35 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Discipline/Learning

Discipline and learning

SD74CA8-EX03 - Video - 12 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Discontent

I am discontented with everything-What is wrong with me?

SA80Q3-WQ01 - Video - 25 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Disorder/Living

Does a limited way of life cause disorder?

SA78D5-EX02 - Video - 5 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Disorder/Me

Disorder is not outside of me

SD74CA5-EX01 - Video - 19 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Disorder/World

Why is there such disorder in the world?

SD74CA5-EX02 - Video - 8 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Dreams

Are dreams necessary?

SF73T2-SQ02 - Audio - 8 minutes

From series: SF73T1-4 Meditation is the total negation of the self

Duality

The mind has evolved in duality

SD74CA2-EX02 - Video - 1 minutes

From series: [SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living](#)

Dying

Dying to everything each minute

OJ77T5-EX01 - Video - 23 minutes

From series: [OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited](#)

Education

What is the best way to educate a child?

BO85Q1-WQ01 - Video - 32 minutes

From series: [BO85T1-4 Q1-2 That benediction is where you are](#)

Education at present is a form of violence

BR69T2-EX02 - Audio - 8 minutes

From series: [BR69T1-4 D1-2 Understanding ourselves](#)

Do your schools create an elite atmosphere?

BR81Q1-WQ01 - Video - 10 minutes

From series: [BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands](#)

What is right education?

BR82IR-SQ01 - Video - 4 minutes

From series: [BR82IR - Interview](#)

What are we doing at Brockwood?

BR82IR-SQ02 - Video - 4 minutes

From series: [BR82IR - Interview](#)

Do your schools give an understanding of human problems?

BR84Q2-WQ02 - Video - 10 minutes

From series: [BR84T1-4 Q1-2 The ending of sorrow](#)

Can a teacher inculcate decent behaviour in children?

MA8081Q1-WQ07 - Video - 15 minutes

From series: [MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?](#)

There is no teacher separate from the taught

OJ77D3-EX01 - Video - 20 minutes

From series: [OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited](#)

The complex problems in education

OJ77D3-EX02 - Video - 12 minutes

From series: [OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited](#)

What is the significance of history in education?

OJ80Q1-WQ01 - Video - 16 minutes

From series: [OJ80T1-6 Q1-4 To observe without distortion](#)

How do we help children face the threatening world?

OJ82Q1-WQ01 - Video - 23 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

On money going to educate a small group of children

OJ82Q3-WQ01 - Video - 18 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

What is the greatest profession?

RV83DS2-EX01 - Video - 6 minutes

From series: RV83DS1-4 - Rishi Valley 1983 - School Discussions (Students) - A good human being is one who is not fragmented

What is the right way to earn a living?

SA80Q2-WQ01 - Video - 45 minutes

From series: SA80T1-7 Q1-5 When there is freedom

How do I educate my young child?

SA80Q5-WQ01 - Video - 7 minutes

From series: SA80T1-7 Q1-5 When there is freedom

What preparation can I give my child for today's world?

SA82Q3-WQ05 - Video - 8 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

Is there such thing as right education?

SA83Q2-WQ01 - Video - 28 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

How can we educate our children to be intelligent and free?

SA84Q2-WQ03 - Video - 12 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Effort

There is effort when there is comparison

NY66T4-SQ04 - Audio - 5 minutes

From series: NY66T1-6 Public Meetings

Emotions

On reducing the strength of emotions

BR79Q1-WQ04 - Video - 17 minutes

From series: BR79T1-4 Q1-2 On being conditioned

Are emotions rooted in thought?

SA76T5-SQ01 - Video - 3 minutes

From series: SA76T1-7 D1-5 You are only aware now, or never

Ending

In the ending is a beginning

MA7879T6-EX02 - Video - 12 minutes

From series: MA7879T1-6 D1-3 Life is a movement in learning

The action of ending

SD74CA9-EX01 - Video - 11 minutes

From series: [SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living](#)

Experience

The craving for experience

SD74CA15-EX03 - Video - 9 minutes

From series: [SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living](#)

Facts

Why is it that certain facts remain mere concepts?

BO85Q2-WQ04 - Video - 32 minutes

From series: [BO85T1-4 Q1-2 That benediction is where you are](#)

Faith

What is faith?

BO84Q-WQ06 - Video - 6 minutes

From series: [BO84T1-4 Q Time is the enemy of man](#)

Fear

I live in fear of the divine souls-Can you advise me?

BO85Q1-WQ05 - Video - 10 minutes

From series: [BO85T1-4 Q1-2 That benediction is where you are](#)

No fear

BR76T1-EX01 - Video - 7 minutes

From series: [BR76T1-4 D1-2 Can a human being undergo a deep, radical transformation?](#)

You cannot do a thing about fear

BR76T1-EX02 - Video - 2 minutes

From series: [BR76T1-4 D1-2 Can a human being undergo a deep, radical transformation?](#)

What is the actual substance of fear?

OJ80Q4-WQ01 - Video - 19 minutes

From series: [OJ80T1-6 Q1-4 To observe without distortion](#)

How does one tackle the dormant seed of fear?

OJ81Q3-WQ02 - Video - 30 minutes

From series: [OJ81T1-6 Q1-4 The crisis is in the very nature of thought](#)

How do I deal with my deep-rooted emotion?

OJ82Q1-WQ03 - Video - 37 minutes

From series: [OJ82T1-6 Q1-4 Truth demands a mind that is totally free](#)

On fears and escapes

OJ83Q2-WQ04 - Video - 21 minutes

From series: [OJ83T1-4 Q1-2 Can we live together without conflict?](#)

What is the difference between shyness and fear?

OJ85Q2-WQ01 - Video - 28 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

The idea of fear

SA64T5-EX01 - Audio - 18 minutes

From series: SA64T1-10 D1-8 - Saanen 1964 - Public Meetings

Fear can be put away completely

SD74CA6-EX02 - Video - 14 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Fear/Root

Observing the root of fear

SA78T4-EX01 - Video - 20 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Fear/Time

Fear comes into being when I think of tomorrow

OJ77T3-EX02 - Video - 17 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

Following

Why do we follow another?

SA78T7-EX05 - Video - 5 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Freedom

What is freedom?

BR80Q2-WQ09 - Video - 10 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

Is it possible to be totally free of influence?

BR85Q2-EX01 - Video - 25 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

What is the nature of freedom?

MA8182Q1-WQ04 - Video - 4 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

On the demands of society and a life of total freedom

SA84Q1-WQ04 - Video - 9 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

How can one be helped to freedom?

SA84Q2-WQ02 - Video - 13 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Freedom from the self

A mind free of the 'me'

SD72CES1-EX01 - Video - 28 minutes

From series: [SD72CES1-2 - San Diego 1972 - Dialogues - Goodness only flowers in freedom](#)

Future/Future of mankind

What do you mean by 'The future is now'?

BR84Q2-WQ03 - Video - 22 minutes

From series: [BR84T1-4 Q1-2 The ending of sorrow](#)

What is the future of mankind?

SA82Q3-WQ06 - Video - 7 minutes

From series: [SA82T1-6 Q1-3 Is there an intelligence which has no cause?](#)

God

Does God exist?

MA8182Q2-WQ06 - Video - 19 minutes

From series: [MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict](#)

Good and evil

Is there such a thing as good and evil in the world?

BR84Q1-WQ04 - Video - 23 minutes

From series: [BR84T1-4 Q1-2 The ending of sorrow](#)

Does goodness or evil exist outside our thinking?

BR84Q2-WQ01 - Video - 9 minutes

From series: [BR84T1-4 Q1-2 The ending of sorrow](#)

Goodness

Goodness is not the opposite of the bad

OJ79T1-EX01 - Video - 11 minutes

From series: [OJ79T1-6 D1-4 The essence of goodness is a mind that is not in conflict](#)

Be humble to find out about goodness

SM72T2-EX01 - Video - 5 minutes

From series: [SM72T1-4 What is total action?](#)

Guilt

On guilt and its relation to the ego

OJ85Q1-WQ01 - Video - 24 minutes

From series: [OJ85T1-4 Q1-2 Is creation related to ending?](#)

Why is the feeling of guilt such a deep, tenacious one?

SA83Q2-WQ03 - Video - 10 minutes

From series: [SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?](#)

What is guilt?

SA85Q1-WQ02 - Video - 35 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Gurus

Is it wrong to work with an enlightened man and be a sannyasi?

BR80Q1-WQ02 - Video - 8 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

On gurus and mantras

OJ83Q1-WQ05 - Video - 12 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

How is one to know if the gurus are speaking the truth?

SA80Q1-WQ03 - Video - 17 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Habits

Habits make the mind dull

BR69T2-EX01 - Audio - 7 minutes

From series: BR69T1-4 D1-2 Understanding ourselves

How does one break free of habits?

BR83Q1-SQ01 - Video - 19 minutes

From series: BR83T1-4 Q1-2 The world of peace

Habits/Disorder

Habit produces disorder

SA78T5-EX02 - Video - 24 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Happiness

How is it that one person is happy and another is unhappy?

BO84Q-WQ07 - Video - 16 minutes

From series: BO84T1-4 Q Time is the enemy of man

Help

Nobody can help you

BR69D1-EX01 - Audio - 4 minutes

From series: BR69T1-4 D1-2 Understanding ourselves

Humility/Modesty

How would you define and value the quality of modesty?

OJ81Q3-WQ03 - Video - 7 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

What are humility and modesty?

OJ82Q4-WQ04 - Video - 9 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

Hurt

Why are you hurt?

BR76D1-EX01 - Video - 9 minutes

From series: BR76T1-4 D1-2 Can a human being undergo a deep, radical transformation?

Having been recently hurt, can I get rid of the image?

MA8081Q2-WQ02 - Video - 21 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

I have been deeply hurt in childhood-What am I to do?

OJ81Q1-WQ03 - Video - 16 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Can past hurts be wiped away?

SA78D3-EX03 - Video - 6 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

The nature of hurt

SD74CA11-EX01 - Video - 15 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Identification

Can one not identify with another?

SA78T4-EX02 - Video - 9 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Identification/God

It is your conditioning that demands you identify yourself with 'Godself'

SM72T1-EX01 - Video - 6 minutes

From series: SM72T1-4 What is total action?

Illness

Does illness have another significance?

BR85Q1-WQ02 - Video - 12 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

I have cancer, what should I do?

SA80Q4-WQ02 - Video - 16 minutes

From series: SA80T1-7 Q1-5 When there is freedom

How can one face an incurable disease?

SA82Q1-WQ02 - Video - 32 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

Is there any benefit to physical illness?

SA85Q2-WQ04 - Video - 9 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Images

For the making of images to end, must thought also end?

OJ80Q3-WQ03 - Video - 21 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

Images/Hurt

If you have a self image you are going be hurt

OJ77D2-EX01 - Video - 23 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

Imagination

What place has imagination?

SF73T4-SQ01 - Audio - 7 minutes

From series: SF73T1-4 Meditation is the total negation of the self

India/Indian mind

What should be done to help India and its people?

MA8182Q1-WQ02 - Video - 12 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

What has happened to the wisdom of the Indian mind?

MA8283Q2-WQ01 - Video - 32 minutes

From series: MA8283T1-4 Q1-2 Why has man become what he is?

Insight

Isn't insight intuition?

BR79Q2-WQ02 - Video - 16 minutes

From series: BR79T1-4 Q1-2 On being conditioned

What is total vision?

BR85Q1-WQ05 - Video - 7 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

What does it mean to see the totality of something?

OJ80Q2-WQ05 - Video - 8 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

What is the difference between insight and enlightenment?

OJ81Q3-WQ05 - Video - 6 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

What is the nature of the insight you speak about?

SA80Q4-WQ05 - Video - 21 minutes

From series: SA80T1-7 Q1-5 When there is freedom

On insight and intuition

SA81Q1-WQ01 - Video - 20 minutes

From series: SA81T1-7 Q1-3 The turning point

On deep insight and stopping thought

SA83Q1-WQ01 - Video - 59 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

Intelligence

What is the relationship between intelligence and responsibility?

OJ81Q3-WQ01 - Video - 9 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

On livelihood and on being unselfish and intelligent

OJ83Q2-WQ02 - Video - 23 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

On the nature of intelligence

OJ83Q2-WQ06 - Video - 17 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

Could you tell us more about this vast intelligence?

SA84Q3-WQ03 - Video - 23 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

What is intelligence?

SA85Q2-WQ03 - Video - 14 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Intelligence means sensitivity to the situation

SD74CA12-EX03 - Video - 10 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Joy

Krishnamurti, when have you experienced joy?

SM72T1-EX02 - Video - 8 minutes

From series: SM72T1-4 What is total action?

Judgement

What is judgement?

OJ84Q2-WQ02 - Video - 15 minutes

From series: OJ84T1-4 Q1-2 Attention and order

Judging

Why do you judge at all?

SM72T4-EX04 - Video - 5 minutes

From series: SM72T1-4 What is total action?

Justice/Law/Politics

On law and freedom

BR83Q2-WQ04 - Video - 14 minutes

From series: [BR83T1-4 Q1-2 The world of peace](#)

Is there no place in your teachings to fight injustice?

MA8182Q2-WQ01 - Video - 20 minutes

From series: [MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict](#)

On justice and changing oneself

OJ80Q4-WQ02 - Video - 8 minutes

From series: [OJ80T1-6 Q1-4 To observe without distortion](#)

Isn't political action necessary to bring about total change?

OJ82Q3-WQ03 - Video - 11 minutes

From series: [OJ82T1-6 Q1-4 Truth demands a mind that is totally free](#)

On active political involvement

OJ82Q4-WQ01 - Video - 20 minutes

From series: [OJ82T1-6 Q1-4 Truth demands a mind that is totally free](#)

Killing

Killing has become an industry

SD74CA12-EX02 - Video - 8 minutes

From series: [SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living](#)

Knowing oneself

Is it possible to know yourself when you are not related to anybody?

BO85Q1-SQ01 - Video - 3 minutes

From series: [BO85T1-4 Q1-2 That benediction is where you are](#)

Knowledge

Why is knowledge always incomplete?

OJ80Q1-WQ02 - Video - 40 minutes

From series: [OJ80T1-6 Q1-4 To observe without distortion](#)

On knowledge

SA81Q1-WQ04 - Video - 13 minutes

From series: [SA81T1-7 Q1-3 The turning point](#)

Krishnamurti's teachings

Is K's teaching only for the few?

BR79Q2-WQ01 - Video - 14 minutes

From series: [BR79T1-4 Q1-2 On being conditioned](#)

Why do you have schools and foundations?

BR80Q1-WQ01 - Video - 7 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

On the urgency to change fading

BR80Q1-WQ04 - Video - 14 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

On listening to Krishnamurti

BR84Q1-WQ03 - Video - 7 minutes

From series: BR84T1-4 Q1-2 The ending of sorrow

Why are you here?

BR85Q1-EX01 - Video - 20 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

What do you say to people who pick parts of what you say?

BR85Q2-WQ04 - Video - 8 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

What should I do to understand K's message fully?

MA8081Q1-WQ03 - Video - 13 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

How can I get at what you are saying without any effort?

MA8485Q1-WQ01 - Video - 15 minutes

From series: MA8485T1-4 Q1-2 Where there is total attention there is no self

Why aren't you more practical and less abstract?

OJ83Q2-WQ01 - Video - 19 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

Should we talk about your teachings?

SA80Q3-WQ03 - Video - 9 minutes

From series: SA80T1-7 Q1-5 When there is freedom

How does one live without motives?

SA84Q3-WQ01 - Video - 18 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Why do your teachings have so little effect on us?

SA84Q3-WQ04 - Video - 10 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Why do you come to these meetings?

SA85Q1-EX01 - Video - 8 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Krishnamurti's teachings/Change

I have listened to you for many years. Why haven't I changed?

SA78D2-EX02 - Video - 20 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Krishnamurti's teachings/Krishnamurti

Why do you have your own organisation?

BR79Q2-WQ03 - Video - 5 minutes

From series: BR79T1-4 Q1-2 On being conditioned

What can one do to keep the profoundness of your talks?

BR82Q2-WQ06 - Video - 5 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

From whom do you expect the answers?

BR83Q1-EX01 - Video - 4 minutes

From series: BR83T1-4 Q1-2 The world of peace

How do you know what you are saying is true?

BR83Q1-WQ01 - Video - 19 minutes

From series: BR83T1-4 Q1-2 The world of peace

Why don't you encourage people to hold group discussions?

BR83Q2-WQ02 - Video - 11 minutes

From series: BR83T1-4 Q1-2 The world of peace

What are we to do when you are no longer with us?

BR84Q2-WQ05 - Video - 4 minutes

From series: BR84T1-4 Q1-2 The ending of sorrow

Have you designated a special person to carry on your teachings?

OJ84Q1-WQ02 - Video - 5 minutes

From series: OJ84T1-4 Q1-2 Attention and order

How do you live in regards to income?

OJ85Q1-WQ03 - Video - 2 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

Are the teachings of K going to meet the same fate of Buddha's and Christ's?

RA85D-SQ01 - Video - 12 minutes

From series: RA85T1-3 D As long as there is a meditator, there is no meditation

Who are you?

SA81Q3-WQ05 - Video - 8 minutes

From series: SA81T1-7 Q1-3 The turning point

Is not K's consciousness put together by thought and words?

SA83Q3-WQ03 - Video - 12 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

What is your relationship to us?

SA84Q2-WQ04 - Video - 15 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

On gurus saying they give the same teaching as K

SA85Q1-WQ01 - Video - 13 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Krishnamurti, are you aware of the contradiction between your words and your life?

SM72T1-EX04 - Video - 6 minutes

From series: SM72T1-4 What is total action?

Learning

Another way of learning

MA7879T1-EX03 - Video - 15 minutes

From series: MA7879T1-6 D1-3 Life is a movement in learning

You can learn only when you have leisure

OJ77T2-EX01 - Video - 9 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

A learning that is not acquiring knowledge

OJ79T4-EX01 - Video - 14 minutes

From series: OJ79T1-6 D1-4 The essence of goodness is a mind that is not in conflict

What is there to learn?

SD74CA10-EX01 - Video - 21 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Liberation/Enlightenment

How can liberation be a matter of the whole of humanity?

BR81Q2-WQ05 - Video - 14 minutes

From series: BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands

Can we truly be enlightened through words?

OJ82Q2-WQ03 - Video - 11 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

What is enlightenment?

SA80Q4-WQ03 - Video - 14 minutes

From series: SA80T1-7 Q1-5 When there is freedom

What are experiences beyond the senses?

SA80Q4-WQ04 - Video - 14 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Can you share something measureless to man?

SA80Q5-WQ02 - Video - 27 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Life

Krishnamurti's last public words

MA8586T3-EX01 - Video - 9 minutes

From series: [MA8586T1-3 What is life?](#)

Life is impermanent

PA65T4-EX01 - Audio - 4 minutes

From series: [PA69T1-5 DYP1-4 - Paris 1969 Looking at the totality of life](#)

Listening

On having an active brain and on listening without action

BO85Q2-WQ01 - Video - 14 minutes

From series: [BO85T1-4 Q1-2 That benediction is where you are](#)

Do you ever listen?

MA7879T1-EX01 - Video - 9 minutes

From series: [MA7879T1-6 D1-3 Life is a movement in learning](#)

What happens when I actually listen?

SD74CA10-EX02 - Video - 13 minutes

From series: [SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living](#)

Living

How do we meet life as it is today?

BR81Q2-WQ01 - Video - 16 minutes

From series: [BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands](#)

On the inner and outer chaos

BR82Q1-WQ04 - Video - 19 minutes

From series: [BR82T1-4 Q1-2 A different kind of intelligence](#)

On the problem of livelihood

BR83Q2-WQ03 - Video - 14 minutes

From series: [BR83T1-4 Q1-2 The world of peace](#)

Understanding problems, and the art of living

BR84Q1-EX01 - Video - 28 minutes

From series: [BR84T1-4 Q1-2 The ending of sorrow](#)

How is one to live on earth without destructing its beauty?

OJ84Q2-WQ04 - Video - 15 minutes

From series: [OJ84T1-4 Q1-2 Attention and order](#)

On living peacefully with intelligence

OJ85Q1-WQ05 - Video - 13 minutes

From series: [OJ85T1-4 Q1-2 Is creation related to ending?](#)

How am I to live in this world without becoming part of its cruelty?

SA82Q2-WQ03 - Video - 12 minutes

From series: [SA82T1-6 Q1-3 Is there an intelligence which has no cause?](#)

Can one live totally honestly?

SA84Q3-EX01 - Video - 21 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Living/Control

Can one live a life without control?

SA78D3-EX01 - Video - 10 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Living without control

SD74CA18-EX03 - Video - 7 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Loneliness

What is loneliness?

MA8081T3-EX01 - Video - 6 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

Loneliness is different to solitude

SA78D2-EX01 - Video - 11 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

You never face your loneliness

SM72T4-EX03 - Video - 7 minutes

From series: SM72T1-4 What is total action?

Looking/Behaviour

What should I do to make my mind behave rightly?

MA8081Q2-WQ05 - Video - 11 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

Looking/Images

To look at another without an image is a blessing

SM72T3-EX02 - Video - 5 minutes

From series: SM72T1-4 What is total action?

Can you look at yourself without an image?

SM72T3-EX03 - Video - 4 minutes

From series: SM72T1-4 What is total action?

Looking/Past

Can you look without the past?

SA78T1-EX02 - Video - 7 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Looking/Prejudice

Can you look without prejudice?

SM72T3-EX01 - Video - 3 minutes

From series: SM72T1-4 What is total action?

Love

On love and attachment

MA8081Q2-WQ03 - Video - 8 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

On attachment and love

OJ81Q2-WQ03 - Video - 21 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Is there love between people only when physically present?

OJ81Q4-WQ04 - Video - 18 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Can I prevent the world from corrupting my son?

SA81Q2-WQ01 - Video - 21 minutes

From series: SA81T1-7 Q1-3 The turning point

I long to be loved. It is a constant anguish-What am I to do?

SA83Q1-WQ02 - Video - 14 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

Love is total attention

SD72CES2-EX02 - Video - 11 minutes

From series: SD72CES1-2 - San Diego 1972 - Dialogues - Goodness only flowers in freedom

Love/Relationship

When there is love all relationship changes

SA78T5-EX01 - Video - 15 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Mediocrity

Why is it that almost all human beings are mediocre?

SA80Q5-WQ04 - Video - 11 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Meditation

The beauty of meditation

BR69T4-EX01 - Audio - 18 minutes

From series: BR69T1-4 D1-2 Understanding ourselves

Meditation, attention and silence

MA7879T6-EX01 - Video - 18 minutes

From series: MA7879T1-6 D1-3 Life is a movement in learning

Meditation is unpremeditated art

MA8081T6-EX01 - Video - 18 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

What place has meditation in daily life?

SA78D3-EX02 - Video - 8 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Come to meditation freshly, innocently

SA78T7-EX04 - Video - 22 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Start meditation not knowing

SD74CA17-EX01 - Video - 8 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Memory

What is the action of not letting memory intrude?

SA84Q1-WQ02 - Video - 30 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Mind

A mind that is free

BR76T4-EX01 - Video - 15 minutes

From series: BR76T1-4 D1-2 Can a human being undergo a deep, radical transformation?

Mind/Conditioning

The mind can be free from conditioning

SF73T4-SQ02 - Audio - 7 minutes

From series: SF73T1-4 Meditation is the total negation of the self

Misc.

Is there a state that has no opposite?

OJ80Q2-WQ06 - Video - 6 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

Why do we confuse function with role?

OJ82Q3-WQ02 - Video - 11 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

What part does psychic healing play in this?

OJ82Q3-WQ05 - Video - 19 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

On becoming a victim or a predator

OJ82Q4-WQ03 - Video - 9 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

How far would we go in pursuing something serious in life?

SA84Q1-EX01 - Video - 24 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Money

What is the right relationship to money?

BR81Q2-WQ04 - Video - 18 minutes

From series: BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands

Morality

Can humanity survive without a code of morality?

MA8485Q2-WQ03 - Video - 11 minutes

From series: MA8485T1-4 Q1-2 Where there is total attention there is no self

Nationalism

What can this country give to the rest of the world?

OJ81Q2-WQ02 - Video - 9 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Nature

How does nature come into existence?

BO85Q2-WQ02 - Video - 8 minutes

From series: BO85T1-4 Q1-2 That benediction is where you are

On the balance of nature and death and suffering

BR80Q2-WQ03 - Video - 4 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

Have we lost touch with nature?

GS78COC-EX01 - Audio - 4 minutes

Negation

Negating oneself

SD74CA3-EX01 - Video - 11 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Neurosis

I realise I act neurotically but the neurosis remains. What can I do?

OJ81Q2-WQ01 - Video - 16 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Observation/Pressure

Can you observe without pressure?

SA78T1-EX03 - Video - 9 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Observation/Seeing

On the perception of the actual without thought

BO84Q-WQ02 - Video - 8 minutes

From series: BO84T1-4 Q Time is the enemy of man

Why don't we notice things as you do?

MA8081Q2-WQ01 - Video - 17 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

Can I observe without controlling or resisting?

ML70DSG5-EX01 - Video - 34 minutes

From series: ML70DSG1-8 Can the mind observe without comparison?

How am I to have a global vision?

OJ83Q2-WQ03 - Video - 12 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

What is necessary to allow a sustained clarity?

OJ84Q2-WQ01 - Video - 22 minutes

From series: OJ84T1-4 Q1-2 Attention and order

What is the obstacle preventing observation and insight?

OJ85Q2-WQ04 - Video - 4 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

On observation and motive

SA77D2-EX01 - Video - 25 minutes

From series: SA77T1-6 D1-5 Can the mind be free of every motive to investigate?

On the difference between observing and thinking about oneself

SA84Q1-WQ01 - Video - 16 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

How is it possible to see clearly when I am in confusion?

SD71DYP1-SQ01 - Video - 6 minutes

From series: SD71DYP1-2 - San Diego 1971 - Students Discussions - Unless we change, the world cannot possibly change

Observation/Self-knowledge

Observing the extraordinary map of your life

SD74CA8-EX02 - Video - 7 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Observation/Time

Observing oneself without time or verbalisation

ML70DSG6-EX01 - Video - 8 minutes

From series: ML70DSG1-8 Can the mind observe without comparison?

Opinions

On having opinions about serious things

SA83Q3-WQ02 - Video - 13 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

Order

Order within oneself

ML70DSG7-EX03 - Video - 17 minutes

From series: ML70DSG1-8 Can the mind observe without comparison?

Are you serious enough to live a life of total order?

SA78D5-EX01 - Video - 15 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Order/Disorder

The danger of disorder

BR69T3-SQ01 - Audio - 28 minutes

From series: BR69T1-4 D1-2 Understanding ourselves

Why is man so disorderly?

BR84Q1-WQ02 - Video - 14 minutes

From series: BR84T1-4 Q1-2 The ending of sorrow

Can one remain unaffected by the disorder of the world?

MA8182Q2-WQ03 - Video - 11 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

Are you aware you are in disorder?

OJ77T2-EX02 - Video - 7 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

Pain

What is the place of pain?

SF73T1-SQ02 - Audio - 9 minutes

From series: SF73T1-4 Meditation is the total negation of the self

Peace

How am I to live peacefully?

BR69T1-SQ01 - Audio - 7 minutes

From series: BR69T1-4 D1-2 Understanding ourselves

How does one find peace in the world, and in oneself?

BR84Q2-EX01 - Video - 30 minutes

From series: BR84T1-4 Q1-2 The ending of sorrow

Pleasure

With pleasure comes fear

BR76T2-EX01 - Video - 11 minutes

From series: BR76T1-4 D1-2 Can a human being undergo a deep, radical transformation?

Pleasure causes deterioration

OJ77T5-EX03 - Video - 5 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

Why is there this demand for pleasure?

SA76T4-EX01 - Video - 15 minutes

From series: SA76T1-7 D1-5 You are only aware now, or never

Pleasure has no relationship to joy

SD74CA8-EX01 - Video - 16 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

What is implied in the pursuit of pleasure?

SM72T2-EX03 - Video - 6 minutes

From series: SM72T1-4 What is total action?

Pleasure/Love

Why is pleasure more dominant than love?

OJ77T4-EX01 - Video - 16 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

Power

Can you be free of the desire for power?

OJ77T3-EX01 - Video - 15 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

Why do you want power over another?

SA78T7-EX01 - Video - 8 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Prayer

Why do you not find value in prayer?

BR84Q2-WQ04 - Video - 13 minutes

From series: BR84T1-4 Q1-2 The ending of sorrow

Prayer/Faith/God

On prayers and faith

BR80Q2-WQ06 - Video - 9 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

Problems

What is a problem?

MA8485Q1-EX01 - Video - 23 minutes

From series: MA8485T1-4 Q1-2 Where there is total attention there is no self

On giving complete attention to a problem

OJ81Q2-WQ05 - Video - 6 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Is it lack of energy that prevents us going to the end of problems?

OJ83Q2-WQ05 - Video - 15 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

The correct approach to a problem

SA78T7-EX06 - Video - 6 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Come to a problem afresh

SD74CA3-EX02 - Video - 8 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Progress

How can there be progress without the desire to improve?

MA8182Q1-WQ01 - Video - 40 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

Psychological evolution

There is no psychological evolution

MA7879T3-EX01 - Video - 10 minutes

From series: MA7879T1-6 D1-3 Life is a movement in learning

Why do you say there is no psychological evolution?

OJ85Q1-WQ04 - Video - 17 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

Psychological needs

Is there such a thing as true psychological needs?

OJ80Q2-WQ04 - Video - 1 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

Questioning

Do questions need answers?

BR82Q1-EX01 - Video - 11 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

What is the role of questions in life?

OJ81Q4-WQ03 - Video - 10 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

On the art of questioning

SA81Q3-WQ04 - Video - 22 minutes

From series: SA81T1-7 Q1-3 The turning point

What is the intention behind the question?

SA82Q1-EX01 - Video - 7 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

How do you pose a fundamental question?

SA82Q2-WQ02 - Video - 12 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

Why is it that we cannot find the answers in ourselves?

SA82Q3-EX01 - Video - 23 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

Is there one final question that will answer all questions?

SA84Q2-EX01 - Video - 15 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Reading the book of oneself/of mankind

What do you mean by 'reading the book of one's life' in one look?

SA81Q3-WQ02 - Video - 9 minutes

From series: SA81T1-7 Q1-3 The turning point

Relationship

On living with a partner who does not care

BO84Q-WQ03 - Video - 9 minutes

From series: BO84T1-4 Q Time is the enemy of man

On marriage

BO84Q-WQ04 - Video - 6 minutes

From series: BO84T1-4 Q Time is the enemy of man

Can a marriage which did not start well become a positive force?

BR82Q2-WQ01 - Video - 28 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

On jealousy, mistrust and isolation

BR83Q1-WQ03 - Video - 15 minutes

From series: BR83T1-4 Q1-2 The world of peace

On relationships and conflict

OJ81Q2-WQ04 - Video - 29 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

What is my relationship to society?

OJ81Q4-WQ06 - Video - 7 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

On living together without marriage

OJ83Q1-WQ03 - Video - 28 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

On conflictual relationships

SA81Q3-WQ01 - Video - 25 minutes

From series: SA81T1-7 Q1-3 The turning point

Relationship is the foundation of existence

SD74CA4-EX01 - Video - 9 minutes

From series: [SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living](#)

Are you related to anybody?

SM72T2-EX04 - Video - 5 minutes

From series: [SM72T1-4 What is total action?](#)

Relationship/Knowledge

Knowledge in relationship is destructive

SD74CA2-EX01 - Video - 5 minutes

From series: [SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living](#)

Religion

What is religion?

BO84Q-WQ08 - Video - 6 minutes

From series: [BO84T1-4 Q Time is the enemy of man](#)

Does being a member of a Gurdjieff group create fragmentation?

BR80Q2-WQ08 - Video - 9 minutes

From series: [BR80T1-4 Q1-2 Why does the mind live in time?](#)

On man's search for something truly religious

BR81Q2-WQ02 - Video - 17 minutes

From series: [BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands](#)

Is there no spiritual value in the inspired works of man?

BR83Q2-WQ05 - Video - 13 minutes

From series: [BR83T1-4 Q1-2 The world of peace](#)

How can we know if mystical experiences are illusions?

BR85Q1-WQ01 - Video - 20 minutes

From series: [BR85T1-4 Q1-2 Facing a world in crisis](#)

Are people who follow a discipline and come upon the immeasurable self-deluded?

BR85Q2-WQ05 - Video - 9 minutes

From series: [BR85T1-4 Q1-2 Facing a world in crisis](#)

On saints' idols and stories

MA8081Q1-WQ05 - Video - 5 minutes

From series: [MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?](#)

What is your stand with regard to miracles?

MA8081Q2-WQ04 - Video - 6 minutes

From series: [MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?](#)

Q3: Is there some essential religious instinct in all human beings?

OJ85Q2-WQ03 - Video - 8 minutes

From series: [OJ85T1-4 Q1-2 Is creation related to ending?](#)

Can you help me to apprehend the sacred?

SA81Q2-WQ04 - Video - 29 minutes

From series: SA81T1-7 Q1-3 The turning point

Putting away everything said about religion

SD74CA16-EX03 - Video - 12 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Religion/God

On religion and God

OJ82Q3-WQ06 - Video - 11 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

Religion/Inquiry

Inquiring into religion

SD74CA16-EX02 - Video - 10 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Religion/Organised religion

Organised religion is based on thought

OJ77T6-EX02 - Video - 7 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

Negating organised religions

SD74CA15-EX02 - Video - 12 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Religion/Politics

Our rulers are irreligious

SD74CA16-EX04 - Video - 2 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Religion/Regeneration

Religion is a factor of regeneration

SD74CA16-EX05 - Video - 3 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Religious mind

What is the quality of a religious mind?

SD74CA11-EX02 - Video - 15 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Resisting

When shall I resist and not resist?

BR69D2-EX01 - Audio - 9 minutes

From series: BR69T1-4 D1-2 Understanding ourselves

Responsibility

What is our responsibility to ourselves and others?

OJ85Q2-WQ05 - Video - 19 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

On the individual's responsibility for his actions

SA81Q2-WQ02 - Video - 13 minutes

From series: SA81T1-7 Q1-3 The turning point

What is our responsibility?

SA85Q2-EX01 - Video - 12 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Responsibility unconsciously enters into the irresponsible mind

SD74CA4-EX02 - Video - 8 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Responsibility/Change

It is your responsibility to change

SD74CA1-EX02 - Video - 3 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Responsibility/Crisis

Responsibility means responding adequately to a crisis

SD74CA3-EX03 - Video - 5 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Searching

Is there one thing that will end my seeking?

BR79Q2-WQ06 - Video - 14 minutes

From series: BR79T1-4 Q1-2 On being conditioned

Security

Can there be absolute security in this life?

BR79Q1-WQ03 - Video - 14 minutes

From series: BR79T1-4 Q1-2 On being conditioned

On security

BR82Q2-WQ02 - Video - 21 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

Isn't it violence and corruption to have security while others starve?

SA85Q3-WQ03 - Video - 9 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

Selfishness

We are driven by selfishness

SA78D1-EX01 - Video - 7 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Self-knowledge

On right action and self-knowledge

MA8182Q2-WQ02 - Video - 22 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

Don't pretend then you'll find out what you are

SM72T4-EX01 - Video - 7 minutes

From series: SM72T1-4 What is total action?

Sensations/Identification

Can you observe sensation without identifying with it?

SA78T1-EX01 - Video - 19 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Sex

Is sex incompatible with religious life?

BR79Q2-WQ04 - Video - 17 minutes

From series: BR79T1-4 Q1-2 On being conditioned

On homosexuality

OJ84Q2-WQ03 - Video - 30 minutes

From series: OJ84T1-4 Q1-2 Attention and order

Why does sex play such an important part in life?

SA80Q3-WQ05 - Video - 16 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Why has sex become so important?

SD74CA12-EX01 - Video - 19 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Silence

An indescribable silence

MA67T3-EX01 - Audio - 9 minutes

From series: MA67T1-4 D1-3 - Madras (Chennai) 1967 - Public Meetings

On silence and the transformation of man

MA8485Q2-WQ02 - Video - 17 minutes

From series: MA8485T1-4 Q1-2 Where there is total attention there is no self

Can we live in ways that allow silence to come?

OJ83Q1-WQ04 - Video - 10 minutes

From series: OJ83T1-4 Q1-2 Can we live together without conflict?

Why is the observance of silence so important?

OJ84Q1-WQ05 - Video - 7 minutes

From series: OJ84T1-4 Q1-2 Attention and order

Has sitting quietly to observe thought any value?

SA80Q4-WQ01 - Video - 20 minutes

From series: SA80T1-7 Q1-5 When there is freedom

What is the ground on which inner silence may come about?

SA84Q1-WQ03 - Video - 12 minutes

From series: SA84T1-6 Q1-3 Why has man after thousands of years not found peace?

Silence/Creation

Silence and creation

SD74CA18-EX02 - Video - 11 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Simplicity

What is simplicity?

BR69T3-SQ05 - Audio - 3 minutes

From series: BR69T1-4 D1-2 Understanding ourselves

Sleep

An attentive sleepful state

ML70DSG8-EX01 - Video - 24 minutes

From series: ML70DSG1-8 Can the mind observe without comparison?

We have divided sleeping and waking

SA78T7-EX03 - Video - 9 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Sleep/Being awake

What is sleep and what is it to be awake?

SD74CA17-EX02 - Video - 12 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Sorrow

Observing sorrow

MA7879T5-EX01 - Video - 15 minutes

From series: MA7879T1-6 D1-3 Life is a movement in learning

What is sorrow?

MA8182Q1-WQ03 - Video - 6 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

Your sorrow is mankind's sorrow

SA78T6-EX01 - Video - 17 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Facing sorrow

SD74CA9-EX03 - Video - 8 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Space/Mind

Space in the mind

SD74CA18-EX01 - Video - 7 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Success/Desire

What is the cause of my many failures?

MA8384Q2-WQ01 - Video - 45 minutes

From series: MA8384T1-4 Q1-2 Is it possible to bring about a deep psychological revolution in ourselves?

Suffering

Does suffering and enjoyment affect our lives?

BO85Q1-WQ03 - Video - 13 minutes

From series: BO85T1-4 Q1-2 That benediction is where you are

Is suffering needed to face the necessity to change?

BR80Q1-WQ05 - Video - 21 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

How can I penetrate the problem of pain without becoming theoretical?

BR81Q1-WQ03 - Video - 27 minutes

From series: BR81T1-4 Q1-2 Our consciousness is the common ground on which all humanity stands

Why do you tolerate suffering?

OJ77T5-EX02 - Video - 24 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

On suffering

SA77T5-EX01 - Video - 21 minutes

From series: SA77T1-6 D1-5 Can the mind be free of every motive to investigate?

The new/Discovering

Where does the new come from?

SM72T3-EX04 - Video - 5 minutes

From series: SM72T1-4 What is total action?

The observer and the observed

In observation without the observer is there a transformation?

OJ80Q4-WQ04 - Video - 19 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

How can we fully understand 'The observer is the observed'?

SA81Q1-WQ05 - Video - 9 minutes

From series: SA81T1-7 Q1-3 The turning point

The past

Does it take time to get rid of the past?

AM69T4-SQ01 - Audio - 10 minutes

From series: AM69T1-5 - Amsterdam 1969 - Students Discussions

The sacred

How do you receive something that's beyond the mind?

ML70DSG7-EX01 - Video - 20 minutes

From series: ML70DSG1-8 Can the mind observe without comparison?

Is there anything wholly sacred?

OJ79T6-EX01 - Video - 4 minutes

From series: OJ79T1-6 D1-4 The essence of goodness is a mind that is not in conflict

On the meaning of holiness

OJ82Q2-WQ05 - Video - 9 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

Are supernatural experiences steps towards illumination?

SA81Q3-WQ03 - Video - 11 minutes

From series: SA81T1-7 Q1-3 The turning point

What is a spiritual life?

SA83Q3-WQ06 - Video - 7 minutes

From series: SA83T1-6 Q1-3 Why has the brain got caught in the narrow circle of the self?

How can our limited brain grasp the unlimited?

SA85Q3-WQ04 - Video - 15 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

The sacred/God

Is there something sacred in life?

SA82Q3-WQ04 - Video - 10 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

The self

Is it possible to be free of self-centred activity?

BR79Q1-WQ01 - Video - 22 minutes

From series: BR79T1-4 Q1-2 On being conditioned

I have a ten foot wall around me. What do I do?

BR80Q1-WQ06 - Video - 15 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

What is myself and what is its relation to the cosmos?

MA8485Q1-WQ02 - Video - 19 minutes

From series: MA8485T1-4 Q1-2 Where there is total attention there is no self

Can we die psychologically to the self?

OJ80Q4-WQ03 - Video - 14 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

Show me how to dissolve the 'I'

OJ81Q3-WQ04 - Video - 18 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

How does one negate the 'I' without suppression?

OJ82Q4-WQ02 - Video - 39 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

How did the 'me' come about?

SM72T4-EX02 - Video - 4 minutes

From series: SM72T1-4 What is total action?

Thinking

Think clearly for yourself

SA78T4-EX03 - Video - 4 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Thinking together

What do you mean by 'thinking together'?

SA80Q3-WQ04 - Video - 12 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Thought

Can thought be aware of itself?

BR79Q2-WQ05 - Video - 15 minutes

From series: BR79T1-4 Q1-2 On being conditioned

On relationship between thought and consciousness

BR80Q2-WQ01 - Video - 25 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

Thought is limited

MA7879T2-EX01 - Video - 13 minutes

From series: MA7879T1-6 D1-3 Life is a movement in learning

How does one go to the very source of thought?

MA8081Q1-WQ08 - Video - 13 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

Thought is responsible for our confusion

MA8081T4-EX01 - Video - 15 minutes

From series: [MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?](#)

Can thought be separated from sensory perceptions?

MA8283Q2-WQ03 - Video - 17 minutes

From series: [MA8283T1-4 Q1-2 Why has man become what he is?](#)

Is there another instrument of inquiry than thought?

MA8485Q2-WQ01 - Video - 39 minutes

From series: [MA8485T1-4 Q1-2 Where there is total attention there is no self](#)

Does thought originate as a defence against pain?

OJ80Q1-WQ03 - Video - 21 minutes

From series: [OJ80T1-6 Q1-4 To observe without distortion](#)

Isn't the observation of thought continuing its use?

OJ83Q1-WQ02 - Video - 7 minutes

From series: [OJ83T1-4 Q1-2 Can we live together without conflict?](#)

What is observing thought down to its very roots?

OJ84Q1-WQ03 - Video - 28 minutes

From series: [OJ84T1-4 Q1-2 Attention and order](#)

On thought being responsible for confusion

SA85Q3-WQ01 - Video - 22 minutes

From series: [SA85T1-5 Q1-3 Without beauty and love there is no truth](#)

Thought/Brain

Mechanical thought deteriorates the brain

SA78D4-EX01 - Video - 13 minutes

From series: [SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?](#)

Time

Is not psychological time a fact?

MA8485Q1-WQ03 - Video - 25 minutes

From series: [MA8485T1-4 Q1-2 Where there is total attention there is no self](#)

On psychological time, conflict and sorrow

SA81Q1-WQ03 - Video - 21 minutes

From series: [SA81T1-7 Q1-3 The turning point](#)

Would you speak further on time, measure and space?

SA81Q3-WQ06 - Video - 22 minutes

From series: [SA81T1-7 Q1-3 The turning point](#)

On time and death

SA85Q3-WQ02 - Video - 13 minutes

From series: [SA85T1-5 Q1-3 Without beauty and love there is no truth](#)

Time/Perception

To perceive the present, the past must be absent

SA78T2-EX01 - Video - 17 minutes

From series: SA78T1-7 D1-5 Is it possible to observe the whole movement of consciousness?

Transformation

On transformation

MA8081Q1-WQ04 - Video - 5 minutes

From series: MA8081T1-6 Q1-2 Can the brain ever be free from knowledge?

On austerity, integrity and total transformation

SA80Q1-WQ02 - Video - 24 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Can the change of a few affect total consciousness?

SA82Q3-WQ02 - Video - 9 minutes

From series: SA82T1-6 Q1-3 Is there an intelligence which has no cause?

Transformation/Knowledge

What place has knowledge in transformation?

SD74CA6-EX01 - Video - 4 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

Truth

What is true and what is false?

BO85Q2-SQ01 - Video - 5 minutes

From series: BO85T1-4 Q1-2 That benediction is where you are

Is there a faculty to see that there is no path to truth outside myself?

BR85Q2-WQ01 - Video - 21 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

Krishnamurti reading 'Truth is a Pathless Land'

OJ30FTPL - Video - 56 minutes

From series: OJ30FTPL Krishnamurti reading 'Truth is a Pathless Land'

Won't we find truth through service to humanity?

OJ82Q3-WQ04 - Video - 12 minutes

From series: OJ82T1-6 Q1-4 Truth demands a mind that is totally free

On perceiving truth and not acting

OJ84Q1-WQ04 - Video - 5 minutes

From series: OJ84T1-4 Q1-2 Attention and order

Are there different paths to truth?

SA80Q5-WQ07 - Video - 7 minutes

From series: SA80T1-7 Q1-5 When there is freedom

Truth/Behaviour

On supreme truth and mankind's behaviour

BR80Q2-WQ07 - Video - 6 minutes

From series: BR80T1-4 Q1-2 Why does the mind live in time?

Understanding

Does asking for guidance necessarily prevent understanding?

BR85Q1-WQ04 - Video - 14 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

What do you mean by 'Give your life to understand life'?

MA8182Q2-WQ04 - Video - 4 minutes

From series: MA8182 T1-6 Q1-2 When you observe 'what is', there is no conflict

What are the barriers that prevent us from understanding?

OJ85Q2-EX01 - Video - 21 minutes

From series: OJ85T1-4 Q1-2 Is creation related to ending?

Violence

On reacting while witnessing aggression

BR82Q2-WQ04 - Video - 2 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

Is there an awareness which will meet the world's violence?

BR82Q2-WQ05 - Video - 7 minutes

From series: BR82T1-4 Q1-2 A different kind of intelligence

On aggression and psychological attacks from a relative

BR85Q2-WQ03 - Video - 11 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

What is right action with regard to violence?

OJ80Q2-WQ02 - Video - 18 minutes

From series: OJ80T1-6 Q1-4 To observe without distortion

How do I deal with my deep-rooted violence?

OJ81Q4-WQ07 - Video - 11 minutes

From series: OJ81T1-6 Q1-4 The crisis is in the very nature of thought

Would you allow a friend to be attacked in front of you?

SA85Q2-WQ02 - Video - 6 minutes

From series: SA85T1-5 Q1-3 Without beauty and love there is no truth

War/Conflict

What to do when there's a military draft?

SD71DYP1-SQ02 - Video - 7 minutes

From series: SD71DYP1-2 - San Diego 1971 - Students Discussions - Unless we change, the world cannot possibly change

War/Peace

To have peace we must live peacefully

NY66T4-SQ03 - Audio - 3 minutes

From series: NY66T1-6 Public Meetings

'What is'

How can we gather our entire energy to see 'what is'?

MA8384Q2-WQ02 - Video - 23 minutes

From series: MA8384T1-4 Q1-2 Is it possible to bring about a deep psychological revolution in ourselves?

Wisdom

Wisdom is the ending of suffering

SD74CA18-EX04 - Video - 2 minutes

From series: SD74CA1-18 Conversations with Allan W. Anderson - A wholly different way of living

World crisis

What is my responsibility toward the world crisis?

BR85Q1-WQ03 - Video - 9 minutes

From series: BR85T1-4 Q1-2 Facing a world in crisis

Yoga

Will yoga practice bring about a spiritual awakening?

BR79Q1-WQ02 - Video - 11 minutes

From series: BR79T1-4 Q1-2 On being conditioned

You are the world and the world is you

You are not different

OJ77T1-EX01 - Video - 7 minutes

From series: OJ77T1-6 D1-4 Intelligence is the capacity to see the truth that thought is limited

How can the idea that 'you are the world' be justified?

SA81Q1-WQ02 - Video - 12 minutes

From series: SA81T1-7 Q1-3 The turning point

URGENCY OF CHANGE-THE KRISHNAMURTI PODCAST

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This official podcast from Krishnamurti Foundation Trust now has over 150 weekly episodes. Episodes 1-50 feature conversations between Krishnamurti and luminaries from many paths, along with readings of the classic book *Commentaries on Living* by actor Terence Stamp. Episode 51 onwards features carefully chosen extracts based on a theme explored by Krishnamurti. The extracts from our archives have been carefully selected to represent his different approaches to each of these universal and timelessly relevant themes.

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Season 1

[1 - Interview by Bernard Levin](#)

32 minutes

[Apple Podcasts](#)

Summary

This interview with Krishnamurti was first broadcast in 1981. Recorded at Brockwood Park in Hampshire, as part of The Levin Interview TV series, it serves as a good introduction to Krishnamurti's work. Bernard Levin was one of Britain's best-known journalists. Questions explored include: Why don't we realise the damage we are doing in the world? Is it wrong to seek happiness? What is action? What is right living? Can society be changed? How is man to be free?

[2 - Commentaries on Living read by Terence Stamp \(Part 1\)](#)

34 minutes

[Apple Podcasts](#)

Summary

Commentaries on Living is one of Krishnamurti's most well-known and best loved books. In it, he recalls many of the private conversations with those who came to see him. With encouragement from Aldous Huxley these meetings were written down by Krishnamurti and published in 1956.

Terence Stamp is an Oscar-nominated actor. It was through working with Fellini that he met and became friends with Krishnamurti, who, in Stamp's words, 'used his presence to pause my thinking.' Thanks to the Karina Library in Ojai, California for these recordings.

Chapters included in this episode are Fulfilment, Thought and Love, Simplicity of the Heart, The Self, and Psychological Security.

[3 - Commentaries on Living read by Terence Stamp \(Part 2\)](#)

42 minutes

[Apple Podcasts](#)

Summary

Commentaries on Living is one of Krishnamurti's most well-known and best loved books. In it, he recalls many of the private conversations with those who came to see him. With encouragement from Aldous Huxley these meetings were written down by Krishnamurti and published in 1956.

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Chapters included in this episode are Continuity, Awareness, Loneliness, and Silence.

[4 - The Future of Humanity with David Bohm \(Part 1\)](#)

85 minutes

[Apple Podcasts](#)

Summary

Part 1 of The Future of Humanity asks: what is the future of mankind? The pair discuss how our psychological problems are the result of thought, since thought breeds conflict. We think that thought can solve our problems but is this true? They look at how the self is put together by thought and whether our consciousness is individual to each of us, or inseparable, a consciousness of humanity. It is clear that dividing the world into countries and religions creates havoc, but is our very sense of self divisive? Why does division exist at all?

David Bohm has been described as one of the most significant theoretical physicists of the 20th century and was a fellow of the royal society. He worked with Einstein at the Institute for Advanced Study, and on the Manhattan Project with Oppenheimer. Later he pioneered research into quantum physics and models of the brain, being increasingly interested in consciousness, order and thought. His books include Wholeness and the Implicate Order, Science, Order and Creativity, and Causation and Chance in Modern Physics.

Bohm's contact with Krishnamurti began in the early 60s and continued into the 80s. Their dialogues are far-reaching and profound. Over 30 audios or videos are available on our YouTube channel at <https://bit.ly/2EfqsCU>, and are published in the books Truth and Actuality, The Transformation of Man, and The Ending of Time. Recorded in 1983, The Future of Humanity represents Bohm's and Krishnamurti's final dialogues together.

5 - The Future of Humanity with David Bohm (Part 2)

70 minutes

[Apple Podcasts](#)

Summary

The second and final part of The Future Of Humanity explores whether there is evolution of consciousness. Can the consciousness of mankind be changed through time? Is psychological conditioning centred in the self? Can our conditioned brain cells change? The pair then inquire into the relationship between the mind and the brain, suggesting that as long as the brain is conditioned, its relationship to the mind is limited. The then look at perception and intelligence.

David Bohm has been described as one of the most significant theoretical physicists of the 20th century and was a fellow of the royal society. He worked with Einstein at the Institute for Advanced Study, and on the Manhattan Project with Oppenheimer. Later he pioneered research into quantum physics and models of the brain, being increasingly interested in consciousness, order and thought. His books include Wholeness and the Implicate Order, Science, Order and Creativity, and Causation and Chance in Modern Physics.

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6 - Ross Saunders Interview

30 minutes

[Apple Podcasts](#)

Summary

Krishnamurti Interviewed by Ross Saunders. This interview was recorded for the Australian television show 'This Day Tonight'. The programme is half an hour long and was recorded in 1970.

Describing the interview in her diary, Mary Zimbalist, Krishnamurti's assistant, said that Krishnamurti 'demolished belief and religion then went on with such fresh clarity until the end of the half hour, covering a great deal with simplicity and eloquence.'

Questions explored include: Is it possible for a mind to be free from yesterday and from belief? How can an individual, who is part of the system, get outside the system in order to observe it and himself? Do the younger generation have a thirst for awareness and self-knowledge? You have been critical of religions. Could you tell me your own particular outlook on religion? What do you make of

death? More than 40 years after you dissolved the Order of the Star, how would you summarise your aims?

[7 - Krishnamurti with Iris Murdoch \(Conversation 1\)](#)

63 minutes

[Apple Podcasts](#)

Summary

First conversation with Iris Murdoch: There is no love where there is self-interest.

Iris Murdoch was a well-known novelist and philosopher. Her books explore themes such as good and evil, morality, and the power of the unconscious. They emphasise the inner lives of individuals, in the tradition of Dostoyevski and Tolstoy, whilst her philosophical works reinterpret Aristotle and Plato.

In this first conversation, Krishnamurti and Iris Murdoch inquire into love, discovering that love is not desire or pleasure; love is not the opposite of hate; love has no relationship to jealousy; and that love can never bring conflict.

[8 - Krishnamurti with Iris Murdoch \(Conversation 2\)](#)

42 minutes

[Apple Podcasts](#)

Summary

Second conversation with Iris Murdoch: What do we mean by conditioning?

Iris Murdoch was a Booker prize winning novelist and philosopher. Her many books include *The Bell*, *The Black Prince*, and *The Sea, The Sea*.

In this second conversation, Krishnamurti and Iris Murdoch look at why we are fragmented, how our way of thinking and acting is comparatively like the rest of mankind, and that we are the rest of humanity mankind because we all suffer. Krishnamurti states that when there is love, there is truth and beauty.

[9 - Krishnamurti with David Shainberg](#)

62 minutes

[Apple Podcasts](#)

Summary

Memory, thought and the illusion of continuity.

Shainberg trained at the American Institute for Psychoanalysis and worked in New York. He was a leading force behind the integration of eastern and western philosophies in the understanding of consciousness and experience. Shainberg was the first to bring psychoanalysts and eastern spiritual leaders together. He retired from practice in 1981 in order to devote more time to painting.

Recorded in New York in 1983, the conversation between Krishnamurti and Shainberg inquires into why illusion and thought have such power. What can a person do for another who is caught up in their illusions? Why do human beings give importance to their own self-centred activity? The very idea of protecting oneself brings about isolation. The 'me' is not something separate from memory. Memory is the only thing that continues, but represents something that is dead, finished. Our psyche is being programmed by ideologies, which have been put together by thought.

[10 - Krishnamurti with Huston Smith](#)

62 minutes

[Apple Podcasts](#)

Summary

Authority is Destructive.

Huston Smith is widely regarded as one of the world's most influential figures in religious studies. He was professor of philosophy at MIT and later professor of religious studies at Berkeley, where he met with Krishnamurti in 1968. Smith's works include: *The World's Religions*, which has sold more than three million copies, *Tales of Wonder*, and the PBS television series *The Wisdom of Faith*.

Subjects in this podcast include: Is it possible to live with total lucidity in this confused world? / To have clarity, freedom from authority is essential. To be a light to yourself you must deny every other light, however great that light be. / As long as we accept violence, we perpetuate fear and accept authority. The moment you ask 'how' you move away from the central fact of learning. To learn about something you must face it. At the moment of fear there is neither the observer nor the observed. Thought can never be free because it is the response of the past.

[11 - Krishnamurti with Mary Zimbalist \(Part 1\) – Conditioning](#)

31 minutes

[Apple Podcasts](#)

Summary

Mary Zimbalist was Krishnamurti's assistant from the 1960s until his death in 1986. Her unfinished memoirs chronicling her time with Krishnamurti are online free of charge, and in the book *In the Presence of Krishnamurti*, which is available on our website kfoundation.org.

This conversation with Krishnamurti was recorded in 1984. Topics covered include: Can the brain be free from all the programming it has received? Is this possible through watching the very activity of thought? Watchfulness makes the brain extraordinarily acute, sharp and clear. This clarity is freedom.

[12 - Krishnamurti with Mary Zimbalist \(Part 2\) – Fear](#)

31 minutes

[Apple Podcasts](#)

Summary

In her early working life, Mary Zimbalist was a model and actress. She first heard Krishnamurti speak in the 1940s and in the 1960s began helping Krishnamurti, becoming his assistant and friend. Her memoirs chronicling her time with Krishnamurti are online free of charge, and form the book *In the Presence of Krishnamurti*, which is available at our online bookstore.

This second conversation with Krishnamurti concerns the topic of fear. They ask whether, in the very act of looking at fear, we can discover its origin. Can we look at fear as we would an extraordinary jewel? Can we not look at a particular branch of fear but at the whole nature, structure and quality of fear?

[13 - Interview by Oliver Hunkin](#)

27 minutes

[Apple Podcasts](#)

Summary

Oliver Hunkin was head of religious programmes at the BBC, where he revolutionised the format. He was also an author and cartoonist. In his memoirs he wrote: 'We have to admit there is an air of antique unreality about organised religion. The majority of people do not see the point of it. Have we lost track of the fact that religion is a specific experience rather than a system of dogma?'

Indeed, he had a revelatory spiritual experience one evening whilst driving, later saying: 'I felt totally at one with the landscape, and with myself, and with all creation. The memory of it has affected my attitude to life ever since'.

This interview with Krishnamurti was recorded at Brockwood Park in 1970. In the conversation, Krishnamurti states that authority has crippled the mind, religiously and inwardly. The authority of belief, imposed by religions, destroys the discovery of reality. One relies on authority because one is afraid to stand alone. To understand fear one must also understand pleasure, as they are two sides of the same coin. Are we seeing each other with an image? There is love only when I have understood myself and so in myself there is no fragmentation, anger, ambition or greed. Effort is a contradiction of energies. A meditative mind is a very silent mind.

[14 - Krishnamurti with Chogyam Trungpa Rinpoche](#)

40 minutes

[Apple Podcasts](#)

Summary

Chogyam Trungpa Rinpoche was a Buddhist meditation master and a major figure in the dissemination of Buddhism to the West. He founded more than one hundred meditation centres throughout the world, including Naropa University in Boulder, Colorado, where Pema Chodron, Allen Ginsberg and Ken Wilber were among his many students. He wished to present the path of meditation in secular terms, developing a programme called Shambhala Training.

This conversation with Krishnamurti was recorded in San Diego, California in 1972. In it, the pair ask: what is the quality of the mind that is no longer held in the matrix of experience? What is meditation and why should one meditate? They inquire into seeing without the 'me', and the possibility of a total observation without time and memory.

[15 - Conversation with David Bohm, 1972 – On Intelligence](#)

92 minutes

[Apple Podcasts](#)

Summary

David Bohm has been described as one of the most significant theoretical physicists of the 20th century and was a fellow of the royal society. He worked with Einstein at the Institute for Advanced Study, and on the Manhattan Project with Oppenheimer. Later he pioneered research into quantum physics and models of the brain, being increasingly interested in consciousness, order and thought. Bohm's books include Wholeness and the Implicate Order, Science, Order and Creativity, and Causation and Chance in Modern Physics.

This relatively early conversation between Bohm and Krishnamurti centres around the relationship between thought and intelligence. Thought is mechanical, measurable, a movement in time. Is intelligence mechanical and of time? Does intelligence use thought? Thought is a pointer; without intelligence the pointer has no value. Politically, religiously and psychologically thought has created a world of tremendous contradiction and fragmentation. Can life be guided by intelligence and lived in harmony? The desire for intelligence has created the image of God. Thought must be completely still for the awakening of intelligence. You come upon it when you see the whole. The quality of a mind that sees the whole is not touched by thought. Therefore there is perception and insight.

[16 - Conversation with David O'Hanlon – Beyond organised religion](#)

89 minutes

[Apple Podcasts](#)

Summary

Daniel O’Hanlon was a Jesuit priest and respected theologian. He taught at Marymount University in Los Angeles and for more than 30 years at the Jesuit School of Theology in Berkeley. He had many contacts in other religions, particularly of Asia, and included aspects of these religions in his teaching. Interested in integration of religions, in 1984 he published *Integration of Christian Practices: A Western Christian Looks East*.

This conversation with Krishnamurti, recorded in Malibu, California in 1972, asks whether organised religion brings about real depth of understanding. Does the past have any value in coming upon something new? Can the mind empty itself of the pettiness of what man has put together? Thought can be used legitimately and illegitimately. Krishnamurti urges us to find out if there is something beyond tradition and myth.

17 - Conversation 1 with Alain Naudé – The circus of man’s struggle

60 minutes

[Apple Podcasts](#)

Summary

Alain Naude was Krishnamurti’s private secretary in the 1960s. He met Krishnamurti in 1963 whilst a music lecturer at Pretoria University and a professional concert pianist. He gave up his teaching and performing in 1964 to work with Krishnamurti. Fluent in several languages, he was very helpful at international gatherings and in attracting younger audiences to Krishnamurti’s talks at a time of cultural change in the West.

This conversation with Krishnamurti was recorded in Malibu, California in 1972 and begins by asking: Why do we divide the world as the human being and the divine? When I realise that my consciousness is the consciousness of the world, and the consciousness of the world is me, whatever change takes place in me affects the whole of consciousness. Can human consciousness undergo a radical change? To find out if there is something beyond this consciousness I must understand the content of consciousness. The mind must go beyond itself. Do we realise that the observer is the content itself? If there is no thought, there is no thinker. If the observer is the observed, what is the nature of change in consciousness? Will is not the factor of change. Radical revolution in consciousness takes place when there is no conflict at all.

18 - Second conversation with Alain Naudé – On good and evil

57 minutes

[Apple Podcasts](#)

Summary

Alain Naude was Krishnamurti’s private secretary in the 1960s. He met Krishnamurti in 1963 whilst a music lecturer at Pretoria University and a professional concert pianist. He gave up his teaching and performing in 1964 to work with Krishnamurti. Fluent in several languages, he was very helpful at international gatherings and in attracting younger audiences to Krishnamurti’s talks at a time of cultural change in the West.

This second conversation between Naude and Krishnamurti opens with the question: Do good and evil really exist or are they simply conditioned points of view? The inquiry looks at goodness as total order, not only outwardly but inwardly especially. Is virtue the outcome of planning? You cannot will to do good. Either you are good or not good. Will is the concentration of thought as resistance. Are poisonous snakes, sharks and the cruel things in nature evil? The moment we assert that there is absolute evil, that assertion is the denial of the good. Goodness implies total abnegation of the self, because ‘the me’ is always separative. Order means behaviour in freedom. Freedom means love. When one sees all this very clearly there is a marvellous sense of absolute order.

[19 - Krishnamurti with Jacob Needleman 1 - The role of the teacher](#)

60 minutes

[Apple Podcasts](#)

Summary

Jacob Needleman is Professor of Philosophy at San Francisco State University and former Director of the Center for the Study of New Religions at Berkeley. He is the author of many books, including *The Wisdom of Love, Time and the Soul*, *Why Can't We Be Good?*, and *Necessary Wisdom*. He popularised the term 'new religious movements' and was honoured by the New York Open Center in 2006.

This first conversation with Krishnamurti was recorded in Malibu, California in 1971. It forms the opening chapter of the classic book, *The Awakening of Intelligence*. Subjects discussed include: the spiritual revolution among young people, hope of a new flowering for civilisation, and whether one can go into oneself at tremendous depths and find out everything, without asking for help. If there were no books or gurus, what do we do? Is effort needed to reach God, enlightenment or truth? Why do we divide energy? The observer comes into being in wanting to change 'what is'. The state of not-knowing is intelligence.

[20 - Krishnamurti with Jacob Needleman 2 - Inner space](#)

64 minutes

[Apple Podcasts](#)

Summary

Jacob Needleman is Professor of Philosophy at San Francisco State University and former Director of the Center for the Study of New Religions at Berkeley. He is the author of many books, including *The Heart of Philosophy*, *Money and the Meaning of Life, Time and the Soul*, and *I Am Not I*.

This second conversation with Krishnamurti was recorded in Malibu, California in 1971. Questions that come up in the conversation include: Is it possible to be free of the centre, so that the centre doesn't create space around itself and build a wall? Can the centre be still? Can consciousness empty itself of its content? Is love within the field of consciousness? Are there environments which are conducive to liberation?

[21 - Krishnamurti in conversation with Keith Berwick 1](#)

28 minutes

[Apple Podcasts](#)

Summary

Keith Berwick is a four-time Emmy Award winning television broadcaster, and senior fellow of the Aspen Institute. His career also includes historian, educator, newspaper publisher and editor. He lives in Santa Barbara, California.

This first interview was recorded in Los Angeles in 1981. Berwick begins by asking: Why, in 1929, Krishnamurti gave up being the head of The Order of the Star. Other themes include: What is the major theme of the teachings? The fundamental issue is whether the human condition, with all its misery, anxiety and sorrow can be changed. We don't realise that our consciousness is the common ground on which we all stand; we think we are separate. There is nothing sacred in what thought has created. How does one achieve right action, right relationship? If you have no image you can never be hurt. Freedom is to be free from the image-building machinery, which is thought.

[22 - Krishnamurti in conversation with Keith Berwick 2](#)

55 minutes

[Apple Podcasts](#)

Summary

Keith Berwick is a four-time Emmy Award winning television broadcaster, and senior fellow of the Aspen Institute. His career also includes historian, educator, newspaper publisher and editor. He lives in Santa Barbara, California.

This second interview was recorded in Los Angeles in 1983, two years after the first. Themes include: What is a human being? What is an individual? Clarity can only come into being when there is no confusion. One must have physical security, but it is being denied because we think in terms of tribalism. Disorder creates authority. Ambition, jealousy, desire and pleasure are not love. What is intelligence? What is thinking? Conscious meditation is determination, not meditation. To meditate you must understand relationship. What is the root of desire? Is there another instrument than thought? If thought has its right place, then you can look.

[23 - Pupul Jayakar 1 – Has there been a radical change in Krishnamurti’s teaching?](#)

79 minutes

[Apple Podcasts](#)

Summary

Pupul Jayakar, who died in 1997, was an Indian cultural activist and writer, best known for her work on the revival of traditional and village arts, handlooms, and handicrafts. She was a close friend of prime minister Indira Gandhi, and was her cultural advisor and biographer. Having been to a school established by Annie Basant, Pupul became involved with Krishnamurti’s work in the 1940s, becoming a trustee of the Indian foundation.

This first conversation was recorded in 1978, at Brockwood Park. Pupul asks: Has there been a radical change in your teaching, a movement away from observation, from the division between the thinker and the thought? They ask whether it’s possible to see the total content of consciousness and move out of it? Complete, total insight is only possible instantly, and that instant is not contained in time. The thinker and thought are not separate. Thinking is based on growth, becoming, evolving. Will the mind, being so heavily conditioned by the tradition of growth, listen?

[24 - Pupul Jayakar 2 - Thought cannot comprehend the totality of consciousness](#)

88 minutes

[Apple Podcasts](#)

Summary

Pupul Jayakar was a trustee of Krishnamurti Foundation India, and for decades was a friend of Krishnamurti’s. She helped publish many of his books in India, along with writing a biography which was published soon after his death. Her other books include The Earth Mother, The Buddha and God is Not a Full-Stop.

This second conversation was recorded in the summer of 1978, at Brockwood. Krishnamurti asks: What does the word ‘conscious’ mean to you?, saying that thought can never be aware of the total content of consciousness. Can the mind perceive the totality? Is there a love or a quality which is not part of consciousness? Is it possible to observe with all one’s senses? Is there a totally different dimension to consciousness, not invented by thought? Can this be discovered? What quality is necessary to move out of the circle of consciousness? How can we know order when we live in total disorder? When thought is completely, absolutely still, there is an action.

[25 - Ronald Eyre – Can fear be completely wiped away?](#)

88 minutes

[Apple Podcasts](#)

Summary

Ronald Eyre was a leading director for cinema, opera, television and the theatre. He was nominated for a Tony Award in 1975 as Best Director. He was also a television presenter and writer. His most well-known series was The Long Search, a survey of world religions.

Recorded at Brockwood in 1984, this conversation with Krishnamurti explores playfulness and distraction, the cycle of fear, and whether we do anything we love. Krishnamurti asks if we are afraid of life. What are love and death? Why is there such a tremendous craving inwardly? What is the root of fear? Why does thought enter into the realm of the psyche? What is creation that is not born out of knowledge?

26 - Interview by Eric Robson

28 minutes

[Apple Podcasts](#)

Summary

Eric Robson is a broadcaster, author and documentary film maker, based in the UK where he also farms. For 25 years he chaired Gardner's Question Time.

This 1984 conversation was part of a television series he hosted, called Revelations. Questions Robson asks Krishnamurti include: Did you ever believe, as the people who were sponsoring you believed, that you were some sort of messiah? Can you explain why you are so positively against organised religion? Is your system rooted in any religion? How do you strip away conditioning? Is there only one truth or are there many truths? When you approach the pathless land of truth, do you have to do anything with that truth? Is it possible for everyone to achieve truth? You said that the world can only change through personal transformation, and yet the world is sliding to the edge of a black abyss. Won't personal transformation simply come too late?

27 - Conversation with Alain Naude – Is there a permanent ego?

51 minutes

[Apple Podcasts](#)

Summary

Alain Naude was Krishnamurti's private secretary in the 1960s. He met Krishnamurti in 1963 whilst a music lecturer at Pretoria University and a professional concert pianist. He gave up his teaching and performing in 1964 to work with Krishnamurti. Fluent in several languages, he was very helpful at international gatherings and in attracting younger audiences to Krishnamurti's talks at a time of cultural change in the West.

This conversation with Krishnamurti was recorded in Malibu, California in 1972 and begins by asking whether there is a permanent 'me'?

Unless I am free from the vulgar, I will continue representing the whole vulgarity of humanity.

I lead the usual life, along the small river, following that current. I am that current and 'the me' is bound to continue in that stream, with millions of others. I am not different from those millions of others.

When you say, 'My brother is dead,' and ask whether he is still living, as a separate consciousness, I question whether he was ever separate from the stream.

If there was a permanent self, it would be of this stream. Realising that I am like the rest of the world, that there is no 'me' separate, I can incarnate only if I step out of the stream.

Change takes place away from the stream; in the stream there is no change.

What happens if you step out of the stream? The stepping out is the incarnation.

When one steps out of the stream, one has compassion.

28 - Conversation with Alain Naude – Masters and hierarchy

49 minutes

[Apple Podcasts](#)

Summary

Alain Naude was Krishnamurti's private secretary in the 1960s. He met Krishnamurti in 1963 whilst a music lecturer at Pretoria University and a professional concert pianist. He gave up his teaching and performing in 1964 to work with Krishnamurti. Fluent in several languages, he was very helpful at international gatherings and in attracting younger audiences to Krishnamurti's talks at a time of cultural change in the West.

This fourth conversation between Naude and Krishnamurti was recorded in January 1972. Naude begins by asking about masters. 'One finds in various teachings the idea of masters, conscious entities who work for the good of mankind. Is there a reservoir of wisdom? Do such entities exist, or does man want to have myths?'

Krishnamurti responds that there is a reservoir of goodness and a reservoir of violence and asks whether there something which is not these two, that is beyond these two?

Is your mind capable of not being held in the reservoirs of goodness or violence?

When you understand these two opposites and go beyond them, meditation is not in terms of vision or action, but the state of silence which is then operating, an energy which then flows. That energy has no character.

When one asks, 'Is there a hierarchy, a master, a group of evolved entities?' you are asking from a point of view, or from desire, from hope.

What is the relationship between the current of vulgarity and that which is beyond and above the opposites?

29 - Interview by Frank Waters

90 minutes

[Apple Podcasts](#)

Summary

Frank Waters was a well-known American author based in New Mexico. His books include novels, biographies, histories, and essay collections. Known as the Grandfather of Southwestern Literature, he was nominated for the Nobel Prize several times.

His interview with Krishnamurti took place in Malibu, California in 1972. Subjects include: what brings about receptivity? Speaking to the unconscious; the little self and the big self; how Krishnamurti's teachings work; myth; the destruction of the planet; sleep; and kundalini.

30 - Conversation with David Bohm - A feeling for something sacred

94 minutes

[Apple Podcasts](#)

Summary

David Bohm's contact with Krishnamurti began in the early 60s and continued into the 80s. Their dialogues are far-reaching and profound. Over 30 audios and videos are available on our YouTube channel, and are published in the books Truth and Actuality, The Transformation of Man, and The Ending of Time.

Recorded in 1981 in Ojai, California, this conversation explores the sacred, with Krishnamurti saying that there is a sacred origin which gives one tremendous passion and energy. He asks: is anyone willing to totally abandon everything that thought has created, including the 'me'? Is it possible to live a daily life in the modern world without any identification? How am I to educate myself to have no shocks of any kind? Only a brain free from shocks can find the origin. The brain must be always in a state of movement without identification, like a river. Then it cannot be shocked.

[31 - Conversation with Donald Ingram Smith](#)

54 minutes

[Apple Podcasts](#)

Summary

This conversation between Krishnamurti and Donald Ingram Smith, entitled 'Awareness is a mirror in which the movement of thought is perceived', was recorded in Ojai, California in 1977. Krishnamurti asks whether all of consciousness is made up of its content. Can thought be aware of itself? Is whatever thought has created reality? Intelligence is not a product of thought. Thought has limited itself, made itself a fragment. Attention is the summation of all energy.

Donald Ingram Smith was a well-known Australian Broadcasting Corporation (ABC) broadcaster from Sydney. For many years he was involved with the recording of Krishnamurti's talks in Australia and India. He also hosted a radio programme on Krishnamurti. Ingram Smith first met Krishnamurti in 1949 and his memoirs of the times he spent with Krishnamurti through to his death are published in the book Creative Happiness: A Journey with J. Krishnamurti.

[32 - Interview by Wilfred Thomas](#)

32 minutes

[Apple Podcasts](#)

Summary

This interview by Wilfred Thomas with Krishnamurti took place at the recently-purchased Brockwood Park in Hampshire. It was recorded for Australian radio. Questions asked include: How old were you when you first heard the theosophists' plans for you? When did you first have doubts about the pattern they had laid down for you? How are you reaching younger people? Do you think it is possible that humanity, instead of breaking up into national groups and races, will merge into one? What is your definition of love? What do you think happens when the body dies, reincarnation? You now have three institutions. Are they maintained by subscriptions? Wilfred Thomas lived in Australia and then London. He began his career as a singer and later moved on to presenting and acting for television and radio.

[33 - Conversation with Pupul Jayakar 3 – On God](#)

83 minutes

[Apple Podcasts](#)

Summary

This conversation between Krishnamurti and Pupul Jayakar was recorded at Brockwood Park in 1981. Jayakar begins by asking if they can discuss and investigate into the nature of God. They go on to question whether we can negate completely the whole movement of knowledge – except the knowledge of driving a car, speaking a language, technological knowledge? Can one totally empty the whole accumulation of a million years? We never say, 'I don't know.' That is an absolutely motionless state of mind, because I don't know. One of our difficulties is that we all want to know;

which means put what God is into the bag of knowledge. Can we have an insight into the movement of knowledge, so that the insight stops the movement? It's not that we stop the movement or the brain stops the movement; the very insight is the ending of knowledge and the beginning of something entirely different. Is it possible to quieten thought completely? Is it possible to be free of the meditator? Then there is no problem. Then there is no question whether there is God or no God – because it doesn't matter. Then meditation is the meditation of the universe.

Pupul Jayakar, who died in 1997, was an Indian cultural activist and writer, best known for her work on the revival of traditional and village arts, handlooms, and handicrafts. She was a close friend of prime minister Indira Gandhi, and was her cultural advisor and biographer. Having been to a school established by Annie Besant, Pupul became involved with Krishnamurti's work in the 1940s, becoming a trustee of the Indian foundation.

34 - Conversation with Pupul Jayakar 4 – Living with death

63 minutes

[Apple Podcasts](#)

Summary

This conversation from 1981 between Krishnamurti and Pupul Jayakar looks at ending and death. What is ending? The mind cannot enter into a totally new dimension if there is a shadow of memory. If the movement of thought ends, consciousness as we know it is not. Thought is the enemy of compassion. What significance has death? Have we seen the meaning of death, the extraordinary beauty of ending something?

Pupul Jayakar, was a trustee of Krishnamurti Foundation India, and for decades was a friend of Krishnamurti's. She helped publish many of his books in India, along with writing a biography which was published soon after his death. Her other books include The Earth Mother, The Buddha and God is Not a Full-Stop.

35 - Krishnamurti with Asit Chandmal - Thought cannot investigate into intelligence

70 minutes

[Apple Podcasts](#)

Summary

This conversation took place at Brockwood Park in 1982. Krishnamurti asks: Do you accept that intelligence is not the product of thought? What do you have you left when you don't use the brain to inquire? What is not contaminated by thought? Can your brain observe something whole without any kind of fragmentation?

Krishnamurti and Asit Chandmal were friends for many years, and Krishnamurti would often stay with him when in Bombay. Chandmal studied engineering in London, where he later taught mathematical economics, before becoming finance director at Tata Motors. His interest in computing led to Chandmal's involvement with many Silicon Valley start-ups. A trustee of the Krishnamurti Foundation India, he was also a keen photographer and in 1985 published the One Thousand Moons, a book of photographs illustrating a year in Krishnamurti's life.

36 - Krishnamurti with Christopher Titmuss: Inquiring into meditation

46 minutes

[Apple Podcasts](#)

Summary

This conversation between Krishnamurti and Titmus was recorded at Brockwood Park in 1984. Krishnamurti asks: What do we mean by the word 'meditation'? Why should we meditate? Do we need to be taught how to meditate? Have we extended ambition from this world to the spiritual world? Who is the controller that controls thought?

Christopher Titmuss, a former Buddhist monk, is a teacher and writer in the Buddhist tradition. He teaches and holds retreats in many countries around the world and many of his talks are available online. His books include *The Buddha of Love*, *Light on Enlightenment*, *An Awakened Life* and *Poems from the Edge of Time*.

[37 - Terence Stamp reading Commentaries on Living – Part 3](#)

37 minutes

[Apple Podcasts](#)

Summary

Commentaries on Living is one of Krishnamurti's most well-known and best loved books. In it, he recalls many of the private conversations with those who came to see him. With encouragement from Aldous Huxley these meetings were written down by Krishnamurti and published in 1956. Chapters included in this episode are titled *Three Pious Egoists*, *Identification*, *Gossip & Worry*, *Thought & Love*, *Aloneness & Isolation*, and *Pupil & Master*.

Terence Stamp is an Oscar-nominated actor, known for his roles in *The Limey*, *Superman*, *The Collector*, *Wall Street* and many others. It was through working with Fellini that he met and became friends with Krishnamurti, who, in Stamp's words, 'used his presence to pause my thinking.'

[38 - Terence Stamp reading Commentaries on Living – Part 4](#)

34 minutes

[Apple Podcasts](#)

Summary

Commentaries on Living is one of Krishnamurti's most well-known and best loved books. In it, he recalls many of the private conversations with those who came to see him. With encouragement from Aldous Huxley these meetings were written down by Krishnamurti and published in 1956. Chapters included in this episode are titled *The Rich & The Poor*, *Ceremonies & Conversion*, *Knowledge*, *Respectability*, and *Politics*, none of which have been released previously.

Terence Stamp is an Oscar-nominated actor, known for his roles in *The Limey*, *Superman*, *The Collector*, *Wall Street* and many others. It was through working with Fellini that he met and became friends with Krishnamurti, who, in Stamp's words, 'used his presence to pause my thinking.'

[39 - K with Alain Naudé 5 – Stepping out of the stream of the self](#)

83 minutes

[Apple Podcasts](#)

Summary

This conversation between Krishnamurti and Naude was recorded in Malibu in 1972. They ask: Is there in us a place where there is no corruption, where there is real, absolute peace and order?

The stream of vulgarity in the world has its source in the self, 'the me', the ego.

When there is no self, there is a responsibility for humanity.

What is the relationship between this stream, the self which is perpetuating the stream, and the unknown?

How is one who is in the stream to understand instantly, without going through the evolutionary process?

One steps out of the stream if one denies time, in the sense of becoming, being, achieving, comparing.

Can the mind, without any motive, negate the self?

Alain Naude was Krishnamurti's private secretary in the 1960s. He met Krishnamurti in 1963 whilst a music lecturer and concert pianist. He gave up his teaching and performing in 1964 to work with Krishnamurti. Fluent in several languages, he was very helpful at international gatherings and in attracting younger audiences to Krishnamurti's talks, at a time of cultural change in the West.

40 - K with Alain Naudé 6: A mind that is not empty cannot find truth

80 minutes

[Apple Podcasts](#)

Summary

This conversation between Krishnamurti and Naude was recorded in Malibu in 1972. Naude begins by asking: Are the various scriptures of India and the Middle East similar to or in contradiction to your teaching?

Krishnamurti later asks: Can thought end right through one's consciousness? Must thought not end for something new to be observed?

How does the mind look at itself? Does it look as an observer different from the observed, or without the observer and therefore there is only the observed?

Can consciousness empty itself of its content?

What has happened to the mind that has discarded the weight of becoming, of tradition, myth, gurus and authority?

A mind that has no space can never find truth. A mind that is not empty can never find truth.

Remaining with the fact of hurt.

When you are nothing, you love.

There is a movement in silence that has no beginning and no end, a movement that is always new.

Inquiry is different from effort, from seeking, from achievement.

Alain Naude was Krishnamurti's private secretary in the 1960s. He met Krishnamurti in 1963 whilst a music lecturer and concert pianist. He gave up his teaching and performing in 1964 to work with Krishnamurti. Fluent in several languages, he was very helpful at international gatherings and in attracting younger audiences to Krishnamurti's talks, at a time of cultural change in the West.

41 - Conversation with Donald Ingram Smith 2 – What is living, actually?

52 minutes

[Apple Podcasts](#)

Summary

This conversation was recorded in Ojai, California in 1980. Subjects explored include: Our conditioning is irrational. Will doubt help me to find out what truth is? Is there a listening without the word, without recognition? Thought can see itself in action. We have got many toys which

absorb us. Is it possible to get rid of them? An occupied mind is always limiting itself, narrowing its activity.

Donald Ingram Smith was a well-known Australian Broadcasting Corporation (ABC) broadcaster from Sydney. For many years he was involved with the recording of Krishnamurti's talks in Australia and India. He also hosted a radio programme on Krishnamurti. Ingram Smith first met Krishnamurti in 1949 and his memoirs of the times he spent with Krishnamurti through to his death are published in the book *Creative Happiness: A Journey with J. Krishnamurti*.

42 - Terence Stamp reading Commentaries on Living – Part 5

37 minutes

[Apple Podcasts](#)

Summary

Commentaries on Living is one of Krishnamurti's most well-known and best loved books. In it, he recalls many of the private conversations with those who came to see him. With encouragement from Aldous Huxley these meetings were written down by Krishnamurti and published in 1956. Two further volumes were published in 1958 and 1960.

Chapters included in this episode are titled *Experiencing, Virtue, Simplicity of the Heart, Facets of the Individual, Sleep, and Love in Relationship*.

Terence Stamp is an Oscar-nominated actor, known for his roles in *The Limey, Superman, The Collector, Wall Street* and many others. It was through working with Fellini that he met and became friends with Krishnamurti. Stamp includes his experiences with Krishnamurti in his recent memoir *The Ocean Fell Into the Drop*.

43 - Conversation with Pupul Jayakar 5 – How does one inquire into the source of all life?

91 minutes

[Apple Podcasts](#)

Summary

This conversation between Krishnamurti and Pupul Jayakar was recorded at Brockwood Park in 1982. The inquiry includes:

What is the source of all existence, all life, all action?

What is the approach of a mind that wants to inquire into something that it doesn't know, something that demands an extraordinary quality of deep subtlety, deep capacity of order?

Why doesn't one feel totally responsible for the wars, the brutality, the terrible things that are happening in the world?

Human beings have created such disorder in themselves and therefore outwardly. How does one comprehend or be aware of the origin of disorder?

What is the state of action that is born out of complete attention?

Is it necessary to go through the process of watching one's reactions and observing diligently one's relationships?

Any person who gives attention, who really says, 'I must find the source of life,' who is passionate about it, not just casual, will listen. They will listen: it is in the air.

Pupul Jayakar, who died in 1997, was an Indian cultural activist and writer, best known for her work on the revival of traditional and village arts, handlooms and handicrafts. She was a close friend of prime minister Indira Gandhi, and was her cultural advisor and biographer. Having been to a school established by Annie Besant, Pupul became involved with Krishnamurti's work in the 1940s, becoming a trustee of the Indian foundation.

[44 - Conversation with Pupul Jayakar 6 – Can we live without the burden of a thousand yesterdays?](#)

68 minutes

[Apple Podcasts](#)

Summary

This second conversation between Krishnamurti and Pupul Jayakar from 1982 was recorded at Brockwood Park. They ask:

Is it possible to keep the mind very young, and yet ancient?

What is consciousness?

Is it possible to completely end the whole content of my consciousness, of human consciousness, which has grown through millennia?

Can the brain ever be free from its own bondage?

Is it possible to look at life as a whole, without fragmentation?

Pupul Jayakar, was a trustee of Krishnamurti Foundation India, and for decades was a friend of Krishnamurti's. She helped publish many of his books in India, along with writing a biography which was published soon after his death. Her other books include The Earth Mother, The Buddha, and God is Not a Full-Stop.

[45 - Interview on Education by Fred Hall](#)

45 minutes

[Apple Podcasts](#)

Summary

This interview with Krishnamurti was recorded for television in Ojai 1975, in the context of the foundation of The Oak Grove School. Questions asked include:

You are working toward the realisation of a new school in the Ojai Valley. Why another school?

Would you mind explaining the words: 'whole', 'sane' and 'holy'?

You say a school is a place where one learns both the importance of knowledge and its irrelevance. Can you explain 'irrelevance'?

I'd like to ask you about three more words: 'thought', 'love', 'death'.

You have travelled far and spoken often and have been heard by millions, and you have created several schools. Do you feel that you have made a dent, that you have communicated meaningfully with large numbers of people?

Fred Hall was editor of Ojai Valley News and a radio pioneer. He was known for his interviews with famous musicians, bandleaders and singers of the 1930s, '40s and '50s. He lived Ojai for over 40 years and his newspaper often featured articles on Krishnamurti.

[46 - Terence Stamp reading Commentaries on Living – Part 6](#)

44 minutes

[Apple Podcasts](#)

Summary

Commentaries on Living is one of Krishnamurti's most well-known and best loved books. In it, he recalls many of the private conversations with those who came to see him. With encouragement from Aldous Huxley these meetings were written down by Krishnamurti and published in 1956. Two further volumes were published in 1958 and 1960. Chapters included in this episode are titled 'The Known and the Unknown', 'The Search for Truth', 'Sensitivity', 'The Individual and Society', 'The Self', and 'Belief'.

Terence Stamp is an Oscar-nominated actor, known for his roles in The Limey, Superman, The Collector, Wall Street and many others. It was through working with Fellini that he met and became friends with Krishnamurti. Stamp includes his experiences with Krishnamurti in his recent memoir The Ocean Fell Into the Drop.

[47 - Linda Strawn – We live in conflict with everything](#)

99 minutes

[Apple Podcasts](#)

Summary

Linda Strawn was a presenter at Pacifica Radio. This conversation with Krishnamurti was recorded in Ojai, California in 1984. Topics include:

Is it possible to look at the external and internal simultaneously?

Why does the brain immediately create images when meeting someone?

Is there security psychologically?

Is it possible to uncondition the brain?

As long as you are conditioned, do what you will outwardly, nothing is going to change man.

I see nationalism is a danger, so I move away from danger.

Our brains are occupied all the time and so our energy is limited.

If you change, deeply, profoundly, it affects the consciousness of man.

Psychologically, do not depend on anybody.

[48 - Ravi Ravindra – Is death a matter of continuity, or ending?](#)

68 minutes

[Apple Podcasts](#)

Summary

This conversation between Krishnamurti and Ravi Ravindra was recorded in Ojai, California, in 1985. The inquiry includes:

What do we mean by energy?

The brain has tremendous energy.

Is it possible for me to know what happens when I die, without inventing theories?

Is all I have collected different from the 'I'?

The world is in disorder and 99% of people are disorderly.

We rarely ask what death is. What does it mean to die? How do you find out?

Ravi Ravindra was born in India and later moved to Canada. He holds a Ph.D. in physics and an M.A. in philosophy, and is professor of Comparative Religion at Dalhousie University in Nova Scotia. He met Krishnamurti in the 1960s and the two met formally and informally over the years. Among his many books, *Two Birds on One Tree* and *Centred Self*, focussing on his time with Krishnamurti.

49 - Conversation with Alain Naudé 7 – Religion and Meditation

45 minutes

[Apple Podcasts](#)

Summary

This conversation between Krishnamurti and Alain Naude was recorded in Malibu, California, in 1972. Subjects include:

Is there any connection between the supernatural and religion?

Is a religious life to lead a good life?

A religious life is a life in which the self is not.

We get caught in the so-called mysterious. But when the self is not, there is a greater, vaster mystery.

Self-knowing is much more important than acquiring some kind of power.

What place has meditation in religious life?

Meditation is not control or a practice, it is not an effort to achieve an experience or to remain in a particular state of consciousness.

If the self is, the religious life is not. Can one dissolve the self?

Why are certain human beings entrenched in the myth of Jesus or Krishna?

Attachment destroys freedom.

Where there is freedom there is joy. It is that quality of mind that has this sense of joy and freedom that perceives.

Meditation means freedom and joy to observe, without any attachment or partial perception.

Alain Naude was Krishnamurti's private secretary in the 1960s. He met Krishnamurti in 1963 whilst a music lecturer and concert pianist. He gave up his teaching and performing in 1964 to work with Krishnamurti. Fluent in several languages, he was very helpful at international gatherings and in attracting younger audiences to Krishnamurti's talks, at a time of cultural change in the West.

[50 - Terence Stamp reading Commentaries on Living – Part 7](#)

45 minutes

[Apple Podcasts](#)

Summary

Commentaries on Living is one of Krishnamurti's most well-known and best loved books. In it, he recalls many of the private conversations with those who came to see him. With encouragement from Aldous Huxley these meetings were written down by Krishnamurti and published in 1956. Two further volumes were published in 1958 and 1960.

Chapters included in this episode are titled Silence, Renunciation of Riches, Repetition and Sensation, The Radio and Music, Authority, Meditation, and Anger.

Terence Stamp is an Oscar-nominated actor, known for his roles in *The Limey*, *Superman*, *The Collector*, *Wall Street* and many others. It was through working with Fellini that he met and became friends with Krishnamurti. Stamp includes his experiences with Krishnamurti in his recent memoir *The Ocean Fell Into the Drop*.

Season 2

[51 - Krishnamurti on Listening](#)

56 minutes

[Apple Podcasts](#)

Summary

This week's theme is Listening. Upcoming themes are Images, Passion and Confusion.

This week's podcast has four sections.

This first extract (starting at 2:19) is from Krishnamurti's first talk in Saanen 1962, titled 'The Act of Listening'.

The second part (starting at 35:04) is from the sixth talk in Saanen 1983, titled 'In Listening is a Miracle'.

The third part (starting at 44:50) is from the fourth talk in Ojai 1977, titled 'The Art of Listening'.

The final extract this week (starting at 50:34) is from the ninth talk in Saanen 1965, titled 'You are Listening to Yourself and not to the Speaker'.

[52 - Krishnamurti on Images](#)

62 minutes

[Apple Podcasts](#)

Summary

This week's podcast has three sections.

The first extract (starting at 2:11) is from Krishnamurti's first talk in Bombay 1966, titled To establish right relationship is to destroy the image.

The second extract (starting at 39:44) is from the fourth talk in Ojai 1977, titled Observing without the image.

The final extract this week (starting at 50:46) is from the first talk in New York City 1974, titled In attention there is no image.

[53 - Krishnamurti on Passion](#)

50 minutes

[Apple Podcasts](#)

Summary

This week's podcast has four sections.

The first extract (starting at 2:07) is from Krishnamurti's fourth talk in Madras 1964, titled We have killed passion.

The second extract (starting at 29:12) is from the second talk in New Delhi 1970, titled Out of sorrow comes passion.

The third extract (starting at 34:45) is from the third talk in Bombay 1974, titled Compassion means passion for all.

The final extract this week (starting at 45:23) is from the fourth talk in Madras 1967, titled Without passion there is no love.

[54 - Krishnamurti on Confusion](#)

64 minutes

[Apple Podcasts](#)

Summary

This week's podcast has two sections.

This first, longer, extract (starting at 2:16) is from Krishnamurti's third talk in New York 1966, titled Action born of confusion leads to more confusion.

The second, shorter, extract (starting at 1:00:40) is from the fourth talk in Madras 1970, titled Confusion tells its own story.

[55 - Krishnamurti on Time](#)

56 minutes

[Apple Podcasts](#)

Summary

This week's podcast has four sections.

The first extract, starting at 2:10, is from Krishnamurti's first talk in Rajghat 1984, titled The future is now

The second extract, starting at 12:30, is from the third talk in Ojai 1980, titled Your consciousness is the essence of time

The third extract, starting at 28:36, is from the fourth talk at Brockwood 1973, titled Thought is time as movement

The final extract this week, starting at 51:19, is from the sixth talk in Saanen 1978, titled When you understand death, time has come to an end

[56 - Krishnamurti on Freedom](#)

56 minutes

[Apple Podcasts](#)

Summary

This week's podcast has five sections.

The first extract, starting at 2:07, is from Krishnamurti's second Q&A meeting at Brockwood in 1980, titled What is freedom?

The second extract, starting at 11:40, is from the fourth talk in Saanen 1965, titled Freedom and order.

The third extract, starting at 30:17, is from the first talk at Brockwood in 1972, titled Freedom from thought.

The fourth extract, starting at 45:13, is from the first talk in San Juan 1968, titled Freedom is not at the end, it's at the very first step.

The final extract this week, starting at 50:58, is from Krishnamurti's fourth talk in New Delhi 1973, titled Meditation is absolute inward freedom.

[57 - Krishnamurti on Change](#)

78 minutes

[Apple Podcasts](#)

Summary

This week's podcast has five sections.

The first extract, starting at 2:12, is from Krishnamurti's fifth talk in Saanen 1974, titled If you change, humanity changes.

The second extract, starting at 7:37, is from the second question and answer meeting in Madras 1981, titled Why don't we change?

The third extract, starting at 23:06, is from the second talk in Saanen 1973, titled The urgency of change

The fourth extract, starting at 34:13, is from later in the same talk, titled Total transformation

The final extract this week, starting at 1:05:08, is from the third discussion in Saanen 1973, titled Change without ambition.

[58 - Krishnamurti on Consciousness](#)

62 minutes

[Apple Podcasts](#)

Summary

This week's podcast has four sections.

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

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

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

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

59 - Krishnamurti on Action

46 minutes

[Apple Podcasts](#)

Summary

This week'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.

60 - Krishnamurti on Observation

64 minutes

[Apple Podcasts](#)

Summary

This week's podcast has four sections.

The first extract, starting at 2:11, is from Krishnamurti's first talk in Madras 1969, titled 'Seeing exactly what is.'

The second extract, starting at 7:54, is from the first question and answer meeting in Ojai 1980, titled 'Can the observer be absent in observation?'

The third extract, starting at 20:22, is from the fourth talk in San Diego 1970, titled 'To observe clearly, the mind must be quiet.'

The final extract, starting at 29:17, this week is from the first talk at Brockwood Park 1973, titled 'The observer is the observed.'

61 - Krishnamurti on Emotion and Sentimentality

64 minutes

[Apple Podcasts](#)

Summary

This week's episode on Emotion and Sentimentality has eight sections.

The first extract (2:10) is from Krishnamurti's fifth talk in Saanen 1976, titled 'Emotions are natural, healthy, normal'.

The second extract (5:25) is from the third discussion in Saanen 1976, titled 'Emotion untouched by thought'.

The third extract (14:06) is from the fourth talk in Saanen 1970, titled 'Thought divides intellect and emotion'.

The fourth extract (23:17) is from the third discussion in Saanen 1971, titled 'Watching without thought or emotion'.

The fifth extract (30:45) is from the second talk in Saanen 1984, titled 'Health without emotional strain'.

The sixth extract (39:50) is from the second question and answer meeting in Madras 1981, titled 'Looking at emotion anew'.

The seventh extract (49:02) is from the third talk in New York 1974, titled 'Sentimental people are violent'.

The final extract (53:10) this week is from the fifth discussion in Saanen 1975, titled 'Compassion has no sentimentality'.

62 - Krishnamurti on Education

50 minutes

[Apple Podcasts](#)

Summary

This week's episode on Education has four sections.

The first extract (2:07) is from Krishnamurti's discussion Ojai 1985, titled 'Why are we educated?'

The second extract (12:29) is from the fifth question and answer meeting in Saanen 1980, titled 'Education is cooperative'.

The third extract (18:23) is from the first question and answer meeting Madras 1981, titled 'Teaching is the highest profession'.

The final extract this week (29:29) is from the second question and answer meeting in Saanen 1983, titled 'What is right education?'

63 - Krishnamurti on Violence

60 minutes

[Apple Podcasts](#)

Summary

This week's episode on Violence has five sections.

The first extract (2:12) is from Krishnamurti's first discussion at Brockwood Park in 1977, titled 'What is violence?'

The second extract (8:06) is from the second talk in Bombay 1983, titled 'Facing the fact of violence'

The third extract (15:14) is from the first question and answer meeting in Saanen 1982, titled 'Does violence have an opposite?'

The fourth extract (28:48) is from the first talk in San Francisco 1983, titled 'Ending violence without motive'.

The final extract this week (49:10) is from the first question and answer meeting in Saanen 1981, titled 'Are you adding to the violence in the world?'

64 - Krishnamurti on Intellect

55 minutes

[Apple Podcasts](#)

Summary

This week's episode on Intellect has five sections.

The first extract (2:08) is from Krishnamurti's fourth talk in Madras 1983, titled 'Intellection cannot go very far'.

The second extract (8:54) is from the sixth talk in Saanen 1980, titled 'Intellect has little place in compassion'.

The third extract (14:12) is from the fifth talk in Saanen 1970, titled 'Intelligence is beyond the interpretation of the intellect'.

The fourth extract (21:26) is from the fourth talk in Saanen 1978, titled 'Do we think reasonably, logically, sanely?'

The final extract this week (34:56) is from the second talk in New Delhi 1970, titled 'Can the intellectual process bring about a harmonious life?'

[65 - Krishnamurti on Happiness](#)

53 minutes

[Apple Podcasts](#)

Summary

This week's episode on Happiness has six sections.

The first extract (2:07) is from Krishnamurti's fourteenth talk in Ojai 1949, titled 'Why are we seeking happiness?'

The second extract (8:32) is from the second talk in Bombay 1974, titled 'What is the meaning of life?'

The third extract (31:06) is from the fourth talk in Ojai 1978, titled 'The moment you say you are happy, you are not happy'.

The fourth extract (35:58) is from the sixth talk in Saanen 1972, titled 'When there is enjoyment, the brain relaxes'.

The fifth extract (42:18) this week is from the third talk in Ojai 1975, titled 'Is happiness in the past or future?'

The final extract this week (50:42) is from the first talk in San Juan 1968, titled 'To come upon happiness one must understand oneself'.

[66 - Krishnamurti on Self-Knowledge](#)

59 minutes

[Apple Podcasts](#)

Summary

This week's episode on Self-knowledge has six sections.

The first extract (2:10) is from Krishnamurti's first question and answer meeting in Saanen 1980, titled 'What is self-knowledge?'

The second extract (9:42) is from the fifth discussion in Saanen 1977, titled 'Observing oneself in relationship'.

The third extract (22:38) is from the third talk at Brockwood Park in 1970, titled 'We look at ourselves with knowledge'.

The fourth extract (37:56) is from the third question and answer meeting in Saanen 1981, titled 'Reading the book of oneself'.

The fifth extract (45:40) is from the sixth talk in Ojai 1949, titled 'Without self-knowledge there can be no meditation'.

The final extract this week (54:22) is from the third question and answer meeting in Ojai 1982, titled 'Because we don't know ourselves, we destroy'.

[67 - Krishnamurti on Anger](#)

48 minutes

[Apple Podcasts](#)

Summary

This week's episode on Anger has six sections.

The first extract (2:06) is from Krishnamurti's second talk in Rajghat 1967, titled 'Looking at anger totally'.

The second extract (6:26) is from the second discussion in Madras 1971, titled 'Is it possible to be free of irritation?'

The third extract (11:30) is from the first talk in New Delhi 1967, titled 'Being attentive to anger'.

The fourth extract (15:40) is from the second talk in Madras 1971, titled 'An observation of anger without the observer'.

The fifth extract (33:20) is from the second discussion in Saanen 1972, titled 'Anger has no opposite'.

The final extract (45:10) this week is from the second question and answer meeting in Ojai 1980, titled 'Don't respond to anger with anger'.

68 - Krishnamurti on God

59 minutes

[Apple Podcasts](#)

Summary

This week's episode on God has six sections.

The first extract (2:10) is from Krishnamurti's second question and answer meeting in Bombay 1985, titled 'To understand the human psyche is more important than to talk about God'.

The second extract (9:10) is from the second question and answer meeting in Madras 1981, titled 'Does God exist?'

The third extract (18:20) is from the third talk in Saanen 1984, titled 'Thought created God'.

The fourth extract (25:20) is from the seventh talk in London 1962, titled 'The religious mind isn't the mind that believes'.

The fifth extract (41:08) this week is from the second question and answer meeting at Brockwood Park in 1984, titled 'Why do we pray?'

The final extract (53:54) this week is from the first discussion at Brockwood Park in 1971, titled 'I don't know what God is'.

69 - Krishnamurti on Jealousy and Envy

47 minutes

[Apple Podcasts](#)

Summary

This week's episode on Jealousy and Envy has five sections.

The first extract (2:16) is from Krishnamurti's first question and answer meeting at Brockwood Park in 1983, titled 'Why am I jealous?'

The second extract (12:30) is from the second talk at Brockwood Park in 1978, titled 'Is jealousy part of love?'

The third extract (24:54) is from the second talk at Brockwood Park in 1975, titled 'Can you live without comparison?'

The fourth extract (32:00) is from the second talk in Saanen 1977, titled 'Ending envy'.

The final extract this week (42:18) is from the first talk at Brockwood Park in 1969, titled 'Giving all your attention to jealousy'.

70 - Krishnamurti on Intelligence

58 minutes

[Apple Podcasts](#)

Summary

This week's episode on Intelligence has five sections.

The first extract (2:10) is from Krishnamurti's second question and answer meeting in Saanen 1985, titled 'Partial versus holistic intelligence'.

The second extract (15:17) is from the sixth talk in Saanen 1979, titled 'Intelligence is perception and action'.

The third extract (25:36) is from the third question and answer meeting in Saanen 1984, titled 'Unlimited intelligence'.

The fourth extract (47:55) is from the third talk in Saanen 1980, titled 'Where there is intelligence there is right action'.

The final extract this week (53:04) is from the fourth talk in New Delhi 1972, titled 'In intelligence is total security'.

71 - Krishnamurti on Habits

57 minutes

[Apple Podcasts](#)

Summary

This week's episode on Habits has four sections.

The first extract (2:06) is from Krishnamurti's fifth talk in Saanen 1962, titled 'Awareness of habits'.

The second extract (24:24) is from the first question and answer meeting at Brockwood Park in 1983, titled 'Ending the habit of chattering'.

The third extract (39:28) is from Krishnamurti's first talk in Saanen 1970, titled 'Listening ends habit'.

The final extract this week (48:08) is from the third discussion in Madras 1979, titled 'The habit of tradition'.

72 - Krishnamurti on Authority

57 minutes

[Apple Podcasts](#)

Summary

This week's episode on Authority has five sections.

The first extract (2:11) is from Krishnamurti's second talk in New Delhi 1962, titled 'Breaking down authority'.

The second extract (18:20) is from the fourth talk at Brockwood Park in 1975, titled 'We accept the authority of gurus'.

The third extract (25:12) is from Krishnamurti's third talk in Bombay 1967, titled 'Spiritual authority is an evil thing'.

The fourth extract (43:54) is from the second talk at Brockwood Park in 1971, titled 'Cooperation without authority'.

The final extract this week (50:59) is from Krishnamurti's second talk in Saanen 1970, titled 'Freedom implies the cessation of all authority'.

73 - Krishnamurti on Awareness

68 minutes

[Apple Podcasts](#)

Summary

This week's episode on Awareness has six sections.

The first extract (2:08) is from Krishnamurti's second question and answer meeting at Brockwood Park in 1982, titled 'What is it to be aware?'

The second extract (8:14) is from the first talk at Brockwood Park in 1970, titled 'Awareness of your conditioning'.

The third extract (27:21) is from Krishnamurti's eighth talk in Saanen 1963, titled 'Choiceless awareness'.

The fourth extract (40:58) is from the sixth talk in Madras 1978, titled 'Can thought be aware of itself?' The fifth extract (46:28) is from Krishnamurti's seventh talk in Saanen 1971, titled 'Awareness of unawareness'.

The final extract this week (56:06) is from the fourth talk in Berkeley 1969, titled 'Awareness in meditation'.

74 - Krishnamurti on Life

81 minutes

[Apple Podcasts](#)

Summary

This week's episode on Life has four sections.

The first extract (2:06) is from Krishnamurti's second talk in Bangalore 1971, titled 'What is our daily life?'

The second extract (9:44) is from the fourth talk in Saanen in 1973, titled 'Is there a meaning to life?'

The third extract (39:16) is from Krishnamurti's first talk in Ojai 1982, titled 'A holistic view of life'.

The final extract this week (1:15:04) is from the fifth discussion in Saanen 1968, titled 'The only thing important in life'.

75 - Krishnamurti on Truth

64 minutes

[Apple Podcasts](#)

Summary

'Truth is not something that is mysterious; truth is where you are.

From there we can begin.' This week's podcast has five sections.

The first extract (2:06) is a rare recording of Krishnamurti reading 'Truth is a Pathless Land', in Ojai 1930.

The second extract (7:10) is from the second question and answer meeting in Ojai 1980, titled 'Is truth absolute or relative?'

The third extract (34:02) is from Krishnamurti's third question and answer meeting at Brockwood Park in 1983, titled 'Facts show what the truth is'.

The fourth extract (53:04) is from the fourth talk at Brockwood Park in 1972, titled 'Truth is to see the false'.

The final extract this week (58:34) is from Krishnamurti's first question and answer meeting in Ojai 1984, titled 'Truth acts as a poison if one doesn't act'.

76 - Krishnamurti on Relationship

75 minutes

[Apple Podcasts](#)

Summary

'Relationship, if we allow it, can be a process of self-revelation; but, since we do not allow it, relationship becomes merely a gratifying activity. As long as the mind uses relationship for its own security, that relationship is bound to create confusion and antagonism.'

This week's podcast has two sections.

The first extract (2:14) is from Krishnamurti's first talk in Ojai 1973, titled 'A life in which there is no conflict in relationship'.

The second extract (1:02:55) is from the second talk in Ojai 1949, titled 'Right relationship'.

77 - Krishnamurti on Beauty

62 minutes

[Apple Podcasts](#)

Summary

'Can there be beauty in the external world without understanding the beauty of life in oneself?'

This week's podcast has five sections, including an exclusive recording made for the book 'Krishnamurti to Himself', which has not been heard before, outside of the archives.

The first extract (2:06) is from Krishnamurti's fifth talk in Saanen 1982, titled 'What is beauty?'

The second extract (9:22) is from the fourth talk in Saanen in 1985, titled 'Is it beauty when you are absorbed by something?'

The third extract (27:02) is from Krishnamurti's fourth talk in Madras 1974, titled 'The silence of a quiet mind is the essence of beauty'.

The fourth extract (37:18) is from the fourth talk in Ojai 1978, titled 'Beauty and desire'.

The final extract this week (53:54) is from a recording by Krishnamurti in Ojai 1983, titled 'A new day has begun, full of beauty'.

78 - Krishnamurti on Compassion

57 minutes

[Apple Podcasts](#)

Summary

‘Compassion means passion for all human beings, animals and nature. How can there be compassion when there is fear or when the mind is constantly pursuing pleasure?’

This week’s podcast has six sections.

The first extract (2:08) is from Krishnamurti’s fourth talk in Madras 1983, titled ‘What is compassion?’.

The second extract (7:02) is from the second talk in San Francisco 1973, titled ‘We have no compassion’

The third extract (15:02) is from Krishnamurti’s second talk at Brockwood Park in 1975, titled ‘The ending of sorrow is the beginning of compassion’.

The fourth extract (29:37) is from the second question and answer meeting at Brockwood Park in 1979, titled ‘Compassion is supreme’.

The fifth extract (34:44) is from Krishnamurti’s third question and answer meeting in Ojai 1982, titled ‘Compassion can only exist when the self is not’.

The final extract this week (46:08) is from the fifth discussion in Saanen 1975, titled ‘Without compassion, the sacred cannot be found’.

79 - Krishnamurti on Death

80 minutes

[Apple Podcasts](#)

Summary

‘Why have we put death at the far end of one’s life? Because we cling to what is known, and death is unknown.’

This week’s podcast has five sections.

The first extract (2:12) is from Krishnamurti’s sixth talk in Ojai 1981, titled ‘What is the meaning of death?’

The second extract (11:36) is from the fourth talk in Madras 1985, titled ‘Living with death’.

The third extract (31:30) is from Krishnamurti’s second question and answer meeting in Saanen 1982, titled ‘What is it that dies?’

The fourth extract (42:34) is from the third talk at Brockwood Park in 1975, titled ‘What is immortality?’

The final extract this week (1:03:54) is an exclusive to this podcast, never being heard before outside of the archives. It is from a direct recording by Krishnamurti in 1984, titled ‘The extraordinary simplicity of dying.’

80 - Krishnamurti on Thought

91 minutes

[Apple Podcasts](#)

Summary

‘If thought is the cause of this chaos, thought can end and something totally new can begin.’

This week’s podcast has seven sections.

The first extract (2:09) is from Krishnamurti’s first talk at Brockwood Park in 1984, titled ‘What is thinking?’

The second extract (9:06) is from the second talk in Madras 1979, titled ‘Thought is limited’.

The third extract (23:48) is from Krishnamurti’s first talk in Saanen 1980, titled ‘Is thought the cause of chaos?’

The fourth extract (33:16) is from the first question and answer meeting in Bombay 1984, titled ‘You are thought’.

The fifth extract (43:26) is from Krishnamurti’s second question and answer meeting at Brockwood Park in 1979, titled ‘Can thought be aware of itself as it arises?’

The sixth extract (50:00) is from the seventh talk in Saanen 1971, titled ‘Can thought be completely silent?’

The final extract this week (1:24:40) is from the sixth talk at Rajghat in 1962, titled 'Letting every thought flower in freedom'.

81 - Krishnamurti on Psychological Evolution

73 minutes

[Apple Podcasts](#)

Summary

'We are asking: is there psychological evolution at all, the 'me' becoming something?'

This week's podcast has four sections.

The first extract (2:12) is from Krishnamurti's first talk in Saanen 1982, titled 'We have become like this through evolution'.

The second extract (23:58) is from the first talk in Saanen 1979, titled 'Psychologically there is no tomorrow'.

The third extract (36:52) is from Krishnamurti's third talk in Bombay 1983, titled 'Ending fear now'.

The final extract this week (1:04:12) is from the first talk in Saanen 1984, titled 'What you are now you will be'.

82 - Krishnamurti on Loneliness

59 minutes

[Apple Podcasts](#)

Summary

'If you see the absurdity of escaping, the fact that running away from it is part of loneliness, then you have the energy to face loneliness.'

This week's podcast has five sections. The first extract (2:10) is from Krishnamurti's fourth talk in Saanen 1971, titled 'We isolate ourselves'.

The second extract (11:30) is from the fourth talk in Saanen 1982, titled 'What is the cause of loneliness?'

The third extract (31:52) is from Krishnamurti's sixth talk in Saanen 1976, titled 'Loneliness and death'.

The fourth extract (40:16) is from the second talk in Ojai 1973, titled 'Observing loneliness'.

The final extract this week (47:02) is from Krishnamurti's thirteenth talk in Ojai 1949, titled 'We are lonely but never alone'.

83 - Krishnamurti on Nature and the Environment

69 minutes

[Apple Podcasts](#)

Summary

'We never have this feeling of wholeness, where the things of the sea and earth, the nature and the sky, is the universe, is part of us.'

This week's podcast has seven sections. The first extract (2:12) is from Krishnamurti's fourth talk in Madras 1979, titled 'If one loses contact with nature'.

The second extract (8:28) is from the second question and answer meeting at Brockwood Park in 1980, titled 'We are the greatest danger to the world'.

The third extract (12:14) is from Krishnamurti's second question and answer meeting in Ojai 1985, titled 'Are we struggling against our nature in seeking to change?'

The fourth extract (18:00) is from the first talk in Saanen 1978, titled 'Observing natural sensation'.

The fifth extract (28:32) is from Krishnamurti's fourth talk at Brockwood Park in 1983, titled 'What is the origin of all life?'

The sixth extract (42:14) is from the second talk in Benares 1964, titled 'Communion with nature'.

The final extract this week (51:26) is from a direct recording by Krishnamurti in 1983, titled 'Will we ever live on this beautiful earth peacefully?' This exclusive recording is presented here for the first time.

84 - Krishnamurti on Negation

75 minutes

[Apple Podcasts](#)

Summary

‘When your mind is in that state of complete negation, you can approach anew all your problems, and then you will find that they can be resolved totally and completely.’

This week’s podcast has five sections.

The first extract (2:18) is from Krishnamurti’s fifth talk in Saanen 1965, titled ‘The negative approach’.

The second extract (9:18) is from the sixth talk in Paris 1961, titled ‘To see what is true there must be negation of the false’.

The third extract (15:52) is from Krishnamurti’s sixth talk in Bombay 1966, titled ‘Negation is positive action’.

The fourth extract (39:56) is from the fourth talk in Ojai 1982, titled ‘Negating all that is not love’.

The final extract this week (52:54) is from Krishnamurti’s fifth talk in Bombay 1982, titled ‘Negation, death and ending’.

85 - Krishnamurti on Knowledge

73 minutes

[Apple Podcasts](#)

Summary

‘Knowledge is absolutely necessary to earn a livelihood, but why should I accumulate psychological knowledge?’

This week’s episode has four sections.

The first extract (2:22) is from Krishnamurti’s first talk in San Francisco 1973, titled ‘The function of knowledge’.

The second extract (16:38) is from the first talk in Saanen 1973, titled ‘What place has knowledge in transformation?’

The third extract (40:14) is from Krishnamurti’s first talk at Brockwood Park in 1980, titled ‘Ignorance and knowledge go together’.

The final extract (52:10) this week is from the sixth talk in Bombay 1981, titled ‘Meditation is the understanding of knowledge’.

86 - Krishnamurti on Analysis

57 minutes

[Apple Podcasts](#)

Summary

‘Analysis implies a division between the analyser and the analysed, and in that division there is already the root of conflict.’

This week’s podcast has three sections.

The first extract (2:24) is from Krishnamurti’s third talk in Saanen 1970, titled ‘The division between the analyser and the analysed’.

The second extract (31:42) is from the fifth talk in Saanen 1970, titled ‘Can analysis end fear?’

The final extract this week (39:02) is from Krishnamurti’s fifth talk in Madras 1978, titled ‘Analysis is paralysis’.

87 - Krishnamurti on Society

66 minutes

[Apple Podcasts](#)

Summary

‘We need a new society; and that society is not going to be created by anybody except by you. I do not think we feel the immense responsibility of this.’

This week’s episode on Society has five sections.

The first extract (2:29) is from Krishnamurti’s fourth question and answer meeting in Ojai 1981, titled ‘What is your relationship to society?’

The second extract (8:36) is from the third talk in Madras 1985, titled ‘Each one of us has built society’.

The third extract (19:10) is from Krishnamurti’s second question and answer meeting in Saanen 1982, titled ‘Is it possible to not contribute to the cruelty of society?’

The fourth extract (30:24) is from the fourth talk in Saanen 1972, titled ‘Society creates an image in us’.

The final extract (48:36) this week is from Krishnamurti’s first talk in Bombay 1965, titled ‘We need a new society’.

88 - Krishnamurti on Meditation

82 minutes

[Apple Podcasts](#)

Summary

‘Meditation means the emptying of consciousness of its content. Then only can the mind be absolutely quiet.’

This week’s episode on Meditation has four sections.

The first extract (2:24) is from Krishnamurti’s fourth talk in San Diego 1970, titled ‘What is meditation?’

The second extract (16:41) is from the seventh talk in Saanen 1974, titled ‘The controller is the controlled’.

The third extract (42:32) is from Krishnamurti’s sixth talk in Ojai 1949, titled ‘Meditation is the beginning of self-knowledge’.

The final extract (1:11:11) this week is from a direct recording by Krishnamurti in 1983, titled ‘Meditation is without measurement’. This recording is exclusive to this podcast and has not been heard outside of the archives before now.

89 - Krishnamurti on Individuality

75 minutes

[Apple Podcasts](#)

Summary

‘Each of us has been brought up to be a separate individual with our own soul. Is this a fact, or merely a concept?’

This week’s episode on individuality has four sections.

The first extract (2:18) is from Krishnamurti’s first talk in Ojai 1981, titled ‘We think we are individuals’.

The second extract (25:34) is from the first talk at Brockwood Park in 1981, titled ‘The concept of individuality is the root of division’.

The third extract (41:11) is from the first question and answer meeting in Ojai 1984, titled ‘You are not unique’.

The final extract (1:06:15) is from Krishnamurti’s third talk in Madras 1972, titled ‘Is there a permanent you?’

90 - Krishnamurti on Peace

76 minutes

[Apple Podcasts](#)

Summary

'Peace is necessary in order to grow, to flower, to understand, to have time to look around, to explore into ourselves and what we find there. We must have peace.'

This week's episode on Peace has three sections.

The first extract (2:26) is from Krishnamurti's first talk in Saanen 1983, titled 'Is it possible to live in peace?'

The second extract (30:32) is from the second question and answer meeting at Brockwood in 1984, titled 'Peace requires intelligence'.

The final extract (58:08) this week is from Krishnamurti's ninth talk in Saanen 1964, titled 'Peace of mind'.

91 - Krishnamurti on Ambition

62 minutes

[Apple Podcasts](#)

Summary

'Ambition is the same, whether it is in the world or turned towards God.'

This week's episode on Ambition has four sections.

The first extract (2:18) is from Krishnamurti's first talk in London 1962, titled 'Denying ambition totally.'

The second extract (13:46) is from the sixth talk in Saanen 1981, titled 'Where there is ambition, can love exist?'

The third extract (25:52) is from Krishnamurti's first talk at Brockwood Park in 1973, titled 'Ambition is a waste of energy'.

The final extract this week (43:30) is from the ninth talk in Ojai 1949, titled 'Are you free of ambition?'

92 - Krishnamurti on Fear

71 minutes

[Apple Podcasts](#)

Summary

'Most of us are concerned with trimming fear, like we trim branches of a tree. And we think this is good enough, but we don't challenge ourselves whether it is possible to be completely free of fear.'

This week's episode on Fear has five sections.

The first extract (2:24) is from Krishnamurti's second talk in San Francisco 1983, titled 'We are two friends discussing fear'.

The second extract (9:34) is from the fifth talk in Saanen 1981, titled 'What is fear?'

The third extract (23:52) is from Krishnamurti's third question and answer meeting in Ojai 1981, titled 'Observing fear'.

The fourth extract (47:56) is from the second question and answer meeting at Brockwood Park in 1985, titled 'Fear of change'.

The final extract (57:22) is from Krishnamurti's sixth talk in Saanen 1981, titled 'Fear of dying'.

93 - Krishnamurti on Conflict

68 minutes

[Apple Podcasts](#)

Summary

'Where there is division there must be conflict. That is a law, and we all know this.'

This week's episode on Conflict has four sections.

The first extract (2:32) is from Krishnamurti's second question and answer meeting in Ojai 1981, titled 'Where there is division there is conflict.'

The second extract (28:51) is from the fifth talk in Saanen 1977, titled 'Is it possible to live without conflict?'

The third extract (39:02) is from Krishnamurti's first talk at Brockwood Park in 1984, titled 'Is thought

the cause of conflict?’

The final extract this week (52:00) is from the third question and answer meeting in Saanen 1981, titled ‘The root of conflict in relationship.’

94 - Krishnamurti on Anonymity and Creativity

62 minutes

[Apple Podcasts](#)

Summary

‘There is great beauty in being totally anonymous. And the whole world is seeking identity, power, position.’ This week’s episode on Anonymity and Creativity has four sections.

The first extract (2:32) is from Krishnamurti’s third question and answer meeting in Ojai 1980, titled ‘In anonymity is true creativity.’

The second extract (19:03) is from the fourth talk at Brockwood Park in 1978, titled ‘Total anonymity and humility’.

The third extract (28:42) is from Krishnamurti’s seventh talk in Saanen 1961, titled ‘Creativity and the still mind’.

The final extract this week (45:34) is from the fourth talk in Amsterdam 1968, titled ‘Become completely anonymous’.

95 - Krishnamurti on Religion

60 minutes

[Apple Podcasts](#)

Summary

‘Religion is not the authoritarian, accepted form of religion, the state religion, the religion of belief, of faith, of dogma, of rituals, of worshipping a symbol.’

This week’s episode on Religion has five sections.

The first extract (2:24) is from Krishnamurti’s sixth talk in Ojai 1982, titled ‘What is religion?’

The second extract (19:07) is from the fourth talk in Madras 1974, titled ‘Religion is the core of a new culture’.

The third extract (33:38) is from Krishnamurti’s second talk in London 1982, titled ‘The religious mind’.

The fourth extract (47:31) is from the sixth talk in Saanen 1984, titled ‘The religious mind is in a state of creation’.

The final short extract (54:29) is from a recording by Krishnamurti in Ojai 1984, titled ‘Religion is a form of science’. This recording made for the book ‘Krishnamurti to Himself’ is an exclusive to this podcast and has not been made available before now.

96 - Krishnamurti on Love

67 minutes

[Apple Podcasts](#)

Summary

‘Where there is love, then do what you will, it will be right action’.

This week’s episode on Love has five sections.

The first extract (2:16) is from Krishnamurti’s fourth talk in Ojai 1984, titled ‘What is love?’

The second extract (10:28) is from the sixth talk in Saanen 1973, titled ‘Love in relationships’.

The third extract (24:26) is from Krishnamurti’s third talk in Saanen 1975, titled ‘Is love a movement in time?’

The fourth extract (36:22) is from the third talk at Brockwood Park in 1985, titled ‘With the ending of sorrow is love’.

The final extract this week (55:30) is from Krishnamurti’s second talk in Bombay 1983, titled ‘Is there love in your heart?’

[97 - Krishnamurti on Conditioning](#)

62 minutes

[Apple Podcasts](#)

Summary

'Can the mind be aware of the content of its conditioning only, and not try to go beyond it?'

This week's episode on Conditioning has two sections.

The first extract (2:24) is from Krishnamurti's second talk in Saanen 1973, titled 'Freeing the mind from the web of conditioning'.

The second and final extract (51:25) is from the seventh talk in Saanen 1981, titled 'Can one specialise yet function wholly?'

[98 - Krishnamurti on Enlightenment](#)

76 minutes

[Apple Podcasts](#)

Summary

'Enlightenment is not of time. It is not a process. It is not something that you gradually come to.'

This week's episode on Enlightenment has five sections.

The first extract (2:22) is from the second question and answer meeting in Ojai 1982, titled 'What is enlightenment?'

The second extract (12:51) is from the first question and answer meeting at Brockwood Park in 1980, titled 'The one who says, "I know," does not know'.

The third extract (20:51) is from the fourth question and answer meeting in Saanen 1980, titled 'Is enlightenment a matter of time?'

The fourth extract (34:43) is from the third question and answer meeting in Saanen 1981, titled 'Is enlightenment an experience?'

The final extract (44:30) is from Krishnamurti's sixth talk in Saanen 1979, titled 'A light to oneself'.

[99 - Krishnamurti on Security](#)

57 minutes

[Apple Podcasts](#)

Summary

'Is there security at all? There is when there is intelligence. Intelligence is the most positive force of security'.

This week's episode on Security has four sections.

The first extract (2:24) is from the second question and answer meeting at Brockwood Park in 1982, titled 'Is there any security?'

The second extract (17:26) is from Krishnamurti's sixth talk in Saanen 1974, titled 'Our physical security is being threatened'.

The third extract (34:51) is from the first talk in Saanen 1977, titled 'Can thought provide security?'

The final extract this week (49:27) is from Krishnamurti's second talk in New York 1974, titled 'Total security'.

[100 - Krishnamurti on Silence](#)

61 minutes

[Apple Podcasts](#)

Summary

'In silence is that quality of energy you have never touched before, and that is the transforming factor, the real creative movement of life.'

This week's episode on Silence has seven sections.

The first extract (2:27) is from the first question and answer meeting in Ojai 1984, titled 'Why is silence necessary?'

The second extract (9:08) is from the first question and answer meeting in Ojai 1983, titled 'Silence needs space.'

The third extract (18:05) is from Krishnamurti's third talk in Madras 1967, titled 'Silence is not the ending of noise'.

The fourth extract (26:46) is from the fourth talk in Madras 1974, titled 'Silence is not to be practiced'.

The fifth extract (35:32) is from Krishnamurti's fourth talk in New Delhi 1973, titled 'In silence there is a totally different kind of energy'.

The sixth extract (43:43) is from the fourth talk at Brockwood Park in 1984, titled 'The sound of silence'.

The final extract this in this episode (52:12) is from a direct recording made by Krishnamurti in Ojai 1983, titled 'The roots of heaven are in deep abiding silence'. This recording has not been heard before, outside of the archives.

Season 3

[101 - Krishnamurti on Yoga](#)

54 minutes

[Apple Podcasts](#)

Summary

If you are doing yoga there must be no effort at all, no forcing the body. If you force the body it is not yoga.'

This week's episode on Yoga has six sections.

The first extract (2:30) is from the fourth talk at Brockwood Park in 1972, titled 'The origins of yoga'.

The second extract (5:36) is from the fourth talk in Amsterdam 1971, titled 'Which is more important, a healthy body or a healthy mind?'

The third extract (12:23) is from Krishnamurti's fourth discussion at Brockwood Park School in 1970, titled 'Yoga without effort or control'.

The fourth extract (24:45) is from the first question and answer meeting at Brockwood Park in 1979, titled 'Can yoga awaken deeper energy, called kundalini?'

The fifth extract (35:25) is from Krishnamurti's third talk in Ojai 1985, titled 'The highest form of yoga'.

The final extract in this episode (42:28) is from the sixth talk in Ojai 1980, titled 'There is only one yoga'.

[102 - Krishnamurti on Uncertainty](#)

57 minutes

[Apple Podcasts](#)

Summary

When you live in a state of complete inward uncertainty, you will see that you meet any challenge with clarity and swiftness.'

This week's episode on Uncertainty has two sections.

The first extract (2:44) is from Krishnamurti's first question and answer meeting in Saanen 1980, titled 'We move from certainty to uncertainty to certainty'.

The second and final extract (14:04) in this episode is from the second talk in Bombay 1964, titled 'Be free and live in a state of uncertainty'.

[103 - Krishnamurti on Revolution](#)

74 minutes

[Apple Podcasts](#)

Summary

A radical revolution is necessary, a revolution that is not merely economic or social, but at much greater depth, at the very root of consciousness.'

This week's episode on Revolution has five sections.

The first extract (2:28) is from Krishnamurti's talk in Rishi Valley 1967, titled 'Revolt is one thing, revolution another'.

The second extract (32:57) is from the second talk in Bombay 1967, titled 'A radical revolution is necessary'.

The third extract (44:47) is from Krishnamurti's seventh talk in London 1962, titled 'A deep psychological revolution'.

The fourth extract (52:39) is from the sixth talk in Paris 1961, titled 'Revolution from complete emptiness.'

The final extract in this episode (1:07:19) is from Krishnamurti's seventh talk in New Delhi 1963, titled 'A religious revolution'.

104 - Krishnamurti on Comparison

58 minutes

[Apple Podcasts](#)

Summary

Is it possible to live without comparison of any kind, never translating yourself in terms of comparison with another or with an idea or hero?’

This week’s episode on Comparison has six sections.

The first extract (2:34) is from Krishnamurti’s sixth talk in Saanen 1970, titled ‘We are conditioned to compare’.

The second extract (8:27) is from the fourth talk in Bombay 1983, titled ‘We are always comparing’.

The third extract (12:42) is from Krishnamurti’s fourth talk in Bombay 1967, titled ‘Can you live without comparison?’

The fourth extract (24:44) is from the second talk in Rajghat 1974, titled ‘What happens when there is no comparison?’

The fifth extract (34:28) is from Krishnamurti’s third talk in Ojai 1982, titled ‘Where there is comparison there must be fear’.

The final extract in this episode (46:35) is from the first question and answer meeting in Saanen 1985, titled ‘Why do gurus compare themselves to Krishnamurti?’

105 - Krishnamurti on Greed

48 minutes

[Apple Podcasts](#)

Summary

‘If I allow time to be free from greed, I am still greedy. But to understand greed, the cause of greed, is the ending of greed.’

This week’s episode on Greed has six sections.

The first extract (2:36) is from the first question and answer meeting in Bombay 1985, titled ‘We are educated to have more, more, more’.

The second extract (7:20) is from Krishnamurti’s third talk in Madras 1982, titled ‘Trying to become non-greedy is still greed’.

The third extract (17:51) is from the fourth discussion in Saanen 1976, titled ‘Observing the whole movement of greed’.

The fourth extract (26:45) is from Krishnamurti’s second talk in Bombay 1981, titled ‘How do I observe greed?’

The fifth extract (38:10) is from the fourth talk at Brockwood Park in 1971, titled ‘Awareness of greed without the observer’.

The final extract (44:48) in this episode is from Krishnamurti’s first talk at Stanford 1969, titled ‘When the mind is not greedy, nothing can make it greedy’.

106 - Krishnamurti on Suppression

60 minutes

[Apple Podcasts](#)

Summary

‘If I don’t escape, control, suppress or try to rationalise, my energy is concentrated. So I have enormous energy to deal with facts.’

This week’s episode on Suppression has four sections.

The first extract (2:48) is from Krishnamurti’s second talk in Calcutta 1982, titled ‘Should we suppress desire?’

The second extract (22:30) is from the second discussion in Saanen 1972, titled ‘What happens if I don’t suppress anger?’

The third extract (33:11) is from Krishnamurti’s third talk in New Delhi 1983, titled ‘We are

conditioned to suppress fear’.

The final extract (45:57) in this episode is from the seventh talk in New Delhi 1963, titled ‘Religions encourage suppression’.

107 - Krishnamurti on Hate

59 minutes

[Apple Podcasts](#)

Summary

‘Where there is jealousy, there is hate. Has hate any relationship to love? Is love the opposite of hate?’

This week’s episode on Hate has four sections.

The first extract (2:27) is from Krishnamurti’s first talk in Saanen 1982, titled ‘Is hatred going to destroy us?’

The second extract (17:00) is from the seventh talk in Ojai 1949, titled ‘How am I to be free of hate?’

The third extract (33:49) is from Krishnamurti’s first talk at Brockwood Park in 1982, titled ‘The flame of attention burns away hate’.

The final extract (43:16) in this episode is from the fourth talk in Madras 1983, titled ‘Has hate any relationship to love?’

108 - Krishnamurti on Experience

72 minutes

[Apple Podcasts](#)

Summary

‘Experiences are always in the past, never at the moment, and any experience you have is recognisable, otherwise it is not an experience.’

This week’s episode on Experience has two sections.

The first extract (2:49) is from Krishnamurti’s fifth talk in New York 1966, titled ‘Can experience bring about transformation?’

The second and final extract in this episode (54:42) is from the first question and answer meeting at Brockwood Park in 1985, titled ‘Is there experience without an experienter?’

109 - Krishnamurti on The arts of looking, listening and learning

79 minutes

[Apple Podcasts](#)

Summary

‘The real meaning of the word ‘art’ is to put everything in its right place, so that the mind is liberated.’

This week’s episode on The arts of looking, listening and learning has five sections.

The first extract (2:46) is from the fourth talk in Ojai 1977, titled ‘In the art of listening there is freedom’.

The second extract (11:07) is from Krishnamurti’s sixth talk in Madras 1978, titled ‘There is a great miracle in listening’.

The third extract (17:19) is from the second talk in Colombo 1980, titled ‘Listening to the story of mankind’.

The fourth extract (38:02) is from Krishnamurti’s second talk in Bombay 1978, titled ‘The art of seeing.’

The final extract in this episode (49:50) is from the tenth talk in Saanen 1966, titled ‘The meaning of existence can only be discovered in seeing and listening.’

110 - Krishnamurti on Sorrow

63 minutes

[Apple Podcasts](#)

Summary

'What is sorrow? Why does one suffer? Will the discovery of the cause of suffering end suffering?'

This week's episode on Sorrow has three sections.

This first extract (2:58) is from Krishnamurti's fifth talk in Saanen 1972, titled 'What is sorrow?'

The second extract (33:23) is from the first question and answer meeting at Brockwood Park in 1980, titled 'Is suffering necessary?'

The final extract (53:44) in this episode is from Krishnamurti's third talk in Ojai 1985, titled 'There can be no sorrow with love'.

111 - Krishnamurti on Dialogue

58 minutes

[Apple Podcasts](#)

Summary

If a question is left in the air, it is like a rose bud that gradually unfolds to show its nature and depth; it has its own vitality, energy and drive. That is a dialogue, not just accepting or rejecting what the other is saying.'

This week's episode on Dialogue has five sections.

The first extract (2:34) is from the first discussion in Saanen 1976, titled 'What does a dialogue imply?'

The second extract (6:15) is from the third discussion in Saanen 1979, titled 'Good relationship in dialogue'.

The third extract (9:18) is from Krishnamurti's third talk in Bombay 1978, titled 'Don't get caught in words'.

The fourth extract (15:34) is from the fourth talk in Bombay 1984, titled 'In dialogue you and I disappear and only the question remains'.

The final extract in this episode (21:18) is from the first discussion at Brockwood Park in 1977, titled 'A dialogue with oneself'.

112 - Krishnamurti on Energy

72 minutes

[Apple Podcasts](#)

Summary

The most creative energy has no identification; it comes with freedom, and that energy is creation.'

This week's episode on Energy has six sections.

The first extract (2:35) is from Krishnamurti's second talk in Madras 1986, titled 'What is energy?'

The second extract (16:19) is from the second question and answer meeting in Ojai 1983, titled 'How do we waste energy?'

The third extract (26:46) is from Krishnamurti's fourth talk at Brockwood Park in 1974, titled 'An energy that resolves our problems'.

The fourth extract (38:39) is from the seventh talk in Saanen 1975, titled 'Is there an energy that brings unity?'

The fifth extract (56:07) is from Krishnamurti's eighth talk in New Delhi 1962, titled 'An incorruptible energy'.

The final extract in this episode (1:06:59) is from a direct recording by Krishnamurti in 1984, titled 'Silence builds up great energy'. This is an exclusive to this podcast, having not been previously released.

113 - Krishnamurti on Mutation

73 minutes

[Apple Podcasts](#)

Summary

There must be a revolutionary change, a complete mutation at the very root of our being, otherwise our problems, both economic and social, will inevitably increase.'

This week's episode on Mutation has five sections.

The first extract (2:40) is from the fourth talk in Saanen 1964, titled 'There must be a mutation and it must take place now'.

The second extract (28:59) is from Krishnamurti's fifth talk in Saanen 1983, titled 'What is going to happen to the human brain?'

The third extract (50:14) is from the third talk in New Delhi 1966, titled 'How do we bring about a mutation?'

The fourth extract (55:25) is from the second question and answer meeting in Saanen 1983, titled 'With perception there is a mutation'.

The final extract in this episode (1:05:29) is from Krishnamurti's tenth talk in Saanen 1963, titled 'Out of mutation there is action'.

114 - Krishnamurti on Dependence

64 minutes

[Apple Podcasts](#)

Summary

'Seeing the whole structure and nature of dependence and how it makes the mind stupid, dull, and inactive, seeing of the totality of it, frees the mind.'

This week's episode on Dependence has five sections.

The first extract (2:46) is from Krishnamurti's second talk in Saanen 1967, titled 'We all depend on something.'

The second extract (27:40) is from the second question and answer meeting in Saanen 1980, titled 'Dependence in relationship.'

The third extract (44:58) is from the second question and answer meeting at Brockwood Park in 1985, titled 'Where do we draw the line of dependency?'

The fourth extract (53:56) is from the second question and answer meeting at Brockwood Park in 1980, titled 'Depending on others to understand.'

The final extract (59:59) in this episode is from the second question and answer meeting in Madras 1985, titled 'Independence is necessary.'

115 - Krishnamurti on Pleasure

66 minutes

[Apple Podcasts](#)

Summary

'At the moment of perception there is no pleasure. There is only perception.'

This week's episode on Pleasure has five sections.

The first extract (2:23) is from Krishnamurti's fourth talk in Saanen 1973, titled 'Is pleasure the meaning of life?'

The second extract (21:32) is from the second talk at Brockwood Park 1976, titled 'Continuance of pleasure'.

The third extract (31:58) is from Krishnamurti's fifth talk in Saanen 1975, titled 'Thought pursues pleasure.'

The fourth extract (51:24) is from the second talk at Brockwood Park in 1978, titled 'Is it possible not to register pleasure?'

The final extract (58:42) in this episode is from Krishnamurti's fifth talk in Saanen 1970, titled 'A life of ecstasy in which pleasure doesn't enter'.

116 - Krishnamurti on Values

80 minutes

[Apple Podcasts](#)

Summary

'Is there action that is correct under all circumstances, not based on values?'

This week's episode on Values has three sections.

The first extract (2:35) is from Krishnamurti's first talk at Rajghat 1969, titled 'Question your values and traditions'.

The second extract (30:20) is from the third talk in Saanen 1980, titled 'Our actions are based on values.'

The final extract (56:42) in this episode is from Krishnamurti's third talk in Ojai 1949, titled 'We have taken our values and beliefs for granted'.

117 - Krishnamurti on the Mind

83 minutes

[Apple Podcasts](#)

Summary

'A religious mind never thinks in terms of growth and evolution. It is always jumping out of time.'

This week's episode on The Mind has five sections.

The first extract (2:36) is from the tenth talk in London 1961, titled 'The shallow mind'.

The second extract (16:26) is from the fourth talk at Brockwood Park in 1980, titled 'Why is the mind caught in time?'

The third extract (38:28) is from Krishnamurti's eighth talk in Madras 1961, titled 'The scientific mind and the religious mind'.

The fourth extract (1:02:12) is from Krishnamurti's seventh talk in Saanen 1971, titled 'A mind in harmony'.

The final extract (1:15:00) in this episode is from the fourth talk in Madras 1974, titled 'A mind with enormous space'.

118 - Krishnamurti on Order

74 minutes

[Apple Podcasts](#)

Summary

'How is your mind to have complete, total order in action, in thought, in every movement, psychologically as well as physiologically?'

This week's episode on Order has five sections.

The first extract (2:51) is from Krishnamurti's second talk at Brockwood Park in 1978, titled 'How is one to have complete order in oneself?'

The second extract (17:48) is from the second talk in Saanen 1971, titled 'Can control bring order?'

The third extract (33:23) is from Krishnamurti's third talk in Bombay 1984, titled 'The art of living in order.'

The fourth extract (45:13) is from the third talk at Rajghat in 1981, titled 'Putting your house in order'.

The final extract (59:20) in this episode is from a direct recording by Krishnamurti in 1983, titled 'Order is the very essence of the universe.' This is an exclusive to the podcast, not heard before outside of the archives.

119 - Krishnamurti on Fulfilment

59 minutes

[Apple Podcasts](#)

Summary

'We have always thought of desire in terms of fulfilment, achieving, gaining, and getting rich inwardly or outwardly.'

This week's episode on Fulfilment has five sections.

The first extract (2:22) is from Krishnamurti's fourth talk in Saanen 1966, titled 'Is there such thing as

fulfilment?’

The second extract (9:22) is from the seventh talk in London 1961, titled ‘The search for fulfilment.

The third extract (32:14) is from Krishnamurti’s fourth talk in Madras 1964, titled ‘In fulfilment there is contradiction’.

The fourth extract (38:24) is from the fifth talk in Ojai 1982, titled ‘Is love fulfilment in relationship?’

The final extract (53:47) this in this episode is from the third question and answer meeting in Saanen 1980, titled ‘Does creativity need fulfilling?’

120 - Krishnamurti on Health

67 minutes

[Apple Podcasts](#)

Summary

‘One has to have a very good, healthy body, and a brain that is capable of thinking rationally, healthily, objectively, efficiently, a brain that is absolutely quiet.’

This week’s episode on Health has seven sections.

The first extract is (2:46) from Krishnamurti’s seventh talk in Saanen 1970, titled ‘Yoga and health’.

The second extract (12:50) is from the second discussion in Saanen 1975, titled ‘Health implies wholeness’.

The third extract (21:35) is from the fourth question and answer meeting in Saanen 1980, titled ‘How do you meet pain?’

The fourth extract (32:19) is from Krishnamurti’s fourth talk at Brockwood Park in 1969, titled ‘Healing takes place when there is no ‘me’.

The fifth extract (35:42) is from the fourth talk in Madras 1985, titled ‘Our bodies are as misused as our brains.’

The sixth extract (46:00) is from Krishnamurti’s fourth talk in San Diego 1970, titled ‘The body has its own intelligence.’

The final extract (56:06) in this episode is from the seventh talk in Saanen 1971, titled ‘Harmony between the body, mind and heart’.

121 - Krishnamurti on Krishnamurti

54 minutes

[Apple Podcasts](#)

Summary

‘I am nobody. It is as simple as that. I am nobody.’

This week’s episode on Krishnamurti has seven sections.

The first extract (2:33) is from the first talk in Saanen 1972, titled ‘I know why I am here’.

The second extract (11:11) is from Krishnamurti’s second talk in Ojai 1981, titled ‘I am not a teacher’.

The third extract (17:54) is from an interview by Roy Tuckman in Ojai 1983.

The fourth extract (25:26) is from the third question and answer meeting in Saanen 1983, titled ‘Krishnamurti’s experiences’.

The fifth extract (36:15) is from the second question and answer meeting in Madras 1981, titled ‘Has Krishnamurti performed miracles?’

The sixth extract (41:32) is from the first question and answer meeting in Ojai 1984, titled ‘Have you designated someone to carry on your teachings?’

The final extract (46:33) this in this episode is from the third question and answer meeting in Saanen 1981, titled ‘Who are you?’

122 - Krishnamurti on Attention and Inattention

64 minutes

[Apple Podcasts](#)

Summary

'Is there a sustained attention? Of course not. So, it is important to understand why there is inattention.'

This week's episode on Attention and Inattention has five sections.

The first extract (2:41) is from the first question and answer meeting in Bombay 1985, titled 'Why aren't we capable of sustaining attention?'

The second extract (13:53) is from Krishnamurti's first talk at Rajghat in 1967, titled 'What takes place when you give complete attention?'

The third extract (27:08) is from the fourth talk in Bombay 1979, titled 'Awareness of inattention is attention'.

The fourth extract (35:34) is from Krishnamurti's fourth talk in New Delhi 1966, titled 'Extraordinary attention'.

The final extract in this episode (41:59) is from a direct recording by Krishnamurti in Ojai 1983, titled 'Awareness, attention and insight'. This is an exclusive to the podcast and has not been heard before outside of the archives.

[123 - Krishnamurti on Measurement](#)

74 minutes

[Apple Podcasts](#)

Summary

'When you are free, when the brain is free of measurement, the very brain cells that have been used to measurement, conditioned by measurement, have suddenly awakened to the truth.'

This week's episode on Measurement has five sections.

The first extract (2:26) is from the fifth question and answer meeting in Saanen 1980, titled 'We have fallen into the habit of measurement'.

The second extract (28:18) is from Krishnamurti's sixth talk in Saanen 1983, titled 'The 'better' is measurable.'

The third extract (40:34) is from the second talk at Brockwood Park in 1972, titled 'Measurement brings fragmentation'.

The fourth extract (1:01:52) is from the third question and answer meeting in Ojai 1982, titled 'Where there is measurement there is no spirituality'.

The final extract in this episode (1:07:31) is from Krishnamurti's seventh talk in Saanen 1978, titled 'Attention is freedom from measurement'.

[124 - Krishnamurti on the Psyche](#)

83 minutes

[Apple Podcasts](#)

Summary

'If thought, reason, knowledge or experience will not bring about a radical revolution in the psyche, what will?'

This week's episode on The Psyche has four sections.

The first extract (2:52) is from Krishnamurti's second talk in Ojai 1976, titled 'The psyche is put together by thought'.

The second extract (26:05) is from the second talk in San Francisco 1983, titled 'Time and the psyche'.

The third extract (46:32) is from Krishnamurti's fifth talk in New York 1966, titled 'What will bring about a revolution in the psyche?'

The final extract in this episode (1:15:12) is from the fifth talk in Madras 1981, titled 'It is not your psyche, it is the human psyche.'

[125 - Krishnamurti on War and Killing](#)

83 minutes

[Apple Podcasts](#)

Summary

'Psychologically we are one. Unless human beings deeply realise this, we are going to have wars, we are going to be eternally in conflict.'

This week's episode on War and Killing has five sections.

The first extract (2:31) is from Krishnamurti's first talk in Bombay 1984, titled 'What is the cause of wars?'

The second extract (20:08) is from the first talk in New Delhi 1965, titled 'Is there such thing as a righteous war?'

The third extract (33:16) is from Krishnamurti's talk at the United Nations, New York 1984, titled 'If there is no security in our relationships, that is the beginning of war.'

The fourth extract (58:07) is from the second question and answer meeting in Saanen 1982, titled 'How can I not contribute to war?'

The final extract in this episode (1:07:52) is from the second question and answer meeting in Saanen 1984, titled 'Can we live without bringing suffering or death?'

126 - Krishnamurti on Actuality

70 minutes

[Apple Podcasts](#)

Summary

'We are not pursuing ideas or ideologies, but facing actuality. In actuality, and going beyond that actuality, is the truth.'

This week's episode on Actuality has four sections.

The first extract (2:47) is from Krishnamurti's first talk in Washington DC, 1985, titled 'We have done everything possible to run from actuality'.

The second extract (20:51) is from the first talk at Brockwood Park in 1974, titled 'Deal with actuality, not ideas'.

The third extract (32:48) is from Krishnamurti's first talk in Saanen 1975, titled 'Awareness of actuality'.

The final extract in this episode (58:53) is from the second talk in Madras 1979, titled 'Is the self an actuality?'

127 - Krishnamurti on Aggression

77 minutes

[Apple Podcasts](#)

Summary

'Aggression is the pattern from childhood - the education, our parents and society. Those around me are aggressive and it gives me pleasure. I accept this and become more aggressive'

This week's episode on Aggression has four sections.

The first extract (2:28) is from Krishnamurti's sixth talk in Saanen 1970, titled 'We are conditioned to be aggressive.'

The second extract (12:02) is from the fourth question and answer meeting in Ojai 1980, titled 'The pattern of aggression.'

The third extract (21:17) is from Krishnamurti's first talk at Rajghat 1967, titled 'Looking at aggression as it is.'

The final extract in this episode (1:08:55) is from the fourth talk in New York 1974, titled 'Intelligence is above and beyond aggression.'

128 - Krishnamurti on Ideals

83 minutes

[Apple Podcasts](#)

Summary

'If we can put away all ideals, understanding their escaping and postponing quality, and face something as it is, directly, immediately, give our full attention to it, then there is a possibility of transforming it.'

This week's episode on Ideals has four sections.

The first extract (2:52) is from Krishnamurti's first talk in Ojai 1978, titled 'Why do we live with the pressure of ideals?'

The second extract (17:48) is from the third talk in Saanen 1979, titled 'Is there security in ideals?'

The third extract (38:33) is from Krishnamurti's second talk in New Delhi 1972, titled 'Ideals prevent action'.

The final extract (51:03) in this episode is from the ninth talk in Ojai 1949, titled 'Ideals are a postponement'.

129 - Krishnamurti on Identification

80 minutes

[Apple Podcasts](#)

Summary

'When I identify myself with a group, idea, belief or conclusion, that identification is the very essence of being occupied with myself.'

This week's episode on Identification has four sections.

The first extract (2:43) is from Krishnamurti's first talk in Saanen 1978, titled 'The movement of identification.'

The second extract (20:50) is from the eighth talk in Ojai 1949, titled 'Identification is the basis of illusion'.

The third extract (35:30) is from Krishnamurti's second talk in Saanen 1978, titled 'Identification is occupation with oneself'.

The final extract in this episode (55:58) is from the sixth talk in Saanen 1977, titled 'To find out the truth of death, all identification must end.'

130 - Krishnamurti on Understanding

70 minutes

[Apple Podcasts](#)

Summary

'In the state of understanding, there is no barrier between the fact and yourself. When you understand something, your whole attention is given to it.'

This week's episode on Understanding has six sections.

The first extract (2:50) is from Krishnamurti's fourth talk in Madras 1964, titled 'In what sense are we using the word 'understand'?'

The second extract (8:24) is from the first talk in Saanen 1962, titled 'Will mental exploration bring about understanding?'

The third extract (16:06) is from the first question and answer meeting at Brockwood Park in 1985 titled, 'Does asking for guidance prevent understanding?'

The fourth extract (30:10) is from Krishnamurti's fourth talk in Ojai 1981, titled 'Understanding brings its own discipline.'

The fifth extract (45:42) is from the third talk in Paris 1965, titled 'Is understanding a matter of time?'

The final extract in this episode (58:35) is from the fourth talk at Brockwood Park in 1971, titled 'Meditation can only begin with the total understanding of oneself'.

131 - Krishnamurti on Crisis

58 minutes

[Apple Podcasts](#)

Summary

'The crisis is not in economics, politics or religion. The crisis is in our consciousness.'

This week's episode on Crisis has four sections.

The first extract (2:26) is from Krishnamurti's second talk in Ojai 1985, titled 'Where is the crisis?'

The second extract (6:30) is from the fourth talk in Ojai 1981, titled 'The crisis must be answered'.

The third extract (28:15) is from Krishnamurti's first talk in Ojai 1981, titled 'To understand the crisis, we must be aware of thought'.

The final extract in this episode (50:12) is from the fifth talk in Bombay 1964, titled 'Facing a crisis inactively'.

132 - Krishnamurti on Light

74 minutes

[Apple Podcasts](#)

Summary

'When you are a light to yourself you are a light to the world, because the world is you and you are the world.'

This week's episode on Light has five sections.

The first extract (2:45) is from Krishnamurti's second talk in Madras 1965, titled 'Observation and light go together'.

The second extract (20:54) is from the first question and answer meeting at Brockwood Park in 1981, titled 'Can I be a light to myself?'

The third extract (32:44) is from Krishnamurti's sixth talk in Saanen 1979, titled 'A light not kindled at another's lamp'.

The fourth extract (51:17) is from the seventh talk in Saanen 1976, titled 'When you are a light to yourself, you are a light to the world'.

The final extract in this episode (1:10:17) is from the fourth talk in Amsterdam 1968, titled 'In the light of silence'.

133 - Krishnamurti on Struggle

60 minutes

[Apple Podcasts](#)

Summary

'There is a way of living without conflict and struggle. It doesn't mean becoming lazy, the mind becoming stagnant or dull. This way of living without effort can only come about if we understand the whole process of contradiction.'

This week's episode on Struggle has four sections.

The first extract (2:48) is from the 1974 film Problems of Living, titled 'We are caught in the trap of endless struggle'.

The second extract (8:44) is from Krishnamurti's third talk in Bombay 1962, titled 'Why do we struggle?'

The third extract (33:44) is from the first question and answer meeting at Rajghat in 1981, titled 'We struggle for everything'.

The final extract in this episode (44:00) is from the fourth talk at Brockwood Park in 1980, titled 'Struggling to end all struggle'.

134 - Krishnamurti on Nothingness

77 minutes

[Apple Podcasts](#)

Summary

'It is only out of nothingness that creation takes place; out of that emptiness is that creation that is the summation of all energy.'

This week's episode on Nothingness has six sections.

The first extract (2:50) is from Krishnamurti's fourth talk in London 1962, titled 'Nothingness is not

something mysterious'

The second extract (7:18) is from the fourth talk in Saanen 1978, titled 'We are frightened to be nothing.'

The third extract (23:30) is from Krishnamurti's fourth talk in Saanen 1975 titled, 'In nothingness is complete security.'

The fourth extract (41:12) is from the seventh talk in Saanen 1980, titled 'Our culture says, Be something.'

The fifth extract (54:55) is from Krishnamurti's fourth talk in Madras 1973, titled 'From nothingness comes the creative flowering of life.'

The final extract in this episode (1:10:19) is from the fifth talk in Bombay 1962, titled 'In nothingness is communion'.

135 - Krishnamurti on Sleep and Dreams

65 minutes

[Apple Podcasts](#)

Summary

'When the brain is quiet in sleep, rejuvenation of its whole structure takes place and a quality of innocence comes into being.'

This week's episode on Sleep and Dreams has four sections.

The first extract (2:29) is from Krishnamurti's second talk at Brockwood Park in 1969, titled 'Can we understand ourselves by analysing our dreams?'

The second extract (31:12) is from the second talk at Brockwood Park in 1972, titled 'The mind tries to create order through dreams'.

The third extract (36:56) is from Krishnamurti's fourth talk in San Diego 1970, titled 'Attention during sleep'.

The final extract in this episode (43:48) is from the seventh talk in Saanen 1970, titled 'Can the brain be completely quiet in sleep?'

136 - Krishnamurti on The Future

70 minutes

[Apple Podcasts](#)

Summary

'If there is no future, because the future and the past are now, then what is action?'

This week's episode on The Future has five sections.

The first extract (2:44) is from the third question and answer meeting in Saanen 1982, titled 'What is the future of mankind?'

The second extract (9:25) is from Krishnamurti's third talk in Saanen 1976, titled 'Is there such thing as tomorrow?'

The third extract (19:26) is from the second question and answer meeting at Brockwood Park in 1984, titled 'The future is now'.

The fourth extract (39:39) is from Krishnamurti's first talk in Saanen 1984, titled 'Action without a future'.

The final extract in this episode (1:01:14) is from the fourth talk in Bombay 1983, titled 'There are only two possibilities left for us'.

137 - Krishnamurti on The Observer

80 minutes

[Apple Podcasts](#)

Summary

'When the observer is looking at itself, the observer is absolutely silent. If the observer is absolutely quiet, you see what actually is. If the observer is totally silent, then that which is, is non-existent.'

This week's episode on The Observer has six sections.

The first extract (2:43) is from Krishnamurti's first talk at Brockwood Park in 1974, titled 'Who is the observer?'

The second extract (15:56) is from the first talk at Brockwood Park in 1970, titled 'The observer is one of many fragments'.

The third extract (27:30) is from Krishnamurti's third talk at Brockwood Park in 1970, titled 'The observer is the reservoir of knowledge'.

The fourth extract (42:40) is from the first question and answer meeting in Ojai 1980, titled 'The observer is the image maker'.

The fifth extract (56:08) is from Krishnamurti's second talk in Saanen 1978, titled 'Is there an observer?'

The final extract in this episode (1:12:53) is from the sixth talk in Ojai 1978, titled 'In meditation there is neither the observer nor the observed'.

138 - Krishnamurti on Effort

65 minutes

[Apple Podcasts](#)

Summary

'All effort implies resistance, all effort implies contradiction, all effort involves an idea separate from action; and hence our daily lives are in contradiction.'

This week's episode on Effort has four sections.

The first extract (2:53) is from Krishnamurti's second talk in Madras 1964, titled 'Why do we make effort?'

The second extract (17:15) is from the sixth talk in Saanen 1965, titled 'Effort implies conformity.'

The third extract (29:04) is from Krishnamurti's second talk in New Delhi 1964 titled, 'Is it possible to live without effort?'

The final extract (38:30) in this episode is from the seventh talk in Saanen 1981, titled 'Does meditation require effort?'

139 - Krishnamurti on The Sacred

74 minutes

[Apple Podcasts](#)

Summary

'The things that have been put in the churches, temples and mosques are not sacred, but yet we worship them. We worship symbols created by thought and pray to them. We project that which is sacred according to our conditioning.'

This week's episode on The Sacred has four sections.

The first extract (2:35) is from the second question and answer meeting in Ojai 1982, titled 'Is thought sacred?'

The second extract (10:26) is from Krishnamurti's sixth talk in Ojai 1982, titled 'Is there anything sacred in life?'

The third extract (39:20) is from the seventh talk in Saanen 1975, titled 'The sacred is mysterious'.

The final extract (47:31) in this episode is from Krishnamurti's fourth talk in Madras 1974, titled 'Everything becomes sacred'.

140 - Krishnamurti on Accumulation

74 minutes

[Apple Podcasts](#)

Summary

'Accumulation is the centre, the 'me', the ego, and to learn about it one must be free of accumulation.'

This week's episode on Accumulation has three sections.

The first extract (2:39) is from Krishnamurti's third talk in Madras 1971, titled 'Learning is a constant

movement with no accumulation’.

The second extract (15:30) is from the fifth talk in Saanen 1982, titled ‘The accumulating brain is mechanical’.

The final extract (38:03) in this episode is from Krishnamurti’s fifth talk in Madras 1966, titled ‘Accumulation leads to inertia’.

141 - Krishnamurti on Ideas

68 minutes

[Apple Podcasts](#)

Summary

‘Ideas play an extraordinarily important part in our life: what we think, what we feel, the beliefs and ideas in which we are conditioned.’

This week’s episode on Ideas has four sections.

The first extract (2:30) is from Krishnamurti’s seventh talk in Bombay 1965, titled ‘God is an idea’.

The second extract (21:42) is from the second talk in New Delhi 1964, titled ‘Is there an action without the idea?’

The third extract (33:12) is from Krishnamurti’s second talk at Brockwood Park in 1974, titled ‘There is conflict between ideas and action’.

The final extract in this episode (52:26) is from the eighth talk in Ojai 1949, titled ‘There is no idea without sensation’.

142 - Krishnamurti on Help

73 minutes

[Apple Podcasts](#)

Summary

‘Logically, sanely, I observe that nobody can help me. It is not that I become cynical; it is a fact. And so am I willing to stand alone?’

This week’s episode on Help has four sections.

The first extract (2:49) from Krishnamurti’s seventh talk in Bombay 1964, titled ‘We have always sought help from others’.

The second extract (23:10) is from the first question and answer meeting at Brockwood Park in 1981, titled ‘Why do I ask for help from another?’

The third extract (52:24) is from the second question and answer meeting in Saanen 1984, titled, ‘Can anybody help you?’

The final extract in this episode (1:05:28) is from the thirteenth talk in Ojai 1949, titled ‘Wanting to help others’.

143 - Krishnamurti on Attachment

75 minutes

[Apple Podcasts](#)

Summary

‘Where there is attachment to a problem, to an idea, to an ideal, to a person, to a dogma, to a ritual, to an organisation, there must be corruption.’

This week’s episode on Attachment has five sections.

The first extract (2:29) is from Krishnamurti’s sixth talk in Saanen 1972, titled ‘Why are we attached?’

The second extract (11:04) is from the fifth question and answer meeting in Saanen 1980, titled ‘The consequences of attachment’.

The third extract (23:14) is from Krishnamurti’s second talk in Saanen 1974, titled ‘Attachment is more important than detachment.’

The fourth extract (34:47) is from the third talk in Saanen 1980, titled ‘Observing attachment.’

The final extract in this episode (51:25) is from Krishnamurti’s sixth talk in Saanen 1978, titled ‘The ending of attachment’.

[144 - Krishnamurti on the Immeasurable](#)

68 minutes

[Apple Podcasts](#)

Summary

'You cannot invite the immeasurable - it then becomes a plaything. You cannot lay down the path for another to follow - it is not to be put into words.'

This week's episode on The Immeasurable has five sections.

The first extract (2:49) is from the second question and answer meeting at Brockwood Park in 1985, titled 'Can discipline lead to the immeasurable?'

The second extract (11:36) is from Krishnamurti's fifth talk in Saanen 1971, titled 'Inquiring into the immeasurable without illusion'.

The third extract (30:47) is from the third talk in Saanen 1972, titled 'Has thought a place in investigating the immeasurable?'

The fourth extract (42:51) is from Krishnamurti's fourth talk at Brockwood Park in 1972, titled 'Finding out if there is something beyond all measure'.

The final extract in this episode (57:17) is from a recording made by Krishnamurti in Ojai 1984, titled 'The brain tries to measure the immeasurable'.

[145 - Krishnamurti on Achievement](#)

62 minutes

[Apple Podcasts](#)

Summary

'What is it each one of us wants to achieve? More enlightened? To achieve heaven, nirvana or moksha?'

This week's episode on Achievement has five sections.

The first extract (2:39) is from the fourth talk in Saanen 1982, titled 'Is it natural to want to achieve?'

The second extract (16:47) is from Krishnamurti's second talk in New Delhi 1983, titled 'We use time to achieve'.

The third extract (27:45) is from the first question and answer meeting in Madras 1985, titled 'Achievement is the basis of self-interest'.

The fourth extract (38:48) is from the fourth question and answer meeting in Saanen 1980, titled 'Is enlightenment something to be achieved?'

The final extract in this episode (49:49) is from the third talk in Madras 1986, titled 'Achievement in meditation'.

[146 - Krishnamurti on Simplicity](#)

69 minutes

[Apple Podcasts](#)

Summary

'The modern world is becoming very, very complicated, and one must therefore make one's own life extraordinarily simple. That simplicity demands a great deal of intelligence.'

This week's episode on Simplicity has three sections.

The first extract (2:57) is from Krishnamurti's eighth talk in Bombay 1962, titled 'Simplicity and virtue in a complex world'.

The second extract (25:07) is from the seventh talk in Saanen 1965, titled, 'Simplicity comes with the understanding of sorrow'.

The final extract in this episode (56:17) is from the first talk in San Francisco 1984, titled 'Complexity must be approached with simplicity'

[147 - Krishnamurti on Problems](#)

72 minutes

[Apple Podcasts](#)

Summary

'Social problems, economic problems, mechanical problems, computer problems, and our own problems in our daily life, in our relationships - why do we have problems at all? Is it necessary to have problems?'

This week's episode on Problems has four sections.

The first extract (2:34) is from Krishnamurti's first talk in Bombay 1983, titled 'What is a problem?'

The second extract (20:21) is from the first talk at Brockwood Park in 1985, titled 'A brain free to solve problems'.

The third extract (42:34) is from Krishnamurti's fifth talk in Saanen 1965, titled 'Dealing with problems immediately.'

The final extract (1:06:19) in this episode is from the fifth talk in Ojai 1949, titled 'Letting a problem tell its story'.

[148 - Krishnamurti on Entertainment](#)

66 minutes

[Apple Podcasts](#)

Summary

'We are going to lose ourselves in organised religion, or in entertainment of every kind. As a result, humanity will become more and more superficial.'

This week's episode on Entertainment has four sections.

The first extract (2:52) is from Krishnamurti's first talk in San Francisco 1973, titled 'This is not entertainment'.

The second extract (21:30) is from the seventh talk in Saanen 1964, titled 'Are we being consumed by entertainment?'

The third extract (34:11) is from Krishnamurti's fifth talk in Saanen 1981, titled 'The world of entertainment is taking over'.

The final extract (43:18) in this episode is from the fifth talk in Madras 1981, titled 'We have only two choices left'.

[149 - Krishnamurti on Hope](#)

67 minutes

[Apple Podcasts](#)

Summary

'I hope to be; I hope to become; I hope to achieve; I hope to fulfil; I hope to reach heaven, enlightenment. All this psychologically demands time.'

This week's episode on Hope has four sections.

This first extract (2:47) is from Krishnamurti's third talk in Ojai 1973, titled 'Is hope a reaction to despair?'

The second extract (14:36) is from the first question and answer meeting at Brockwood Park in 1981, titled 'We hope somebody will cure us'.

The third extract (37:43) is from Krishnamurti's second talk in Ojai 1983, titled 'Hope implies time'.

The final extract (50:36) in this episode is from the fourth talk at Brockwood Park in 1978, titled 'Can time and hope come to an end?'

[150 - Krishnamurti on Systems and Methods](#)

70 minutes

[Apple Podcasts](#)

Summary

'Systems have been created by man in his search for security, and the search for security through systems is destroying man.'

This week's episode on Methods and Systems has three sections.

The first extract (3:00) is from Krishnamurti's second talk in Saanen 1968, titled 'No system is going to help us'.

The second extract (25:26) is from the fourth talk in New York 1974, titled, 'Systems are not sane'.

The final extract (53:40) in this episode is from Krishnamurti's sixth talk in Ojai 1976, titled 'Methods are mechanical'.

151 - Krishnamurti on Krishnamurti Schools

61 minutes

[Apple Podcasts](#)

Summary

'We saw the necessity of a new school. The meaning of the word 'school' is leisure, leisure in which to learn; and a place where students and teachers can flower as human beings, without fear, without confusion, with great integrity.'

This week's episode on Krishnamurti Schools has six sections.

The first extract (2:39) is from the first question and answer meeting at Brockwood Park in 1980, titled: Why do you have schools and foundations?

The second extract (9:30) is from the first question and answer meeting at Brockwood Park in 1981, titled: Do your schools create an elite atmosphere?

The third extract (18:36) is from the third question and answer meeting in Ojai 1982, titled: Why do people object to Krishnamurti schools?

The fourth extract (36:03) is from the second question and answer meeting at Brockwood Park in 1984, titled: Do your schools give students an understanding of the total human problem?

The fifth extract (45:50) is from a public discussion in Ojai 1975, titled: Can teachers and students uncondition themselves?

The final extract in this episode (51:22) is from Krishnamurti's fourth talk in Saanen 1974, titled: Can we end violence in our children?

152 - Krishnamurti on Doubt

57 minutes

[Apple Podcasts](#)

Summary

'Most of us so easily accept things, especially in religious and so-called spiritual matters, where authority assumes it knows and that you don't know. But it is necessary to discover what truth is, and for this there must be doubt.'

This week's episode on Doubt has three sections.

The first extract (2:45) is from Krishnamurti's seventh talk in Saanen 1980, titled: Doubting Is Not the Same as Rejecting.

The second extract (29:38) is from the six talk in Ojai 1982, titled: Doubt Is a Great Purifier.

The final extract in this episode (39:27) is from the fourth talk at Brockwood Park in 1974, titled: Doubt Is Necessary to Have No Illusion.

153 - Krishnamurti on Reincarnation

72 minutes

[Apple Podcasts](#)

Summary

'Knowing you are going to die, there is fear and you have the comforting hope of reincarnation. You have never inquired what it is that reincarnates, but there is that hope.'

This week's episode on Reincarnation has four sections.

The first extract (2:39) is from the third question and answer meeting in Saanen 1983, titled: What Is It That Is Going To Be Reborn?

The second extract (20:17) is from the third question and answer meeting in Ojai 1980, titled: Ending Conflict Now Is Far More Important Than Reincarnation.

The third extract (36:09) is from the first question and answer meeting in Bombay 1985, titled: Does Past Suffering and Enjoyment Have Any Bearing on the Present Life?

The final extract in this episode (48:21) is from Krishnamurti's third talk in Bangalore 1974, titled: You have to be born anew this life, now.

154 - Krishnamurti on Unity

62 minutes

[Apple Podcasts](#)

Summary

'There can be unity only when there is no division. I am divided because of my images, my conclusions, my opinions. When I have no conclusion, no image, there is no division.'

This week's episode on Unity has four sections.

The first extract (2:49) is from Krishnamurti's second talk at Brockwood Park in 1979, titled: Can Religion Bring Unity?

The second extract (19:26) is from the fourth talk in Saanen 1972, titled: Can There Be Unity Between Conditioned Minds?

The third extract (25:39) is from Krishnamurti's first talk in New Delhi 1962, titled: Unity Cannot Be Brought About by a Symbol or Flag

The final extract in this episode (34:57) is from the seventh talk in Saanen 1975, titled: Thought Wants Unity Yet Brings Division.

155 - Krishnamurti on Innocence

67 minutes

[Apple Podcasts](#)

Summary

'The mind must be innocent, though it has gone through experiences. For the mind to realize that state of innocency, the accumulations of experience must come to an end.'

This week's episode on Innocence has four sections.

The first extract (2:36) is from Krishnamurti's ninth talk in Saanen 1964, titled: An Innocent Mind Is Empty of Experience.

The second extract (9:27) is from the second talk in Bombay 1967, titled: An Innocence Not Touched by Thought.

The third extract (24:20) is from Krishnamurti's seventh talk in Saanen 1970, titled: Only an Innocent Mind Can See Truth.

The final extract in this episode (41:40) is from the seventh talk in London 1962, titled: The Innocent Mind Is a Religious Mind.

156 - Krishnamurti on Facts

66 minutes

[Apple Podcasts](#)

Summary

'To meet a fact totally implies meeting it not only intellectually but emotionally. This process of learning about the fact is not possible when you approach it with thought which already has known.'

This week's episode on Facts has four sections.

The first extract (2:48) is from the first question and answer meeting at Brockwood Park in 1983, titled: What Is a Fact?

The second extract (20:49) is from Krishnamurti's fourth talk in Bombay 1966, titled: The Word Is Not the Fact.

The third extract (38:48) is from the fifth talk in Saanen 1964, titled: Facing the Fact of Fear.

The final extract in this episode (55:26) is from the fourth talk in Bombay 1962, titled: Meeting Facts Without Thought.

[157 - Krishnamurti on Contradiction](#)

70 minutes

[Apple Podcasts](#)

Summary

'If there is no becoming, no attempting to be something, then there is no sense of fear. Then there is no contradiction, no lie in us at any level, consciously or unconsciously.'

This week's episode on Contradiction has three sections.

The first extract (2:46) is from Krishnamurti's thirteenth talk in Ojai 1949, titled: Why Is There Contradiction in Ourselves?

The second extract (18:03) is from the fifth talk in Paris 1965, titled: The Ending of Contradiction.

The final extract in this episode (1:00:28) is from a direct recording by Krishnamurti in Ojai 1984, titled: Contradiction Between the Outer and the Inner. This recording is previously unreleased.

[158 - Krishnamurti on Transformation](#)

80 minutes

[Apple Podcasts](#)

Summary

'The chief concern for a serious person is the total transformation of the human mind - total not partial, a complete revolution in the psyche - because that is the first movement which can transform the outward environment.'

This week's episode on Transformation has five sections.

The first extract (2:42) is from Krishnamurti's second talk at Brockwood Park in 1976, titled: There Must Be a Transformation in Human Consciousness.

The second extract (8:55) is from the first talk in Saanen 1973, titled: What Place Has Knowledge in the Transformation of the Mind?

The third extract (39:47) is from Krishnamurti's second talk in Saanen 1974, titled: The Energy Needed for Total Transformation.

The fourth extract (53:34) is from the second question and answer meeting in Madras 1985, titled: Transformation Requires Clear Perception.

The final extract in this episode (1:06:05) is from Krishnamurti's fourteenth talk in Ojai 1949, titled: Complete Transformation.

[159 - Krishnamurti on Occupation](#)

68 minutes

[Apple Podcasts](#)

Summary

'When one is occupied with oneself, with one's body, with one's beauty - this constant occupation with oneself - you deny all relationship.'

This week's episode on Occupation has six sections.

The first extract (2:33) is from the second question and answer meeting at Brockwood Park in 1981, titled: Why Are Our Minds Perpetually Occupied?

The second extract (13:58) is from Krishnamurti's sixth talk in Saanen 1972, titled: Are We Afraid To Be Unoccupied?

The third extract (23:57) is from the second talk in Saanen 1978, titled: Identification Is the Essence of Occupation.

The fourth extract (36:39) is from Krishnamurti's first talk in New Delhi 1981, titled: You Cannot Observe if Your Mind Is Occupied.

The fifth extract (47:41) is from the sixth talk in Saanen 1979, titled: An Occupied Mind Has No Order.

The final extract in this episode (54:27) is from Krishnamurti's fourth talk at Brockwood Park in 1981, titled: Meditation Is Finding Out if the Brain Can Be Unoccupied.

[160 - Krishnamurti on Learning](#)

72 minutes

[Apple Podcasts](#)

Summary

‘A mind that is continually moving from the unknown to the unknown, learning, learning, learning, such a mind is a most extraordinarily sensitive mind and therefore a free mind.’

This week’s episode on Learning has four sections.

The first extract (2:45) is from the second discussion with students in Rishi Valley 1981, titled: Holistic Learning.

The second extract (12:01) is from Krishnamurti’s first talk in Madras 1969, titled: In Learning, There Is No Authority.

The third extract (24:23) is from the third talk in New Delhi 1964, titled: Learning Is Never Accumulative.

The final extract in this episode (54:20) is from Krishnamurti’s first talk at Brockwood Park in 1972, titled: Learning Is Instant Perception and Action.

[161 - Krishnamurti on Morality](#)

63 minutes

[Apple Podcasts](#)

Summary

‘Social conformity is called morality. But if you go into it very deeply, you see that such morality is immoral.’

This week’s episode on Morality has four sections.

The first extract (2:35) is from Krishnamurti’s first talk in Madras 1971, titled: Our Social Morality Is Immorality.

The second extract (19:02) is from the second talk in Madras 1969, titled: Is There Security in Morality?

The third extract (39:51) is from Krishnamurti’s fourth talk in Paris 1965, titled: Virtue Has Nothing To Do With Our Social Morality.

The final extract in this episode (55:14) is from the fourth talk in Bombay 1981, titled: Without Beauty There Is No Morality.

[162 - Krishnamurti on Cause and Effect](#)

75 minutes

[Apple Podcasts](#)

Summary

‘When you discover the cause, the effect can be wiped away. But we are always dealing with effects.’

This week’s episode on Cause and Effect has four sections.

The first extract (2:43) is from Krishnamurti’s second talk at Brockwood Park in 1982, titled: Ending the Cause of Conflict.

The second extract (24:08) is from the third talk in Saanen 1982, titled: The Effect Can Be Ended by Ending the Cause.

The third extract (1:00:40) is from the second question and answer meeting in Saanen 1982, titled: Can You Live Without a Cause?

The final extract in this episode (1:05:56) is from Krishnamurti’s sixth talk in Madras 1964, titled: No Effect, No Cause, No Motive.

[163 - Krishnamurti on Frustration](#)

76 minutes

[Apple Podcasts](#)

Summary

'We want to fulfil ourselves but are prevented by circumstances, by our lack of capacity, by our desire to be secure, and so we are frustrated. Even if we do fulfil ourselves, there is always in fulfilment the shadow of frustration.'

This week's episode on Frustration has four sections.

The first extract (2:40) is from the seventh talk in New Delhi 1963, titled: Is There a Way Out of Our Fundamental Anxiety, Frustration and Despair?

The second extract (21:23) is from Krishnamurti's seventh talk in London 1961, titled: We Are Caught in the Wheel of Fulfilment and Frustration.

The third extract (51:36) is from the third question and answer meeting in Saanen 1980, titled: Frustration Is a Reaction to Discontent.

The final extract in this episode (1:05:58) is from Krishnamurti's fourth talk in Saanen 1962, titled: Living Without Frustration or Fear.

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