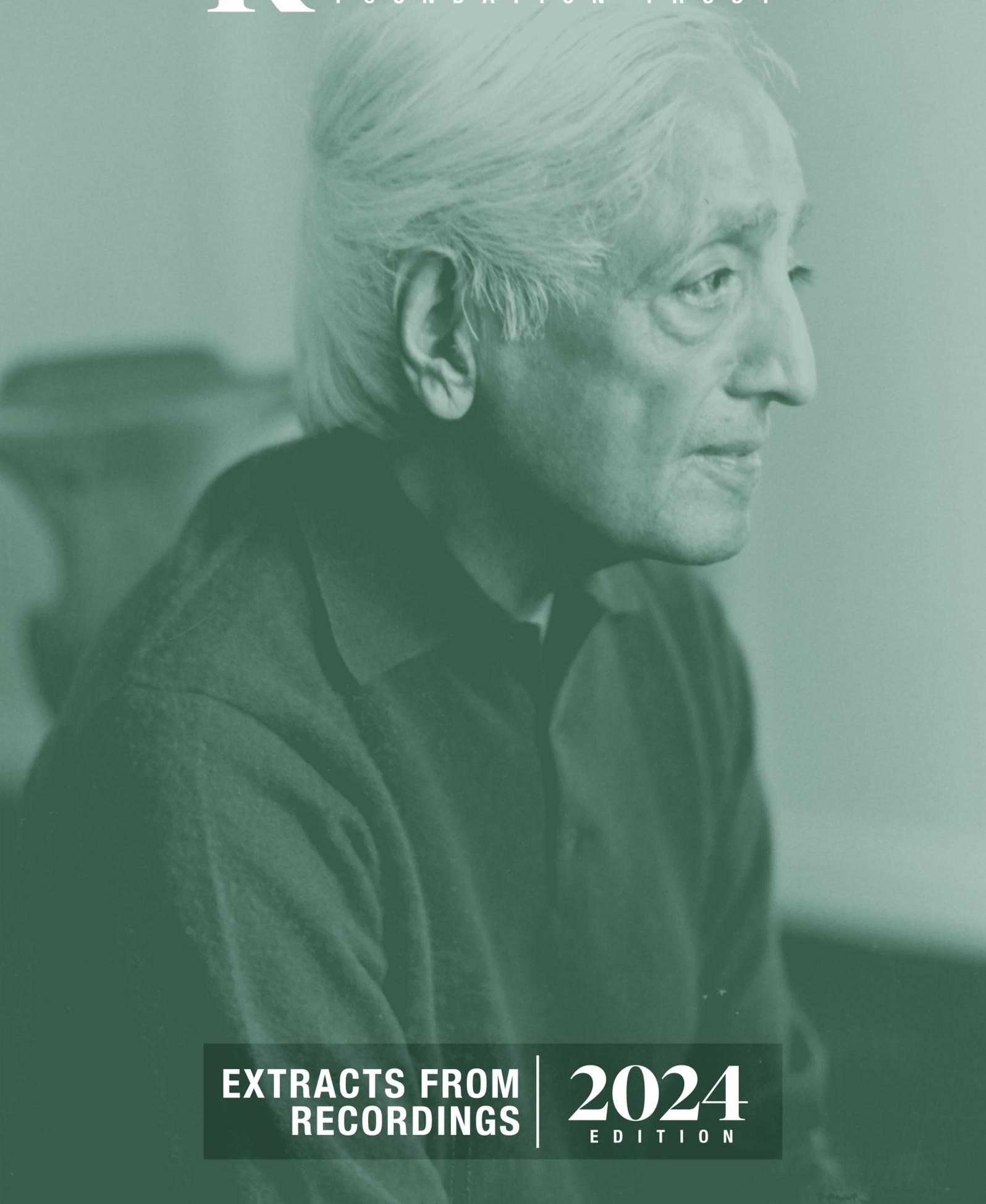


Krishnamurti

FOUNDATION TRUST



**EXTRACTS FROM
RECORDINGS**

2024
EDITION

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INTRODUCTION

Since its inception in 2006, Krishnamurti Foundation Trust has been solely responsible for managing the official Krishnamurti 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.

The Krishnamurti Foundation Trust Channel on YouTube started in 2011 and contains thousands of extracts carefully selected by the Foundation staff, as well as all the episodes of *The Urgency Of Change* Krishnamurti Podcasts. These podcasts are available on Apple Podcasts, the Krishnamurti Foundation Trust website, YouTube, and all major podcast platforms. Transcripts are available for many of the podcasts at kfoundation.org/podcast.

How to use this 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 Krishnamurti YouTube channel ([J. Krishnamurti - Official Channel](#)) and/or on the Krishnamurti Foundation Trust channel ([Krishnamurti Foundation Trust Channel](#)). Many more recordings 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 *Truth* by just clicking on the link in the *Table of Contents*.

To watch or listen to the extract on YouTube, your device would need to be connected to the Internet and you will need to click on the hyperlink provided. To enable subtitles in YouTube, click on the gear icon (Settings), then select 'Subtitles/CC' and the language desired. Please note that auto-generated subtitles will contain errors.

Code format

Events

SA80T3 = Saanen 1980 Public Talk No. 3

BR75D4 = Brockwood (Park) 1975 Public Discussion No. 4

Extracts

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

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

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

Podcasts episodes

KP103 = Krishnamurti Podcast Episode 103

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 Meeting

T: Public Talk

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For more information on the work and activities of the Foundation, including dozens of featured articles delving deeper into Krishnamurti's teachings, an introduction to Krishnamurti, 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

[ML70DSG7-EX02 A mind freed from accumulation](#)

Duration: 13 minutes

Action

[MA7879T1-EX02 An action not of the past](#)

Duration: 13 minutes

[OJ80Q3-WQ02 On seeing and action](#)

Duration: 13 minutes

[OJ82Q2-WQ02 What is an action and state of being that is pure?](#)

Duration: 28 minutes

[SA85Q2-WQ01 When one understands something must one act?](#)

Duration: 22 minutes

[US66FRR5-EX08 A totally different action](#)

Duration: 2 minutes

[WA85T2-EX02 What is action?](#)

Duration: 8 minutes

[MA8081Q2-WQ05 What should I do to make my mind behave rightly?](#)

Duration: 11 minutes

[BR81S5-EX04 What do we do, faced with this tremendous problem?](#)

Duration: 7 minutes

[BR83CPJ1-EX05 We act and react like the ebb and flow of the tide](#)

Duration: 4 minutes

[SA81Q2-WQ02 On the individual's responsibility for his actions](#)

Duration: 13 minutes

[OJ80T6-EX01 Is there an action not born of time?](#)

Duration: 10 minutes

[BR79S4-EX02 What is one to do in an insane world?](#)

Duration: 6 minutes

Action/Political

[OJ82Q4-WQ01 On active political involvement](#)

Duration: 20 minutes

[OJ82Q3-WQ03 Isn't political action necessary to bring about total change?](#)

Duration: 11 minutes

Action/Right

[BR81Q2-WQ03 What is right action that will meet everything in our lives?](#)

Duration: 19 minutes

[BR82Q1-WQ02 Can right action ever encompass violence?](#)

Duration: 16 minutes

[OJ81Q4-WQ02 What is right action when understanding isn't total?](#)

Duration: 7 minutes

[BR78T1-EX01 What is right action?](#)

Duration: 9 minutes

[BR80T1-EX02 Who knows what right action is?](#)

Duration: 8 minutes

[OJ81T3-EX04 Is there a right action?](#)

Duration: 5 minutes

[OJ81T3-EX02 Can thought bring about right action?](#)

Duration: 2 minutes

[BR7879CBS3-EX02 Right action](#)

Duration: 7 minutes

Action/Self

[BR79S2-EX02 Is there an action that is not self-centred?](#)

Duration: 6 minutes

[BR79S5-EX04 What is action without a me?](#)

Duration: 6 minutes

[OJ80T6-EX04 An action that is not self-centred](#)

Duration: 6 minutes

Action/Thought

[RA85T1-EX01 Our daily action is based on thinking](#)

Duration: 8 minutes

[SA78T3-EX07 Is there an action not based on thought?](#)

Duration: 17 minutes

Analysis

[BR79T1-EX04 The game of analysis](#)

Duration: 10 minutes

[SA77T3-EX03 Where there is analysis there must be conflict](#)

Duration: 4 minutes

[OJ72T2-EX02 Analysis implies time](#)

Duration: 5 minutes

Anger

[BR83T3-EX02 I am anger](#)

Duration: 2 minutes

Anonymity

[OJ80Q3-EX01 Acting from anonymity](#)

Duration: 1 minute

Art of Learning/Listening/Seeing

[MA8384T3-EX02 The art of learning](#)

Duration: 3 minutes

[SA77T3-EX05 The arts of learning, seeing and listening](#)

Duration: 4 minutes

[MA8081T5-EX02 The arts of listening, seeing and learning](#)

Duration: 17 minutes

[SA85Q3-EX01 The art of listening, seeing and learning](#)

Duration: 17 minutes

[BO85T2-EX06 Learn the art of listening](#)

Duration: 3 minutes

[MA8384T3-EX01 The art of listening](#)

Duration: 7 minutes

[SA82Q3-WQ01 On seeing and listening](#)

Duration: 15 minutes

Artist

[OJ83Q1-WQ01 What is the role of the artist?](#)

Duration: 20 minutes

[SD74CA17-EX02 What is an artist?](#)

Duration: 4 minutes

Attachment

[BO85T4-EX04 We are attached to so many things](#)

Duration: 12 minutes

[BR80Q2-WQ04 Why do you say attachment is corruption?](#)

Duration: 7 minutes

[CC82T3-EX08 You are all attached to something](#)

Duration: 11 minutes

[SA80Q5-WQ05 On attachment and detachment](#)

Duration: 14 minutes

[OJ77T5-EX02 Why are you attached?](#)

Duration: 3 minutes

[BR84T3-EX02 Is there an ending of attachment?](#)

Duration: 8 minutes

[RA85T3-EX05 Why not get free of attachment now?](#)

Duration: 3 minutes

[BR78S5-EX02 Can one stay with attachment?](#)

Duration: 8 minutes

[OJ80T4-EX02 You are attached – why?](#)

Duration: 9 minutes

[MA8384T3-EX10 End attachment while living](#)

Duration: 4 minutes

[SA77T6-EX05 There is no freedom in attachment](#)

Duration: 4 minutes

[BR81S2-EX03 Attachment after somebody dies](#)

Duration: 6 minutes

[SA79T3-EX03 We want to find security in attachment](#)

Duration: 8 minutes

Attention

[BO85Q1-WQ02 Why can't we sustain attention?](#)

Duration: 12 minutes

[BR69T1-EX01 Total vs partial attention](#)

Duration: 4 minutes

[BR84Q1-WQ01 What is attention if it has nothing to do with thought?](#)

Duration: 15 minutes

[OJ80Q4-WQ05 What is the relationship of attention to thought?](#)

Duration: 12 minutes

[OJ81Q4-WQ01 Is it possible to achieve a constant attention?](#)

Duration: 29 minutes

[OJ82Q2-WQ01 What can one do to nourish attention?](#)

Duration: 17 minutes

[SA84Q3-WQ02 Does attention become a constant spontaneous state of action?](#)

Duration: 12 minutes

[BR78D2-EX07 Be attentive for a single moment](#)

Duration: 4 minutes

[SA79T1-EX01 Total attention](#)

Duration: 7 minutes

[BR80T3-EX04 When there is no attention, confusion arises](#)

Duration: 2 minutes

[BR7879CBS5-EX08 What is the state of mind that is completely attentive?](#)

Duration: 7 minutes

Attention/Concentration

[BR85T4-EX05 Attention vs Concentration](#)

Duration: 6 minutes

Attention/Silence

[MA8283T4-EX05 In attention is great silence](#)

Duration: 2 minutes

[LS84S2-EX04 Where there is attention there is silence](#)

Duration: 7 minutes

Austerity

[SA80Q1-WQ02 On austerity, integrity and total transformation](#)

Duration: 24 minutes

Authority

[SA82Q3-WQ03 I feel what you say is right and I have left my guru](#)

Duration: 9 minutes

[LO82T2-EX04 In the realm of the spirit there is no authority](#)

Duration: 3 minutes

[SA84T3-EX01 A platform doesn't mean authority](#)

Duration: 2 minutes

[BR77T1-EX03 Authority must come to an end](#)

Duration: 8 minutes

[MA8384T1-EX09 Question all authority](#)

Duration: 4 minutes

[BR79T1-EX03 Authority does not bring about change](#)

Duration: 9 minutes

[BR76CTM3-EX01 Authority exists because we are in disorder](#)

Duration: 1 minute

Authority/Conformity

[SA77T2-EX01 Where there is authority there is conformity](#)

Duration: 8 minutes

Authority/Psychological

[SA77T2-EX03 Psychological authority](#)

Duration: 10 minutes

Authority/Spiritual

[SD74CA15-EX01 Why do we accept spiritual authority?](#)

Duration: 14 minutes

[SD74CA16-EX03 Do not accept spiritual authority](#)

Duration: 6 minutes

[CC82T3-EX03 Spiritual authority](#)

Duration: 8 minutes

Awareness

[BO85Q1-WQ04 Can one be aware with all the senses simultaneously?](#)

Duration: 16 minutes

[BR7879CBS5-EX07 What is awareness?](#)

Duration: 15 minutes

[SA80Q2-WQ02 Is it possible to be completely awake?](#)

Duration: 14 minutes

[SA80Q3-WQ02 On inattention, and the gap between understanding and action](#)

Duration: 21 minutes

[SA81Q2-WQ03 On awareness and the awakening of intelligence](#)

Duration: 17 minutes

[SF73T1-SQ01 There is no continuous awareness](#)

Duration: 11 minutes

[SF73T4-SQ03 Just be aware](#)

Duration: 2 minutes

[SM72T1-EX06 The simplicity of awareness](#)

Duration: 1 minute

[SA85Q1-EX01 Are you aware?](#)

Duration: 1 minute

Beauty

[BO84Q-WQ01 On beauty](#)

Duration: 9 minutes

[SD74CA9-EX10 Must beauty be expressed?](#)

Duration: 10 minutes

[BR81T4-EX01 A beauty not found in nature or art](#)

Duration: 7 minutes

[OJ84T4-EX02 What is beauty?](#)

Duration: 6 minutes

[BR83T1-EX03 Beauty has no cause](#)

Duration: 5 minutes

[WA85T1-EX05 Have you ever asked what beauty is?](#)

Duration: 7 minutes

Beauty/Self

[BR84T4-EX02 Beauty is when the self is not](#)

Duration: 5 minutes

[BR77T4-EX05 When the 'me' is absent there is beauty](#)

Duration: 4 minutes

[RA85T2-EX01 For a second you don't exist](#)

Duration: 8 minutes

[BO85T4-EX01 Where there is self there is no beauty](#)

Duration: 4 minutes

Becoming

[SA78T7-EX04 The end of becoming](#)

Duration: 11 minutes

[BR80T2-EX02 Becoming is the urge of desire](#)

Duration: 7 minutes

[CC82T2-EX06 Becoming is time](#)

Duration: 7 minutes

Behaviour

[SM72T1-EX10 What does it take to snap from conditioned behaviour to spontaneity?](#)

Duration: 2 minutes

Being stuck

[BR78T2-EX05 Are you stuck in a groove?](#)

Duration: 11 minutes

Belief

[OJ80Q2-WQ01 What is an intelligent response to the belief that everything is relative?](#)

Duration: 29 minutes

[US66FRR2-EX11 Belief is a form of hope](#)

Duration: 1 minute

Belonging

[SD72CES2-EX03 Why belong to anything?](#)

Duration: 8 minutes

Beyond

[BO85T4-EX06 Is there something beyond?](#)

Duration: 3 minutes

Bible

[SD74CA7-EX02 Using the bible as blinkers](#)

Duration: 4 minutes

Book of oneself

[SA81Q3-WQ02 What do you mean by 'reading the book of one's life' in one look?](#)

Duration: 9 minutes

Brain

[OJ79T5-EX02 Is it possible to keep the brain young?](#)

Duration: 5 minutes

[BR83T4-EX02 If the brain is burdened you can't go far](#)

Duration: 1 minute

[BR77T2-EX03 The function of the brain](#)

Duration: 8 minutes

[BR81T2-EX03 Can the brain function as a whole?](#)

Duration: 3 minutes

[BR80T4-EX02 Constant struggle wears out the brain](#)

Duration: 6 minutes

[BO85T1-EX02 Can the human brain be entirely free?](#)

Duration: 4 minutes

[OJBR80CB9-EX03 Can the brain be free of knowledge?](#)

Duration: 10 minutes

[BR85T1-EX03 Can the brain be aware of its limitation?](#)

Duration: 7 minutes

[AM69T5-EX01 The brain is quiet when there is attention.](#)

Duration: 12 minutes

[BR83T4-EX05 A brain must have space](#)

Duration: 9 minutes

[BR81T2-EX06 Can the brain act as a whole?](#)

Duration: 4 minutes

Brain/Change

[BR78T4-EX08 The brain cells undergo a change](#)

Duration: 5 minutes

[BR83T1-EX01 What will change the brain cells?](#)

Duration: 5 minutes

[CC82T1-EX01 Mutation in the brain cells](#)

Duration: 8 minutes

Brain/Mind

[BO84Q-WQ05 On the difference between brain and mind](#)

Duration: 11 minutes

[MA8081Q1-WQ02 Is there any difference between the brain and mind?](#)

Duration: 15 minutes

[OJ81Q1-WQ02 Is there a difference between the brain and the mind?](#)

Duration: 15 minutes

[SA83Q2-WQ02 Could we speak about the brain and the mind?](#)

Duration: 36 minutes

[SA85Q2-WQ05 Why do you differentiate between the brain and the mind?](#)

Duration: 14 minutes

[RV82CPA-EX04 The brain is the mind when it is totally free](#)

Duration: 6 minutes

[BR82Q2-WQ03 What do you mean by brain, mind and consciousness?](#)

Duration: 12 minutes

Brain/Problems

[BR83Q2-EX01 Is your brain free from problems?](#)

Duration: 18 minutes

[BR85T1-EX02 Is your brain free to solve problems?](#)

Duration: 9 minutes

[BO85T1-EX09 Can the brain be without a single problem?](#)

Duration: 5 minutes

[MA8384T1-EX04 The brain has a problem](#)

Duration: 7 minutes

[RA85T1-EX02 Our brain is conditioned to have problems](#)

Duration: 8 minutes

Brain/Recording

[BR81T4-EX03 Can the brain stop recording?](#)

Duration: 6 minutes

[MA8384T2-EX04 The brain is always recording](#)

Duration: 5 minutes

Brain/Time

[OJ81T3-EX03 The brain functions in time](#)

Duration: 10 minutes

[OJ80T1-EX02 The brain is the result of time](#)

Duration: 9 minutes

Buddha

[NY71T1-EX07 Question: What do you think about the Buddha?](#)

Duration: 2 minutes

Cause/Effect

[BR77T3-EX02 Cause and effect](#)

Duration: 9 minutes

Causes

[BR81S1-EX04 The universe has no cause; we have causes](#)

Duration: 6 minutes

Certainty

[SA80Q5-WQ06 Is there an absolute certainty?](#)

Duration: 13 minutes

[BR78D2-EX04 We want to be certain](#)

Duration: 7 minutes

Change

[AM69T1-EX01 Why don't we have the energy to change?](#)

Duration: 13 minutes

[BR79S6-EX04 Will anything make us change?](#)

Duration: 11 minutes

[BR80Q2-WQ05 Can a minority of integrated people outweigh the majority?](#)

Duration: 4 minutes

[BR85Q2-WQ02 If I change, what will happen afterwards?](#)

Duration: 10 minutes

[MA8081Q1-WQ06 On change and destiny](#)

Duration: 8 minutes

[MA8384Q1-SQ01 What have you done about poverty?](#)

Duration: 9 minutes

[MA8384Q1-WQ01 How can mere individuals change and affect the whole?](#)

Duration: 37 minutes

[MA8384Q1-WQ02 Is mutation purely a psychological happening?](#)

Duration: 32 minutes

[OJ80Q2-WQ03 On the urgency of change](#)

Duration: 11 minutes

[OJ82Q2-WQ04 Why do we not change?](#)

Duration: 12 minutes

[OJ85Q2-WQ02 Are we struggling against our nature in seeking to change?](#)

Duration: 6 minutes

[SA83Q3-WQ05 How am I to radically bring about a change in my life?](#)

Duration: 11 minutes

[SD74CA1-EX02 Change at the root](#)

Duration: 2 minutes

[US84FCC-EX04 Why don't you change?](#)

Duration: 1 minute

[SA81T5-EX04 Whose fault is it you haven't changed?](#)

Duration: 1 minute

[BR83CPJ1-EX01 Do we want to change?](#)

Duration: 1 minute

[SA79T2-EX06 What will make you change?](#)

Duration: 4 minutes

[BR80T1-EX03 What will make us change?](#)

Duration: 9 minutes

[BR76CTM3-EX03 I want to change](#)

Duration: 8 minutes

[BR81S3-EX01 If one person changes, it affects the whole](#)

Duration: 6 minutes

[BR84CRE-EX02 What is change?](#)

Duration: 5 minutes

[SD74CA1-EX01 It is your responsibility to change](#)

Duration: 3 minutes

[MA8384T1-EX05 Will reward make us change?](#)

Duration: 6 minutes

[SA79T5-EX01 We remain more or less the same](#)

Duration: 11 minutes

Chaos

[OJ83T1-EX02 Who is responsible for this chaos?](#)

Duration: 2 minutes

Chattering

[BR79T4-EX04 How am I to stop chattering?](#)

Duration: 8 minutes

Chattering/(Story)

[BR83Q1-EX01 The chattering lady](#)

Duration: 3 minutes

Choice

[SA77T7-EX02 Choice comes about when there is no clarity](#)

Duration: 6 minutes

[OJ81T3-EX01 Only the confused mind chooses](#)

Duration: 5 minutes

Choiceless Awareness

[MA8283T4-EX04 Be aware without choice](#)

Duration: 3 minutes

Clarity

[SA77T4-EX01 Clarity is not born of logic](#)

Duration: 8 minutes

Communion

[SD74CA3-EX01 Communion requires seriousness](#)

Duration: 5 minutes

Comparison

[OJ82CNM2-EX02 Can you live without comparing yourself?](#)

Duration: 6 minutes

[MA8384T4-EX04 There is conflict in comparison](#)

Duration: 8 minutes

[BR76DSS2.2-EX01 To compare yourself is a habit](#)

Duration: 6 minutes

Compassion

[BR80Q2-WQ02 Does compassion spring from observation or thought?](#)

Duration: 11 minutes

[BR82Q1-WQ03 On compassion and action](#)

Duration: 13 minutes

[MA8283T4-EX02 The highest expression of compassion](#)

Duration: 5 minutes

[SA77T3-EX07 What is compassion?](#)

Duration: 6 minutes

Competition

[MA8182Q1-WQ05 Is it possible to be competitive and yet not hurt?](#)

Duration: 8 minutes

Computer

[MA8081T5-EX01 The computer is taking over](#)

Duration: 29 minutes

[BR81S4-EX01 Does the computer learn as we do?](#)

Duration: 5 minutes

[BR85T4-EX02 When the computer takes over](#)

Duration: 1 minute

[BR81T1-EX02 Computers are taking over](#)

Duration: 9 minutes

Concentration

[BR80Q1-WQ07 I derive strength from concentrating on a symbol. Is this an illusion?](#)

Duration: 8 minutes

[OJ77T6-EX01 In concentration is conflict](#)

Duration: 7 minutes

Conclusions

[SA79D5-EX01 We are hooked on our own conclusions](#)

Duration: 2 minutes

[SA77T6-EX01 Conclusions about another](#)

Duration: 5 minutes

Conditioning

[BO85T1-EX01 All of us are programmed](#)

Duration: 4 minutes

[BR76D2-EX15 Everyone is conditioned](#)

Duration: 19 minutes

[OJ81Q1-WQ01 On conditioning](#)

Duration: 33 minutes

[OJ85Q1-WQ02 Do racial physical differences affect conditioning?](#)

Duration: 14 minutes

[SA78D1-EX01 You are not different from your conditioning](#)

Duration: 6 minutes

[SA78D2-EX03 Seeing the danger of conditioning](#)

Duration: 34 minutes

[BR83Q2-EX04 I am conditioned](#)

Duration: 1 minute

[BR84IER-EX02 How do I strip away my conditioning?](#)

Duration: 4 minutes

[OJ72T1-EX04 You don't see the danger of your conditioning](#)

Duration: 12 minutes

[BR83T1-EX04 Why is the brain conditioned?](#)

Duration: 8 minutes

[SF73T4-SQ02 The mind can be free from conditioning](#)

Duration: 7 minutes

Conflict

[WA85T1-EX02 Why are we perpetually in conflict?](#)

Duration: 14 minutes

[BR85T1-EX08 Can we live without a single conflict?](#)

Duration: 5 minutes

[BR84T1-EX01 What is the root of conflict?](#)

Duration: 9 minutes

[MA8384T2-EX02 Can you live without conflict?](#)

Duration: 9 minutes

[OJ80T1-EX01 The battle inside](#)

Duration: 9 minutes

[BR84T1-EX03 When there is limitation there must be conflict](#)

Duration: 2 minutes

[BO85T1-EX03 Why do we have conflict?](#)

Duration: 6 minutes

[BR85T1-EX06 Can conflict end?](#)

Duration: 5 minutes

[OJ82Q1-WQ02 Will there be less conflict when you depart?](#)

Duration: 11 minutes

Conflict/Comparison

[SA77T5-EX02 Conflict and comparison](#)

Duration: 6 minutes

Conscious/Unconscious

[SA78T6-EX02 Dividing consciousness into the conscious and unconscious is a mistake](#)

Duration: 24 minutes

Consciousness

[BR82Q1-WQ01 On individual and group consciousness](#)

Duration: 21 minutes

[BR83Q2-WQ01 Is awareness beyond time?](#)

Duration: 36 minutes

[CC82T1-EX02 Your consciousness is not yours](#)

Duration: 10 minutes

[OJ80Q3-WQ05 What does it mean to step out of the stream?](#)

Duration: 8 minutes

[OJ81Q4-WQ05 On revolution in consciousness](#)

Duration: 10 minutes

[OJ81T1-EX01 Consciousness is not yours, it is global](#)

Duration: 10 minutes

[OJ84Q1-WQ01 On sharing the same consciousness](#)

Duration: 26 minutes

[SA80Q5-WQ03 Are there different levels of consciousness?](#)

Duration: 18 minutes

[BR77T4-EX01 Consciousness reveals its story](#)

Duration: 7 minutes

[BR81T3-EX05 Your consciousness is the consciousness of all humanity](#)

Duration: 5 minutes

[OJ81T2-EX02 We are the result of a million years](#)

Duration: 3 minutes

[OJ72T2-EX03 Consciousness is its content](#)

Duration: 6 minutes

[BR81S4-EX03 My consciousness is the consciousness of the world](#)

Duration: 7 minutes

[BR76CTM3-EX06 Can consciousness be aware of itself?](#)

Duration: 5 minutes

[SA82Q3-WQ02 Can the change of a few affect total consciousness?](#)

Duration: 9 minutes

[CC82T4-EX03 You are a vast reservoir](#)

Duration: 6 minutes

[BR76CTM6-EX02 Consciousness is filled with images](#)

Duration: 1 minute

[BR79T2-EX05 Observing our consciousness](#)

Duration: 7 minutes

Contradictions

[OJ72T2-EX01 Contradiction in oneself](#)

Duration: 7 minutes

Control

[SA79T7-EX04 We are educated to control](#)

Duration: 10 minutes

[BR78T4-EX03 Is it possible to live without any form of control?](#)

Duration: 10 minutes

Corruption

[MA8081Q1-WQ01 On the corrupt and immoral society](#)

Duration: 12 minutes

Creation

[SA85Q1-WQ03 What do you mean by creation?](#)

Duration: 15 minutes

[BR84T4-EX07 Creation is not invention](#)

Duration: 3 minutes

[BR83T4-EX07 What is creation?](#)

Duration: 8 minutes

[LS84S1-EX03 Creation is only possible where there is love](#)

Duration: 7 minutes

Creativity

[OJ80Q3-WQ01 What is true creativity?](#)

Duration: 17 minutes

[SA84Q2-WQ01 Cannot creativity include the activity of thought?](#)

Duration: 28 minutes

Crisis

[SD74CA3-EX03 A crisis is always new](#)

Duration: 1 minute

[SA79D4-EX01 We only come together during a crisis](#)

Duration: 1 minute

[BR85Q1-WQ03 What is my responsibility toward the world crisis?](#)

Duration: 9 minutes

Death

[BR76T3-EX15 What is the relationship of time to death?](#)

Duration: 19 minutes

[BR7879CBS5-EX01 What is it that dies?](#)

Duration: 10 minutes

[MA8081Q2-WQ06 Is there any survival after death?](#)

Duration: 16 minutes

[MA8182Q2-WQ05 How shall I be rid of the fear of death?](#)

Duration: 8 minutes

[NY66T4-SQ02 There is no yesterday or tomorrow](#)

Duration: 7 minutes

[OJ79T5-EX10 What is death?](#)

Duration: 18 minutes

[OJ80Q3-WQ04 On reincarnation](#)

Duration: 17 minutes

[OJ85T4-EX01 On death, continuity and creation](#)

Duration: 22 minutes

[SA80Q2-WQ03 Can one live in a timeless state?](#)

Duration: 19 minutes

[SA82Q2-WQ01 On death and detachment](#)

Duration: 53 minutes

[SA83Q3-WQ04 What does death mean to you?](#)

Duration: 18 minutes

[WA85T2-EX05 Death says you can't take anything with you](#)

Duration: 14 minutes

[LO82T2-EX06 What is death?](#)

Duration: 1 minute

[BR85T4-EX01 We make a fuss about death](#)

Duration: 3 minutes

[BR84T4-EX04 What does it mean to die?](#)

Duration: 9 minutes

[BR77T3-EX04 Meeting death](#)

Duration: 9 minutes

[BR83T3-EX05 What is it to die?](#)

Duration: 9 minutes

[OJ80T6-EX07 Death will not argue with you](#)

Duration: 6 minutes

[MA8384T3-EX07 Why have you put death far away from you?](#)

Duration: 5 minutes

[MA8384T3-EX08 Death is the final ending](#)

Duration: 5 minutes

Death/(Story)

[SA80T6-EX01 The boy sent to visit Death](#)

Duration: 5 minutes

Death/Consciousness

[BR81T3-EX01 Death - What happens if I don't end all the content of my consciousness?](#)

Duration: 30 minutes

[SD74CA13-EX01 On death and the ending of consciousness 1](#)

Duration: 15 minutes

[SD74CA13-EX02 On death and the ending of consciousness 2](#)

Duration: 38 minutes

Death/Fear

[SA78T6-EX03 Why are we afraid of death?](#)

Duration: 23 minutes

[RA85T3-EX04 Why are we scared of death?](#)

Duration: 7 minutes

Death/Life

[OJ81T6-EX03 Death is part of life](#)

Duration: 6 minutes

[AM81T2-EX02 Death is not separate from living](#)

Duration: 4 minutes

Death/Order/Disorder

[SD72CES2-EX01 Death, order and disorder](#)

Duration: 14 minutes

Dependence

[US84FCC-EX03 Who is there to tell you what to do?](#)

Duration: 1 minute

Desire

[BR83Q1-WQ02 Is desire something fundamental?](#)

Duration: 37 minutes

[OJ85Q1-WQ06 What is it that all of us desire?](#)

Duration: 12 minutes

[SA77T4-EX11 What is desire?](#)

Duration: 12 minutes

[SA80Q1-WQ01 On self-knowledge without desire and will](#)

Duration: 30 minutes

[SA83Q3-WQ01 What is desire?](#)

Duration: 24 minutes

[SD74CA17-EX04 Why should I control my desires?](#)

Duration: 7 minutes

[US66FRR5-EX05 What's wrong with desire?](#)

Duration: 1 minute

[BR77T2-EX01 The movement of desire](#)

Duration: 3 minutes

[BR78T2-EX02 The structure of desire](#)

Duration: 9 minutes

[BR77T1-EX04 We have so many desires](#)

Duration: 7 minutes

[BR84T3-EX03 Why are we slaves to desire?](#)

Duration: 10 minutes

[RA85T2-EX05 The nature of desire](#)

Duration: 3 minutes

[BR80DSG2.0-EX04 When does desire begin?](#)

Duration: 8 minutes

[OJ80T4-EX01 Where does desire begin?](#)

Duration: 5 minutes

[SA79T5-EX04 Desire flowers the moment you create the image](#)

Duration: 6 minutes

[AM81T1-EX03 Desire begins with sensation](#)

Duration: 5 minutes

Desire/Pleasure

[SD74CA7-EX01 On desire and pleasure](#)

Duration: 35 minutes

Desire/Suppression

[US66FRR5-EX04 Suppression of desire](#)

Duration: 1 minute

Desire/Thought

[RA85T2-EX03 Thought creates desire from sensation](#)

Duration: 9 minutes

[US66FRR5-EX06 Thought strengthens desire](#)

Duration: 1 minute

[US66FRR5-EX07 Looking at something beautiful without thought](#)

Duration: 1 minute

Discipline/Leaning

[SA79T4-EX01 Discipline means to learn, not to conform](#)

Duration: 6 minutes

[SD74CA8-EX10 Discipline and learning](#)

Duration: 12 minutes

Discontent

[SA80Q3-WQ01 I am discontented with everything - what is wrong with me?](#)

Duration: 25 minutes

[BR80T2-EX08 Discontent burns](#)

Duration: 7 minutes

Disorder

[BR77D2-EX01 Disorder](#)

Duration: 10 minutes

[BR80T3-EX01 How do you approach disorder?](#)

Duration: 8 minutes

[CC82T3-EX01 What is disorder?](#)

Duration: 4 minutes

[OJ81T4-EX01 There is disorder as long as there is conflict](#)

Duration: 10 minutes

[SD74CA5-EX05 Disorder is not outside of me](#)

Duration: 19 minutes

[SD74CA5-EX01 Why is there such disorder in the world?](#)

Duration: 8 minutes

[SA78D5-EX02 Does a limited way of life cause disorder?](#)

Duration: 5 minutes

Distraction

[NY71T1-EX08 Is distraction really distraction?](#)

Duration: 4 minutes

Division

[BR85T1-EX07 Why is there a divisive element in us?](#)

Duration: 7 minutes

[BR80T3-EX02 The root of division](#)

Duration: 8 minutes

[BR70IOH-EX10 Division implies sorrow](#)

Duration: 1 minute

Division/Conflict

[BR78D2-EX03 It is a law that in division is conflict](#)

Duration: 3 minutes

[NY71T2-EX03 If there is division there must be conflict](#)

Duration: 9 minutes

Doubt

[OJ80T6-EX06 One must know when to doubt](#)

Duration: 2 minutes

Dreams

[SF73T2-SQ02 Are dreams necessary?](#)

Duration: 8 minutes

Duality

[SD74CA2-EX02 The mind has evolved in duality](#)

Duration: 1 minute

Dying

[OJ77T5-EX01 Dying to everything each minute](#)

Duration: 23 minutes

Earth

[OJ83T1-EX11 We are destroying the beauty of the earth](#)

Duration: 1 minute

Education

[BO85Q1-WQ01 What is the best way to educate a child?](#)

Duration: 32 minutes

[BR69T2-EX02 Education at present is a form of violence](#)

Duration: 8 minutes

[BR81Q1-WQ01 Do your schools create an elite atmosphere?](#)

Duration: 10 minutes

[BR82IR-SQ01 What is right education?](#)

Duration: 4 minutes

[BR82IR-SQ02 What are we doing at Brockwood?](#)

Duration: 4 minutes

[BR84Q2-WQ02 Do your schools give an understanding of human problems?](#)

Duration: 10 minutes

[MA8081Q1-WQ07 Can a teacher inculcate decent behaviour in children?](#)

Duration: 15 minutes

[OJ77D3-EX05 There is no teacher separate from the taught](#)

Duration: 20 minutes

[OJ77D3-EX01 The complex problems in education](#)

Duration: 12 minutes

[OJ80Q1-WQ01 What is the significance of history in education?](#)

Duration: 16 minutes

[OJ82Q1-WQ01 How do we help children face the threatening world?](#)

Duration: 23 minutes

[OJ82Q3-WQ01 On money going to educate a small group of children](#)

Duration: 18 minutes

[RV83DS2-EX01 What is the greatest profession?](#)

Duration: 6 minutes

[SA80Q2-WQ01 What is the right way to earn a living?](#)

Duration: 45 minutes

[SA80Q5-WQ01 How do I educate my young child?](#)

Duration: 7 minutes

[SA82Q3-WQ05 What preparation can I give my child for today's world?](#)

Duration: 8 minutes

[SA83Q2-WQ01 Is there such thing as right education?](#)

Duration: 28 minutes

[SA84Q2-WQ03 How can we educate our children to be intelligent and free?](#)

Duration: 12 minutes

[SA84Q2-EX02 What do we mean by education?](#)

Duration: 1 minute

[BR81S1-EX02 Educate yourself](#)

Duration: 3 minutes

Effort

[NY66T4-SQ04 There is effort when there is comparison](#)

Duration: 5 minutes

[BR70IOH-EX07 Is effort necessary?](#)

Duration: 1 minute

[BR74FPL-EX01 Living Effortlessly](#)

Duration: 1 minute

[BR79T2-EX02 The movement of effort](#)

Duration: 8 minutes

[BR79S5-EX02 Effort vs no effort](#)

Duration: 4 minutes

[RA85T3-EX02 Why all this effort?](#)

Duration: 7 minutes

Ego

[BR78D1-EX01 The structure of the ego](#)

Duration: 6 minutes

[SA79T4-EX05 What is the ego?](#)

Duration: 7 minutes

Emotions

[BR79Q1-WQ04 On reducing the strength of emotions](#)

Duration: 17 minutes

[SA76T5-EX08 Are emotions rooted in thought?](#)

Duration: 3 minutes

Emptiness

[BR81S3-EX04 Complete emptiness](#)

Duration: 6 minutes

Ending

[MA7879T6-EX02 In the ending is a beginning](#)

Duration: 12 minutes

[SD74CA9-EX01 The action of ending](#)

Duration: 11 minutes

[BR79T3-EX05 Can you voluntarily end?](#)

Duration: 7 minutes

[BR81CPJ2-EX05 There is great beauty in ending](#)

Duration: 4 minutes

[BR80T4-EX04 Ending is more important than beginning](#)

Duration: 7 minutes

[BR81T3-EX04 Is it possible to end while living?](#)

Duration: 8 minutes

[OJ80T3-EX02 Is time necessary to end something?](#)

Duration: 9 minutes

Energy

[BR85T4-EX03 Explosive energy](#)

Duration: 4 minutes

Enlightenment

[OJ82CNM3-EX01 You don't know what enlightenment is](#)

Duration: 5 minutes

[BR80T2-EX01 Enlightenment is not a matter of time](#)

Duration: 5 minutes

[OJ82Q2-WQ03 Can we truly be enlightened through words?](#)

Duration: 11 minutes

[SA80Q4-WQ03 What is enlightenment?](#)

Duration: 14 minutes

Entertainment

[SA81T5-EX01 Will you be entertained, or turn inward?](#)

Duration: 2 minutes

[MA8384T4-EX06 The entertainment industry is taking over your brain](#)

Duration: 5 minutes

Environment

[OJ84Q2-WQ04 How is one to live on earth without destructing its beauty?](#)

Duration: 15 minutes

Escape

[BR81T3-EX02 Stopping escape](#)

Duration: 9 minutes

Evolution/Psychological

[MA7879T3-EX01 There is no psychological evolution](#)

Duration: 10 minutes

[OJ85Q1-WQ04 Why do you say there is no psychological evolution?](#)

Duration: 17 minutes

[SM72T1-EX02 Is there such thing as inward growth?](#)

Duration: 1 minute

[BR78S7-EX01 We are caught in the same trap as the primitive man](#)

Duration: 10 minutes

Experience

[SD74CA15-EX02 The craving for experience](#)

Duration: 9 minutes

[BR78S5-EX01 We are attached to experience](#)

Duration: 3 minutes

[BR85Q1-WQ01 How can we know if mystical experiences are illusions?](#)

Duration: 20 minutes

[SA80Q4-WQ04 What are experiences beyond the senses?](#)

Duration: 14 minutes

Fact

[BR81T3-EX03 What takes place when you remain with a fact?](#)

Duration: 6 minutes

[BR79S3-EX02 Complete contact with the fact](#)

Duration: 5 minutes

[BR81T1-EX04 What is the difference between a fact and a concept?](#)

Duration: 9 minutes

[BR78S5-EX04 Can you watch the fact?](#)

Duration: 9 minutes

[BO85Q2-WQ04 Why is it that certain facts remain mere concepts?](#)

Duration: 32 minutes

Failures

[MA8384Q2-WQ01 What is the cause of my many failures?](#)

Duration: 45 minutes

Faith

[BO84Q-WQ06 What is faith?](#)

Duration: 6 minutes

[UN85T-EX03 What is faith?](#)

Duration: 1 minute

Fear

[BO85Q1-WQ05 I live in fear of the divine souls-Can you advise me?](#)

Duration: 10 minutes

[BR76T1-EX10 No fear](#)

Duration: 7 minutes

[BR76T1-EX01 You cannot do a thing about fear](#)

Duration: 2 minutes

[OJ80Q4-WQ01 What is the actual substance of fear?](#)

Duration: 19 minutes

[OJ81Q3-WQ02 How does one tackle the dormant seed of fear?](#)

Duration: 30 minutes

[OJ82Q1-WQ03 How do I deal with my deep-rooted emotion?](#)

Duration: 37 minutes

[OJ83Q2-WQ04 On fears and escapes](#)

Duration: 21 minutes

[OJ85Q2-WQ01 What is the difference between shyness and fear?](#)

Duration: 28 minutes

[RA85T2-EX06 Do you know your fears?](#)

Duration: 11 minutes

[SA64T5-EX01 The idea of fear](#)

Duration: 18 minutes

[SD74CA6-EX02 Fear can be put away completely](#)

Duration: 14 minutes

[SA81T5-EX07 We are all afraid](#)

Duration: 1 minute

[BR76T1-EX01 You cannot do a thing about fear](#)

Duration: 2 minutes

[OJ82Q1-EX03 Fear has existed for time immemorial](#)

Duration: 1 minute

[OJ82Q1-EX02 If I give complete attention to fear, it doesn't exist](#)

Duration: 1 minute

[OJ82Q1-EX01 Endless fear](#)

Duration: 1 minute

[BR78T1-EX04 What is the cause of fear?](#)

Duration: 10 minutes

[BR85T2-EX05 Observing the cause of fear](#)

Duration: 9 minutes

[BR83T3-EX01 Does thought cause fear?](#)

Duration: 8 minutes

[BR77T2-EX02 Going to the root of fear](#)

Duration: 6 minutes

[BR85T2-EX06 Fear is common to all](#)

Duration: 8 minutes

[WA85T1-EX06 Why have we accepted fear?](#)

Duration: 8 minutes

[BR79T3-EX01 The problem of fear](#)

Duration: 8 minutes

[SA77T3-EX02 Wiping fear away](#)

Duration: 8 minutes

[OJ80T4-EX04 What is fear?](#)

Duration: 4 minutes

[BR78S3-EX01 Fear is a disease](#)

Duration: 3 minutes

[BO85T2-EX04 Aren't you afraid?](#)

Duration: 8 minutes

[BR78S3-EX04 What are you afraid of?](#)

Duration: 7 minutes

[SA77T6-EX07 Fear is a terrible burden](#)

Duration: 6 minutes

[SA77T3-EX04 There is fear when there is comparison](#)

Duration: 6 minutes

[SA79T5-EX05 Is desire responsible for fear?](#)

Duration: 11 minutes

[SA84T4-EX01 The Ending of Fear](#)

Duration: 25 minutes

[BR78T1-EX05 Is memory responsible for fear?](#)

Duration: 10 minutes

[AM81T1-EX04 The origin of fear is thought](#)

Duration: 6 minutes

[OJ77T3-EX02 Fear comes into being when I think of tomorrow](#)

Duration: 17 minutes

[SA81T5-EX08 Is time the root of fear?](#)

Duration: 1 minute

[SA76T2-EX01 Is there fear without the word 'fear'?](#)

Duration: 22 minutes

[SA79T5-EX07 The future is the movement of fear](#)

Duration: 4 minutes

Fear/Cause

[BO85T2-EX05 How is fear caused?](#)

Duration: 6 minutes

[BR84CMZ2-EX04 Self-interest is the cause of fear](#)

Duration: 3 minutes

Fear/Freedom

[BR78T1-EX03 Is it possible to be free of fear?](#)

Duration: 9 minutes

[BR80T3-EX05 Can a human being be free of fear?](#)

Duration: 5 minutes

Fear/Observing

[CL68CHS-EX02 Is it possible to look at fear without the observer?](#)

Duration: 2 minutes

[LO82T2-EX01 Observing fear](#)

Duration: 2 minutes

[BR79T3-EX02 How do you observe fear?](#)

Duration: 9 minutes

Fear/Root

[SA78T4-EX05 Observing the root of fear](#)

Duration: 20 minutes

[BR81T2-EX04 You must discover the root of fear](#)

Duration: 8 minutes

[BR79T3-EX03 What is the root of fear?](#)

Duration: 8 minutes

Flattery/Insult

[OJ80T5-EX02 Not to register flattery or insult](#)

Duration: 4 minutes

Flowering

[BR78S7-EX03 The flowering](#)

Duration: 8 minutes

[SA78T7-EX07 Why do we follow another?](#)

Duration: 5 minutes

[BR81T4-EX07 We want to follow](#)

Duration: 1 minute

[SA84T1-EX01 To be a follower destroys truth](#)

Duration: 1 minute

Fragmentation

[MA8384T1-EX02 Where there is fragmentation there must be conflict](#)

Duration: 7 minutes

Freedom

[BR80Q2-WQ09 What is freedom?](#)

Duration: 10 minutes

[BR85Q2-EX01 Is it possible to be totally free of influence?](#)

Duration: 25 minutes

[MA8182Q1-WQ04 What is the nature of freedom?](#)

Duration: 4 minutes

[OJ82CNM4-EX01 When there is freedom](#)

Duration: 10 minutes

[SA84Q1-WQ04 On the demands of society and a life of total freedom](#)

Duration: 9 minutes

[SA84Q2-WQ02 How can one be helped to freedom?](#)

Duration: 13 minutes

[CC82T3-EX05 The word 'freedom' is misused by everybody](#)

Duration: 5 minutes

[BO85T1-EX07 Freedom](#)

Duration: 3 minutes

[OJ72T2-EX09 Freedom is absolutely necessary](#)

Duration: 5 minutes

Function/Role

[OJ82Q3-WQ02 Why do we confuse function with role?](#)

Duration: 11 minutes

Future

[SA82Q3-WQ06 What is the future of mankind?](#)

Duration: 7 minutes

[BR84Q2-WQ03 What do you mean by 'The future is now'?](#)

Duration: 22 minutes

[SA79T2-EX02 Psychologically there is no future](#)

Duration: 8 minutes

God

[MA8182Q2-WQ06 Does God exist?](#)

Duration: 19 minutes

[RV85DS2-EX01 How do you know there is a God?](#)

Duration: 3 minutes

[BO85T4-EX07 Out of fear we invent gods](#)

Duration: 9 minutes

[BR84Q2-EX02 A man hanging from a cliff prays to God](#)

Duration: 1 minute

[MA8384T2-EX05 Thought has invented God](#)

Duration: 2 minutes

Good/Bad

[BR77T1-EX02 The good and the bad](#)

Duration: 9 minutes

[OJ79T1-EX01 Goodness is not the opposite of the bad](#)

Duration: 11 minutes

Good/Evil

[BR84Q1-WQ04 Is there such a thing as good and evil in the world?](#)

Duration: 23 minutes

[BR84Q2-WQ01 Does goodness or evil exist outside our thinking?](#)

Duration: 9 minutes

[BR81S5-EX01 Good and evil](#)

Duration: 5 minutes

[CC82T3-EX02 Is good the opposite of evil?](#)

Duration: 5 minutes

Greed

[BR80T3-EX03 I am greed](#)

Duration: 9 minutes

[BR7879CBS1-EX01 Can a human being be free of greed now?](#)

Duration: 7 minutes

Groups

[BR80Q2-WQ08 Does being a member of a Gurdjieff group create fragmentation?](#)

Duration: 9 minutes

Guilt

[OJ85Q1-WQ01 On guilt and its relation to the ego](#)

Duration: 24 minutes

[SA83Q2-WQ03 Why is the feeling of guilt such a deep, tenacious one?](#)

Duration: 10 minutes

[SA85Q1-WQ02 What is guilt?](#)

Duration: 35 minutes

Gurus

[SD74CA8-EX04 Can you hold the sea in your hand?](#)

Duration: 4 minutes

[BR84IER-EX03 I am not your guru](#)

Duration: 2 minutes

[BR80Q1-WQ02 Is it wrong to work with an enlightened man and be a sannyasi?](#)

Duration: 8 minutes

[OJ83Q1-WQ05 On gurus and mantras](#)

Duration: 12 minutes

[SA80Q1-WQ03 How is one to know if the gurus are speaking the truth?](#)

Duration: 17 minutes

[OJ77T5-EX01 On gurus](#)

Duration: 1 minute

[OJ81T6-EX05 Gurus multiply like mushrooms](#)

Duration: 6 minutes

[SA85Q1-EX03 You don't need any guru or leader](#)

Duration: 1 minute

Habits

[OJ81T6-EX01 The terrible tragedy of habit](#)

Duration: 3 minutes

[BR69T2-EX01 Habits make the mind dull](#)

Duration: 7 minutes

[BR83Q1-SQ01 How does one break free of habits?](#)

Duration: 19 minutes

[SA78T5-EX02 Habit produces disorder](#)

Duration: 24 minutes

Happiness

[BO84Q-WQ07 How is it that one person is happy and another is unhappy?](#)

Duration: 16 minutes

Harmony

[OJ72T1-EX03 Where there is harmony there is no conflict](#)

Duration: 4 minutes

Healing

[OJ82Q3-WQ05 What part does psychic healing play in this?](#)

Duration: 19 minutes

Help

[BR69D1-EX01 Nobody can help you](#)

Duration: 4 minutes

[OJ83T1-EX03 Nobody on earth or in heaven can help you](#)

Duration: 1 minute

[BR85T1-EX04 Seeking help is useless](#)

Duration: 3 minutes

[NY71T1-EX06 Can one help another?](#)

Duration: 2 minutes

Homosexuality

[OJ84Q2-WQ03 On homosexuality](#)

Duration: 30 minutes

Hope/Faith

[US66FRR1-EX04 Hope and faith have no significance](#)

Duration: 1 minute

How

[BR76CTM6-EX03 Never ask how](#)

Duration: 1 minute

Human

[SD74CA1-EX03 You are a human being, not a Christian or Hindu](#)

Duration: 2 minutes

[SM72T2-EX04 When you are human you are not a woman or man](#)

Duration: 10 minutes

Humanity

[SA77T4-EX02 Every human being is the rest of humanity](#)

Duration: 3 minutes

[SA77T6-EX06 The house of humanity is burning](#)

Duration: 5 minutes

[CC82T1-EX03 The salvation of all humanity](#)

Duration: 2 minutes

[BR7879CBS5-EX02 The stream of humanity](#)

Duration: 5 minutes

[BR85T3-EX03 What do we have in common?](#)

Duration: 3 minutes

Humility

[SM72T2-EX01 Be humble to find out about goodness](#)

Duration: 5 minutes

Humility/Modesty

[OJ82Q4-WQ04 What are humility and modesty?](#)

Duration: 9 minutes

Hurt

[BR76D1-EX01 Why are you hurt?](#)

Duration: 9 minutes

[MA8081Q2-WQ02 Having been recently hurt, can I get rid of the image?](#)

Duration: 21 minutes

[MA8384T3-EX04 Most of us are wounded](#)

Duration: 10 minutes

[OJ81Q1-WQ03 I have been deeply hurt in childhood-What am I to do?](#)

Duration: 16 minutes

[SA78D3-EX03 Can past hurts be wiped away?](#)

Duration: 6 minutes

[SD74CA11-EX01 The nature of hurt](#)

Duration: 15 minutes

[SA81T5-EX10 Why are we hurt?](#)

Duration: 1 minute

[BR78T4-EX06 Ending hurt](#)

Duration: 10 minutes

[BR7879CBS3-EX03 Why can't we give up hurt?](#)

Duration: 9 minutes

[BR78S2-EX04 Wiping away hurt](#)

Duration: 5 minutes

[BR78S2-EX03 What is hurt?](#)

Duration: 8 minutes

[OJ77D2-EX01 If you have a self image you are going be hurt](#)

Duration: 23 minutes

[OJ80T2-EX03 What is it that is hurt?](#)

Duration: 8 minutes

Ideas

[NY71T1-EX03 Ideas are the most important things in our lives](#)

Duration: 4 minutes

Identification

[SA78T4-EX02 Can one not identify with another?](#)

Duration: 9 minutes

[SM72T1-EX09 It is your conditioning that demands you identify yourself with 'Godself'](#)

Duration: 6 minutes

[BR83T1-EX02 In identification we are incapable of being humble](#)

Duration: 10 minutes

Illness

[BR85Q1-WQ02 Does illness have another significance?](#)

Duration: 12 minutes

[SA80Q4-WQ02 I have cancer, what should I do?](#)

Duration: 16 minutes

[SA82Q1-WQ02 How can one face an incurable disease?](#)

Duration: 32 minutes

[SA85Q2-WQ04 Is there any benefit to physical illness?](#)

Duration: 9 minutes

Illusion

[BR78S5-EX06 Letting illusion flower](#)

Duration: 5 minutes

Illusion/Fact

[BR79S4-EX01 Illusion and fact](#)

Duration: 5 minutes

Images

[OJ85Q1-EX01 Worshipping images](#)

Duration: 3 minutes

[BO85T1-EX08 Is it possible to live without a single image?](#)

Duration: 5 minutes

Images/(Story)

[SD74CA14-EX01 The man who wanted to meet his dead wife](#)

Duration: 2 minutes

Images/Relationship

[SA77T4-EX08 Image-making in relationship](#)

Duration: 2 minutes

[OJ80Q3-WQ03 For the making of images to end, must thought also end?](#)

Duration: 21 minutes

[BR70IOH-EX04 Do we look at anyone with fresh eyes?](#)

Duration: 2 minutes

Imagination

[SF73T4-SQ01 What place has imagination?](#)

Duration: 7 minutes

Immeasurable

[BR85T4-EX06 Can the brain see the immeasurable?](#)

Duration: 5 minutes

[BR85Q2-WQ05 Are people who follow a discipline and come upon the immeasurable self-deluded?](#)

Duration: 9 minutes

Immortality

[BR7879CBS5-EX05 What is immortality?](#)

Duration: 7 minutes

Inattention

[MA7879T2-EX02 Awareness in inattention is attention](#)

Duration: 15 minutes

India

[MA8182Q1-WQ02 What should be done to help India and its people?](#)

Duration: 12 minutes

[MA8283Q2-WQ01 What has happened to the wisdom of the Indian mind?](#)

Duration: 32 minutes

Individuality

[BR83T2-EX01 Are you an individual?](#)

Duration: 6 minutes

[OJ81T1-EX02 Are we individuals?](#)

Duration: 7 minutes

[BR79S4-EX04 Turn your back on individuality](#)

Duration: 5 minutes

[BR79S4-EX03 We are not individuals](#)

Duration: 5 minutes

[BO85T1-EX06 Why do you think you are an individual?](#)

Duration: 4 minutes

[BR83CB1-EX05 We think we are separate individuals](#)

Duration: 6 minutes

Injustice

[MA8182Q2-WQ01 Is there no place in your teachings to fight injustice?](#)

Duration: 20 minutes

Inquiry

[SA84Q1-EX01 How far would we go in pursuing something serious in life?](#)

Duration: 24 minutes

[US66FRR5-EX09 Inquiry is not profitable](#)

Duration: 1 minute

[BR79T4-EX05 Inquiry into yourself](#)

Duration: 8 minutes

Insight

[BR79Q2-WQ02 Isn't insight intuition?](#)

Duration: 16 minutes

[BR85Q1-WQ05 What is total vision?](#)

Duration: 7 minutes

[OJ80Q2-WQ05 What does it mean to see the totality of something?](#)

Duration: 8 minutes

[OJ81Q3-WQ05 What is the difference between insight and enlightenment?](#)

Duration: 6 minutes

[SA80Q4-WQ05 What is the nature of the insight you speak about?](#)

Duration: 21 minutes

[SA83Q1-WQ01 On deep insight and stopping thought](#)

Duration: 59 minutes

[BR78T1-EX02 Instant insight](#)

Duration: 5 minutes

[SA77T5-EX01 Intelligent insight](#)

Duration: 5 minutes

[BR79S5-EX05 Insight and action](#)

Duration: 8 minutes

[BR7879CBS2-EX07 Insight transforms the brain](#)

Duration: 7 minutes

[BR79S6-EX03 Insight and experience](#)

Duration: 7 minutes

Insight/Intuition

[SA81Q1-WQ01 On insight and intuition](#)

Duration: 20 minutes

[SA79T3-EX04 Insight is not intuition](#)

Duration: 5 minutes

Intelligence

[OJ81Q3-WQ01 What is the relationship between intelligence and responsibility?](#)

Duration: 9 minutes

[OJ83Q2-WQ02 On livelihood and on being unselfish and intelligent](#)

Duration: 23 minutes

[OJ83Q2-WQ06 On the nature of intelligence](#)

Duration: 17 minutes

[SA79T6-EX04 The quality of intelligence](#)

Duration: 12 minutes

[SA84Q3-WQ03 Could you tell us more about this vast intelligence?](#)

Duration: 23 minutes

[SA85Q2-WQ03 What is intelligence?](#)

Duration: 14 minutes

[SD74CA12-EX03 Intelligence means sensitivity to the situation](#)

Duration: 10 minutes

Intelligence/(Story)

[SA81Q2-EX01 The man in a bowler hat](#)

Duration: 1 minute

Jealousy

[BR78S4-EX01 Can I observe jealousy?](#)

Duration: 6 minutes

Joy

[SM72T1-EX07 Krishnamurti, when have you experienced joy?](#)

Duration: 8 minutes

Judgement

[OJ84Q2-WQ02 What is judgement?](#)

Duration: 15 minutes

Judging

[SM72T4-EX03 Why do you judge at all?](#)

Duration: 5 minutes

Justice/Change

[OJ80Q4-WQ02 On justice and changing oneself](#)

Duration: 8 minutes

Killing

[SD74CA12-EX02 Killing has become an industry](#)

Duration: 8 minutes

Knowing

[BR78S2-EX07 You can't know me](#)

Duration: 4 minutes

Knowing oneself

[BO85Q1-SQ01 Is it possible to know yourself when you are not related to anybody?](#)

Duration: 3 minutes

Knowledge

[LS84S1-EX01 Knowledge can never be creative](#)

Duration: 10 minutes

[OJ80Q1-WQ02 Why is knowledge always incomplete?](#)

Duration: 40 minutes

[SA81Q1-WQ04 On knowledge](#)

Duration: 13 minutes

[OJ83T1-EX06 There is no complete knowledge about anything](#)

Duration: 1 minute

[BR83T2-EX05 Knowledge is always incomplete](#)

Duration: 4 minutes

[BR81S2-EX01 We are caught in knowledge](#)

Duration: 5 minutes

[BR81T3-EX01 What relationship has knowledge to love?](#)

Duration: 9 minutes

[BR80T1-EX04 Do I need to accumulate psychological knowledge?](#)

Duration: 9 minutes

[OJ80T2-EX01 Security in knowledge is a trick](#)

Duration: 10 minutes

[BR80T2-EX04 Knowledge is the movement of time](#)

Duration: 4 minutes

Known

[BR78T3-EX05 End the known now, not when death comes](#)

Duration: 10 minutes

Krishnamurti

[BR81Q1-EX01 Krishnamurti, the guru of gurus?](#)

Duration: 4 minutes

[MA8384T1-EX07 You have an image of me](#)

Duration: 6 minutes

[OJ82CNM2-EX01 Krishnamurti, you are stuck in a rut](#)

Duration: 6 minutes

[OJ84Q1-EX01 Krishnamurti designated no one to carry on his work](#)

Duration: 5 minutes

[OJ85Q1-WQ03 How do you live in regards to income?](#)

Duration: 2 minutes

[SA81Q3-WQ05 Who are you?](#)

Duration: 8 minutes

[SA83Q3-WQ03 Is not K's consciousness put together by thought and words?](#)

Duration: 12 minutes

[SA84Q2-WQ04 What is your relationship to us?](#)

Duration: 15 minutes

[SM72T1-EX08 Krishnamurti, are you aware of the contradiction between your words and your life?](#)

Duration: 6 minutes

[BR79Q2-WQ03 Why do you have your own organisation?](#)

Duration: 5 minutes

Krishnamurti/(Story)

[SD74CA8-EX05 Krishnamurti is visited by a monkey](#)

Duration: 2 minutes

[SA85Q3-EX01 The boy Krishnamurti invited in](#)

Duration: 3 minutes

[RA85T3-EX08 Krishnamurti loved jokes](#)

Duration: 4 minutes

[MA8384T2-EX01 The speaker has been angry only once](#)

Duration: 6 minutes

Krishnamurti's teachings

[BR79Q2-WQ01 Is K's teaching only for the few?](#)

Duration: 14 minutes

[BR80Q1-WQ01 Why do you have schools and foundations?](#)

Duration: 7 minutes

[BR80Q1-WQ04 On the urgency to change fading](#)

Duration: 14 minutes

[BR84Q1-WQ03 On listening to Krishnamurti](#)

Duration: 7 minutes

[BR85Q1-EX01 Why are you here?](#)

Duration: 20 minutes

[BR85Q2-WQ04 What do you say to people who pick parts of what you say?](#)

Duration: 8 minutes

[MA8081Q1-WQ03 What should I do to understand K's message fully?](#)

Duration: 13 minutes

[MA8485Q1-WQ01 How can I get at what you are saying without any effort?](#)

Duration: 15 minutes

[OJ83Q2-WQ01 Why aren't you more practical and less abstract?](#)

Duration: 19 minutes

[SA80Q3-WQ03 Should we talk about your teachings?](#)

Duration: 9 minutes

[SA84Q3-WQ01 How does one live without motives?](#)

Duration: 18 minutes

[SA84Q3-WQ04 Why do your teachings have so little effect on us?](#)

Duration: 10 minutes

[SA85Q1-EX01 Why do you come to these meetings?](#)

Duration: 8 minutes

[SA85Q1-EX02 Why do you come here?](#)

Duration: 8 minutes

[SA78D2-EX05 I have listened to you for many years. Why haven't I changed?](#)

Duration: 20 minutes

[BR82Q2-WQ06 What can one do to keep the profoundness of your talks?](#)

Duration: 5 minutes

[BR83Q1-EX01 From whom do you expect the answers?](#)

Duration: 4 minutes

[BR83Q1-WQ01 How do you know what you are saying is true?](#)

Duration: 19 minutes

[BR83Q2-WQ02 Why don't you encourage people to hold group discussions?](#)

Duration: 11 minutes

[BR84Q2-WQ05 What are we to do when you are no longer with us?](#)

Duration: 4 minutes

[OJ84Q1-WQ02 Have you designated a special person to carry on your teachings?](#)

Duration: 5 minutes

[RA85D-SQ01 Are the teachings of K going to meet the same fate of Buddha's and Christ's?](#)

Duration: 12 minutes

[SA85Q1-WQ01 On gurus saying they give the same teaching as K](#)

Duration: 13 minutes

[MA8586T3-EX01 Krishnamurti's last public words](#)

Duration: 9 minutes

Law/freedom

[BR83Q2-WQ04 On law and freedom](#)

Duration: 14 minutes

Leaders

[SD74CA16-EX05 Our rulers are irreligious](#)

Duration: 2 minutes

[MA8182Q2-EX01 If you depend on leaders you become weak](#)

Duration: 2 minutes

[OJ81T2-EX01 We always look to others to lead us](#)

Duration: 6 minutes

Learning

[MA7879T1-EX03 Another way of learning](#)

Duration: 15 minutes

[OJ77T2-EX01 You can learn only when you have leisure](#)

Duration: 9 minutes

[OJ79T4-EX01 A learning that is not acquiring knowledge](#)

Duration: 14 minutes

[SD74CA10-EX01 What is there to learn?](#)

Duration: 21 minutes

[BR78D2-EX01 Is there another way of learning?](#)

Duration: 10 minutes

[CL68CHS-EX01 The moment I learn about something I am free of it](#)

Duration: 1 minute

[BR78S5-EX05 There is nothing to learn about yourself](#)

Duration: 8 minutes

[BR78D2-EX05 Learning about oneself in relationship](#)

Duration: 5 minutes

Letting go

[BR85T4-EX04 Letting go](#)

Duration: 10 minutes

Liberation

[BR81Q2-WQ05 How can liberation be a matter of the whole of humanity?](#)

Duration: 14 minutes

Life

[PA65T4-EX01 Life is impermanent](#)

Duration: 4 minutes

[NY71T1-EX02 The totality of our lives](#)

Duration: 5 minutes

[BO85T4-EX09 Life is precious](#)

Duration: 4 minutes

[BR83T2-EX04 Can you look at life with a mind free of problems?](#)

Duration: 9 minutes

[CC82T3-EX07 Life is empty without love](#)

Duration: 5 minutes

[SA77T6-EX02 Can you observe life as a total movement?](#)

Duration: 6 minutes

[CC82T4-EX04 What is a religious life?](#)

Duration: 8 minutes

[BR84T1-EX06 Is there any security in life?](#)

Duration: 8 minutes

Light

[BR78S6-EX05 Be a light to all humanity](#)

Duration: 4 minutes

[SM72T1-EX05 What does being a light to oneself mean?](#)

Duration: 1 minute

Listening

[BO85Q2-WQ01 On having an active brain and on listening without action](#)

Duration: 14 minutes

[BR7879CBS2-EX04 Can I listen?](#)

Duration: 11 minutes

[MA7879T1-EX01 Do you ever listen?](#)

Duration: 9 minutes

[SD74CA10-EX02 What happens when I actually listen?](#)

Duration: 13 minutes

[BR76CTM6-EX01 To whom are we talking?](#)

Duration: 1 minute

[BR80T1-EX01 The sermon is over](#)

Duration: 1 minute

[BR78D2-EX06 What does it mean to listen?](#)

Duration: 7 minutes

[SA79T4-EX07 Listen with care](#)

Duration: 6 minutes

[US66FRR1-EX03 Hearing words is not listening](#)

Duration: 1 minute

Living

[BR76CTM3-EX02 Why do human beings live this way?](#)

Duration: 9 minutes

[BR81Q2-WQ01 How do we meet life as it is today?](#)

Duration: 16 minutes

[BR82Q1-WQ04 On the inner and outer chaos](#)

Duration: 19 minutes

[BR83Q2-WQ03 On the problem of livelihood](#)

Duration: 14 minutes

[BR84Q1-EX01 Understanding problems, and the art of living](#)

Duration: 28 minutes

[OJ85Q1-WQ05 On living peacefully with intelligence](#)

Duration: 13 minutes

[SA82Q2-WQ03 How am I to live in this world without becoming part of its cruelty?](#)

Duration: 12 minutes

[SA84Q3-EX01 Can one live totally honestly?](#)

Duration: 21 minutes

[MA8283T4-EX03 Are you clinging to life?](#)

Duration: 7 minutes

[BR83CPJ2-EX01 We live petty lives](#)

Duration: 1 minute

[OJ80T6-EX05 This is what we call living](#)

Duration: 6 minutes

[SA77T2-EX02 Is it possible to live without a pattern?](#)

Duration: 8 minutes

[BO85T4-EX02 Are we wasting our lives?](#)

Duration: 4 minutes

[SA77T7-EX01 Living without making decisions](#)

Duration: 8 minutes

[BR79T2-EX04 Is it possible to live without effort?](#)

Duration: 2 minutes

[OJ72T2-EX04 Your life is guided by fear and pleasure](#)

Duration: 9 minutes

[BR79T4-EX02 Is it possible to live a life without a single problem?](#)

Duration: 4 minutes

Living (historical clip from 1930s)

[OM32F-EX01 Footage at Ommen, 1930s](#)

Duration: 1 minute

Living/Conflict

[BR78S4-EX02 Is it possible to live a life without conflict?](#)

Duration: 8 minutes

[LS84S2-EX03 Is it possible to live without conflict?](#)

Duration: 8 minutes

Living/Control

[SA78D3-EX02 Can one live a life without control?](#)

Duration: 10 minutes

[SD74CA18-EX01 Living without control](#)

Duration: 7 minutes

Living/Dying

[BR77T3-EX03 Living and death](#)

Duration: 10 minutes

[MA8384T3-EX09 Living with death](#)

Duration: 4 minutes

[BR84T4-EX05 Can one live and die every day?](#)

Duration: 2 minutes

[BO85T4-EX03 We have separated living from dying](#)

Duration: 8 minutes

Loneliness

[MA8081T3-EX11 What is loneliness?](#)

Duration: 6 minutes

[SA78D2-EX02 Loneliness is different to solitude](#)

Duration: 11 minutes

[SM72T3-EX04 You never face your loneliness](#)

Duration: 7 minutes

[KP003-EX01 Terence Stamp reading from Krishnamurti's Commentaries on Living — On Loneliness](#)

Duration: 1 minute

[SA84T4-EX10 What is loneliness?](#)

Duration: 5 minutes

[BR77T2-EX05 Remain with loneliness](#)

Duration: 2 minutes

[BR77D1-EX05 What is the cause of loneliness?](#)

Duration: 4 minutes

[BR77D1-EX04 Watching loneliness](#)

Duration: 10 minutes

[BR78S3-EX05 How is it that I am lonely?](#)

Duration: 8 minutes

Longing

[SA79T7-EX02 Can you observe your longing?](#)

Duration: 8 minutes

Looking

[MA8384T2-EX06 Do you ever look?](#)

Duration: 4 minutes

[NY71T4-EX04 Are you capable of looking?](#)

Duration: 4 minutes

[SA78T1-EX03 Can you look without the past?](#)

Duration: 7 minutes

[SM72T3-EX03 Can you look without prejudice?](#)

Duration: 3 minutes

[BR84SBR1 Looking without recording](#)

Duration: 8 minutes

Looking/Images

[NY71T1-EX04 Looking through an image](#)

Duration: 7 minutes

[SM72T3-EX05 To look at another without an image is a blessing](#)

Duration: 5 minutes

[SM72T3-EX02 Can you look at yourself without an image?](#)

Duration: 4 minutes

Looking/Words

[US66FRR1-EX02 You must be free of words to look](#)

Duration: 1 minute

[BR83T2-EX03 Looking is blocked by words and knowledge](#)

Duration: 9 minutes

Love

[MA8081Q2-WQ03 On love and attachment](#)

Duration: 8 minutes

[OJ81Q2-WQ03 On attachment and love](#)

Duration: 21 minutes

[OJ81Q4-WQ04 Is there love between people only when physically present?](#)

Duration: 18 minutes

[SA81Q2-WQ01 Can I prevent the world from corrupting my son?](#)

Duration: 21 minutes

[SA83Q1-WQ02 I long to be loved. It is a constant anguish-What am I to do?](#)

Duration: 14 minutes

[SD72CES2-EX02 Love is total attention](#)

Duration: 11 minutes

[US66FRR5-EX01 How can we find out what love is?](#)

Duration: 1 minute

[US66FRR1-EX01 What is love?](#)

Duration: 1 minute

[BR70IOH-EX05 What love is not](#)

Duration: 3 minutes

[BR70IOH-EX06 When does love come into being?](#)

Duration: 1 minute

[BR70IOH-EX09 Why can't we love?](#)

Duration: 1 minute

[BR85T3-EX06 Can love exist where there is hate?](#)

Duration: 5 minutes

[BR77D1-EX02 Do you love anybody?](#)

Duration: 6 minutes

[BR78T3-EX02 Does love have an opposite?](#)

Duration: 9 minutes

[BR77D1-EX03 I don't know what love is](#)

Duration: 8 minutes

[SA77T4-EX09 Is love a remembrance?](#)

Duration: 5 minutes

[BR81S2-EX05 I love you; I don't want a thing from you](#)

Duration: 7 minutes

[BR79S6-EX01 A love that is not individualistic](#)

Duration: 6 minutes

[BR7879CBS3-EX05 The quality of love](#)

Duration: 3 minutes

[BR84CIM1-EX04 Is love part of my consciousness?](#)

Duration: 7 minutes

[BR79S5-EX01 As an individual, can you love?](#)

Duration: 15 minutes

[BR80T2-EX07 How can an isolated entity love?](#)

Duration: 4 minutes

[BR77T4-EX03 Love is without time](#)

Duration: 8 minutes

Love/Desire

[SA77T4-EX10 Is love desire?](#)

Duration: 3 minutes

Love/Memory

[US66FRR5-EX02 Has memory anything to do with love?](#)

Duration: 1 minute

[BO85T4-EX05 Love is not a memory](#)

Duration: 4 minutes

Love/Negation

[SA77T4-EX13 Negate what love is not](#)

Duration: 3 minutes

[BR78S7-EX06 Negate everything that's not love](#)

Duration: 7 minutes

Love/Pleasure

[BR84T3-EX04 Is love pleasure?](#)

Duration: 5 minutes

[WA85T2-EX04 We have identified love with pleasure](#)

Duration: 5 minutes

Love/Relationship

[SA78T5-EX01 When there is love all relationship changes](#)

Duration: 15 minutes

[BR70IOH-EX10 Love and Relationship](#)

Duration: 3 minutes

Man/Woman

[AM81T1-EX01 There is conflict between man and woman](#)

Duration: 7 minutes

Mantras

[SA80T7-EX01 Mesmerised by mantras](#)

Duration: 2 minutes

[OJ72T2-EX07 Mantra, meditation, yoga](#)

Duration: 5 minutes

Measureless

[SA80Q5-WQ02 Can you share something measureless to man?](#)

Duration: 27 minutes

Measurement/Energy

[MA8384T4-EX08 Measurement and energy](#)

Duration: 5 minutes

Mediocrity

[SA80Q5-WQ04 Why is it that almost all human beings are mediocre?](#)

Duration: 11 minutes

Meditation

[BR69T4-EX01 The beauty of meditation](#)

Duration: 18 minutes

[MA7879T6-EX01 Meditation, attention and silence](#)

Duration: 18 minutes

[MA8081T6-EX01 Meditation is unpremeditated art](#)

Duration: 18 minutes

[NY71T4-EX02 What does it mean to meditate?](#)

Duration: 10 minutes

[OJ80T6-EX09 Meditation is understanding the whole movement of life](#)

Duration: 11 minutes

[SA78D3-EX01 What place has meditation in daily life?](#)

Duration: 8 minutes

[SA78T7-EX11 Come to meditation freshly, innocently](#)

Duration: 22 minutes

[SD74CA17-EX01 Start meditation not knowing](#)

Duration: 8 minutes

[MA8283T4-EX01 You may be practising the wrong note](#)

Duration: 1 minute

[SA77D3-EX11 Real meditation \(Saanen 1977\)](#)

Duration: 1 minute

[OJ84T4-EX04 Meditation has no rewards](#)

Duration: 1 minute

[SA78T7-EX10 Come to meditation afresh](#)

Duration: 1 minute

[SA76T2-EX07 The foundations of meditation](#)

Duration: 4 minutes

[BR70IOH-EX08 What meditation is not](#)

Duration: 6 minutes

[OJ83T1-EX09 Part of meditation is to live without division](#)

Duration: 1 minute

[OJ84T4-EX03 Meditation is not a practice](#)

Duration: 6 minutes

[BR78T4-EX01 What is meditation?](#)

Duration: 10 minutes

[BR80T4-EX06 Why should one meditate?](#)

Duration: 10 minutes

[BR80T1-EX06 Real meditation \(Brockwood Park 1980\)](#)

Duration: 3 minutes

[WA85T2-EX06 You may be repeating a wrong note](#)

Duration: 9 minutes

[BO85T4-EX08 Is meditation a deliberate act?](#)

Duration: 9 minutes

[BR79S6-EX02 Meditation is not about achieving a result](#)

Duration: 5 minutes

[BR84T4-EX06 The freedom of meditation](#)

Duration: 8 minutes

[RA85T3-EX07 If there is a meditator there is no meditation](#)

Duration: 9 minutes

[LO82T2-EX08 Is meditation a practice?](#)

Duration: 3 minutes

[MA8384T4-EX07 One must be free of all systems to meditate](#)

Duration: 7 minutes

Meditation/(Story)

[BR79Q1-EX02 The story of the master and the stones](#)

Duration: 1 minute

[BR79Q2-EX01 The man who meditated for 25 years](#)

Duration: 3 minutes

Memory

[SA84Q1-WQ02 What is the action of not letting memory intrude?](#)

Duration: 30 minutes

[BR81S2-EX04 You are memory](#)

Duration: 5 minutes

[AM81T2-EX01 We are memory](#)

Duration: 9 minutes

[BR85T2-EX01 Memory and beauty](#)

Duration: 7 minutes

[BR83T1-EX05 How does one look at memories?](#)

Duration: 8 minutes

Mind

[BO85Q2-WQ03 What is the mind?](#)

Duration: 11 minutes

[BR79Q1-WQ05 Why does the mind so readily accept trivial answers?](#)

Duration: 7 minutes

[BR81Q1-WQ02 What is it in the human mind that wants to follow?](#)

Duration: 42 minutes

[BR76T4-EX10 A mind that is free](#)

Duration: 15 minutes

[BR81S4-EX06 Is there an immovable state of mind?](#)

Duration: 6 minutes

[OJ82CNM4-EX02 What is a healthy mind?](#)

Duration: 10 minutes

[BR77D2-EX05 Why is your mind occupied?](#)

Duration: 10 minutes

[BR80Q1-WQ03 On my mind being the same as others', and responsibility](#)

Duration: 9 minutes

[BR78T4-EX05 Can the mind empty itself of time?](#)

Duration: 6 minutes

Mind/Chattering

[OJ80Q4-EX01 Why is your mind chattering?](#)

Duration: 7 minutes

[BR83T4-EX04 Ending the mind's chatter](#)

Duration: 1 minute

Mind/Deterioration

[OJ83CJS-EX01 What cripples the mind?](#)

Duration: 3 minutes

[MA8283Q2-WQ02 Is the ageing of the mind inevitable?](#)

Duration: 16 minutes

[SA82Q1-WQ01 Is the deterioration of the mind inevitable?](#)

Duration: 36 minutes

Mind/Freedom

[SA79T3-EX02 What is the quality of a mind that is free?](#)

Duration: 7 minutes

[AM81T2-EX05 The mind must be completely free](#)

Duration: 3 minutes

[SD72CES1-EX01 A mind free of the 'me'](#)

Duration: 28 minutes

Mind/Quiet

[NY71T4-EX03 How does the mind become quiet?](#)

Duration: 11 minutes

[OJ72T2-EX06 How is the mind to be made quiet?](#)

Duration: 5 minutes

Mind/Religious

[SD74CA11-EX02 What is the quality of a religious mind?](#)

Duration: 15 minutes

[BR80T4-EX01 The quality of a religious mind](#)

Duration: 9 minutes

[AM81T2-EX03 A religious mind is a factual mind](#)

Duration: 4 minutes

Mind/Silence

[LO82T2-EX10 Absolute silence of the mind](#)

Duration: 3 minutes

[SA79T7-EX05 An absolutely silent mind](#)

Duration: 7 minutes

Miracles

[MA8081Q2-WQ04 What is your stand with regard to miracles?](#)

Duration: 6 minutes

Modesty

[OJ81Q3-WQ03 How would you define and value the quality of modesty?](#)

Duration: 7 minutes

Money

[BR81Q2-WQ04 What is the right relationship to money?](#)

Duration: 18 minutes

Monk/(Story)

[SD74CA7-EX01 The self-castrated monk](#)

Duration: 4 minutes

[SD74CA16-EX06 The monks who had left the world but not their baggage](#)

Duration: 4 minutes

Morality

[MA8485Q2-WQ03 Can humanity survive without a code of morality?](#)

Duration: 11 minutes

More/Better/Good

[BR81T2-EX01 The 'more' or the 'better' is the enemy of the good](#)

Duration: 5 minutes

Mutation/Psychological

[MA8384T1-EX03 Psychological mutation](#)

Duration: 8 minutes

Nationalism

[OJ81Q2-WQ02 What can this country give to the rest of the world?](#)

Duration: 9 minutes

[US84FCC-EX01 Nationalism is Glorified Tribalism](#)

Duration: 1 minute

[BR83Q2-EX02 Does anybody care?](#)

Duration: 1 minute

[BR83Q2-EX01 If you are identified we will never have peace](#)

Duration: 1 minute

[MA8485T2-EX01 Seeking security in a nation creates war](#)

Duration: 8 minutes

Nature

[BO85Q2-WQ02 How does nature come into existence?](#)

Duration: 8 minutes

[BR80Q2-WQ03 On the balance of nature and death and suffering](#)

Duration: 4 minutes

[GS78COC-EX01 Have we lost touch with nature?](#)

Duration: 4 minutes

[SD74CA9-EX04 We have lost touch with nature](#)

Duration: 2 minutes

[OJ80T3-EX01 Thought is destroying nature](#)

Duration: 10 minutes

Needs/Psychological

[OJ80Q2-WQ04 Is there such a thing as true psychological needs?](#)

Duration: 1 minute

Negation

[SD74CA3-EX10 Negating oneself](#)

Duration: 11 minutes

Neurosis

[OJ81Q2-WQ01 I realise I act neurotically but the neurosis remains. What can I do?](#)

Duration: 16 minutes

New

[SM72T3-EX01 Where does the new come from?](#)

Duration: 5 minutes

Nothingness

[SA78T7-EX05 Can you be nothing?](#)

Duration: 9 minutes

Observation

[BR77T1-EX01 Observing clearly](#)

Duration: 9 minutes

[BR77D2-EX03 Observation without distortion](#)

Duration: 7 minutes

[BR77T4-EX02 The art of observation](#)

Duration: 10 minutes

[BR80T3-EX06 Learn to observe](#)

Duration: 9 minutes

[SA79T6-EX03 Pure observation](#)

Duration: 6 minutes

[BR81S2-EX02 Am I different from what I observe?](#)

Duration: 7 minutes

[OJ80T4-EX03 What is observation?](#)

Duration: 6 minutes

Observation/Desire/Discipline

[BR80T2-EX03 Observation, desire and discipline](#)

Duration: 9 minutes

Observation/Motive

[BR78S1-EX03 Have I a motive in my observation?](#)

Duration: 13 minutes

[SA79T7-EX01 Observation without motive](#)

Duration: 9 minutes

Observation/Pressure

[SA78T1-EX02 Can you observe without pressure?](#)

Duration: 9 minutes

Observation/Seeing

[BO84Q-WQ02 On the perception of the actual without thought](#)

Duration: 8 minutes

[MA8081Q2-WQ01 Why don't we notice things as you do?](#)

Duration: 17 minutes

[ML70DSG5-EX01 Can I observe without controlling or resisting?](#)

Duration: 34 minutes

[OJ83Q2-WQ03 How am I to have a global vision?](#)

Duration: 12 minutes

[OJ84Q2-WQ01 What is necessary to allow a sustained clarity?](#)

Duration: 22 minutes

[OJ85Q2-WQ04 What is the obstacle preventing observation and insight?](#)

Duration: 4 minutes

[SA77D2-EX01 On observation and motive](#)

Duration: 25 minutes

[SA84Q1-WQ01 On the difference between observing and thinking about oneself](#)

Duration: 16 minutes

[SD71DYP1-SQ01 How is it possible to see clearly when I am in confusion?](#)

Duration: 6 minutes

Observer/Observed

[OJ80Q4-WQ04 In observation without the observer is there a transformation?](#)

Duration: 19 minutes

[SA81Q1-WQ05 How can we fully understand 'The observer is the observed'?](#)

Duration: 9 minutes

[BR79S3-EX01 There is no observer](#)

Duration: 9 minutes

[BR84SBR1-EX02 Observing without the observer](#)

Duration: 8 minutes

Observing

[SD74CA8-EX03 Observing the extraordinary map of your life](#)

Duration: 7 minutes

[ML70DSG6-EX01 Observing oneself without time or verbalisation](#)

Duration: 8 minutes

[NY71T1-EX01 We observe ourselves with the eyes of the past](#)

Duration: 4 minutes

[BR79S2-EX03 Observing without distortion](#)

Duration: 7 minutes

[SA77T6-EX04 Learning how to observe](#)

Duration: 6 minutes

[OJ81T4-EX02 Observe with all your senses](#)

Duration: 8 minutes

[CC82T2-EX02 Observing without words](#)

Duration: 8 minutes

Occupation

[BR81T4-EX04 We are always occupied](#)

Duration: 5 minutes

Opinions

[SA83Q3-WQ02 On having opinions about serious things](#)

Duration: 13 minutes

[BR7879CBS5-EX06 Have you dropped your opinions?](#)

Duration: 4 minutes

Opposites

[OJ80Q2-WQ06 Is there a state that has no opposite?](#)

Duration: 6 minutes

[BR78T3-EX01 Living in opposites](#)

Duration: 11 minutes

Order

[ML70DSG7-EX03 Order within oneself](#)

Duration: 17 minutes

[SA78D5-EX01 Are you serious enough to live a life of total order?](#)

Duration: 15 minutes

[BR83T4-EX08 Undisciplined order](#)

Duration: 2 minutes

[BR76CTM4-EX01 Do we have order within us?](#)

Duration: 1 minute

[LO82T2-EX02 We say one thing and do another](#)

Duration: 2 minutes

[OJ72T2-EX05 Order doesn't exist within the field of consciousness](#)

Duration: 6 minutes

[BR78T2-EX01 There is tremendous energy in order](#)

Duration: 8 minutes

Order/Disorder

[BR69T3-SQ01 The danger of disorder](#)

Duration: 28 minutes

[BR84Q1-WQ02 Why is man so disorderly?](#)

Duration: 14 minutes

[MA8182Q2-WQ03 Can one remain unaffected by the disorder of the world?](#)

Duration: 11 minutes

[OJ77T2-EX02 Are you aware you are in disorder?](#)

Duration: 7 minutes

Origin

[BR76CTM7-EX03 The origin of everything](#)

Duration: 1 minute

Pain

[SF73T1-SQ02 What is the place of pain?](#)

Duration: 9 minutes

Past

[AM69T4-SQ01 Does it take time to get rid of the past?](#)

Duration: 10 minutes

[BR78T2-EX04 We live in the past](#)

Duration: 4 minutes

[SA79T2-EX05 Will you let your past go?](#)

Duration: 4 minutes

[BR81S1-EX03 We are drenched in the past](#)

Duration: 7 minutes

[CC82T4-EX02 The past is dead](#)

Duration: 3 minutes

Peace

[BR69T1-SQ01 How am I to live peacefully?](#)

Duration: 7 minutes

[BR84Q2-EX01 How does one find peace in the world, and in oneself?](#)

Duration: 30 minutes

[UN85T-EX01 Can we live peacefully with each other?](#)

Duration: 10 minutes

[MA8384T1-EX01 There is no peace in the world or in ourselves](#)

Duration: 8 minutes

[MA8384T4-EX03 What is peace?](#)

Duration: 6 minutes

[UN85T-EX02 There can only be peace if there is no conflict within yourself](#)

Duration: 5 minutes

Perceiver/Perceived

[BR76CTM6-EX04 Is the perceiver different from the perceived?](#)

Duration: 1 minute

Perception

[MA8384T3-EX03 The art of perception](#)

Duration: 4 minutes

[BR83T4-EX06 Perception brings order](#)

Duration: 7 minutes

Permanency

[BR84T4-EX03 Is there anything permanent?](#)

Duration: 7 minutes

Pleasure

[BR76T2-EX15 With pleasure comes fear](#)

Duration: 11 minutes

[OJ77T5-EX05 Pleasure causes deterioration](#)

Duration: 5 minutes

[SA76T4-EX01 Why is there this demand for pleasure?](#)

Duration: 15 minutes

[SD74CA8-EX01 Pleasure has no relationship to joy](#)

Duration: 16 minutes

[SM72T2-EX02 What is implied in the pursuit of pleasure?](#)

Duration: 6 minutes

[SA81T5-EX06 The repetition of pleasure](#)

Duration: 1 minute

[BR78T2-EX06 Does pleasure play the greatest part in your life?](#)

Duration: 7 minutes

[BR81T2-EX07 Why do we cling to pleasure?](#)

Duration: 8 minutes

[SA77T4-EX04 Every human being is seeking pleasure](#)

Duration: 7 minutes

[OJ80T5-EX01 The pursuit of pleasure](#)

Duration: 7 minutes

Pleasure/Love

[OJ77T4-EX01 Why is pleasure more dominant than love?](#)

Duration: 16 minutes

Power

[OJ77T3-EX01 Can you be free of the desire for power?](#)

Duration: 15 minutes

[SA78T7-EX06 Why do you want power over another?](#)

Duration: 8 minutes

[BR78T4-EX07 We are seeking power](#)

Duration: 5 minutes

[MA8384T3-EX11 Is power evil?](#)

Duration: 3 minutes

Power/Money/Sex

[SM72T1-EX04 Power, money and sex are the most important things in this world](#)

Duration: 1 minute

Prayer

[BR84Q2-WQ04 Why do you not find value in prayer?](#)

Duration: 13 minutes

Prayer/Faith

[BR80Q2-WQ06 On prayers and faith](#)

Duration: 9 minutes

Prejudices

[BR79S2-EX05 Are you aware of your prejudices?](#)

Duration: 6 minutes

[BR79S2-EX04 Will you drop your prejudices?](#)

Duration: 5 minutes

Present

[MA8384T4-EX05 You are looking at the present with the past](#)

Duration: 9 minutes

[SA78T2-EX01 To perceive the present, the past must be absent](#)

Duration: 17 minutes

Problems

[BR78S1-EX04 How do you approach a problem?](#)

Duration: 10 minutes

[MA8485Q1-EX01 What is a problem?](#)

Duration: 23 minutes

[OJ81Q2-WQ05 On giving complete attention to a problem](#)

Duration: 6 minutes

[OJ83Q2-WQ05 Is it lack of energy that prevents us going to the end of problems?](#)

Duration: 15 minutes

[SA78T7-EX02 The correct approach to a problem](#)

Duration: 6 minutes

[SD74CA3-EX02 Come to a problem afresh](#)

Duration: 8 minutes

[WA85T1-EX03 Is it possible to be free from problems?](#)

Duration: 12 minutes

[BR85T1-EX01 Why have we so many problems?](#)

Duration: 10 minutes

[BR81T1-EX01 Is thought capable of solving our problems?](#)

Duration: 7 minutes

Progress

[MA182Q1-WQ01 How can there be progress without the desire to improve?](#)

Duration: 40 minutes

Questioning

[BR80DSG2.0-EX01 To whom can I turn?](#)

Duration: 7 minutes

[BR82Q1-EX01 Do questions need answers?](#)

Duration: 11 minutes

[OJ81Q4-WQ03 What is the role of questions in life?](#)

Duration: 10 minutes

[SA81Q3-WQ04 On the art of questioning](#)

Duration: 22 minutes

[SA82Q1-EX01 What is the intention behind the question?](#)

Duration: 7 minutes

[SA82Q2-WQ02 How do you pose a fundamental question?](#)

Duration: 12 minutes

[SA82Q3-EX01 Why is it that we cannot find the answers in ourselves?](#)

Duration: 23 minutes

[SA84Q2-EX01 Is there one final question that will answer all questions?](#)

Duration: 15 minutes

Quietness

[OJBR80CB15-EX01 Quietness obtained from another doesn't last](#)

Duration: 2 minutes

Reality

[OJ72T2-EX08 What is reality?](#)

Duration: 5 minutes

Reality/Truth

[BR7879CBS4-EX01 What is reality and what is truth?](#)

Duration: 12 minutes

Recording

[RA85T3-EX01 Is it necessary to record?](#)

Duration: 7 minutes

[BR7879CBS3-EX06 The recording process](#)

Duration: 5 minutes

Registering

[SA77T4-EX07 Is it possible to register only the necessary?](#)

Duration: 7 minutes

Registering

[SA77T3-EX01 Only register what is necessary](#)

Duration: 4 minutes

Reincarnation

[BR80T4-EX05 What is it that reincarnates?](#)

Duration: 6 minutes

Relationship

[BR78S6-EX02 Pleasure and pain in relationship](#)

Duration: 7 minutes

[BO84Q-WQ03 On living with a partner who does not care](#)

Duration: 9 minutes

[BO84Q-WQ04 On marriage](#)

Duration: 6 minutes

[BR82Q2-WQ01 Can a marriage which did not start well become a positive force?](#)

Duration: 28 minutes

[BR83Q1-WQ03 On jealousy, mistrust and isolation](#)

Duration: 15 minutes

[CC82T1-EX04 Without relationship you cannot exist](#)

Duration: 15 minutes

[OJ81Q2-WQ04 On relationships and conflict](#)

Duration: 29 minutes

[OJ81Q4-WQ06 What is my relationship to society?](#)

Duration: 7 minutes

[OJ81T2-EX03 Relationship is life](#)

Duration: 10 minutes

[OJ82CNM1-EX01 Self-centred relationship](#)

Duration: 10 minutes

[OJ83Q1-WQ03 On living together without marriage](#)

Duration: 28 minutes

[SA81Q3-WQ01 On conflictual relationships](#)

Duration: 25 minutes

[SD74CA4-EX01 Relationship is the foundation of existence](#)

Duration: 9 minutes

[SM72T2-EX03 Are you related to anybody?](#)

Duration: 5 minutes

[BR76CTM6-EX06 The greatest and most responsible relationship](#)

Duration: 1 minute

[OJ83T1-EX08 Relationship is the greatest thing in life](#)

Duration: 1 minute

[OJ83T1-EX10 What is my relationship with someone stupid?](#)

Duration: 1 minute

[BR79T4-EX03 Is there love in your relationships?](#)

Duration: 9 minutes

[BR83T2-EX02 We cannot live without relationship](#)

Duration: 9 minutes

[BR81T1-EX03 What is the truth of your relationships?](#)

Duration: 4 minutes

[BR78S2-EX01 Relationship is one of the most important things in life](#)

Duration: 5 minutes

[BR78S2-EX06 The problem of relationship](#)

Duration: 9 minutes

[SD74CA2-EX01 Knowledge in relationship is destructive](#)

Duration: 5 minutes

[WA85T2-EX01 The mirror of relationship](#)

Duration: 3 minutes

[OJ80T6-EX08 Is there security in relationship?](#)

Duration: 6 minutes

[BR84T1-EX05 The place of thought in relationship](#)

Duration: 9 minutes

[MA8384T1-EX06 What goes on in relationship](#)

Duration: 3 minutes

Relationship/Conflict

[BR84T1-EX04 Relationship with no shadow of conflict](#)

Duration: 9 minutes

[BR81T2-EX02 The cause of conflict in our relationships](#)

Duration: 9 minutes

Relationship/Images

[BR77T2-EX04 Image in relationship](#)

Duration: 4 minutes

[BR78D2-EX02 Images in relationship](#)

Duration: 5 minutes

[BR78S1-EX06 Relationship without a single image](#)

Duration: 3 minutes

Religion

[BR81Q2-WQ02 On man's search for something truly religious](#)

Duration: 17 minutes

[BR81T4-EX06 Religions have lost their meaning](#)

Duration: 3 minutes

[SD74CA16-EX01 Inquiring into religion](#)

Duration: 10 minutes

[MA8384T4-EX02 What has religion to do with your daily life?](#)

Duration: 6 minutes

[SD74CA16-EX02 Religion is a factor of regeneration](#)

Duration: 3 minutes

Religion/God

[OJ82Q3-WQ06 On religion and God](#)

Duration: 11 minutes

Religions

[LO82T2-EX07 Religions have become an entertainment](#)

Duration: 3 minutes

[BO84Q-WQ08 What is religion?](#)

Duration: 6 minutes

[BR83Q2-WQ05 Is there no spiritual value in the inspired works of man?](#)

Duration: 13 minutes

[OJ77T6-EX02 Organised religion is based on thought](#)

Duration: 7 minutes

[OJ85Q2-WQ03 Q3: Is there some essential religious instinct in all human beings?](#)

Duration: 8 minutes

[SD74CA15-EX05 Negating organised religions](#)

Duration: 12 minutes

[SD74CA16-EX10 Putting away everything said about religion](#)

Duration: 12 minutes

Religions/Freedom

[RA84T1-EX09 There must be freedom from religious concepts](#)

Duration: 4 minutes

Repetition

[RA85T3-EX06 Repetition leads to dullness](#)

Duration: 2 minutes

Resisting

[BR69D2-EX01 When shall I resist and not resist?](#)

Duration: 9 minutes

Responsibility

[OJ85Q2-WQ05 What is our responsibility to ourselves and others?](#)

Duration: 19 minutes

[SA85Q2-EX01 What is our responsibility?](#)

Duration: 12 minutes

[SD74CA4-EX02 Responsibility unconsciously enters into the irresponsible mind](#)

Duration: 8 minutes

[SD74CA3-EX05 Responsibility means responding adequately to a crisis](#)

Duration: 5 minutes

Sacred

[BR78T4-EX09 Is there anything sacred in life?](#)

Duration: 5 minutes

[ML70DSG7-EX01 How do you receive something that's beyond the mind?](#)

Duration: 20 minutes

[OJ79T6-EX01 Is there anything wholly sacred?](#)

Duration: 4 minutes

[OJ82Q2-WQ05 On the meaning of holiness](#)

Duration: 9 minutes

[SA81Q2-WQ04 Can you help me to apprehend the sacred?](#)

Duration: 29 minutes

[SA81Q3-WQ03 Are supernatural experiences steps towards illumination?](#)

Duration: 11 minutes

[SA82Q3-WQ04 Is there something sacred in life?](#)

Duration: 10 minutes

[SA83Q3-WQ06 What is a spiritual life?](#)

Duration: 7 minutes

[SA85Q3-WQ04 How can our limited brain grasp the unlimited?](#)

Duration: 15 minutes

[SA81T5-EX05 Something timelessly sacred](#)

Duration: 1 minute

[BR76CTM7-EX01 Something the mind has never touched](#)

Duration: 1 minute

[AM81T2-EX04 What thought creates is not sacred](#)

Duration: 7 minutes

Saints

[MA8081Q1-WQ05 On saints' idols and stories](#)

Duration: 5 minutes

Sannyasi

[SA80T7-EX02 The sannyasi under the tree](#)

Duration: 2 minutes

Searching

[BR79Q2-WQ06 Is there one thing that will end my seeking?](#)

Duration: 14 minutes

Security

[BR79Q1-WQ03 Can there be absolute security in this life?](#)

Duration: 14 minutes

[BR82Q2-WQ02 On security](#)

Duration: 21 minutes

[SA85Q3-WQ03 Isn't it violence and corruption to have security while others starve?](#)

Duration: 9 minutes

[SA77T1-EX01 Are we seeking security?](#)

Duration: 3 minutes

[RA85T1-EX05 We all want security](#)

Duration: 8 minutes

[BR78S4-EX03 Is it possible to have complete physical security?](#)

Duration: 4 minutes

Seeing

[BR7879CBS4-EX03 Seeing without ideas](#)

Duration: 11 minutes

[SA77T4-EX05 Seeing without registering](#)

Duration: 2 minutes

[SA79T5-EX03 Seeing, sensation, desire](#)

Duration: 12 minutes

Seeking

[SA79T7-EX03 What are you seeking?](#)

Duration: 7 minutes

Self

[OJ80T6-EX03 Is it possible to live without the self-centre?](#)

Duration: 8 minutes

[NY71T1-EX05 When you look at yourself](#)

Duration: 10 minutes

[SA79T4-EX03 The concept of me and you](#)

Duration: 11 minutes

[BR7879CBS5-EX04 There is no permanent 'me'](#)

Duration: 7 minutes

[BR79Q1-WQ01 Is it possible to be free of self-centred activity?](#)

Duration: 22 minutes

[BR80Q1-WQ06 I have a ten foot wall around me. What do I do?](#)

Duration: 15 minutes

[MA8485Q1-WQ02 What is myself and what is its relation to the cosmos?](#)

Duration: 19 minutes

[OJ80Q4-WQ03 Can we die psychologically to the self?](#)

Duration: 14 minutes

[OJ81Q3-WQ04 Show me how to dissolve the 'I'](#)

Duration: 18 minutes

[OJ82Q4-WQ02 How does one negate the 'I' without suppression?](#)

Duration: 39 minutes

[SM72T4-EX02 How did the 'me' come about?](#)

Duration: 4 minutes

[RA85T1-EX04 What are you?](#)

Duration: 4 minutes

[BR84SBR1-EX04 The self is divisive](#)

Duration: 6 minutes

Self/Ending

[BR83T3-EX04 Can the self end?](#)

Duration: 8 minutes

[BR7879CBS2-EX05 When the self ends](#)

Duration: 4 minutes

Self-Interest

[BR85T3-EX01 Self-interest divides people](#)

Duration: 8 minutes

Selfishness

[SA78D1-EX02 We are driven by selfishness](#)

Duration: 7 minutes

[BR83CPJ1-EX02 Selfishness is encouraged](#)

Duration: 1 minute

[OJ72T1-EX02 We are terribly selfish](#)

Duration: 7 minutes

[SA79T6-EX02 Selfish activity](#)

Duration: 11 minutes

Self-knowledge

[MA8182Q2-WQ02 On right action and self-knowledge](#)

Duration: 22 minutes

[SM72T4-EX01 Don't pretend then you'll find out what you are](#)

Duration: 7 minutes

[BR84IER-EX01 Know thyself](#)

Duration: 7 minutes

[OJ82CNM3-EX02 I don't need anybody to tell me about myself](#)

Duration: 6 minutes

[BR7879CBS3-EX04 I want to know myself](#)

Duration: 8 minutes

Sensation

[BR85T3-EX05 We live by sensation](#)

Duration: 5 minutes

[BR81T2-EX05 Sensation awakens desire](#)

Duration: 6 minutes

[SA78T1-EX01 Can you observe sensation without identifying with it?](#)

Duration: 19 minutes

Senses

[BR78T4-EX02 Can the senses function as a whole?](#)

Duration: 7 minutes

[BR79T2-EX03 What is the relationship between the senses and desire?](#)

Duration: 10 minutes

Senses (Story)

[MA8283Q2-EX01 The monks who never looked at the beauty of nature](#)

Duration: 4 minutes

Seriousness

[SA77T1-EX02 What we are talking about is serious](#)

Duration: 2 minutes

Sex

[BR79Q2-WQ04 Is sex incompatible with religious life?](#)

Duration: 17 minutes

[SD74CA12-EX01 Why has sex become so important?](#)

Duration: 19 minutes

[BR7879CBS2-EX06 Sex](#)

Duration: 7 minutes

[SA80Q3-WQ05 Why does sex play such an important part in life?](#)

Duration: 16 minutes

Silence

[MA67T3-EX01 An indescribable silence](#)

Duration: 9 minutes

[MA8485Q2-WQ02 On silence and the transformation of man](#)

Duration: 17 minutes

[OJ83Q1-WQ04 Can we live in ways that allow silence to come?](#)

Duration: 10 minutes

[OJ84Q1-WQ05 Why is the observance of silence so important?](#)

Duration: 7 minutes

[SA80Q4-WQ01 Has sitting quietly to observe thought any value?](#)

Duration: 20 minutes

[SA84Q1-WQ03 What is the ground on which inner silence may come about?](#)

Duration: 12 minutes

[BR76CTM7-EX02 In that silence](#)

Duration: 1 minute

[BO85T2-EX02 Silence is not separate from sound](#)

Duration: 5 minutes

Silence/Creation

[SD74CA18-EX10 Silence and creation](#)

Duration: 11 minutes

Simplicity

[BR69T3-SQ05 What is simplicity?](#)

Duration: 3 minutes

Sleep

[ML70DSG8-EX01 An attentive sleepful state](#)

Duration: 24 minutes

[SA78T7-EX03 We have divided sleeping and waking](#)

Duration: 9 minutes

Sleep/Being awake

[SD74CA17-EX10 What is sleep and what is it to be awake?](#)

Duration: 12 minutes

Society

[BR85IRF-EX02 How to create a new society](#)

Duration: 2 minutes

[BR79T1-EX01 We create society](#)

Duration: 9 minutes

[SA79T2-EX03 Can we bring about a good society?](#)

Duration: 9 minutes

Society/Change

[RA85T2-EX02 Unless you change radically, you'll never change society](#)

Duration: 7 minutes

[OJ80T1-EX04 Society can only change if you change](#)

Duration: 7 minutes

Sorrow

[WA85T2-EX03 Living with sorrow](#)

Duration: 9 minutes

[BR79T3-EX04 Why do you live in sorrow?](#)

Duration: 7 minutes

[MA7879T5-EX01 Observing sorrow](#)

Duration: 15 minutes

[MA8182Q1-WQ03 What is sorrow?](#)

Duration: 6 minutes

[MA8384T3-EX05 Sorrow](#)

Duration: 11 minutes

[MA8485T3-EX06 We are only concerned with our own sorrow](#)

Duration: 12 minutes

[SA78T6-EX01 Your sorrow is mankind's sorrow](#)

Duration: 17 minutes

[SD74CA9-EX02 Facing sorrow](#)

Duration: 8 minutes

[OJ77T5-EX04 The challenge of sorrow](#)

Duration: 3 minutes

[MA8283T4-EX06 Sorrow is your shadow](#)

Duration: 10 minutes

[SA83T5-EX01 We cover up our sorrows](#)

Duration: 1 minute

[BR77T3-EX05 The challenge of sorrow \(Brockwood Park 1977\)](#)

Duration: 10 minutes

[BR78T3-EX04 Never run from sorrow](#)

Duration: 4 minutes

[BR78T3-EX03 Global sorrow](#)

Duration: 9 minutes

[BR85T3-EX04 Is there an end to sorrow?](#)

Duration: 9 minutes

[BR83T3-EX03 Sorrow is not personal](#)

Duration: 9 minutes

[BR79T1-EX02 Has sorrow changed humanity?](#)

Duration: 3 minutes

Sorrow/Ending

[CC82T3-EX06 Ending sorrow](#)

Duration: 8 minutes

[OJ81T6-EX02 Can sorrow ever end?](#)

Duration: 9 minutes

Sorrow/Loneliness

[AM81T1-EX05 Sorrow and loneliness](#)

Duration: 10 minutes

Space

[SD74CA18-EX02 Space in the mind](#)

Duration: 7 minutes

[SA77T7-EX06 It is important to have space](#)

Duration: 6 minutes

Space/Order

[BR77T4-EX04 Space and order](#)

Duration: 9 minutes

Strife

[SA79T4-EX02 Strife must exist where there is division](#)

Duration: 8 minutes

Suffering

[SA77T5-EX04 If there was no 'me' would there be suffering?](#)

Duration: 10 minutes

[BO85Q1-WQ03 Does suffering and enjoyment affect our lives?](#)

Duration: 13 minutes

[BR80Q1-WQ05 Is suffering needed to face the necessity to change?](#)

Duration: 21 minutes

[BR81Q1-WQ03 How can I penetrate the problem of pain without becoming theoretical?](#)

Duration: 27 minutes

[OJ77T5-EX02 Why do you tolerate suffering?](#)

Duration: 24 minutes

[SA77T5-EX01 On suffering](#)

Duration: 21 minutes

[US66FRR1-EX05 Looking at suffering](#)

Duration: 1 minute

[LO82T2-EX05 We are carrying on like barbarians](#)

Duration: 1 minute

[OJ77T5-EX03 What is suffering?](#)

Duration: 3 minutes

[BR84T3-EX01 The intense pain of suffering](#)

Duration: 8 minutes

[BR7879CBS5-EX03 Why should I suffer?](#)

Duration: 6 minutes

[OJ80T5-EX03 Where there is suffering there is no love](#)

Duration: 11 minutes

Suffering/Thought

[BR83CB2-EX06 Thought creates suffering](#)

Duration: 6 minutes

Thinker/Thought

[BR76CTM6-EX05 If there is no thinker there is no thought](#)

Duration: 1 minute

[BR84CIM1-EX01 Is the thinker his thoughts?](#)

Duration: 7 minutes

Thinking

[RA85T1-EX03 Why do you think at all?](#)

Duration: 10 minutes

[SA78T4-EX01 Think clearly for yourself](#)

Duration: 4 minutes

[OJ80T2-EX05 What is the nature of thinking?](#)

Duration: 7 minutes

[BR81S3-EX03 Is it possible to not think in terms of time?](#)

Duration: 8 minutes

Thinking/Together

[SA80Q3-WQ04 What do you mean by 'thinking together'?](#)

Duration: 12 minutes

[SA79T2-EX04 Let's think together](#)

Duration: 7 minutes

[SA79T2-EX01 Thinking together](#)

Duration: 4 minutes

[SA79T1-EX04 The beauty of thinking together](#)

Duration: 5 minutes

Thought

[BR79Q2-WQ05 Can thought be aware of itself?](#)

Duration: 15 minutes

[BR80Q2-WQ01 On relationship between thought and consciousness](#)

Duration: 25 minutes

[MA7879T2-EX01 Thought is limited](#)

Duration: 13 minutes

[MA8081Q1-WQ08 How does one go to the very source of thought?](#)

Duration: 13 minutes

[MA8081T4-EX01 Thought is responsible for our confusion](#)

Duration: 15 minutes

[MA8283Q2-WQ03 Can thought be separated from sensory perceptions?](#)

Duration: 17 minutes

[MA8485Q2-WQ01 Is there another instrument of inquiry than thought?](#)

Duration: 39 minutes

[OJ80Q1-WQ03 Does thought originate as a defence against pain?](#)

Duration: 21 minutes

[OJ83Q1-WQ02 Isn't the observation of thought continuing its use?](#)

Duration: 7 minutes

[OJ84Q1-WQ03 What is observing thought down to its very roots?](#)

Duration: 28 minutes

[SA85Q3-WQ01 On thought being responsible for confusion](#)

Duration: 22 minutes

[BR76CTM4-EX02 Thought sees the truth and ends](#)

Duration: 1 minute

[SA77T1-EX05 Being out of this world though living in it](#)

Duration: 1 minute

[SA77T1-EX04 Thought is never intelligent](#)

Duration: 2 minutes

[OJ84T4-EX01 How limited thought is](#)

Duration: 4 minutes

[BR81T4-EX05 Can thought be still?](#)

Duration: 5 minutes

[BR81T4-EX02 Thought wanders away and you pull it back](#)

Duration: 3 minutes

[OJ83T1-EX05 You are thought](#)

Duration: 3 minutes

[BR77D1-EX06 Can thought realise it is limited?](#)

Duration: 5 minutes

[BR85T2-EX04 Thought is the basis of our life](#)

Duration: 5 minutes

[NY71T2-EX04 Thought gives vitality to an incident that is over](#)

Duration: 9 minutes

[OJ81T1-EX03 Is thought the only instrument we have?](#)

Duration: 4 minutes

[WA85T1-EX08 What is thought?](#)

Duration: 9 minutes

[MA8384T1-EX08 If thought is the only instrument we have, we are condemned](#)

Duration: 4 minutes

[BR81S3-EX02 Can thought see what it has done?](#)

Duration: 7 minutes

[BR85T1-EX05 Can thought be aware of itself?](#)

Duration: 6 minutes

[BR84CMZ1-EX02 Watching the beginning of thought](#)

Duration: 8 minutes

[SA78D4-EX01 Mechanical thought deteriorates the brain](#)

Duration: 13 minutes

[LS84S1-EX02 Can thought be creative?](#)

Duration: 8 minutes

[BO85T1-EX04 Thought is responsible for division](#)

Duration: 3 minutes

[BR70IOH-EX03 Thought is responsible for pleasure and fear](#)

Duration: 1 minute

[SA79T5-EX06 Thought has created the future](#)

Duration: 1 minute

Thought/Images

[CC82T2-EX04 Thought creates an image out of sensation](#)

Duration: 4 minutes

[MA8384T4-EX01 Thought invents the image and worships it](#)

Duration: 6 minutes

[BR78T2-EX03 Trouble begins when thought makes an image](#)

Duration: 5 minutes

[BR80T2-EX06 Why does thought create images?](#)

Duration: 8 minutes

Thought/Security

[SA77T1-EX03 Thought seeks security in what it creates](#)

Duration: 2 minutes

[SA79T4-EX04 Thought hopes to find security](#)

Duration: 7 minutes

Thought/Stop

[BR76CTM6-EX07 When thought stops](#)

Duration: 1 minute

[BR78S4-EX05 Can thought stop?](#)

Duration: 3 minutes

Time

[BR84T1-EX02 Is time one of the causes of conflict?](#)

Duration: 10 minutes

[SM72T1-EX03 We have no time](#)

Duration: 1 minute

[MA8485Q1-WQ03 Is not psychological time a fact?](#)

Duration: 25 minutes

[RA85T2-EX08 Tomorrow is now](#)

Duration: 9 minutes

[SA81Q1-WQ03 On psychological time, conflict and sorrow](#)

Duration: 21 minutes

[SA81Q3-WQ06 Would you speak further on time, measure and space?](#)

Duration: 22 minutes

[SA85Q3-WQ02 On time and death](#)

Duration: 13 minutes

[BR85T2-EX02 Can this repetitive cycle end?](#)

Duration: 10 minutes

[BR85T2-EX03 The future is now](#)

Duration: 10 minutes

[WA85T1-EX07 What is time?](#)

Duration: 7 minutes

[BO85T2-EX03 Time is the past, present and future](#)

Duration: 6 minutes

[SA79T1-EX02 Psychological time](#)

Duration: 7 minutes

Time/Death

[BR80T4-EX03 Time and death](#)

Duration: 10 minutes

Time/Ending

[BR78T4-EX04 Can the movement of time end?](#)

Duration: 9 minutes

[BR79T2-EX01 Can the whole movement of time come to an end?](#)

Duration: 4 minutes

Timeless

[SA77T7-EX07 A movement that is timeless](#)

Duration: 9 minutes

To be

[BR80T2-EX05 We are always seeking to be](#)

Duration: 9 minutes

Tomorrow

[SA79T1-EX03 Is there a tomorrow at all?](#)

Duration: 12 minutes

[BR79T4-EX01 Can you be free of the idea of tomorrow?](#)

Duration: 8 minutes

[NY71T4-EX05 Is there a tomorrow?](#)

Duration: 5 minutes

Tradition

[OJ83T1-EX07 There is nothing left of tradition](#)

Duration: 1 minute

[BR78S7-EX02 The trap of tradition](#)

Duration: 6 minutes

Transformation

[MA8081Q1-WQ04 On transformation](#)

Duration: 5 minutes

[SD74CA6-EX01 What place has knowledge in transformation?](#)

Duration: 4 minutes

[SA77T4-EX03 A radical psychological transformation](#)

Duration: 5 minutes

Trouble

[OJ81Q2-EX01 Why do we go to somebody if we are in trouble?](#)

Duration: 1 minute

Truth

[BR85IRF-EX01 There is no path to truth](#)

Duration: 6 minutes

[BO85Q2-SQ01 What is true and what is false?](#)

Duration: 5 minutes

[BR85Q2-WQ01 Is there a faculty to see that there is no path to truth outside myself?](#)

Duration: 21 minutes

[OJ82Q3-WQ04 Won't we find truth through service to humanity?](#)

Duration: 12 minutes

[OJ84Q1-WQ04 On perceiving truth and not acting](#)

Duration: 5 minutes

[SA80Q5-WQ07 Are there different paths to truth?](#)

Duration: 7 minutes

[MA82DSG-EX06 The germ of truth](#)

Duration: 7 minutes

[BR80Q2-WQ07 On supreme truth and mankind's behaviour](#)

Duration: 6 minutes

[BR81S4-EX04 Truth cannot be experienced](#)

Duration: 7 minutes

Truth/(Story)

[SA81Q2-EX02 The boy who left home to search for truth](#)

Duration: 2 minutes

[BR84SBR3-EX01 The judge who meditated for 25 years](#)

Duration: 1 minute

[SA78D2-EX03 The disciple who could walk on water](#)

Duration: 2 minutes

[BR84Q1-EX02 A man finds truth on the road](#)

Duration: 2 minutes

[BR83Q2-EX03 The story of the devil and the fragment of truth](#)

Duration: 1 minute

Understanding

[BR85Q1-WQ04 Does asking for guidance necessarily prevent understanding?](#)

Duration: 14 minutes

[MA8182Q2-WQ04 What do you mean by 'Give your life to understand life'?](#)

Duration: 4 minutes

[OJ85Q2-EX01 What are the barriers that prevent us from understanding?](#)

Duration: 21 minutes

Understanding/Oneself

[LS84S2-EX01 Unless I understand myself I may be deceiving myself](#)

Duration: 9 minutes

[LS84S2-EX02 How do I understand myself?](#)

Duration: 10 minutes

United Nations/(Story)

[OJ85T2-EX01 The United Nations official](#)

Duration: 2 minutes

Vanity/Arrogance

[SA79T6-EX01 Vanity and arrogance](#)

Duration: 9 minutes

Victim/Predator

[OJ82Q4-WQ03 On becoming a victim or a predator](#)

Duration: 9 minutes

Violence

[BR82Q2-WQ04 On reacting while witnessing aggression](#)

Duration: 2 minutes

[BR82Q2-WQ05 Is there an awareness which will meet the world's violence?](#)

Duration: 7 minutes

[BR85Q2-WQ03 On aggression and psychological attacks from a relative](#)

Duration: 11 minutes

[OJ80Q2-WQ02 What is right action with regard to violence?](#)

Duration: 18 minutes

[OJ81Q4-WQ07 How do I deal with my deep-rooted violence?](#)

Duration: 11 minutes

[SA85Q2-WQ02 Would you allow a friend to be attacked in front of you?](#)

Duration: 6 minutes

[BR83T4-EX01 The majority of people are violent](#)

Duration: 2 minutes

[BR85T3-EX02 We are violent people](#)

Duration: 7 minutes

[OJ80T1-EX03 Human beings are violent](#)

Duration: 4 minutes

[BO85T1-EX05 Facing violence](#)

Duration: 2 minutes

[BR77D1-EX01 Is it possible to be free from violence?](#)

Duration: 10 minutes

[OJ83T1-EX04 If we are violent, so is society](#)

Duration: 1 minute

[BR77D2-EX04 Watching violence](#)

Duration: 4 minutes

War

[UN85T-EX04 If a tyrant attacks, do you not defend?](#)

Duration: 2 minutes

[US84FCC-EX02 On war](#)

Duration: 1 minute

[SA81T5-EX09 We are ready for another war](#)

Duration: 2 minutes

[SA82Q2-EX01 Why does war exist at all?](#)

Duration: 1 minute

[SD71DYP1-SQ02 What to do when there's a military draft?](#)

Duration: 7 minutes

War/Peace

[NY66T4-SQ03 To have peace we must live peacefully](#)

Duration: 3 minutes

[LO82T2-EX03 We are pursuing war and talking about peace](#)

Duration: 2 minutes

What is

[SA77T2-EX06 To live with 'what is'](#)

Duration: 10 minutes

[MA8384Q2-WQ02 How can we gather our entire energy to see 'what is'?](#)

Duration: 23 minutes

[SA77T5-EX03 Movement away from 'what is'](#)

Duration: 8 minutes

Wholeness

[BR76DSS2.1-EX02 To be whole](#)

Duration: 6 minutes

Will

[SA77T7-EX04 Living without will](#)

Duration: 4 minutes

Wisdom

[SD74CA18-EX04 Wisdom is the ending of suffering](#)

Duration: 2 minutes

[BR70IOH-EX01 Where is wisdom found?](#)

Duration: 2 minutes

Words

[SA77T3-EX06 The word is never the thing](#)

Duration: 6 minutes

[BR77D2-EX02 Are we caught in words?](#)

Duration: 7 minutes

World

[SM72T1-EX01 This world of chaos](#)

Duration: 3 minutes

[OJ81Q2-EX02 The modern world is making people strange](#)

Duration: 1 minute

[OJ83T1-EX01 Look at the whole world](#)

Duration: 1 minute

Wounds

[WA85T1-EX04 Most of us are psychologically wounded](#)

Duration: 3 minutes

[BR78S5-EX03 Wounds from childhood](#)

Duration: 6 minutes

[BR78S5-EX07 You have been wounded as a child](#)

Duration: 5 minutes

Yoga

[BR79Q1-WQ02 Will yoga practice bring about a spiritual awakening?](#)

Duration: 11 minutes

[BR79Q1-EX01 On yoga](#)

Duration: 3 minutes

[BR84T4-EX01 Yoga is not just having a beautiful body](#)

Duration: 4 minutes

[OJ85T3-EX01 Yoga has become a business](#)

Duration: 1 minute

You are the world and the world is you

[OJ77T1-EX01 You are not different](#)

Duration: 7 minutes

[SA81Q1-WQ02 How can the idea that 'you are the world' be justified?](#)

Duration: 12 minutes

[WA85T1-EX01 You are mankind](#)

Duration: 1 minute

[SA81T5-EX03 We are mankind](#)

Duration: 1 minute

[SA77T6-EX03 You are the representative of all humanity](#)

Duration: 6 minutes

Urgency of Change: The Krishnamurti Podcast

Podcast playlists

[\(Apple\) Urgency of Change • The Krishnamurti Podcast](#)

[\(kfoundation.org\) Urgency of Change • The Krishnamurti Podcast](#)

[\(Podbean\) Urgency of Change • The Krishnamurti Podcast](#)

[\(Spotify\) Urgency of Change • The Krishnamurti Podcast](#)

[\(YouTube\) Urgency of Change • The Krishnamurti Podcast](#)

Podcast episodes

[KP1 Krishnamurti interviewed by Bernard Levin](#)

32 minutes

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?

Links

[\(Apple\) KP1 Krishnamurti interviewed by Bernard Levin](#)

[\(kfoundation.org\) KP1 Krishnamurti interviewed by Bernard Levin](#)

[\(Podbean\) KP1 Krishnamurti interviewed by Bernard Levin](#)

[\(Spotify\) KP1 Krishnamurti interviewed by Bernard Levin](#)

[\(YouTube\) KP1 Krishnamurti interviewed by Bernard Levin](#)

[KP2 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 1\)](#)

34 minutes

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.

Links

[\(Apple\) KP2 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 1\)](#)

[\(kfoundation.org\) KP2 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 1\)](#)

[\(Podbean\) KP2 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 1\)](#)

[\(Spotify\) KP2 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 1\)](#)

[\(YouTube\) KP2 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 1\)](#)

KP3 Krishnamurti's Commentaries on Living read by Terence Stamp (Part 2)

42 minutes

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 Continuity, Awareness, Loneliness, and Silence.

Links

[\(Apple\) KP3 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 2\)](#)

[\(kfoundation.org\) KP3 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 2\)](#)

[\(Podbean\) KP3 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 2\)](#)

[\(Spotify\) KP3 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 2\)](#)

[\(YouTube\) KP3 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 2\)](#)

KP4 The Future of Humanity - Krishnamurti with David Bohm 1

85 minutes

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.

Links

[\(Apple\) KP4 The Future of Humanity - Krishnamurti with David Bohm 1](#)

[\(kfoundation.org\) KP4 The Future of Humanity - Krishnamurti with David Bohm 1](#)

[\(Podbean\) KP4 The Future of Humanity - Krishnamurti with David Bohm 1](#)

[\(Spotify\) KP4 The Future of Humanity - Krishnamurti with David Bohm 1](#)

[\(YouTube\) KP4 The Future of Humanity - Krishnamurti with David Bohm 1](#)

KP5 The Future of Humanity - Krishnamurti with David Bohm 2

70 minutes

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.

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.

Links

[\(Apple\) KP5 The Future of Humanity - Krishnamurti with David Bohm 2](#)

[\(kfoundation.org\) KP5 The Future of Humanity - Krishnamurti with David Bohm 2](#)

[\(Podbean\) KP5 The Future of Humanity - Krishnamurti with David Bohm 2](#)

[\(Spotify\) KP5 The Future of Humanity - Krishnamurti with David Bohm 2](#)

[\(YouTube\) KP5 The Future of Humanity - Krishnamurti with David Bohm 2](#)

KP6 Krishnamurti interviewed by Ross Saunders

30 minutes

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?

Links

[\(Apple\) KP6 Krishnamurti interviewed by Ross Saunders](#)

[\(kfoundation.org\) KP6 Krishnamurti interviewed by Ross Saunders](#)

[\(Podbean\) KP6 Krishnamurti interviewed by Ross Saunders](#)

[\(Spotify\) KP6 Krishnamurti interviewed by Ross Saunders](#)

[\(YouTube\) KP6 Krishnamurti interviewed by Ross Saunders](#)

KP7 Krishnamurti with Iris Murdoch 1

63 minutes

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 Dostoyevsky 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.

Links

[\(Apple\) KP7 Krishnamurti with Iris Murdoch 1](#)

[\(kfoundation.org\) KP7 Krishnamurti with Iris Murdoch 1](#)

[\(Podbean\) KP7 Krishnamurti with Iris Murdoch 1](#)

[\(Spotify\) KP7 Krishnamurti with Iris Murdoch 1](#)

[\(YouTube\) KP7 Krishnamurti with Iris Murdoch 1](#)

KP8 Krishnamurti with Iris Murdoch 2

42 minutes

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.

Links

[\(Apple\) KP8 Krishnamurti with Iris Murdoch 2](#)

[\(kfoundation.org\) KP8 Krishnamurti with Iris Murdoch 2](#)

[\(Podbean\) KP8 Krishnamurti with Iris Murdoch 2](#)

[\(Spotify\) KP8 Krishnamurti with Iris Murdoch 2](#)

[\(YouTube\) KP8 Krishnamurti with Iris Murdoch 2](#)

[KP9 Krishnamurti with David Shainberg](#)

62 minutes

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.

Links

[\(Apple\) KP9 Krishnamurti with David Shainberg](#)

[\(kfoundation.org\) KP9 Krishnamurti with David Shainberg](#)

[\(Podbean\) KP9 Krishnamurti with David Shainberg](#)

[\(Spotify\) KP9 Krishnamurti with David Shainberg](#)

[\(YouTube\) KP9 Krishnamurti with David Shainberg](#)

[KP10 Krishnamurti with Huston Smith](#)

62 minutes

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 Worlds 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 perpetuates 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.

Links

[\(Apple\) KP10 Krishnamurti with Huston Smith](#)

[\(kfoundation.org\) KP10 Krishnamurti with Huston Smith](#)

[\(Podbean\) KP10 Krishnamurti with Huston Smith](#)

[\(Spotify\) KP10 Krishnamurti with Huston Smith](#)

[\(YouTube\) KP10 Krishnamurti with Huston Smith](#)

[KP11 Conditioning - Krishnamurti with Mary Zimbalist 1](#)

31 minutes

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.

Links

[\(Apple\) KP11 Conditioning - Krishnamurti with Mary Zimbalist 1](#)

[\(kfoundation.org\) KP11 Conditioning - Krishnamurti with Mary Zimbalist 1](#)

[\(Podbean\) KP11 Conditioning - Krishnamurti with Mary Zimbalist 1](#)

[\(Spotify\) KP11 Conditioning - Krishnamurti with Mary Zimbalist 1](#)

[\(YouTube\) KP11 Conditioning - Krishnamurti with Mary Zimbalist 1](#)

[KP12 Fear - Krishnamurti with Mary Zimbalist 2](#)

31 minutes

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?

Links

[\(Apple\) KP12 Fear - Krishnamurti with Mary Zimbalist 2](#)

[\(kfoundation.org\) KP12 Fear - Krishnamurti with Mary Zimbalist 2](#)

[\(Podbean\) KP12 Fear - Krishnamurti with Mary Zimbalist 2](#)

[\(Spotify\) KP12 Fear - Krishnamurti with Mary Zimbalist 2](#)

[\(YouTube\) KP12 Fear - Krishnamurti with Mary Zimbalist 2](#)

[KP13 Krishnamurti interviewed by Oliver Hunkin](#)

27 minutes

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.

Links

[\(Apple\) KP13 Krishnamurti interviewed by Oliver Hunkin](#)

[\(kfoundation.org\) KP13 Krishnamurti interviewed by Oliver Hunkin](#)

[\(Podbean\) KP13 Krishnamurti interviewed by Oliver Hunkin](#)

[\(Spotify\) KP13 Krishnamurti interviewed by Oliver Hunkin](#)

[\(YouTube\) KP13 Krishnamurti interviewed by Oliver Hunkin](#)

KP14 Krishnamurti with Chogyam Trungpa Rinpoche

40 minutes

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.

Links

[\(Apple\) KP14 Krishnamurti with Chogyam Trungpa Rinpoche](#)

[\(kfoundation.org\) KP14 Krishnamurti with Chogyam Trungpa Rinpoche](#)

[\(Podbean\) KP14 Krishnamurti with Chogyam Trungpa Rinpoche](#)

[\(Spotify\) KP14 Krishnamurti with Chogyam Trungpa Rinpoche](#)

[\(YouTube\) KP14 Krishnamurti with Chogyam Trungpa Rinpoche](#)

KP15 On Intelligence - Krishnamurti with David Bohm

92 minutes

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.

Links

[\(Apple\) KP15 On Intelligence - Krishnamurti with David Bohm](#)

[\(kfoundation.org\) KP15 On Intelligence - Krishnamurti with David Bohm](#)

[\(Podbean\) KP15 On Intelligence - Krishnamurti with David Bohm](#)

[\(Spotify\) KP15 On Intelligence - Krishnamurti with David Bohm](#)

[\(YouTube\) KP15 On Intelligence - Krishnamurti with David Bohm](#)

KP16 Beyond organised religion - Krishnamurti with David O'Hanlon

89 minutes

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.

Links

[\(Apple\) KP16 Beyond organised religion - Krishnamurti with David O'Hanlon](#)

[\(kfoundation.org\) KP16 Beyond organised religion - Krishnamurti with David O'Hanlon](#)

[\(Podbean\) KP16 Beyond organised religion - Krishnamurti with David O'Hanlon](#)

[\(Spotify\) KP16 Beyond organised religion - Krishnamurti with David O'Hanlon](#)

[\(YouTube\) KP16 Beyond organised religion - Krishnamurti with David O'Hanlon](#)

KP17 The circus of man's struggle - Krishnamurti with Alain Naude 1

60 minutes

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.

Links

[\(Apple\) KP17 The circus of man's struggle - Krishnamurti with Alain Naude 1](#)

[\(kfoundation.org\) KP17 The circus of man's struggle - Krishnamurti with Alain Naude 1](#)

[\(Podbean\) KP17 The circus of man's struggle - Krishnamurti with Alain Naude 1](#)

[\(Spotify\) KP17 The circus of man's struggle - Krishnamurti with Alain Naude 1](#)

[\(YouTube\) KP17 The circus of man's struggle - Krishnamurti with Alain Naude 1](#)

KP18 On good and evil - Krishnamurti with Alain Naude 2

57 minutes

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.

Links

[\(Apple\) KP18 On good and evil - Krishnamurti with Alain Naude 2](#)

[\(kfoundation.org\) KP18 On good and evil - Krishnamurti with Alain Naude 2](#)

[\(Podbean\) KP18 On good and evil - Krishnamurti with Alain Naude 2](#)

[\(Spotify\) KP18 On good and evil - Krishnamurti with Alain Naude 2](#)

[\(YouTube\) KP18 On good and evil - Krishnamurti with Alain Naude 2](#)

KP19 The role of the teacher - Krishnamurti with Jacob Needleman 1

60 minutes

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 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.

Links

[\(Apple\) KP19 The role of the teacher - Krishnamurti with Jacob Needleman 1](#)

[\(kfoundation.org\) KP19 The role of the teacher - Krishnamurti with Jacob Needleman 1](#)

[\(Podbean\) KP19 The role of the teacher - Krishnamurti with Jacob Needleman 1](#)

(Spotify) Not available

[\(YouTube\) KP19 The role of the teacher - Krishnamurti with Jacob Needleman 1](#)

KP20 Inner space - Krishnamurti with Jacob Needleman 2

64 minutes

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?

Links

[\(Apple\) KP20 Inner space - Krishnamurti with Jacob Needleman 2](#)

[\(kfoundation.org\) KP20 Inner space - Krishnamurti with Jacob Needleman 2](#)

[\(Podbean\) KP20 Inner space - Krishnamurti with Jacob Needleman 2](#)

(Spotify) Not available

[\(YouTube\) KP20 Inner space - Krishnamurti with Jacob Needleman 2](#)

KP21 Krishnamurti with Keith Berwick 1

28 minutes

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.

Links

[\(Apple\) KP21 Krishnamurti with Keith Berwick 1](#)

[\(kfoundation.org\) KP21 Krishnamurti with Keith Berwick 1](#)

[\(Podbean\) KP21 Krishnamurti with Keith Berwick 1](#)

(Spotify) Not available

[\(YouTube\) KP21 Krishnamurti with Keith Berwick 1](#)

KP22 Krishnamurti with Keith Berwick 2

55 minutes

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.

Links

[\(Apple\) KP22 Krishnamurti with Keith Berwick 2](#)

[\(kfoundation.org\) KP22 Krishnamurti with Keith Berwick 2](#)

[\(Podbean\) KP22 Krishnamurti with Keith Berwick 2](#)

[\(Spotify\) KP22 Krishnamurti with Keith Berwick 2](#)

[\(YouTube\) KP22 Krishnamurti with Keith Berwick 2](#)

KP23 Has there been a radical change in Krishnamurti's teaching? - Krishnamurti with P.

Jayakar 1

79 minutes

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 Besant, 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?

Links

[\(Apple\) KP23 Has there been a radical change in Krishnamurti's teaching? - Krishnamurti with Pupul Jayakar 1](#)

[\(kfoundation.org\) KP23 Has there been a radical change in Krishnamurti's teaching? - Krishnamurti with Pupul Jayakar 1](#)

[\(Podbean\) KP23 Has there been a radical change in Krishnamurti's teaching? - Krishnamurti with Pupul Jayakar 1](#)

[\(Spotify\) KP23 Has there been a radical change in Krishnamurti's teaching? - Krishnamurti with Pupul Jayakar 1](#)

[\(YouTube\) KP23 Has there been a radical change in Krishnamurti's teaching? - Krishnamurti with Pupul Jayakar 1](#)

KP24 Thought cannot comprehend the totality of consciousness - Krishnamurti with P. Jayakar 2

88 minutes

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.

Links

[\(Apple\) KP24 Thought cannot comprehend the totality of consciousness - Krishnamurti with Pupul Jayakar 2](#)

[\(kfoundation.org\) KP24 Thought cannot comprehend the totality of consciousness - Krishnamurti with Pupul Jayakar 2](#)

[\(Podbean\) KP24 Thought cannot comprehend the totality of consciousness - Krishnamurti with Pupul Jayakar 2](#)

[\(Spotify\) KP24 Thought cannot comprehend the totality of consciousness - Krishnamurti with Pupul Jayakar 2](#)

[\(YouTube\) KP24 Thought cannot comprehend the totality of consciousness - Krishnamurti with Pupul Jayakar 2](#)

KP25 Can fear be completely wiped away? - Krishnamurti with Ronald Eyre

88 minutes

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?

Links

[\(Apple\) KP25 Can fear be completely wiped away? - Krishnamurti with Ronald Eyre](#)

[\(kfoundation.org\) KP25 Can fear be completely wiped away? - Krishnamurti with Ronald Eyre](#)

[\(Podbean\) KP25 Can fear be completely wiped away? - Krishnamurti with Ronald Eyre](#)

[\(Spotify\) KP25 Can fear be completely wiped away? - Krishnamurti with Ronald Eyre](#)

[\(YouTube\) KP25 Can fear be completely wiped away? - Krishnamurti with Ronald Eyre](#)

KP26 Krishnamurti interviewed by Eric Robson

28 minutes

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?

Links

[\(Apple\) KP26 Krishnamurti interviewed by Eric Robson](#)

[\(kfoundation.org\) KP26 Krishnamurti interviewed by Eric Robson](#)

[\(Podbean\) KP26 Krishnamurti interviewed by Eric Robson](#)

[\(Spotify\) KP26 Krishnamurti interviewed by Eric Robson](#)

[\(YouTube\) KP26 Krishnamurti interviewed by Eric Robson](#)

KP27 Is there a permanent ego? - Krishnamurti with Alain Naude 3

51 minutes

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.

Links

[\(Apple\) KP27 Is there a permanent ego? - Krishnamurti with Alain Naude 3](#)

[\(kfoundation.org\) KP27 Is there a permanent ego? - Krishnamurti with Alain Naude 3](#)

[\(Podbean\) KP27 Is there a permanent ego? - Krishnamurti with Alain Naude 3](#)

[\(Spotify\) KP27 Is there a permanent ego? - Krishnamurti with Alain Naude 3](#)

[\(YouTube\) KP27 Is there a permanent ego? - Krishnamurti with Alain Naude 3](#)

KP28 Masters and hierarchy - Krishnamurti with Alain Naude 4

49 minutes

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?

Links

[\(Apple\) KP28 Masters and hierarchy - Krishnamurti with Alain Naude 4](#)

[\(kfoundation.org\) KP28 Masters and hierarchy - Krishnamurti with Alain Naude 4](#)

[\(Podbean\) KP28 Masters and hierarchy - Krishnamurti with Alain Naude 4](#)

[\(Spotify\) KP28 Masters and hierarchy - Krishnamurti with Alain Naude 4](#)

[\(YouTube\) KP28 Masters and hierarchy - Krishnamurti with Alain Naude 4](#)

[KP29 Krishnamurti interviewed by Frank Waters](#)

90 minutes

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.

Links

[\(Apple\) KP29 Krishnamurti interviewed by Frank Waters](#)

[\(kfoundation.org\) KP29 Krishnamurti interviewed by Frank Waters](#)

[\(Podbean\) KP29 Krishnamurti interviewed by Frank Waters](#)

[\(Spotify\) KP29 Krishnamurti interviewed by Frank Waters](#)

[\(YouTube\) KP29 Krishnamurti interviewed by Frank Waters](#)

[KP30 A feeling for something sacred - Krishnamurti with David Bohm](#)

94 minutes

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.

Links

[\(Apple\) KP30 A feeling for something sacred - Krishnamurti with David Bohm](#)

[\(kfoundation.org\) KP30 A feeling for something sacred - Krishnamurti with David Bohm](#)

[\(Podbean\) KP30 A feeling for something sacred - Krishnamurti with David Bohm](#)

[\(Spotify\) KP30 A feeling for something sacred - Krishnamurti with David Bohm](#)

[\(YouTube\) KP30 A feeling for something sacred - Krishnamurti with David Bohm](#)

[KP31 Krishnamurti with Donald Ingram Smith 1](#)

54 minutes

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.

Links

[\(Apple\) KP31 Krishnamurti with Donald Ingram Smith 1](#)

[\(kfoundation.org\) KP31 Krishnamurti with Donald Ingram Smith 1](#)

[\(Podbean\) KP31 Krishnamurti with Donald Ingram Smith 1](#)

[\(Spotify\) KP31 Krishnamurti with Donald Ingram Smith 1](#)

[\(YouTube\) KP31 Krishnamurti with Donald Ingram Smith 1](#)

KP32 Krishnamurti interviewed by Wilfred Thomas

32 minutes

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.

Links

[\(Apple\) KP32 Krishnamurti interviewed by Wilfred Thomas](#)

[\(kfoundation.org\) KP32 Krishnamurti interviewed by Wilfred Thomas](#)

[\(Podbean\) KP32 Krishnamurti interviewed by Wilfred Thomas](#)

[\(Spotify\) KP32 Krishnamurti interviewed by Wilfred Thomas](#)

[\(YouTube\) KP32 Krishnamurti interviewed by Wilfred Thomas](#)

KP33 On God - Krishnamurti with Pupul Jayakar 3

83 minutes

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.

Links

[\(Apple\) KP33 On God - Krishnamurti with Pupul Jayakar 3](#)

[\(kfoundation.org\) KP33 On God - Krishnamurti with Pupul Jayakar 3](#)

[\(Podbean\) KP33 On God - Krishnamurti with Pupul Jayakar 3](#)

[\(Spotify\) KP33 On God - Krishnamurti with Pupul Jayakar 3](#)

[\(YouTube\) KP33 On God - Krishnamurti with Pupul Jayakar 3](#)

KP34 Living with death - Krishnamurti with Pupul Jayakar 4

63 minutes

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.

Links

[\(Apple\) KP34 Living with death - Krishnamurti with Pupul Jayakar 4](#)

[\(kfoundation.org\) KP34 Living with death - Krishnamurti with Pupul Jayakar 4](#)

[\(Podbean\) KP34 Living with death - Krishnamurti with Pupul Jayakar 4](#)

[\(Spotify\) KP34 Living with death - Krishnamurti with Pupul Jayakar 4](#)

[\(YouTube\) KP34 Living with death - Krishnamurti with Pupul Jayakar 4](#)

KP35 Thought cannot investigate into intelligence - Krishnamurti with Asit Chandmal

70 minutes

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.

Links

[\(Apple\) KP35 Thought cannot investigate into intelligence - Krishnamurti with Asit Chandmal](#)

[\(kfoundation.org\) KP35 Thought cannot investigate into intelligence - Krishnamurti with Asit Chandmal](#)

[\(Podbean\) KP35 Thought cannot investigate into intelligence - Krishnamurti with Asit Chandmal](#)

[\(Spotify\) KP35 Thought cannot investigate into intelligence - Krishnamurti with Asit Chandmal](#)

[\(YouTube\) KP35 Thought cannot investigate into intelligence - Krishnamurti with Asit Chandmal](#)

KP36 Inquiring into meditation - Krishnamurti with Christopher Titmuss

46 minutes

Summary

This conversation between Krishnamurti and Titmuss 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 hold 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.

Links

[\(Apple\) KP36 Inquiring into meditation - Krishnamurti with Christopher Titmuss](#)

[\(kfoundation.org\) KP36 Inquiring into meditation - Krishnamurti with Christopher Titmuss](#)

[\(Podbean\) KP36 Inquiring into meditation - Krishnamurti with Christopher Titmuss](#)

[\(Spotify\) KP36 Inquiring into meditation - Krishnamurti with Christopher Titmuss](#)

[\(YouTube\) KP36 Inquiring into meditation - Krishnamurti with Christopher Titmuss](#)

KP37 Krishnamurti's Commentaries on Living read by Terence Stamp (Part 3)

37 minutes

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.'

Links

[\(Apple\) KP37 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 3\)](#)

[\(kfoundation.org\) KP37 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 3\)](#)

[\(Podbean\) KP37 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 3\)](#)

[\(Spotify\) KP37 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 3\)](#)

[\(YouTube\) KP37 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 3\)](#)

[KP38 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 4\)](#)

34 minutes

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.'

Links

[\(Apple\) KP38 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 4\)](#)

[\(kfoundation.org\) KP38 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 4\)](#)

[\(Podbean\) KP38 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 4\)](#)

[\(Spotify\) KP38 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 4\)](#)

[\(YouTube\) KP38 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 4\)](#)

[KP39 Stepping out of the stream of the self - Krishnamurti with Alain Naude 5](#)

83 minutes

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.

Links

[\(Apple\) KP39 Stepping out of the stream of the self - Krishnamurti with Alain Naude 5](#)

[\(kfoundation.org\) KP39 Stepping out of the stream of the self - Krishnamurti with Alain Naude 5](#)

[\(Podbean\) KP39 Stepping out of the stream of the self - Krishnamurti with Alain Naude 5](#)

[\(Spotify\) KP39 Stepping out of the stream of the self - Krishnamurti with Alain Naude 5](#)

[\(YouTube\) KP39 Stepping out of the stream of the self - Krishnamurti with Alain Naude 5](#)

[KP40 A mind that is not empty cannot find truth - Krishnamurti with Alain Naude 6](#)

80 minutes

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.

Links

[\(Apple\) KP40 A mind that is not empty cannot find truth - Krishnamurti with Alain Naude 6](#)

[\(kfoundation.org\) KP40 A mind that is not empty cannot find truth - Krishnamurti with Alain Naude 6](#)

[\(Podbean\) KP40 A mind that is not empty cannot find truth - Krishnamurti with Alain Naude 6](#)

[\(Spotify\) KP40 A mind that is not empty cannot find truth - Krishnamurti with Alain Naude 6](#)

[\(YouTube\) KP40 A mind that is not empty cannot find truth - Krishnamurti with Alain Naude 6](#)

[KP41 What is living, actually? - Krishnamurti with Donald Ingram Smith 2](#)

52 minutes

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.

Links

[\(Apple\) KP41 What is living, actually? - Krishnamurti with Donald Ingram Smith 2](#)

[\(kfoundation.org\) KP41 What is living, actually? - Krishnamurti with Donald Ingram Smith 2](#)

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KP42 Krishnamurti's Commentaries on Living read by Terence Stamp (Part 5)

37 minutes

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.

Links

[\(Apple\) KP42 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 5\)](#)

[\(kfoundation.org\) KP42 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 5\)](#)

[\(Podbean\) KP42 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 5\)](#)

[\(Spotify\) KP42 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 5\)](#)

[\(YouTube\) KP42 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 5\)](#)

KP43 How does one inquire into the source of all life? - Krishnamurti with P. Jayakar 5

91 minutes

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.

Links

[\(Apple\) KP43 How does one inquire into the source of all life? - Krishnamurti with Pupul Jayakar 5](#)

[\(kfoundation.org\) KP43 How does one inquire into the source of all life? - Krishnamurti with Pupul Jayakar 5](#)

[\(Podbean\) KP43 How does one inquire into the source of all life? - Krishnamurti with Pupul Jayakar 5](#)

[\(Spotify\) KP43 How does one inquire into the source of all life? - Krishnamurti with Pupul Jayakar 5](#)

[\(YouTube\) KP43 How does one inquire into the source of all life? - Krishnamurti with Pupul Jayakar 5](#)

KP44 Can we live without the burden of a thousand yesterdays? - Krishnamurti with P. Jayakar 6

68 minutes

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.

Links

[\(Apple\) KP44 Can we live without the burden of a thousand yesterdays? - Krishnamurti with Pupul Jayakar 6](#)

[\(kfoundation.org\) KP44 Can we live without the burden of a thousand yesterdays? - Krishnamurti with Pupul Jayakar 6](#)

[\(Podbean\) KP44 Can we live without the burden of a thousand yesterdays? - Krishnamurti with Pupul Jayakar 6](#)

[\(Spotify\) KP44 Can we live without the burden of a thousand yesterdays? - Krishnamurti with Pupul Jayakar 6](#)

[\(YouTube\) KP44 Can we live without the burden of a thousand yesterdays? - Krishnamurti with Pupul Jayakar 6](#)

KP45 On education - Krishnamurti interviewed by Fred Hall

45 minutes

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.

Links

[\(Apple\) KP45 On education - Krishnamurti interviewed by Fred Hall](#)

[\(kfoundation.org\) KP45 On education - Krishnamurti interviewed by Fred Hall](#)

[\(Podbean\) KP45 On education - Krishnamurti interviewed by Fred Hall](#)

[\(Spotify\) KP45 On education - Krishnamurti interviewed by Fred Hall](#)

[\(YouTube\) KP45 On education - Krishnamurti interviewed by Fred Hall](#)

KP46 Krishnamurti's Commentaries on Living read by Terence Stamp (Part 6)

44 minutes

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.

Links

[\(Apple\) KP46 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 6\)](#)

[\(kfoundation.org\) KP46 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 6\)](#)

[\(Podbean\) KP46 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 6\)](#)

[\(Spotify\) KP46 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 6\)](#)

[\(YouTube\) KP46 Krishnamurti's Commentaries on Living read by Terence Stamp \(Part 6\)](#)

KP47 We live in conflict with everything - Krishnamurti with Linda Strawn

99 minutes

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.

Links

[\(Apple\) KP47 We live in conflict with everything - Krishnamurti with Linda Strawn](#)

[\(kfoundation.org\) KP47 We live in conflict with everything - Krishnamurti with Linda Strawn](#)

[\(Podbean\) KP47 We live in conflict with everything - Krishnamurti with Linda Strawn](#)

[\(Spotify\) KP47 We live in conflict with everything - Krishnamurti with Linda Strawn](#)

[\(YouTube\) KP47 We live in conflict with everything - Krishnamurti with Linda Strawn](#)

KP48 Is death a matter of continuity, or ending? - Krishnamurti with Ravi Ravindra

68 minutes

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.

Links

[\(Apple\) KP48 Is death a matter of continuity, or ending? - Krishnamurti with Ravi Ravindra](#)

[\(kfoundation.org\) KP48 Is death a matter of continuity, or ending? - Krishnamurti with Ravi Ravindra](#)

[\(Podbean\) KP48 Is death a matter of continuity, or ending? - Krishnamurti with Ravi Ravindra](#)

[\(Spotify\) KP48 Is death a matter of continuity, or ending? - Krishnamurti with Ravi Ravindra](#)

[\(YouTube\) KP48 Is death a matter of continuity, or ending? - Krishnamurti with Ravi Ravindra](#)

KP49 Religion and Meditation - Krishnamurti with Alain Naude 7

45 minutes

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.

Links

[\(Apple\) KP49 Religion and Meditation - Krishnamurti with Alain Naude 7](#)

[\(kfoundation.org\) KP49 Religion and Meditation - Krishnamurti with Alain Naude 7](#)

[\(Podbean\) KP49 Religion and Meditation - Krishnamurti with Alain Naude 7](#)

[\(Spotify\) KP49 Religion and Meditation - Krishnamurti with Alain Naude 7](#)

[\(YouTube\) KP49 Religion and Meditation - Krishnamurti with Alain Naude 7](#)

KP50 Terence Stamp reading Commentaries on Living – Part 7

45 minutes

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.

Links

[\(Apple\) KP50 Terence Stamp reading Commentaries on Living – Part 7](#)

[\(kfoundation.org\) KP50 Terence Stamp reading Commentaries on Living – Part 7](#)

[\(Podbean\) KP50 Terence Stamp reading Commentaries on Living – Part 7](#)

[\(Spotify\) KP50 Terence Stamp reading Commentaries on Living – Part 7](#)

[\(YouTube\) KP50 Terence Stamp reading Commentaries on Living – Part 7](#)

KP51 Krishnamurti on Listening

56 minutes

Summary

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'.

Links

[\(Apple\) KP51 Krishnamurti on Listening](#)

[\(kfoundation.org\) KP51 Krishnamurti on Listening](#)

[\(Podbean\) KP51 Krishnamurti on Listening](#)

[\(Spotify\) KP51 Krishnamurti on Listening](#)

[\(YouTube\) KP51 Krishnamurti on Listening](#)

KP52 Krishnamurti on Images

62 minutes

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

Links

[\(Apple\) KP52 Krishnamurti on Images](#)

[\(kfoundation.org\) KP52 Krishnamurti on Images](#)

[\(Podbean\) KP52 Krishnamurti on Images](#)

[\(Spotify\) KP52 Krishnamurti on Images](#)

[\(YouTube\) KP52 Krishnamurti on Images](#)

KP53 Krishnamurti on Passion

50 minutes

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.

Links

[\(Apple\) KP53 Krishnamurti on Passion](#)

[\(kfoundation.org\) KP53 Krishnamurti on Passion](#)

[\(Podbean\) KP53 Krishnamurti on Passion](#)

[\(Spotify\) KP53 Krishnamurti on Passion](#)

[\(YouTube\) KP53 Krishnamurti on Passion](#)

KP54 Krishnamurti on Confusion

64 minutes

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.

Links

[\(Apple\) KP54 Krishnamurti on Confusion](#)

[\(kfoundation.org\) KP54 Krishnamurti on Confusion](#)

[\(Podbean\) KP54 Krishnamurti on Confusion](#)

[\(Spotify\) KP54 Krishnamurti on Confusion](#)

[\(YouTube\) KP54 Krishnamurti on Confusion](#)

KP55 Krishnamurti on Time

56 minutes

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 forth 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

Links

[\(Apple\) KP56 Krishnamurti on Freedom](#)

[\(kfoundation.org\) KP55 Krishnamurti on Time](#)

[\(Podbean\) KP55 Krishnamurti on Time](#)

[\(Spotify\) KP55 Krishnamurti on Time](#)

[\(YouTube\) KP55 Krishnamurti on Time](#)

KP56 Krishnamurti on Freedom

56 minutes

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.

Links

[\(Apple\) KP56 Krishnamurti on Freedom](#)

[\(kfoundation.org\) KP56 Krishnamurti on Freedom](#)

[\(Podbean\) KP56 Krishnamurti on Freedom](#)

[\(Spotify\) KP56 Krishnamurti on Freedom](#)

[\(YouTube\) KP56 Krishnamurti on Freedom](#)

KP57 Krishnamurti on Change

78 minutes

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.

Links

[\(Apple\) KP57 Krishnamurti on Change](#)

[\(kfoundation.org\) KP57 Krishnamurti on Change](#)

[\(Podbean\) KP57 Krishnamurti on Change](#)

[\(Spotify\) KP57 Krishnamurti on Change](#)

[\(YouTube\) KP57 Krishnamurti on Change](#)

KP58 Krishnamurti on Consciousness

62 minutes

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.

Links

[\(Apple\) KP58 Krishnamurti on Consciousness](#)

[\(kfoundation.org\) KP58 Krishnamurti on Consciousness](#)

[\(Podbean\) KP58 Krishnamurti on Consciousness](#)

[\(Spotify\) KP58 Krishnamurti on Consciousness](#)

[\(YouTube\) KP58 Krishnamurti on Consciousness](#)

KP59 Krishnamurti on Action

46 minutes

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.

Links

[\(Apple\) KP59 Krishnamurti on Action](#)

[\(kfoundation.org\) KP59 Krishnamurti on Action](#)

[\(Podbean\) KP59 Krishnamurti on Action](#)

[\(Spotify\) KP59 Krishnamurti on Action](#)

[\(YouTube\) KP59 Krishnamurti on Action](#)

KP60 Krishnamurti on Observation

64 minutes

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 forth 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.'

Links

[\(Apple\) KP60 Krishnamurti on Observation](#)

[\(kfoundation.org\) KP60 Krishnamurti on Observation](#)

[\(Podbean\) KP60 Krishnamurti on Observation](#)

[\(Spotify\) KP60 Krishnamurti on Observation](#)

[\(YouTube\) KP60 Krishnamurti on Observation](#)

KP61 Krishnamurti on Emotion and Sentimentality

64 minutes

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'.

Links

[\(Apple\) KP61 Krishnamurti on Emotion and Sentimentality](#)

[\(kfoundation.org\) KP61 Krishnamurti on Emotion and Sentimentality](#)

[\(Podbean\) KP61 Krishnamurti on Emotion and Sentimentality](#)

[\(Spotify\) KP61 Krishnamurti on Emotion and Sentimentality](#)

[\(YouTube\) KP61 Krishnamurti on Emotion and Sentimentality](#)

KP62 Krishnamurti on Education

50 minutes

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?'

Links

[\(Apple\) KP62 Krishnamurti on Education](#)

[\(kfoundation.org\) KP62 Krishnamurti on Education](#)

[\(Podbean\) KP62 Krishnamurti on Education](#)

[\(Spotify\) KP62 Krishnamurti on Education](#)

[\(YouTube\) KP62 Krishnamurti on Education](#)

KP63 Krishnamurti on Violence

60 minutes

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?'

Links

[\(Apple\) KP63 Krishnamurti on Violence](#)

[\(kfoundation.org\) KP63 Krishnamurti on Violence](#)

[\(Podbean\) KP63 Krishnamurti on Violence](#)

[\(Spotify\) KP63 Krishnamurti on Violence](#)

[\(YouTube\) KP63 Krishnamurti on Violence](#)

[KP64 Krishnamurti on Intellect](#)

55 minutes

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?'

Links

[\(Apple\) KP64 Krishnamurti on Intellect](#)

[\(kfoundation.org\) KP64 Krishnamurti on Intellect](#)

[\(Podbean\) KP64 Krishnamurti on Intellect](#)

[\(Spotify\) KP64 Krishnamurti on Intellect](#)

[\(YouTube\) KP64 Krishnamurti on Intellect](#)

KP65 Krishnamurti on Happiness

53 minutes

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'.

Links

[\(Apple\) KP65 Krishnamurti on Happiness](#)

[\(kfoundation.org\) KP65 Krishnamurti on Happiness](#)

[\(Podbean\) KP65 Krishnamurti on Happiness](#)

[\(Spotify\) KP65 Krishnamurti on Happiness](#)

[\(YouTube\) KP65 Krishnamurti on Happiness](#)

KP66 Krishnamurti on Self Knowledge

59 minutes

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'.

Links

[\(Apple\) KP66 Krishnamurti on Self Knowledge](#)

[\(kfoundation.org\) KP66 Krishnamurti on Self Knowledge](#)

[\(Podbean\) KP66 Krishnamurti on Self Knowledge](#)

[\(Spotify\) KP66 Krishnamurti on Self Knowledge](#)

[\(YouTube\) KP66 Krishnamurti on Self Knowledge](#)

KP67 Krishnamurti on Anger

48 minutes

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'.

Links

[\(Apple\) KP67 Krishnamurti on Anger](#)

[\(kfoundation.org\) KP67 Krishnamurti on Anger](#)

[\(Podbean\) KP67 Krishnamurti on Anger](#)

[\(Spotify\) KP67 Krishnamurti on Anger](#)

[\(YouTube\) KP67 Krishnamurti on Anger](#)

KP68 Krishnamurti on God

59 minutes

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'.

Links

[\(Apple\) KP68 Krishnamurti on God](#)

[\(kfoundation.org\) KP68 Krishnamurti on God](#)

[\(Podbean\) KP68 Krishnamurti on God](#)

[\(Spotify\) KP68 Krishnamurti on God](#)

[\(YouTube\) KP68 Krishnamurti on God](#)

KP69 Krishnamurti on Jealousy and Envy

47 minutes

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'.

Links

[\(Apple\) KP69 Krishnamurti on Jealousy and Envy](#)

[\(kfoundation.org\) KP69 Krishnamurti on Jealousy and Envy](#)

[\(Podbean\) KP69 Krishnamurti on Jealousy and Envy](#)

[\(Spotify\) KP69 Krishnamurti on Jealousy and Envy](#)

[\(YouTube\) KP69 Krishnamurti on Jealousy and Envy](#)

KP70 Krishnamurti on Intelligence

58 minutes

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'.

Links

[\(Apple\) KP70 Krishnamurti on Intelligence](#)

[\(kfoundation.org\) KP70 Krishnamurti on Intelligence](#)

[\(Podbean\) KP70 Krishnamurti on Intelligence](#)

[\(Spotify\) KP70 Krishnamurti on Intelligence](#)

[\(YouTube\) KP70 Krishnamurti on Intelligence](#)

KP71 Krishnamurti on Habits

57 minutes

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'.

Links

[\(Apple\) KP71 Krishnamurti on Habits](#)

[\(kfoundation.org\) KP71 Krishnamurti on Habits](#)

[\(Podbean\) KP71 Krishnamurti on Habits](#)

[\(Spotify\) KP71 Krishnamurti on Habits](#)

[\(YouTube\) KP71 Krishnamurti on Habits](#)

KP72 Krishnamurti on Authority

57 minutes

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'.

Links

[\(Apple\) KP72 Krishnamurti on Authority](#)

[\(kfoundation.org\) KP72 Krishnamurti on Authority](#)

[\(Podbean\) KP72 Krishnamurti on Authority](#)

[\(Spotify\) KP72 Krishnamurti on Authority](#)

[\(YouTube\) KP72 Krishnamurti on Authority](#)

KP73 Krishnamurti on Awareness

68 minutes

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'.

Links

[\(Apple\) KP73 Krishnamurti on Awareness](#)

[\(kfoundation.org\) KP73 Krishnamurti on Awareness](#)

[\(Podbean\) KP73 Krishnamurti on Awareness](#)

[\(Spotify\) KP73 Krishnamurti on Awareness](#)

[\(YouTube\) KP73 Krishnamurti on Awareness](#)

KP74 Krishnamurti on Life

81 minutes

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'.

Links

[\(Apple\) KP74 Krishnamurti on Life](#)

[\(kfoundation.org\) KP74 Krishnamurti on Life](#)

[\(Podbean\) KP74 Krishnamurti on Life](#)

[\(Spotify\) KP74 Krishnamurti on Life](#)

[\(YouTube\) KP74 Krishnamurti on Life](#)

KP75 Krishnamurti on Truth

64 minutes

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'.

Links

[\(Apple\) KP75 Krishnamurti on Truth](#)

kfoundation.org) [KP75 Krishnamurti on Truth](#)

[\(Podbean\) KP75 Krishnamurti on Truth](#)

[\(Spotify\) KP75 Krishnamurti on Truth](#)

[\(YouTube\) KP75 Krishnamurti on Truth](#)

[KP76 Krishnamurti on Relationship](#)

75 minutes

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'.

Links

[\(Apple\) KP76 Krishnamurti on Relationship](#)

kfoundation.org) [KP76 Krishnamurti on Relationship](#)

[\(Podbean\) KP76 Krishnamurti on Relationship](#)

[\(Spotify\) KP76 Krishnamurti on Relationship](#)

[\(YouTube\) KP76 Krishnamurti on Relationship](#)

[KP77 Krishnamurti on Beauty](#)

62 minutes

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'.

Links

[\(Apple\) KP77 Krishnamurti on Beauty](#)

kfoundation.org) [KP77 Krishnamurti on Beauty](#)

[\(Podbean\) KP77 Krishnamurti on Beauty](#)

[\(Spotify\) KP77 Krishnamurti on Beauty](#)

[\(YouTube\) KP77 Krishnamurti on Beauty](#)

KP78 Krishnamurti on Compassion

57 minutes

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’.

Links

[\(Apple\) KP78 Krishnamurti on Compassion](#)

[\(kfoundation.org\) KP78 Krishnamurti on Compassion](#)

[\(Podbean\) KP78 Krishnamurti on Compassion](#)

[\(Spotify\) KP78 Krishnamurti on Compassion](#)

[\(YouTube\) KP78 Krishnamurti on Compassion](#)

KP79 Krishnamurti on Death

80 minutes

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.'

Links

[\(Apple\) KP79 Krishnamurti on Death](#)

[\(kfoundation.org\) KP79 Krishnamurti on Death](#)

[\(Podbean\) KP79 Krishnamurti on Death](#)

[\(Spotify\) KP79 Krishnamurti on Death](#)

[\(YouTube\) KP79 Krishnamurti on Death](#)

KP80 Krishnamurti on Thought

91 minutes

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'.

Links

[\(Apple\) KP80 Krishnamurti on Thought](#)

[\(kfoundation.org\) KP80 Krishnamurti on Thought](#)

[\(Podbean\) KP80 Krishnamurti on Thought](#)

[\(Spotify\) KP80 Krishnamurti on Thought](#)

[\(YouTube\) KP80 Krishnamurti on Thought](#)

KP81 Krishnamurti on Psychological Evolution

73 minutes

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'.

Links

[\(Apple\) KP81 Krishnamurti on Psychological Evolution](#)

[\(kfoundation.org\) KP81 Krishnamurti on Psychological Evolution](#)

[\(Podbean\) KP81 Krishnamurti on Psychological Evolution](#)

[\(Spotify\) KP81 Krishnamurti on Psychological Evolution](#)

[\(YouTube\) KP81 Krishnamurti on Psychological Evolution](#)

KP82 Krishnamurti on Loneliness

59 minutes

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'.

Links

[\(Apple\) KP82 Krishnamurti on Loneliness](#)

[\(kfoundation.org\) KP82 Krishnamurti on Loneliness](#)

[\(Podbean\) KP82 Krishnamurti on Loneliness](#)

[\(Spotify\) KP82 Krishnamurti on Loneliness](#)

[\(YouTube\) KP82 Krishnamurti on Loneliness](#)

KP83 Krishnamurti on Nature and the Environment

69 minutes

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.

Links

[\(Apple\) KP83 Krishnamurti on Nature and the Environment](#)

[\(kfoundation.org\) KP83 Krishnamurti on Nature and the Environment](#)

[\(Podbean\) KP83 Krishnamurti on Nature and the Environment](#)

[\(Spotify\) KP83 Krishnamurti on Nature and the Environment](#)

[\(YouTube\) KP83 Krishnamurti on Nature and the Environment](#)

KP84 Krishnamurti on Negation

75 minutes

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'.

Links

[\(Apple\) KP84 Krishnamurti on Negation](#)

[\(kfoundation.org\) KP84 Krishnamurti on Negation](#)

[\(Podbean\) KP84 Krishnamurti on Negation](#)

[\(Spotify\) KP84 Krishnamurti on Negation](#)

[\(YouTube\) KP84 Krishnamurti on Negation](#)

KP85 Krishnamurti on Knowledge

73 minutes

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'.

Links

[\(Apple\) KP85 Krishnamurti on Knowledge](#)

[\(kfoundation.org\) KP85 Krishnamurti on Knowledge](#)

[\(Podbean\) KP85 Krishnamurti on Knowledge](#)

[\(Spotify\) KP85 Krishnamurti on Knowledge](#)

[\(YouTube\) KP85 Krishnamurti on Knowledge](#)

KP86 Krishnamurti on Analysis

57 minutes

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'.

Links

[\(Apple\) KP86 Krishnamurti on Analysis](#)

[\(kfoundation.org\) KP86 Krishnamurti on Analysis](#)

[\(Podbean\) KP86 Krishnamurti on Analysis](#)

[\(Spotify\) KP86 Krishnamurti on Analysis](#)

[\(YouTube\) KP86 Krishnamurti on Analysis](#)

KP87 Krishnamurti on Society

66 minutes

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'.

Links

[\(Apple\) KP87 Krishnamurti on Society](#)

[\(kfoundation.org\) KP87 Krishnamurti on Society](#)

[\(Podbean\) KP87 Krishnamurti on Society](#)

[\(Spotify\) KP87 Krishnamurti on Society](#)

[\(YouTube\) KP87 Krishnamurti on Society](#)

KP88 Krishnamurti on Meditation

82 minutes

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.

Links

[\(Apple\) KP88 Krishnamurti on Meditation](#)

[\(kfoundation.org\) KP88 Krishnamurti on Meditation](#)

[\(Podbean\) KP88 Krishnamurti on Meditation](#)

[\(Spotify\) KP88 Krishnamurti on Meditation](#)

[\(YouTube\) KP88 Krishnamurti on Meditation](#)

KP89 Krishnamurti on Individuality

75 minutes

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?'

Links

[\(Apple\) KP89 Krishnamurti on Individuality](#)

[\(kfoundation.org\) KP89 Krishnamurti on Individuality](#)

[\(Podbean\) KP89 Krishnamurti on Individuality](#)

[\(Spotify\) KP89 Krishnamurti on Individuality](#)

[\(YouTube\) KP89 Krishnamurti on Individuality](#)

KP90 Krishnamurti on Peace

76 minutes

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'.

Links

[\(Apple\) KP90 Krishnamurti on Peace](#)

[\(kfoundation.org\) KP90 Krishnamurti on Peace](#)

[\(Podbean\) KP90 Krishnamurti on Peace](#)

[\(Spotify\) KP90 Krishnamurti on Peace](#)

[\(YouTube\) KP90 Krishnamurti on Peace](#)

KP91 Krishnamurti on Ambition

62 minutes

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?'

Links

[\(Apple\) KP91 Krishnamurti on Ambition](#)

[\(kfoundation.org\) KP91 Krishnamurti on Ambition](#)

[\(Podbean\) KP91 Krishnamurti on Ambition](#)

[\(Spotify\) KP91 Krishnamurti on Ambition](#)

[\(YouTube\) KP91 Krishnamurti on Ambition](#)

KP92 Krishnamurti on Fear

71 minutes

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'.

Links

[\(Apple\) KP92 Krishnamurti on Fear](#)

[\(kfoundation.org\) KP92 Krishnamurti on Fear](#)

[\(Podbean\) KP92 Krishnamurti on Fear](#)

[\(Spotify\) KP92 Krishnamurti on Fear](#)

[\(YouTube\) KP92 Krishnamurti on Fear](#)

KP93 Krishnamurti on Conflict

68 minutes

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.'

Links

[\(Apple\) KP93 Krishnamurti on Conflict](#)

[\(kfoundation.org\) KP93 Krishnamurti on Conflict](#)

[\(Podbean\) KP93 Krishnamurti on Conflict](#)

[\(Spotify\) KP93 Krishnamurti on Conflict](#)

[\(YouTube\) KP93 Krishnamurti on Conflict](#)

KP94 Krishnamurti on Anonymity and Creativity

62 minutes

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'.

Links

[\(Apple\) KP94 Krishnamurti on Anonymity and Creativity](#)

[\(kfoundation.org\) KP94 Krishnamurti on Anonymity and Creativity](#)

[\(Podbean\) KP94 Krishnamurti on Anonymity and Creativity](#)

[\(Spotify\) KP94 Krishnamurti on Anonymity and Creativity](#)

[\(YouTube\) KP94 Krishnamurti on Anonymity and Creativity](#)

KP95 Krishnamurti on Religion

60 minutes

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.

Links

[\(Apple\) KP95 Krishnamurti on Religion](#)

[\(kfoundation.org\) KP95 Krishnamurti on Religion](#)

[\(Podbean\) KP95 Krishnamurti on Religion](#)

[\(Spotify\) KP95 Krishnamurti on Religion](#)

[\(YouTube\) KP95 Krishnamurti on Religion](#)

KP96 Krishnamurti on Love

67 minutes

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?'

Links

[\(Apple\) KP96 Krishnamurti on Love](#)

[\(kfoundation.org\) KP96 Krishnamurti on Love](#)

[\(Podbean\) KP96 Krishnamurti on Love](#)

[\(Spotify\) KP96 Krishnamurti on Love](#)

[\(YouTube\) KP96 Krishnamurti on Love](#)

KP97 Krishnamurti on Conditioning

62 minutes

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?'

Links

[\(Apple\) KP97 Krishnamurti on Conditioning](#)

[\(kfoundation.org\) KP97 Krishnamurti on Conditioning](#)

[\(Podbean\) KP97 Krishnamurti on Conditioning](#)

[\(Spotify\) KP97 Krishnamurti on Conditioning](#)

[\(YouTube\) KP97 Krishnamurti on Conditioning](#)

KP98 Krishnamurti on Enlightenment

76 minutes

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'.

Links

[\(Apple\) KP98 Krishnamurti on Enlightenment](#)

[\(kfoundation.org\) KP98 Krishnamurti on Enlightenment](#)

[\(Podbean\) KP98 Krishnamurti on Enlightenment](#)

[\(Spotify\) KP98 Krishnamurti on Enlightenment](#)

[\(YouTube\) KP98 Krishnamurti on Enlightenment](#)

KP99 Krishnamurti on Security

57 minutes

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'.

Links

[\(Apple\) KP99 Krishnamurti on Security](#)

[\(kfoundation.org\) KP99 Krishnamurti on Security](#)

[\(Podbean\) KP99 Krishnamurti on Security](#)

[\(Spotify\) KP99 Krishnamurti on Security](#)

[\(YouTube\) KP99 Krishnamurti on Security](#)

KP100 Krishnamurti on Silence

61 minutes

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.

Links

[\(Apple\) KP100 Krishnamurti on Silence](#)

[\(kfoundation.org\) KP100 Krishnamurti on Silence](#)

[\(Podbean\) KP100 Krishnamurti on Silence](#)

[\(Spotify\) KP100 Krishnamurti on Silence](#)

[\(YouTube\) KP100 Krishnamurti on Silence](#)

KP101 Krishnamurti on Yoga

54 minutes

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'.

Links

[\(Apple\) KP101 Krishnamurti on Yoga](#)

[\(kfoundation.org\) KP101 Krishnamurti on Yoga](#)

[\(Podbean\) KP101 Krishnamurti on Yoga](#)

[\(Spotify\) KP101 Krishnamurti on Yoga](#)

[\(YouTube\) KP101 Krishnamurti on Yoga](#)

KP102 Krishnamurti on Uncertainty

57 minutes

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'.

Links

[\(Apple\) KP102 Krishnamurti on Uncertainty](#)

[\(kfoundation.org\) KP102 Krishnamurti on Uncertainty](#)

[\(Podbean\) KP102 Krishnamurti on Uncertainty](#)

[\(Spotify\) KP102 Krishnamurti on Uncertainty](#)

[\(YouTube\) KP102 Krishnamurti on Uncertainty](#)

KP103 Krishnamurti on Revolution

74 minutes

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'.

Links

[\(Apple\) KP103 Krishnamurti on Revolution](#)

[\(kfoundation.org\) KP103 Krishnamurti on Revolution](#)

[\(Podbean\) KP103 Krishnamurti on Revolution](#)

[\(Spotify\) KP103 Krishnamurti on Revolution](#)

[\(YouTube\) KP103 Krishnamurti on Revolution](#)

KP104 Krishnamurti on Comparison

58 minutes

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?'

Links

[\(Apple\) KP104 Krishnamurti on Comparison](#)

[\(kfoundation.org\) KP104 Krishnamurti on Comparison](#)

[\(Podbean\) KP104 Krishnamurti on Comparison](#)

[\(Spotify\) KP104 Krishnamurti on Comparison](#)

[\(YouTube\) KP104 Krishnamurti on Comparison](#)

KP105 Krishnamurti on Greed

48 minutes

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'.

Links

[\(Apple\) KP105 Krishnamurti on Greed](#)

[\(kfoundation.org\) KP105 Krishnamurti on Greed](#)

[\(Podbean\) KP105 Krishnamurti on Greed](#)

[\(Spotify\) KP105 Krishnamurti on Greed](#)

[\(YouTube\) KP105 Krishnamurti on Greed](#)

KP106 Krishnamurti on Suppression

60 minutes

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'.

Links

[\(Apple\) KP106 Krishnamurti on Suppression](#)

[\(kfoundation.org\) KP106 Krishnamurti on Suppression](#)

[\(Podbean\) KP106 Krishnamurti on Suppression](#)

[\(Spotify\) KP106 Krishnamurti on Suppression](#)

[\(YouTube\) KP106 Krishnamurti on Suppression](#)

KP107 Krishnamurti on Hate

59 minutes

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) this in this episode is from the fourth talk in Madras 1983, titled 'Has hate any relationship to love?'

Links

[\(Apple\) KP107 Krishnamurti on Hate](#)

[\(kfoundation.org\) KP107 Krishnamurti on Hate](#)

[\(Podbean\) KP107 Krishnamurti on Hate](#)

[\(Spotify\) KP107 Krishnamurti on Hate](#)

[\(YouTube\) KP107 Krishnamurti on Hate](#)

KP108 Krishnamurti on Experience

72 minutes

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?'

Links

[\(Apple\) KP108 Krishnamurti on Experience](#)

[\(kfoundation.org\) KP108 Krishnamurti on Experience](#)

[\(Podbean\) KP108 Krishnamurti on Experience](#)

[\(Spotify\) KP108 Krishnamurti on Experience](#)

[\(YouTube\) KP108 Krishnamurti on Experience](#)

KP109 Krishnamurti on The Arts of Looking, Listening and Learning

79 minutes

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.'

Links

[\(Apple\) KP109 Krishnamurti on The Arts of Looking, Listening and Learning](#)

[\(kfoundation.org\) KP109 Krishnamurti on The Arts of Looking, Listening and Learning](#)

[\(Podbean\) KP109 Krishnamurti on The Arts of Looking, Listening and Learning](#)

[\(Spotify\) KP109 Krishnamurti on The Arts of Looking, Listening and Learning](#)

[\(YouTube\) KP109 Krishnamurti on The Arts of Looking, Listening and Learning](#)

KP110 Krishnamurti on Sorrow

63 minutes

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'.

Links

[\(Apple\) KP110 Krishnamurti on Sorrow](#)

[\(kfoundation.org\) KP110 Krishnamurti on Sorrow](#)

[\(Podbean\) KP110 Krishnamurti on Sorrow](#)

[\(Spotify\) KP110 Krishnamurti on Sorrow](#)

[\(YouTube\) KP110 Krishnamurti on Sorrow](#)

KP111 Krishnamurti on Dialogue

58 minutes

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'.

Links

[\(Apple\) KP111 Krishnamurti on Dialogue](#)

[\(kfoundation.org\) KP111 Krishnamurti on Dialogue](#)

[\(Podbean\) KP111 Krishnamurti on Dialogue](#)

[\(Spotify\) KP111 Krishnamurti on Dialogue](#)

[\(YouTube\) KP111 Krishnamurti on Dialogue](#)

KP112 Krishnamurti on Energy

72 minutes

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.

Links

[\(Apple\) KP112 Krishnamurti on Energy](#)

[\(kfoundation.org\) KP112 Krishnamurti on Energy](#)

[\(Podbean\) KP112 Krishnamurti on Energy](#)

[\(Spotify\) KP112 Krishnamurti on Energy](#)

[\(YouTube\) KP112 Krishnamurti on Energy](#)

KP113 Krishnamurti on Mutation

73 minutes

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'.

Links

[\(Apple\) KP113 Krishnamurti on Mutation](#)

[\(kfoundation.org\) KP113 Krishnamurti on Mutation](#)

[\(Podbean\) KP113 Krishnamurti on Mutation](#)

[\(Spotify\) KP113 Krishnamurti on Mutation](#)

[\(YouTube\) KP113 Krishnamurti on Mutation](#)

KP114 Krishnamurti on Dependence

64 minutes

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.’

Links

[\(Apple\) KP114 Krishnamurti on Dependence](#)

[\(kfoundation.org\) KP114 Krishnamurti on Dependence](#)

[\(Podbean\) KP114 Krishnamurti on Dependence](#)

[\(Spotify\) KP114 Krishnamurti on Dependence](#)

[\(YouTube\) KP114 Krishnamurti on Dependence](#)

KP115 Krishnamurti on Pleasure

66 minutes

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) this in this episode is from Krishnamurti's fifth talk in Saanen 1970, titled 'A life of ecstasy in which pleasure doesn't enter'.

Links

[\(Apple\) KP115 Krishnamurti on Pleasure](#)

[\(kfoundation.org\) KP115 Krishnamurti on Pleasure](#)

[\(Podbean\) KP115 Krishnamurti on Pleasure](#)

[\(Spotify\) KP115 Krishnamurti on Pleasure](#)

[\(YouTube\) KP115 Krishnamurti on Pleasure](#)

KP116 Krishnamurti on Values

80 minutes

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'.

Links

[\(Apple\) KP116 Krishnamurti on Values](#)

[\(kfoundation.org\) KP116 Krishnamurti on Values](#)

[\(Podbean\) KP116 Krishnamurti on Values](#)

[\(Spotify\) KP116 Krishnamurti on Values](#)

[\(YouTube\) KP116 Krishnamurti on Values](#)

KP117 Krishnamurti on the Mind

83 minutes

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) this in this episode is from the fourth talk in Madras 1974, titled 'A mind with enormous space'.

Links

[\(Apple\) KP117 Krishnamurti on the Mind](#)

[\(kfoundation.org\) KP117 Krishnamurti on the Mind](#)

[\(Podbean\) KP117 Krishnamurti on the Mind](#)

[\(Spotify\) KP117 Krishnamurti on the Mind](#)

[\(YouTube\) KP117 Krishnamurti on the Mind](#)

KP118 Krishnamurti on Order

74 minutes

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.

Links

[\(Apple\) KP118 Krishnamurti on Order](#)

[\(kfoundation.org\) KP118 Krishnamurti on Order](#)

[\(Podbean\) KP118 Krishnamurti on Order](#)

[\(Spotify\) KP118 Krishnamurti on Order](#)

[\(YouTube\) KP118 Krishnamurti on Order](#)

KP119 Krishnamurti on Fulfilment

59 minutes

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?'

Links

[\(Apple\) KP119 Krishnamurti on Fulfilment](#)

[\(kfoundation.org\) KP119 Krishnamurti on Fulfilment](#)

[\(Podbean\) KP119 Krishnamurti on Fulfilment](#)

[\(Spotify\) KP119 Krishnamurti on Fulfilment](#)

[\(YouTube\) KP119 Krishnamurti on Fulfilment](#)

KP120 Krishnamurti on Health

67 minutes

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'.

Links

[\(Apple\) KP120 Krishnamurti on Health](#)

[\(kfoundation.org\) KP120 Krishnamurti on Health](#)

[\(Podbean\) KP120 Krishnamurti on Health](#)

[\(Spotify\) KP120 Krishnamurti on Health](#)

[\(YouTube\) KP120 Krishnamurti on Health](#)

KP121 Krishnamurti on Krishnamurti

54 minutes

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?'

Links

[\(Apple\) KP121 Krishnamurti on Krishnamurti](#)

[\(kfoundation.org\) KP121 Krishnamurti on Krishnamurti](#)

[\(Podbean\) KP121 Krishnamurti on Krishnamurti](#)

[\(Spotify\) KP121 Krishnamurti on Krishnamurti](#)

[\(YouTube\) KP121 Krishnamurti on Krishnamurti](#)

KP122 Krishnamurti on Attention and Inattention

64 minutes

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.

Links

[\(Apple\) KP122 Krishnamurti on Attention and Inattention](#)

[\(kfoundation.org\) KP122 Krishnamurti on Attention and Inattention](#)

[\(Podbean\) KP122 Krishnamurti on Attention and Inattention](#)

[\(Spotify\) KP122 Krishnamurti on Attention and Inattention](#)

[\(YouTube\) KP122 Krishnamurti on Attention and Inattention](#)

KP123 Krishnamurti on Measurement

74 minutes

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'.

Links

[\(Apple\) KP123 Krishnamurti on Measurement](#)

[\(kfoundation.org\) KP123 Krishnamurti on Measurement](#)

[\(Podbean\) KP123 Krishnamurti on Measurement](#)

[\(Spotify\) KP123 Krishnamurti on Measurement](#)

[\(YouTube\) KP123 Krishnamurti on Measurement](#)

KP124 Krishnamurti on the Psyche

83 minutes

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.'

Links

[\(Apple\) KP124 Krishnamurti on the Psyche](#)

[\(kfoundation.org\) KP124 Krishnamurti on the Psyche](#)

[\(Podbean\) KP124 Krishnamurti on the Psyche](#)

[\(Spotify\) KP124 Krishnamurti on the Psyche](#)

[\(YouTube\) KP124 Krishnamurti on the Psyche](#)

KP125 Krishnamurti on War and Killing

83 minutes

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?'

Links

[\(Apple\) KP125 Krishnamurti on War and Killing](#)

[\(kfoundation.org\) KP125 Krishnamurti on War and Killing](#)

[\(Podbean\) KP125 Krishnamurti on War and Killing](#)

[\(Spotify\) KP125 Krishnamurti on War and Killing](#)

[\(YouTube\) KP125 Krishnamurti on War and Killing](#)

KP126 Krishnamurti on Actuality

70 minutes

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?'

Links

[\(Apple\) KP126 Krishnamurti on Actuality](#)

[\(kfoundation.org\) KP126 Krishnamurti on Actuality](#)

[\(Podbean\) KP126 Krishnamurti on Actuality](#)

[\(Spotify\) KP126 Krishnamurti on Actuality](#)

[\(YouTube\) KP126 Krishnamurti on Actuality](#)

KP127 Krishnamurti on Aggression

77 minutes

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.'

Links

[\(Apple\) KP127 Krishnamurti on Aggression](#)

kfoundation.org) [KP127 Krishnamurti on Aggression](#)

[\(Podbean\) KP127 Krishnamurti on Aggression](#)

[\(Spotify\) KP127 Krishnamurti on Aggression](#)

[\(YouTube\) KP127 Krishnamurti on Aggression](#)

KP128 Krishnamurti on Ideals

83 minutes

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'.

Links

[\(Apple\) KP128 Krishnamurti on Ideals](#)

kfoundation.org) [KP128 Krishnamurti on Ideals](#)

[\(Podbean\) KP128 Krishnamurti on Ideals](#)

[\(Spotify\) KP128 Krishnamurti on Ideals](#)

[\(YouTube\) KP128 Krishnamurti on Ideals](#)

KP129 Krishnamurti on Identification

80 minutes

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.'

Links

[\(Apple\) KP129 Krishnamurti on Identification](#)

[\(kfoundation.org\) KP129 Krishnamurti on Identification](#)

[\(Podbean\) KP129 Krishnamurti on Identification](#)

[\(Spotify\) KP129 Krishnamurti on Identification](#)

[\(YouTube\) KP129 Krishnamurti on Identification](#)

KP130 Krishnamurti on Understanding

70 minutes

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'.

Links

[\(Apple\) KP130 Krishnamurti on Understanding](#)

[\(kfoundation.org\) KP130 Krishnamurti on Understanding](#)

[\(Podbean\) KP130 Krishnamurti on Understanding](#)

[\(Spotify\) KP130 Krishnamurti on Understanding](#)

[\(YouTube\) KP130 Krishnamurti on Understanding](#)

KP131 Krishnamurti on Crisis

58 minutes

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'.

Links

[\(Apple\) KP131 Krishnamurti on Crisis](#)

[\(kfoundation.org\) KP131 Krishnamurti on Crisis](#)

[\(Podbean\) KP131 Krishnamurti on Crisis](#)

[\(Spotify\) KP131 Krishnamurti on Crisis](#)

[\(YouTube\) KP131 Krishnamurti on Crisis](#)

KP132 Krishnamurti on Light

74 minutes

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'.

Links

[\(Apple\) KP132 Krishnamurti on Light](#)

[\(kfoundation.org\) KP132 Krishnamurti on Light](#)

[\(Podbean\) KP132 Krishnamurti on Light](#)

[\(Spotify\) KP132 Krishnamurti on Light](#)

[\(YouTube\) KP132 Krishnamurti on Light](#)

KP133 Krishnamurti on Struggle

60 minutes

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’.

Links

[\(Apple\) KP133 Krishnamurti on Struggle](#)

[\(kfoundation.org\) KP133 Krishnamurti on Struggle](#)

[\(Podbean\) KP133 Krishnamurti on Struggle](#)

[\(Spotify\) KP133 Krishnamurti on Struggle](#)

[\(YouTube\) KP133 Krishnamurti on Struggle](#)

KP134 Krishnamurti on Nothingness

77 minutes

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’.

Links

[\(Apple\) KP134 Krishnamurti on Nothingness](#)

[\(kfoundation.org\) KP134 Krishnamurti on Nothingness](#)

[\(Podbean\) KP134 Krishnamurti on Nothingness](#)

[\(Spotify\) KP134 Krishnamurti on Nothingness](#)

[\(YouTube\) KP134 Krishnamurti on Nothingness](#)

KP135 Krishnamurti on Sleep and Dreams

65 minutes

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?’

Links

[\(Apple\) KP135 Krishnamurti on Sleep and Dreams](#)

[\(kfoundation.org\) KP135 Krishnamurti on Sleep and Dreams](#)

[\(Podbean\) KP135 Krishnamurti on Sleep and Dreams](#)

[\(Spotify\) KP135 Krishnamurti on Sleep and Dreams](#)

[\(YouTube\) KP135 Krishnamurti on Sleep and Dreams](#)

KP136 Krishnamurti on The Future

70 minutes

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'.

Links

[\(Apple\) KP136 Krishnamurti on The Future](#)

[\(kfoundation.org\) KP136 Krishnamurti on The Future](#)

[\(Podbean\) KP136 Krishnamurti on The Future](#)

[\(Spotify\) KP136 Krishnamurti on The Future](#)

[\(YouTube\) KP136 Krishnamurti on The Future](#)

KP137 Krishnamurti on The Observer

80 minutes

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'.

Links

[\(Apple\) KP137 Krishnamurti on The Observer](#)

[\(kfoundation.org\) KP137 Krishnamurti on The Observer](#)

[\(Podbean\) KP137 Krishnamurti on The Observer](#)

[\(Spotify\) KP137 Krishnamurti on The Observer](#)

[\(YouTube\) KP137 Krishnamurti on The Observer](#)

KP138 Krishnamurti on Effort

65 minutes

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?'

Links

[\(Apple\) KP138 Krishnamurti on Effort](#)

[\(kfoundation.org\) KP138 Krishnamurti on Effort](#)

[\(Podbean\) KP138 Krishnamurti on Effort](#)

[\(Spotify\) KP138 Krishnamurti on Effort](#)

[\(YouTube\) KP138 Krishnamurti on Effort](#)

KP139 Krishnamurti on The Sacred

74 minutes

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'.

Links

[\(Apple\) KP139 Krishnamurti on The Sacred](#)

[\(kfoundation.org\) KP139 Krishnamurti on The Sacred](#)

[\(Podbean\) KP139 Krishnamurti on The Sacred](#)

[\(Spotify\) KP139 Krishnamurti on The Sacred](#)

[\(YouTube\) KP139 Krishnamurti on The Sacred](#)

KP140 Krishnamurti on Accumulation

74 minutes

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'.

Links

[\(Apple\) KP140 Krishnamurti on Accumulation](#)

[\(kfoundation.org\) KP140 Krishnamurti on Accumulation](#)

[\(Podbean\) KP140 Krishnamurti on Accumulation](#)

[\(Spotify\) KP140 Krishnamurti on Accumulation](#)

[\(YouTube\) KP140 Krishnamurti on Accumulation](#)

KP141 Krishnamurti on Ideas

68 minutes

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'.

Links

[\(Apple\) KP141 Krishnamurti on Ideas](#)

[\(kfoundation.org\) KP141 Krishnamurti on Ideas](#)

[\(Podbean\) KP141 Krishnamurti on Ideas](#)

[\(Spotify\) KP141 Krishnamurti on Ideas](#)

[\(YouTube\) KP141 Krishnamurti on Ideas](#)

KP142 Krishnamurti on Help

73 minutes

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'.

Links

[\(Apple\) KP142 Krishnamurti on Help](#)

[\(kfoundation.org\) KP142 Krishnamurti on Help](#)

[\(Podbean\) KP142 Krishnamurti on Help](#)

[\(Spotify\) KP142 Krishnamurti on Help](#)

[\(YouTube\) KP142 Krishnamurti on Help](#)

KP143 Krishnamurti on Attachment

75 minutes

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'.

Links

[\(Apple\) KP143 Krishnamurti on Attachment](#)

[\(kfoundation.org\) KP143 Krishnamurti on Attachment](#)

[\(Podbean\) KP143 Krishnamurti on Attachment](#)

[\(Spotify\) KP143 Krishnamurti on Attachment](#)

[\(YouTube\) KP143 Krishnamurti on Attachment](#)

KP144 Krishnamurti on the Immeasurable

68 minutes

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'.

Links

[\(Apple\) KP144 Krishnamurti on the Immeasurable](#)

[\(kfoundation.org\) KP144 Krishnamurti on the Immeasurable](#)

[\(Podbean\) KP144 Krishnamurti on the Immeasurable](#)

[\(Spotify\) KP144 Krishnamurti on the Immeasurable](#)

[\(YouTube\) KP144 Krishnamurti on the Immeasurable](#)

KP145 Krishnamurti on Achievement

62 minutes

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'.

Links

[\(Apple\) KP145 Krishnamurti on Achievement](#)

[\(kfoundation.org\) KP145 Krishnamurti on Achievement](#)

[\(Podbean\) KP145 Krishnamurti on Achievement](#)

[\(Spotify\) KP145 Krishnamurti on Achievement](#)

[\(YouTube\) KP145 Krishnamurti on Achievement](#)

KP146 Krishnamurti on Simplicity

69 minutes

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'

Links

[\(Apple\) KP146 Krishnamurti on Simplicity](#)

[\(kfoundation.org\) KP146 Krishnamurti on Simplicity](#)

[\(Podbean\) KP146 Krishnamurti on Simplicity](#)

[\(Spotify\) KP146 Krishnamurti on Simplicity](#)

[\(YouTube\) KP146 Krishnamurti on Simplicity](#)

KP147 Krishnamurti on Problems

72 minutes

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'.

Links

[\(Apple\) KP147 Krishnamurti on Problems](#)

[\(kfoundation.org\) KP147 Krishnamurti on Problems](#)

[\(Podbean\) KP147 Krishnamurti on Problems](#)

[\(Spotify\) KP147 Krishnamurti on Problems](#)

[\(YouTube\) KP147 Krishnamurti on Problems](#)

KP148 Krishnamurti on Entertainment

66 minutes

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'.

Links

[\(Apple\) KP148 Krishnamurti on Entertainment](#)

[\(kfoundation.org\) KP148 Krishnamurti on Entertainment](#)

[\(Podbean\) KP148 Krishnamurti on Entertainment](#)

[\(Spotify\) KP148 Krishnamurti on Entertainment](#)

[\(YouTube\) KP148 Krishnamurti on Entertainment](#)

KP149 Krishnamurti on Hope

67 minutes

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?'

Links

[\(Apple\) KP149 Krishnamurti on Hope](#)

[\(kfoundation.org\) KP149 Krishnamurti on Hope](#)

[\(Podbean\) KP149 Krishnamurti on Hope](#)

[\(Spotify\) KP149 Krishnamurti on Hope](#)

[\(YouTube\) KP149 Krishnamurti on Hope](#)

KP150 Krishnamurti on Systems and Methods

70 minutes

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'.

Links

[\(Apple\) KP150 Krishnamurti on Systems and Methods](#)

[\(kfoundation.org\) KP150 Krishnamurti on Systems and Methods](#)

[\(Podbean\) KP150 Krishnamurti on Systems and Methods](#)

[\(Spotify\) KP150 Krishnamurti on Systems and Methods](#)

[\(YouTube\) KP150 Krishnamurti on Systems and Methods](#)

KP151 Krishnamurti on Krishnamurti Schools

61 minutes

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?

Links

[\(Apple\) KP151 Krishnamurti on Krishnamurti Schools](#)

[\(kfoundation.org\) KP151 Krishnamurti on Krishnamurti Schools](#)

[\(Podbean\) KP151 Krishnamurti on Krishnamurti Schools](#)

[\(Spotify\) KP151 Krishnamurti on Krishnamurti Schools](#)

[\(YouTube\) KP151 Krishnamurti on Krishnamurti Schools](#)

KP152 Krishnamurti on Doubt

57 minutes

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 forth talk at Brockwood Park in 1974, titled: Doubt Is Necessary to Have No Illusion.

Links

[\(Apple\) KP152 Krishnamurti on Doubt](#)

[\(kfoundation.org\) KP152 Krishnamurti on Doubt](#)

[\(Podbean\) KP152 Krishnamurti on Doubt](#)

[\(Spotify\) KP152 Krishnamurti on Doubt](#)

[\(YouTube\) KP152 Krishnamurti on Doubt](#)

KP153 Krishnamurti on Reincarnation

72 minutes

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.

Links

[\(Apple\) KP153 Krishnamurti on Reincarnation](#)

[\(kfoundation.org\) KP153 Krishnamurti on Reincarnation](#)

[\(Podbean\) KP153 Krishnamurti on Reincarnation](#)

[\(Spotify\) KP153 Krishnamurti on Reincarnation](#)

[\(YouTube\) KP153 Krishnamurti on Reincarnation](#)

KP154 Krishnamurti on Unity

62 minutes

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.

Links

[\(Apple\) KP154 Krishnamurti on Unity](#)

[\(kfoundation.org\) KP154 Krishnamurti on Unity](#)

[\(Podbean\) KP154 Krishnamurti on Unity](#)

[\(Spotify\) KP154 Krishnamurti on Unity](#)

[\(YouTube\) KP154 Krishnamurti on Unity](#)

KP155 Krishnamurti on Innocence

67 minutes

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.

Links

[\(Apple\) KP155 Krishnamurti on Innocence](#)

[\(kfoundation.org\) KP155 Krishnamurti on Innocence](#)

[\(Podbean\) KP155 Krishnamurti on Innocence](#)

[\(Spotify\) KP155 Krishnamurti on Innocence](#)

[\(YouTube\) KP155 Krishnamurti on Innocence](#)

KP156 Krishnamurti on Facts

66 minutes

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.

Links

[\(Apple\) KP156 Krishnamurti on Facts](#)

[\(kfoundation.org\) KP156 Krishnamurti on Facts](#)

[\(Podbean\) KP156 Krishnamurti on Facts](#)

[\(Spotify\) KP156 Krishnamurti on Facts](#)

[\(YouTube\) KP156 Krishnamurti on Facts](#)

KP157 Krishnamurti on Contradiction

70 minutes

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.

Links

[\(Apple\) KP157 Krishnamurti on Contradiction](#)

[\(kfoundation.org\) KP157 Krishnamurti on Contradiction](#)

[\(Podbean\) KP157 Krishnamurti on Contradiction](#)

[\(Spotify\) KP157 Krishnamurti on Contradiction](#)

[\(YouTube\) KP157 Krishnamurti on Contradiction](#)

KP158 Krishnamurti on Transformation

80 minutes

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.

Links

[\(Apple\) KP158 Krishnamurti on Transformation](#)

[\(kfoundation.org\) KP158 Krishnamurti on Transformation](#)

[\(Podbean\) KP158 Krishnamurti on Transformation](#)

[\(Spotify\) KP158 Krishnamurti on Transformation](#)

[\(YouTube\) KP158 Krishnamurti on Transformation](#)

KP159 Krishnamurti on Occupation

68 minutes

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.

Links

[\(Apple\) KP159 Krishnamurti on Occupation](#)

[\(kfoundation.org\) KP159 Krishnamurti on Occupation](#)

[\(Podbean\) KP159 Krishnamurti on Occupation](#)

[\(Spotify\) KP159 Krishnamurti on Occupation](#)

[\(YouTube\) KP159 Krishnamurti on Occupation](#)

KP160 Krishnamurti on Learning

72 minutes

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.

Links

[\(Apple\) KP160 Krishnamurti on Learning](#)

[\(kfoundation.org\) KP160 Krishnamurti on Learning](#)

[\(Podbean\) KP160 Krishnamurti on Learning](#)

[\(Spotify\) KP160 Krishnamurti on Learning](#)

[\(YouTube\) KP160 Krishnamurti on Learning](#)

KP161 Krishnamurti on Morality

63 minutes

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.

Links

[\(Apple\) KP161 Krishnamurti on Morality](#)

[\(kfoundation.org\) KP161 Krishnamurti on Morality](#)

[\(Podbean\) KP161 Krishnamurti on Morality](#)

[\(Spotify\) KP161 Krishnamurti on Morality](#)

[\(YouTube\) KP161 Krishnamurti on Morality](#)

KP162 Krishnamurti on Cause and Effect

75 minutes

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.

Links

[\(Apple\) KP162 Krishnamurti on Cause and Effect](#)

[\(kfoundation.org\) KP162 Krishnamurti on Cause and Effect](#)

[\(Podbean\) KP162 Krishnamurti on Cause and Effect](#)

[\(Spotify\) KP162 Krishnamurti on Cause and Effect](#)

[\(YouTube\) KP162 Krishnamurti on Cause and Effect](#)

KP163 Krishnamurti on Frustration

76 minutes

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.

Links

[\(Apple\) KP163 Krishnamurti on Frustration](#)

[\(kfoundation.org\) KP163 Krishnamurti on Frustration](#)

[\(Podbean\) KP163 Krishnamurti on Frustration](#)

[\(Spotify\) KP163 Krishnamurti on Frustration](#)

[\(YouTube\) KP163 Krishnamurti on Frustration](#)

KP164 Krishnamurti on Gurus

70 minutes

Summary

'Why do you ask help of another? This is a very serious problem because gurus are multiplying, with enormous wealth.'

This week's episode on Gurus has three sections.

The first extract (2:44) is from the first question and answer meeting in Saanen 1980, titled: Doubt What Gurus Are Saying.

The second extract (19:20) is from the first question and answer meeting in Ojai 1983, titled: There Is No Right Guru, Only the Wrong Guru.

The final extract in this episode (29:07) is from the first question and answer meeting at Brockwood Park in 1981, titled: What Makes You Want To Follow a Guru?

Links

[\(Apple\) KP164 Krishnamurti on Gurus](#)

[\(kfoundation.org\) KP164 Krishnamurti on Gurus](#)

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[\(YouTube\) KP164 Krishnamurti on Gurus](#)

KP165 Krishnamurti on Opinion and Judgment

72 minutes

Summary

‘Observe your opinions, watch them, and by watching, not rationalising, not justifying, just watching, you will see that opinions do not matter at all.’

This week’s episode on Opinion and Judgement has five sections.

The first extract (2:44) is from the second question and answer meeting in Ojai 1984, titled: Why Cling to Opinions, Not Facts?

The second extract (16:41) is from Krishnamurti’s first talk in Saanen 1983, titled: Opinions Bring Conflict.

The third extract (25:10) is from the fourth talk in New Delhi 1972, titled: Opinions Prevent Clarity of Perception.

The fourth extract (36:23) is from Krishnamurti’s second talk in Santa Monica 1974, titled: Opinions and Judgements Are a Barrier to Relationship.

The final extract in this episode (59:42) is from the third discussion in Saanen 1976, titled: Is Right Action Based on Judgement?

Links

[\(Apple\) KP165 Krishnamurti on Opinion and Judgment](#)

[\(kfoundation.org\) KP165 Krishnamurti on Opinion and Judgment](#)

[\(Podbean\) KP165 Krishnamurti on Opinion and Judgment](#)

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[\(YouTube\) KP165 Krishnamurti on Opinion and Judgment](#)

KP166 Krishnamurti on Stimulation

74 minutes

Summary

‘When you realise that any form of outward or inward stimulation breeds indifference and dullness, when one sees the truth of it, the stimulation naturally will drop away.’

This week’s episode on Stimulation has four sections.

The first extract (2:49) is from Krishnamurti’s first talk at Brockwood Park in 1983, titled: This Is Not Intellectual Stimulation.

The second extract (9:13) is from the fourth talk in New Delhi 1966, titled: Most of Us Depend on Stimulation.

The third extract (21:11) is from Krishnamurti’s first talk in Ojai 1949, titled: Relationship Is Not Stimulation.

The fourth extract (35:07) is from the sixth talk in Bombay 1965, titled: Is Beauty Stimulation?

The final extract in this episode (42:58) is from Krishnamurti’s fifth discussion in Saanen 1965, titled: Stimulants in Any Form Dull the Mind.

Links

[\(Apple\) KP166 Krishnamurti on Stimulation](#)

[\(kfoundation.org\) KP166 Krishnamurti on Stimulation](#)

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[\(Spotify\) KP166 Krishnamurti on Stimulation](#)

[\(YouTube\) KP166 Krishnamurti on Stimulation](#)

KP167 Krishnamurti on Aloneness

75 minutes

Summary

‘Aloneness is something entirely different. Only the mind which is alone is not influenceable. This means the mind has understood the principle of pleasure, and therefore nothing can touch it.’

This week’s episode on Aloneness has six sections.

The first extract (2:30) is from the second talk in Saanen 1972, titled: It Is Important To Stand Completely Alone.

The second extract (14:39) is from Krishnamurti’s thirteenth talk in Ojai 1949, titled: You Must Be Alone To Understand.

The third extract (26:08) is from the third talk in Saanen 1962, titled: The Mind Is Alone When It Has Understood Influence.

The fourth extract (38:52) is from Krishnamurti’s third talk in Madras 1964, titled: Aloneness Is Not Loneliness.

The fifth extract (44:35) is from the fourth talk in London 1961, titled: In Aloneness There Is No Fear.

The final extract in this episode (59:46) is from Krishnamurti’s sixth talk in Madras 1966, titled: Silence Comes Because There Is Aloneness.

Links

[\(Apple\) KP167 Krishnamurti on Aloneness](#)

[\(kfoundation.org\) KP167 Krishnamurti on Aloneness](#)

[\(Podbean\) KP167 Krishnamurti on Aloneness](#)

[\(Spotify\) KP167 Krishnamurti on Aloneness](#)

[\(YouTube\) KP167 Krishnamurti on Aloneness](#)

KP168 Krishnamurti on Technology

72 minutes

Summary

'The brain has put man on the moon, it has invented terrible things that kill, and also technology has given man great comfort, hygiene and communication. But the brain is limited because, at present, it is incapable of going inward.'

This week's episode on Technology has four sections.

The first extract (2:49) is from Krishnamurti's first talk at Brockwood Park in 1982, titled: Technology Is Invading Our Consciousness.

The second extract (12:55) is from the first talk in Ojai 1981, titled: Is the Crisis One of Technology or Is It in Ourselves?

The third extract (37:32) is from the first talk in Madras 1982, titled: Can the Brain Go in a Direction Other Than Technological?

The final extract in this episode (1:04:45) is from the seventh talk in Saanen 1978, titled: Technology Stems From Measurement.

Links

[\(Apple\) KP168 Krishnamurti on Technology](#)

[\(kfoundation.org\) KP168 Krishnamurti on Technology](#)

[\(Podbean\) KP168 Krishnamurti on Technology](#)

[\(Spotify\) KP168 Krishnamurti on Technology](#)

[\(YouTube\) KP168 Krishnamurti on Technology](#)

KP169 Krishnamurti on Insecurity

63 minutes

Summary

'If we can find out together what is insecurity and why we are insecure, then in the unfolding of it, in the causation of it, security naturally comes about.'

This week's episode on Insecurity has four sections.

The first extract (2:40) is from the second question and answer meeting at Brockwood Park in 1982, titled: The Nature of Insecurity.

The second extract (17:39) is from Krishnamurti's second talk in Bombay 1985, titled: Why Are We So Insecure?

The third extract (30:06) is from the second talk in Saanen 1982, titled: Total Insecurity.

The final extract in this episode (53:45) is from Krishnamurti's second talk at Rajghat in 1962, titled: Why This Insistence To Be Secure?

Links

[\(Apple\) KP169 Krishnamurti on Insecurity](#)

[\(kfoundation.org\) KP169 Krishnamurti on Insecurity](#)

[\(Podbean\) KP169 Krishnamurti on Insecurity](#)

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[\(YouTube\) KP169 Krishnamurti on Insecurity](#)

KP170 Krishnamurti on Selfishness

80 minutes

Summary

'Selfishness is what it is. To observe it purely, without any distortion or pressure, that very observation exposes the whole consequences of selfishness and cleanses the mind of selfishness.' This week's episode on Selfishness has five sections.

The first extract (2:50) is from Krishnamurti's second talk in Bombay in 1982, titled: We Are All Selfish.

The second extract (8:13) is from the first talk in Saanen 1978, titled: Why Are We So Appallingly Selfish?

The third extract (33:40) is from the second question and answer meeting in Saanen 1981, titled: Total Dissipation of Selfishness.

The fourth extract (42:16) is from Krishnamurti's fifth talk in Bombay 1980, titled: Trying Not To Be Selfish Is Selfish.

The final extract in this episode (51:59) is from the sixth talk in Saanen 1975, titled: Stepping Out of the Stream of Selfishness.

Links

[\(Apple\) KP170 Krishnamurti on Selfishness](#)

[\(kfoundation.org\) KP170 Krishnamurti on Selfishness](#)

[\(Podbean\) KP170 Krishnamurti on Selfishness](#)

[\(Spotify\) KP170 Krishnamurti on Selfishness](#)

[\(YouTube\) KP170 Krishnamurti on Selfishness](#)

KP171 Krishnamurti on the Brain

80 minutes

Summary

'Here you have the clue or the key: to observe without the old brain responding. When the old brain doesn't respond, there is the quality of a new brain coming into being.' This week's episode on The Brain has three sections.

The first extract (2:28) is from Krishnamurti's second talk in Saanen 1983, titled: What Is the Function of the Brain?

The second extract (38:16) is from the sixth talk in Madras 1979, titled: Can the Brain Only Register What Is Necessary?

The final extract in this episode (47:27) is from Krishnamurti's seventh talk in Saanen 1970, titled: Can the Brain Be Quiet?

Links

[\(Apple\) KP171 Krishnamurti on the Brain](#)

[\(kfoundation.org\) KP171 Krishnamurti on the Brain](#)

[\(Podbean\) KP171 Krishnamurti on the Brain](#)

[\(Spotify\) KP171 Krishnamurti on the Brain](#)

[\(YouTube\) KP171 Krishnamurti on the Brain](#)

KP172 Krishnamurti on Insight

68 minutes

Summary

'Insight is not brought about through will, through desire, through memory. It is immediate perception and therefore action.'

This week's episode on Insight has two sections.

The first extract (2:39) is from the first question and answer meeting in Saanen 1981, titled: What Is Insight?

The second and final extract in this episode (22:38) is from the second talk in Saanen 1972, titled: Constant Insight Without Conclusion.

Links

[\(Apple\) KP172 Krishnamurti on Insight](#)

[\(kfoundation.org\) KP172 Krishnamurti on Insight](#)

[\(Podbean\) KP172 Krishnamurti on Insight](#)

[\(Spotify\) KP172 Krishnamurti on Insight](#)

[\(YouTube\) KP172 Krishnamurti on Insight](#)

KP173 Krishnamurti on Discipline

73 minutes

Summary

'Is happiness found through discipline? By practising a certain rule, a certain discipline, a mode of conduct, are you ever free?'

This week's episode on Discipline has three sections.

The first extract (2:40) is from Krishnamurti's fifth talk in Ojai 1949, titled: Why Do We Discipline Ourselves?

The second extract (25:19) is from the fourth talk in Bombay 1964, titled: Discipline Means to Learn.

The final extract in this episode (46:08) is from Krishnamurti's sixth talk in Ojai 1949, titled: Discipline in Meditation.

Links

[\(Apple\) KP173 Krishnamurti on Discipline](#)

[kfoundation.org](https://www.kfoundation.org)) [KP173 Krishnamurti on Discipline](#)

[\(Podbean\) KP173 Krishnamurti on Discipline](#)

[\(Spotify\) KP173 Krishnamurti on Discipline](#)

[\(YouTube\) KP173 Krishnamurti on Discipline](#)

KP174 Krishnamurti on Spirituality

75 minutes

Summary

‘What is a spiritual life? Is a spiritual life a life of total freedom? Freedom from sorrow, freedom from fear, freedom from all conditioning. To be free.’

This week’s episode on Spirituality has five sections.

The first extract (2:52) is from the third question and answer meeting in Ojai 1982, titled: Are There Levels of Spirituality?

The second extract (20:58) is from the first question and answer meeting at Brockwood Park in 1985, titled: Are Spiritual Experiences Illusional?

The third extract (40:06) is from Krishnamurti’s fourth talk in Saanen 1980, titled: There Is No Spiritual Authority.

The fourth extract (54:38) is from the third question and answer meeting in Saanen 1983, titled: What Is a Spiritual Life?

The final extract in this episode (1:01:57) is from the seventh talk in New Delhi 1963, titled: The Religious Spirit.

Links

[\(Apple\) KP174 Krishnamurti on Spirituality](#)

[kfoundation.org](https://www.kfoundation.org)) [KP174 Krishnamurti on Spirituality](#)

[\(Podbean\) KP174 Krishnamurti on Spirituality](#)

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[\(YouTube\) KP174 Krishnamurti on Spirituality](#)

KP175 Krishnamurti on Pain

67 minutes

Summary

‘As long as you think about pain, you intensify the memory of it. Therefore, thinking about pain increases the fear of it.’

This week’s episode on Pain has three sections.

The first extract (2:23) is from the fourth question and answer meeting in Saanen 1980, titled: How Do You Meet Pain?

The second extract (11:18) is from Krishnamurti’s third talk in Bombay 1971, titled: Fear of Pain.

The final extract in this episode (33:58) is from the first question and answer meeting in Saanen 1982, titled: Psychological and Physical Pain.

Links

[\(Apple\) KP175 Krishnamurti on Pain](#)

[\(kfoundation.org\) KP175 Krishnamurti on Pain](#)

[\(Podbean\) KP175 Krishnamurti on Pain](#)

[\(Spotify\) KP175 Krishnamurti on Pain](#)

[\(YouTube\) KP175 Krishnamurti on Pain](#)

KP176 Krishnamurti on Responsibility

62 minutes

Summary

'We must lay the foundation not on sands but on the responsibility of our daily life, and try to bring about a tremendous revolution in that life.'

This week's episode on responsibility has three sections.

The first extract (2:39) is from the second question and answer meeting in Ojai 1985, titled: What Is Our Responsibility to Ourselves and Others?

The second extract (19:09) is from Krishnamurti's second talk in Santa Monica 1974, titled: Freedom and Responsibility Go Together.

The third and final extract in this episode is (34:06) from the first talk in Bombay 1965, titled: It Is Your Responsibility To Bring About a Tremendous Change in the World

Links

[\(Apple\) KP176 Krishnamurti on Responsibility](#)

[\(kfoundation.org\) KP176 Krishnamurti on Responsibility](#)

[\(Podbean\) KP176 Krishnamurti on Responsibility](#)

[\(Spotify\) KP176 Krishnamurti on Responsibility](#)

[\(YouTube\) KP176 Krishnamurti on Responsibility](#)

KP177 Krishnamurti on Teaching

60 minutes

Summary

'Teaching is the highest profession in the world. The highest profession because teachers are responsible for the future generation.'

This week's episode on Teaching has three sections.

The first extract (2:34) is from the first question and answer meeting in Madras 1981, titled: Teaching Is the Highest Profession.

The second extract (15:42) is from the third discussion in Ojai 1977, titled: What Is the Function of a Teacher?

The final extract in this episode (53:08) is from Krishnamurti's first talk at Rajghat in 1964, titled: No Teacher Can Help You.

Links

[\(Apple\) KP177 Krishnamurti on Teaching](#)

[\(kfoundation.org\) KP177 Krishnamurti on Teaching](#)

[\(Podbean\) KP177 Krishnamurti on Teaching](#)

[\(Spotify\) KP177 Krishnamurti on Teaching](#)

[\(YouTube\) KP177 Krishnamurti on Teaching](#)

KP178 Krishnamurti on Wholeness

68 minutes

Summary

'To find out a deep, abiding, unshakeable honesty, which is integrity, wholeness, is to discover a state of the brain in which there is no movement at all.'

This week's episode on Wholeness has four sections.

The first extract (2:46) is from Krishnamurti's first talk at Brockwood Park in 1980, titled: A Sense of Wholeness, of Global Reality.

The second extract (26:39) is from the fifth talk in Saanen 1973, titled: Can Wholeness Be Brought About by Thought?

The third extract (35:52) is from the third question and answer meeting in Saanen 1984, titled: A Deep Abiding Wholeness and Integrity.

The final extract in this episode (53:22) is from the fourth talk in Madras 1974, titled: A Mind That Is Whole, Not Fragmented.

Links

[\(Apple\) KP178 Krishnamurti on Wholeness](#)

[\(kfoundation.org\) KP178 Krishnamurti on Wholeness](#)

[\(Podbean\) KP178 Krishnamurti on Wholeness](#)

[\(Spotify\) KP178 Krishnamurti on Wholeness](#)

[\(YouTube\) KP178 Krishnamurti on Wholeness](#)

KP179 Krishnamurti on Nationalism

65 minutes

Summary

As long as you have sovereign governments - that is, nationalistic separate governments with their armies - you are bound to have wars.'

This week's episode on Nationalism has three sections.

The first extract (2:32) is from Krishnamurti's first talk at Rajghat in 1965, titled: As Long as We Have Separate Nationalistic Governments, We Are Bound To Have Wars.

The second extract (29:35) is from the first talk in Ojai 1977, titled: Is There Security in Nationalism?

The final extract in this episode (44:49) is from Krishnamurti's first talk in Saanen 1983, titled: Nationalism Is Glorified Tribalism.

Links

[\(Apple\) KP179 Krishnamurti on Nationalism](#)

[\(kfoundation.org\) KP179 Krishnamurti on Nationalism](#)

[\(Podbean\) KP179 Krishnamurti on Nationalism](#)

[\(Spotify\) KP179 Krishnamurti on Nationalism](#)

[\(YouTube\) KP179 Krishnamurti on Nationalism](#)

KP180 Krishnamurti on The Present

72 minutes

Summary

'The future is the past, modified by the accidents of the present. Tomorrow is yesterday, reshaped by the experiences, reactions and knowledge of today. This is what we call time.'

This week's episode on The Present has four sections.

The first extract (2:49) is from Krishnamurti's fifth talk in Paris 1966, titled: Living Is in the Active Present.

The second extract (15:21) is from the seventh talk in Saanen 1963, titled: Is There a Present Untouched by the Past?

The third extract (30:34) is from the second public discussion in Saanen 1974, titled: Can the Mind Live Wholly in the Present?

The final extract in this episode (43:16) is from Krishnamurti's eighth talk in Saanen 1966, titled: A Silent Mind Is Always in the Present.

Links

[\(Apple\) KP180 Krishnamurti on The Present](#)

[\(kfoundation.org\) KP180 Krishnamurti on The Present](#)

[\(Podbean\) KP180 Krishnamurti on The Present](#)

[\(Spotify\) KP180 Krishnamurti on The Present](#)

[\(YouTube\) KP180 Krishnamurti on The Present](#)

KP181 Krishnamurti on Control

78 minutes

Summary

'Who is the controller whom all the time exercises authority to control? Who is the controller? Are they different from the controlled?'

This week's episode on Control has two sections.

The first extract (2:35) is from Krishnamurti's second talk in Saanen 1971, titled: Does Control Bring Order?

The second and final extract in this episode (47:11) is from the fourth talk in Madras 1973, titled: Is It Possible To Live Without Control?

Links

[\(Apple\) KP181 Krishnamurti on Control](#)

[\(kfoundation.org\) KP181 Krishnamurti on Control](#)

[\(Podbean\) KP181 Krishnamurti on Control](#)

[\(Spotify\) KP181 Krishnamurti on Control](#)

[\(YouTube\) KP181 Krishnamurti on Control](#)

KP182 Krishnamurti on Wisdom

74 minutes

Summary

'Perception reveals the truth, and out of that perception wisdom comes. Intelligence is the action of that wisdom in daily life.'

This week's episode on Wisdom has six sections.

The first extract (2:45) is from Krishnamurti's fourth talk in Paris 1965, titled: Wisdom and Self-knowledge.

The second extract (17:45) is from the second public discussion in Saanen 1973, titled: Wisdom and Clarity.

The third extract (32:02) is from Krishnamurti's fifth talk in Saanen 1972, titled: Wisdom and Helping Another.

The fourth extract (39:51) is from the fifth talk in Saanen 1974, titled: Wisdom and Sorrow.

The fifth extract (49:28) is from Krishnamurti's third talk in Bombay 1982, titled: Wisdom and Security.

The final extract in this episode (57:08) is from the sixth talk in Ojai 1976, titled: Wisdom and Meditation.

Links

[\(Apple\) KP182 Krishnamurti on Wisdom](#)

[\(kfoundation.org\) KP182 Krishnamurti on Wisdom](#)

[\(Podbean\) KP182 Krishnamurti on Wisdom](#)

[\(Spotify\) KP182 Krishnamurti on Wisdom](#)

[\(YouTube\) KP182 Krishnamurti on Wisdom](#)

KP183 Krishnamurti on Conclusions

64 minutes

Summary

'Distortion exists because you have opinions and conclusions. To observe, the mind must be free to look with no distortion, so that it is fresh to look and to learn.'

This week's episode on Conclusions has three sections.

The first extract (2:58) is from Krishnamurti's first talk in San Francisco 1973, titled: Can the Mind That Functions on Conclusions Be Free?

The second extract (17:15) is from the second talk in Santa Monica 1974, titled: Preventing Conclusions in Relationship.

The final extract in this episode (35:18) is from Krishnamurti's second talk at Brockwood Park in 1973, titled: Why Do We Draw Conclusions?

Links

[\(Apple\) KP183 Krishnamurti on Conclusions](#)

[\(kfoundation.org\) KP183 Krishnamurti on Conclusions](#)

[\(Podbean\) KP183 Krishnamurti on Conclusions](#)

[\(Spotify\) KP183 Krishnamurti on Conclusions](#)

[\(YouTube\) KP183 Krishnamurti on Conclusions](#)

KP184 Krishnamurti on Sensation

66 minutes

Summary

'We live by the senses, by sensation, and it is only when thought creates the image out of sensation that all the complexities of desire arise.'

This week's episode on Sensation has four sections.

The first extract (2:29) is from Krishnamurti's fourth talk in Saanen 1966, titled: Our Lives Are Based on Sensation and Desire.

The second extract (13:53) is from the eighth talk in Ojai 1949, titled: Ideas Are the Result of Sensation.

The third extract (32:59) is from Krishnamurti's third talk in Saanen 1976, titled: Total Sensation.

The final extract in this episode (49:46) is from a direct recording by Krishnamurti in Ojai 1983, titled: A Spring Morning.

Links

[\(Apple\) KP184 Krishnamurti on Sensation](#)

[\(kfoundation.org\) KP184 Krishnamurti on Sensation](#)

[\(Podbean\) KP184 Krishnamurti on Sensation](#)

[\(Spotify\) KP184 Krishnamurti on Sensation](#)

[\(YouTube\) KP184 Krishnamurti on Sensation](#)

KP185 Krishnamurti on Words and Language

74 minutes

Summary

'Words divide the fact from the observer. The word, or the screen of words, has separated the observer and the observed.'

This week's episode on Words and Language has five sections.

The first extract (2:40) is from Krishnamurti's second talk in New Delhi 1963, titled: A Mind Caught in Words.

The second extract (13:19) is from the fifth discussion in Saanen 1976, titled: Separating Words From Facts.

The third extract (30:20) is from Krishnamurti's first talk in Ojai 1978, titled: The Pressure of Language.

The fourth extract (46:40) is from the third discussion in Saanen 1974, titled: Words Separate the Observer From the Observed.

The final extract in this episode (56:44) is from the sixth discussion in London 1965, titled: Looking Without Words.

Links

[\(Apple\) KP185 Krishnamurti on Words and Language](#)

[\(kfoundation.org\) KP185 Krishnamurti on Words and Language](#)

[\(Podbean\) KP185 Krishnamurti on Words and Language](#)

[\(Spotify\) KP185 Krishnamurti on Words and Language](#)

[\(YouTube\) KP185 Krishnamurti on Words and Language](#)

KP186 Krishnamurti on Conformity

65 minutes

Summary

Only when we are free of conformity can we find out what is original, essential, true. Unless we find that out, we will always live a counterfeit, second-hand life of imitation.'

This week's episode on Conformity has four sections.

The first extract (2:43) is from Krishnamurti's third talk in Madras 1964, titled: Most of Us Live a Life of Conformity.

The second extract (16:54) is from Krishnamurti's fifth talk in Saanen 1965, titled: To What Extent Can Conformity Be Ended?

The third extract (37:23) is from Krishnamurti's third talk in Ojai 1973, titled: Are We Educated To Conform?

The final extract in this episode (44:20) is from the second talk in Saanen 1970, titled: Freedom from Conformity.

Links

[\(Apple\) KP186 Krishnamurti on Conformity](#)

[\(kfoundation.org\) KP186 Krishnamurti on Conformity](#)

[\(Podbean\) KP186 Krishnamurti on Conformity](#)

[\(Spotify\) KP186 Krishnamurti on Conformity](#)

[\(YouTube\) KP186 Krishnamurti on Conformity](#)

KP187 Krishnamurti on Urgency

82 minutes

Summary

'There can be understanding only when there is tremendous urgency. When there is an urgency, there is attention; and out of that comes freedom.'

This week's episode on Urgency has five sections.

The first extract (2:40) is from Krishnamurti's first talk in Ojai 1966, titled: When There Is Urgency There Is Attention.

The second extract (34:29) is from the fourth talk in Saanen 1970, titled: The Very Urgency of Change Is the Change.

The third extract (38:51) is from Krishnamurti's second talk in Saanen 1977, titled: Urgency Puts the Background in Abeyance

The fourth extract (52:42) is from the fifth talk at Rajghat in 1964, titled The Urgency of Love.

The final extract in this episode (1:14:22) is from Krishnamurti's first talk in Saanen 1978, titled: Urgency Removes Interference.

Links

[\(Apple\) KP187 Krishnamurti on Urgency](#)

[\(kfoundation.org\) KP187 Krishnamurti on Urgency](#)

[\(Podbean\) KP187 Krishnamurti on Urgency](#)

[\(Spotify\) KP187 Krishnamurti on Urgency](#)

[\(YouTube\) KP187 Krishnamurti on Urgency](#)

KP188 Krishnamurti on Culture

69 minutes

Summary

'What is it that brings about a culture totally different from the mechanistic culture we have accepted for thousands of years?'

This week's episode on Culture has five sections.

The first extract (2:24) is from Krishnamurti's sixth talk in Ojai 1982, titled: What Is Culture?

The second extract (9:45) is from the second talk in Saanen 1973, titled: Trapped in This Culture, How Am I To Change?

The third extract (22:58) is from Krishnamurti's fourth talk in Saanen 1973, titled: Our Culture Is Based on Pleasure.

The fourth extract (48:07) is from the third talk in Saanen 1971, titled: Culture Has Conditioned the Observer.

The final extract in this episode (1:01:58) is from Krishnamurti's third talk in Saanen 1973, titled: Intelligence Has Nothing To Do With Culture.

Links

[\(Apple\) KP188 Krishnamurti on Culture](#)

[\(kfoundation.org\) KP188 Krishnamurti on Culture](#)

[\(Podbean\) KP188 Krishnamurti on Culture](#)

[\(Spotify\) KP188 Krishnamurti on Culture](#)

[\(YouTube\) KP188 Krishnamurti on Culture](#)

KP189 Krishnamurti on Resistance

86 minutes

Summary

'There is an action in which there is no resistance, no interference of the past, no response of the 'me'. That action is not in the field of time; it is instantaneous and therefore complete.'

This week's episode on Resistance has three sections.

The first extract (2:47) is from Krishnamurti's eighth talk in New Delhi 1962, titled: Our Lives Are Built on Resistance.

The second extract (23:32) is from the first talk in Madras 1969, titled: We Seek Security Through Resistance.

The final extract in this episode (52:37) is Krishnamurti's sixth talk in Saanen 1971, titled: To Live in This World Without Resistance.

Links

[\(Apple\) KP189 Krishnamurti on Resistance](#)

[\(kfoundation.org\) KP189 Krishnamurti on Resistance](#)

[\(Podbean\) KP189 Krishnamurti on Resistance](#)

[\(Spotify\) KP189 Krishnamurti on Resistance](#)

[\(YouTube\) KP189 Krishnamurti on Resistance](#)

KP190 Krishnamurti on Humility

64 minutes

Summary

'Humility is not the subjugation of the desire that seeks fulfilment in success. Nor is it the religious humility of monks, saints and priests that cultivated austerity brings about.'

This week's episode on Humility has four sections.

The first extract (2:51) is from Krishnamurti's fourth talk in Bombay 1962, titled: Without Humility You Cannot Learn.

The second extract (11:47) is from the tenth talk in Saanen 1962, titled: You Cannot Cultivate Humility

The third extract (26:09) is from Krishnamurti's seventh talk in Saanen 1978, titled: Power and Humility.

The final extract in this episode (35:12) is from the fourth talk in Saanen 1961, titled: Humility Implies Total Destruction of the Self.

Links

[\(Apple\) KP190 Krishnamurti on Humility](#)

[\(kfoundation.org\) KP190 Krishnamurti on Humility](#)

[\(Podbean\) KP190 Krishnamurti on Humility](#)

[\(Spotify\) KP190 Krishnamurti on Humility](#)

[\(YouTube\) KP190 Krishnamurti on Humility](#)

KP191 Krishnamurti on Seeking

80 minutes

Summary

'When you seek, you are seeking something away from the actual fact, towards something that will give you greater pleasure. One seeks because one is dissatisfied with the normal, shallow, narrow,

cunning existence.'

This week's episode on Seeking has three sections.

The first extract (2:47) is from Krishnamurti's fourth talk in Madras 1967, titled: What Are You Seeking?

The second extract (44:14) is from the sixth talk in New York 1966, titled: There Must Be an End To Seeking.

The final extract in this episode (1:08:35) is from Krishnamurti's sixth talk in New Delhi 1962, titled: A Mind No Longer Seeking.

Links

[\(Apple\) KP191 Krishnamurti on Seeking](#)

[\(kfoundation.org\) KP191 Krishnamurti on Seeking](#)

[\(Podbean\) KP191 Krishnamurti on Seeking](#)

[\(Spotify\) KP191 Krishnamurti on Seeking](#)

[\(YouTube\) KP191 Krishnamurti on Seeking](#)

KP192 Krishnamurti on Reaction

71 minutes

Summary

'You have to understand your reactions, from which your daily action springs. We react, we revolt, we accumulate, we defend, we resist, we acquire, we submit - all these are reactions.'

This week's episode on Reaction has five sections.

The first extract (2:37) is from Krishnamurti's fifth talk in Bombay 1962, titled: We Move From Reaction to Reaction.

The second extract (12:20) is from the first talk at Brockwood Park in 1978, titled: The Reaction We Call Fear.

The third extract (23:41) is from Krishnamurti's first talk in San Francisco 1983, titled: Looking at the Reaction of Violence.

The fourth extract (33:04) is from the fourth talk in Saanen 1962, titled: Reactions Are Based on Ideas.

The final extract in this episode (44:54) is from Krishnamurti's eleventh talk in London 1961, titled: Revolution Is Not a Reaction.

Links

[\(Apple\) KP192 Krishnamurti on Reaction](#)

[\(kfoundation.org\) KP192 Krishnamurti on Reaction](#)

[\(Podbean\) KP192 Krishnamurti on Reaction](#)

[\(Spotify\) KP192 Krishnamurti on Reaction](#)

[\(YouTube\) KP192 Krishnamurti on Reaction](#)

KP193 Krishnamurti on Limitation

74 minutes

Summary

'I cling to my limitation, you cling to your limitation, and therefore there is perpetual conflict.'

This week's episode on Limitation has four sections.

The first extract (2:37) is from Krishnamurti's second talk in Bombay 1980, titled: Is There an Energy That Is Limitless?

The second extract (23:54) is from the third talk in Saanen 1978, titled: Thought Is Everlastingly Limited.

The third extract (41:42) is from Krishnamurti's second talk in Saanen 1983, titled: Self-Security in Limitation.

The final extract in this episode (1:03:49) is from the fourth talk at Brockwood Park in 1972, titled: Can the Mind See Its Own Limitation?

Links

[\(Apple\) KP193 Krishnamurti on Limitation](#)

[\(kfoundation.org\) KP193 Krishnamurti on Limitation](#)

[\(Podbean\) KP193 Krishnamurti on Limitation](#)

[\(Spotify\) KP193 Krishnamurti on Limitation](#)

[\(YouTube\) KP193 Krishnamurti on Limitation](#)

KP194 Krishnamurti on Power

71 minutes

Summary

'Every human being wants power in some form or other.'

This week's episode on Power has five sections.

The first extract (2:48) is from Krishnamurti's seventh talk in Saanen 1978, titled: Why Do We Want Power?

The second extract (15:11) is from the second talk at Brockwood Park in 1984, titled: Power Is Evil.

The third extract (21:03) is from Krishnamurti's third talk in New Delhi 1983, titled: We Worship Power.

The fourth extract (27:59) is from the third talk in Bombay 1962, titled: We Use Function To Achieve Status and Power.

The final extract in this episode (36:07) is from Krishnamurti's eleventh talk in London 1961, titled: The Power of Love.

Links

[\(Apple\) KP194 Krishnamurti on Power](#)

[\(kfoundation.org\) KP194 Krishnamurti on Power](#)

[\(Podbean\) KP194 Krishnamurti on Power](#)

[\(Spotify\) KP194 Krishnamurti on Power](#)

[\(YouTube\) KP194 Krishnamurti on Power](#)

KP195 Krishnamurti on Discontent

76 minutes

Summary

'The flame of discontent, because it has no outlet, because it has no object in which it can fulfil itself, becomes great passion.'

This week's episode on Discontent has five sections.

The first extract (2:45) is from Krishnamurti's first talk in Rishi Valley 1967, titled: Discontent Is One Thing, Revolt Another.

The second extract (15:13) is from the second talk at Brockwood Park in 1980, titled: Discontent Is Good.

The third extract (23:38) is from the third question and answer meeting in Saanen 1980, titled: Discontent Without a Cause.

The fourth extract (46:36) is from Krishnamurti's fifth talk in Saanen 1977, titled: The Tremendous Flame of Discontent.

The final extract in this episode (1:01:33) is from the seventh talk in New Delhi 1964, titled: Total Discontent.

Links

[\(Apple\) KP195 Krishnamurti on Discontent](#)

[\(kfoundation.org\) KP195 Krishnamurti on Discontent](#)

[\(Podbean\) KP195 Krishnamurti on Discontent](#)

[\(Spotify\) KP195 Krishnamurti on Discontent](#)

[\(YouTube\) KP195 Krishnamurti on Discontent](#)

KP196 Krishnamurti on Reward and Punishment

66 minutes

Summary

'Is there an action that is not mechanistic, which is not based on reward and punishment?'

This week's episode on Reward and Punishment has five sections.

The first extract (2:30) is from Krishnamurti's first talk at Rajghat in 1965, titled: Do Reward and Punishment Help Us To Change?

The second extract (19:09) is from the third talk in Madras 1985, titled: Pleasure, Reward and Punishment.

The third extract (29:42) is from Krishnamurti's second talk in Bangalore 1974, titled: Reward, Punishment and the Mechanical Mind.

The fourth extract (40:42) is from the third talk at Brockwood Park in 1977, titled: Through Suffering We Seek a Reward.

The final extract in this episode (50:15) is from Krishnamurti's fourth talk in Santa Monica 1974, titled: There Is No Reward in Meditation.

Links

[\(Apple\) KP196 Krishnamurti on Reward and Punishment](#)

[\(kfoundation.org\) KP196 Krishnamurti on Reward and Punishment](#)

[\(Podbean\) KP196 Krishnamurti on Reward and Punishment](#)

[\(Spotify\) KP196 Krishnamurti on Reward and Punishment](#)

[\(YouTube\) KP196 Krishnamurti on Reward and Punishment](#)

KP197 Krishnamurti on Seriousness

60 minutes

Summary

'Life is serious and it is only one who is really serious that knows how to live, not the flippant or those who are merely seeking entertainment.'

This week's episode on Seriousness has four sections.

The first extract (2:39) is from Krishnamurti's second talk in London 1966, titled: What Is It To Be Serious?

The second extract (11:05) is from the first talk in Saanen 1973, titled: I Don't Know How Serious You Are.

The third extract (16:39) is from Krishnamurti's first talk in Saanen 1970, titled: You Have To Be Serious Confronted With the Chaos in the World.

The final extract in this episode (46:38) is from the first talk in Saanen 1963, titled: A Serious Mind.

Links

[\(Apple\) KP197 Krishnamurti on Seriousness](#)

[\(kfoundation.org\) KP197 Krishnamurti on Seriousness](#)

[\(Podbean\) KP197 Krishnamurti on Seriousness](#)

[\(Spotify\) KP197 Krishnamurti on Seriousness](#)

[\(YouTube\) KP197 Krishnamurti on Seriousness](#)

KP198 Krishnamurti on Hurt

60 minutes

Summary

'Can your mind know it has been hurt, be aware of it, and not react at the conscious or unconscious level?'

This week's episode on Hurt has three sections.

The first extract (2:40) is from Krishnamurti's second talk in Bombay 1974, titled: What Is It That Gets Hurt?

The second extract (22:29) is from the fifth talk in Saanen 1974, titled: The Tradition of Hurt.

The final extract in this episode (39:40) is from Krishnamurti's third talk in Saanen 1974, titled: No More Hurt.

Links

[\(Apple\) KP198 Krishnamurti on Hurt](#)

[\(kfoundation.org\) KP198 Krishnamurti on Hurt](#)

[\(Podbean\) KP198 Krishnamurti on Hurt](#)

[\(Spotify\) KP198 Krishnamurti on Hurt](#)

[\(YouTube\) KP198 Krishnamurti on Hurt](#)

KP199 Krishnamurti on Being and Becoming

62 minutes

Summary

'As you observe with attentive passion, that very attention puts an end to becoming, which is of time and thought.'

This week's episode on Being and Becoming has four sections.

The first extract (2:42) is from Krishnamurti's third talk in Saanen 1983, titled: Most of Us Want To Become Something.

The second extract (11:16) is from the second talk in Saanen in 1980, titled: Becoming Is the Movement of Thought.

The third extract (31:04) is from Krishnamurti's second talk in San Francisco 1984, titled: Attention Puts an End To Becoming.

The final extract in this episode (50:19) is from the sixth talk in Madras 1982, titled: In Meditation There Is No Becoming or Being.

Links

[\(Apple\) KP199 Krishnamurti on Being and Becoming](#)

[\(kfoundation.org\) KP199 Krishnamurti on Being and Becoming](#)

[\(Podbean\) KP199 Krishnamurti on Being and Becoming](#)

[\(Spotify\) KP199 Krishnamurti on Being and Becoming](#)

[\(YouTube\) KP199 Krishnamurti on Being and Becoming](#)

KP200 Krishnamurti on Tradition

77 minutes

Summary

'Tradition can be 10,000 years old or two days old, and according to that I live. This means I live in the past and am therefore betraying the present.'

This week's episode on Tradition has five sections.

The first extract (2:39) is from Krishnamurti's second talk in New Delhi 1962, titled: Tradition Is Habit Seasoned in Time.

The second extract (13:19) is from the first talk in Bombay 1974, titled: Tradition Makes the Mind Mechanical.

The third extract (30:22) is from Krishnamurti's second talk in Saanen 1970, titled: The Authority of Tradition.

The fourth extract (46:06) is from the fourth talk in Bombay 1978, titled: Is Tradition Different From You?

The final extract in this episode (59:59) is from Krishnamurti's fourth talk in Madras 1979, titled: The Tradition of Time.

Links

[\(Apple\) KP200 Krishnamurti on Tradition](#)

[\(kfoundation.org\) KP200 Krishnamurti on Tradition](#)

[\(Podbean\) KP200 Krishnamurti on Tradition](#)

[\(Spotify\) KP200 Krishnamurti on Tradition](#)

[\(YouTube\) KP200 Krishnamurti on Tradition](#)

KP201 Krishnamurti on Ending

68 minutes

Summary

'When you end the past, there is not only a new observation but a sense of extraordinary freedom and movement.'

This week's episode, the first in Season 5, is on Ending. It has four sections.

The first extract (2:23) is from Krishnamurti's sixth talk in Saanen 1978, titled: Find Out What It Means to End.

The second extract (21:05) is from the third talk in Saanen 1982, titled: Ending Without a Cause.

The third extract (44:13) is from the second question and answer meeting at Brockwood Park in 1980, titled: The Ending of Thought.

The final extract in this episode (59:40) is from Krishnamurti's sixth talk in Saanen 1976, titled: An Ending With No Beginning.

Links

[\(Apple\) KP201 Krishnamurti on Ending](#)

[\(kfoundation.org\) KP201 Krishnamurti on Ending](#)

[\(Podbean\) KP201 Krishnamurti on Ending](#)

[\(Spotify\) KP201 Krishnamurti on Ending](#)

[\(YouTube\) KP201 Krishnamurti on Ending](#)

KP202 Krishnamurti on Sex

76 minutes

Summary

'Why has sex such an important part in our life? Though it is one of our primary urges, why has it assumed such fantastic magnitude?'

This week's episode on Sex has four sections.

The first extract (2:38) is from the second question and answer meeting at Brockwood Park in 1979, titled: Why Have We Given Sex Such Importance?

The second extract (14:00) is from Krishnamurti's third talk at Brockwood Park in 1971, titled: Sex, Pleasure and Love.

The third extract (57:23) is from Krishnamurti's fourth talk in New Delhi in 1966, titled: Is Sex a Problem?

The final extract in this episode (1:09:30) is from the second small group discussion at Brockwood Park in 1978, titled: Non-Identification With Sex.

Links

[\(Apple\) KP202 Krishnamurti on Sex](#)

[\(kfoundation.org\) KP202 Krishnamurti on Sex](#)

[\(Podbean\) KP202 Krishnamurti on Sex](#)

[\(Spotify\) KP202 Krishnamurti on Sex](#)

[\(YouTube\) KP202 Krishnamurti on Sex](#)

KP203 Krishnamurti on Belief

75 minutes

Summary

'Belief is a projection or an invention of thought. But we are attached to it because it gives a certain feeling of security, however illusory it is.'

This week's episode on Belief has five sections.

The first extract (2:33) is from Krishnamurti's sixth talk in Ojai 1976, titled: Religion Is Not Belief.

The second extract (12:54) is from the second talk in Saanen 1975, titled: Belief Is Incorrect Thinking.

The third extract (19:53) is from Krishnamurti's second talk in Amsterdam 1981, titled: Belief Is Merely a Projection.

The fourth extract (50:30) is from the fourth talk in New Delhi 1982, titled: Is It Possible To Be Free of All Belief?

The final extract in this episode (57:05) is from Krishnamurti's third talk in Ojai 1949, titled: Would We Be Lost Without Beliefs?

Links

[\(Apple\) KP203 Krishnamurti on Belief](#)

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[\(Podbean\) KP203 Krishnamurti on Belief](#)

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[\(YouTube\) KP203 Krishnamurti on Belief](#)

KP204 Krishnamurti on Work

81 minutes

Summary

'Shall I seek a job according to my idiosyncrasies, which means, according to my conditioning? My conditioning is the result of society which says prestige and status are most important, not function.' This week's episode on Work has five sections.

The first extract (2:48) is from the second question and answer meeting in Saanen 1980, titled: Right Living, Right Livelihood.

The second extract (14:34) is from Krishnamurti's seventh talk in Saanen 1972, titled: A Job You Love.

The third extract (28:01) is from the second talk in Saanen 1973, titled: Deny the Culture, Yet Live in the World.

The fourth extract (52:08) is from Krishnamurti's fifth talk in Saanen 1973, titled: Work as Part of a Harmonious Life.

The final extract in this episode (1:04:55) is from the second talk in Ojai 1977, titled: I Have No Problem With Livelihood.

Links

[\(Apple\) KP204 Krishnamurti on Work](#)

[\(kfoundation.org\) KP204 Krishnamurti on Work](#)

[\(Podbean\) KP204 Krishnamurti on Work](#)

[\(Spotify\) KP204 Krishnamurti on Work](#)

[\(YouTube\) KP204 Krishnamurti on Work](#)

KP205 Krishnamurti on Joy

67 minutes

Summary

'Is there a way of life, having understood pleasure and fear, which is joyous, which is enjoyment, not the carrying over of pleasure from day to day?' This week's episode on Joy has five sections.

The first extract (2:42) is from Krishnamurti's fourth talk in New Delhi 1966, titled: Joy Is Entirely Different From Pleasure.

The second extract (13:41) is from the fourth talk in Saanen 1977, titled: Thought Turns Joy Into Pleasure.

The third extract (27:18) is from Krishnamurti's fifth talk in Saanen 1970, titled: A Joy Untouched by Thought and Pleasure.

The fourth extract (42:29) is from the eighth talk in Bombay 1962, titled: Simplicity and Joy.

The final extract in this episode (1:01:55) is from a direct recording by Krishnamurti in 1983, titled: A Sense of Great Joy.

Links

[\(Apple\) KP205 Krishnamurti on Joy](#)

[\(kfoundation.org\) KP205 Krishnamurti on Joy](#)

[\(Podbean\) KP205 Krishnamurti on Joy](#)

[\(Spotify\) KP205 Krishnamurti on Joy](#)

[\(YouTube\) KP205 Krishnamurti on Joy](#)

KP206 Krishnamurti on Illusion

74 minutes

Summary

'When the mind sees thought is the creator of illusion, you have an insight into the whole nature of illusion. It is that insight that dissolves all illusions.'

This week's episode on Illusion has three sections.

The first extract (2:36) is from Krishnamurti's third talk in Saanen 1979, titled: Security in Illusion.

The second extract (37:56) is from the second question and answer meeting in Ojai 1980, titled: Freedom From Any Form of Illusion.

The final extract in this episode (58:55) is from Krishnamurti's seventh talk in Saanen 1963, titled: A Brain Without Illusion or Fear.

Links

[\(Apple\) KP206 Krishnamurti on Illusion](#)

[\(kfoundation.org\) KP206 Krishnamurti on Illusion](#)

[\(Podbean\) KP206 Krishnamurti on Illusion](#)

[\(Spotify\) KP206 Krishnamurti on Illusion](#)

[\(YouTube\) KP206 Krishnamurti on Illusion](#)

KP207 Krishnamurti on Virtue

63 minutes

Summary

'Virtue has nothing whatsoever to do with society and its so-called morality. Virtue can come about only when there is psychological order within oneself.'

This week's episode on Virtue has four sections.

The first extract (2:35) is from Krishnamurti's third talk in Saanen 1962, titled: Respectability Is Not Virtue.

The second extract (13:14) is from the fourth talk in Paris 1965, titled: Order, Virtue and Freedom.

The third extract (28:35) is from the fifth talk in New York 1966, titled: Virtue Has No Authority.

The final extract in this episode (43:02) is from Krishnamurti's eighth talk in Bombay 1962, titled: The Simplicity of Virtue.

Links

[\(Apple\) KP207 Krishnamurti on Virtue](#)

[\(kfoundation.org\) KP207 Krishnamurti on Virtue](#)

[\(Podbean\) KP207 Krishnamurti on Virtue](#)

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KP208 Krishnamurti on Division

72 minutes

Summary

'There is division between the Jew and the Arab, between the Hindu and the Muslim, between various forms of ideologies. Wherever there is a division, inwardly and outwardly, there must be not only conflict and struggle, but war.'

This week's episode on Division has three sections.

The first extract (2:43) is from Krishnamurti's talk in Rome 1973, titled: Where There Is Division There Is Always Conflict.

The second extract (16:36) is from the second talk in Ojai 1977, titled: Why Do We Live in Division?

The final extract in this episode (34:08) is from Krishnamurti's third talk in Madras 1983, titled: Time Is Division.

Links

[\(Apple\) KP208 Krishnamurti on Division](#)

[\(kfoundation.org\) KP208 Krishnamurti on Division](#)

[\(Podbean\) KP208 Krishnamurti on Division](#)

[\(Spotify\) KP208 Krishnamurti on Division](#)

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KP209 Krishnamurti on Creation

78 minutes

Summary

'There cannot be compassion and love without death, which is the ending of everything. Then there is creation.'

This week's episode on Creation has three sections.

The first extract (2:39) is from the first question and answer meeting in Saanen 1985, titled: What is Creation?

The second extract (17:15) is from Krishnamurti's talk at Los Alamos in 1984, titled: Creation Can Only Take Place When Thought Is Silent.

The final extract in this episode (1:03:16) is from the ninth talk in Saanen 1961, titled: Destruction Is Creation.

Links

[\(Apple\) KP209 Krishnamurti on Creation](#)

[\(kfoundation.org\) KP209 Krishnamurti on Creation](#)

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[\(Spotify\) KP209 Krishnamurti on Creation](#)

[\(YouTube\) KP209 Krishnamurti on Creation](#)

KP210 Krishnamurti on Desire

67 minutes

Summary

'Desire for a car, desire for a woman or man, desire for position, desire for money, desire for enlightenment, are all on the same level.'

This week's episode on Desire has four sections.

The first extract (2:39) is from Krishnamurti's third talk in Bombay 1979, titled: What Is Desire?

The second extract (18:05) is from the fifth talk in Saanen 1979, titled: Is Desire Responsible For Fear?

The third extract (34:52) is from Krishnamurti's second talk in Ojai 1979, titled: Desire's Right Place.

The final extract in this episode (50:16) is from the fourth talk in Bombay 1984, titled: Meditation Has Nothing To Do With Desire.

Links

[\(Apple\) KP210 Krishnamurti on Desire](#)

[\(kfoundation.org\) KP210 Krishnamurti on Desire](#)

[\(Podbean\) KP210 Krishnamurti on Desire](#)

[\(Spotify\) KP210 Krishnamurti on Desire](#)

[\(YouTube\) KP210 Krishnamurti on Desire](#)

KP211 Krishnamurti on 'What Is'

80 minutes

Summary

'There is only 'what is', and not the changing of 'what is'. The changing of 'what is' is the movement of thought in time.'

This week's episode on What Is has four sections.

The first extract (2:38) is from Krishnamurti's second talk in Ojai 1983, titled: 'What is' and 'what should be'.

The second extract (29:30) is from the third talk at Brockwood Park in 1978, titled: 'What is' has no opposite.

The third extract (40:20) is from the eighth discussion in Saanen 1970, titled: 'What is' contains the past, present and future.

The final extract in this episode (59:55) is from Krishnamurti's fourth talk at Brockwood Park in 1973, titled: The cessation of 'what is'.

Links

[\(Apple\) KP211 Krishnamurti on 'What Is'](#)

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[\(Podbean\) KP211 Krishnamurti on 'What Is'](#)

[\(Spotify\) KP211 Krishnamurti on 'What Is'](#)

[\(YouTube\) KP211 Krishnamurti on 'What Is'](#)

KP212 Krishnamurti on Following

66 minutes

Summary

'The easiest thing for the mind, which is generally very lazy, is to follow what somebody else has said.'

This week's episode on Following has two sections.

The first extract (2:25) is from the first question and answer meeting at Brockwood Park in 1981, titled: Why do we follow?

The second and final extract in this episode (43:39) is from Krishnamurti's second talk in Saanen 1970, titled: Following means we are second-hand human beings.

Links

[\(Apple\) KP212 Krishnamurti on Following](#)

[\(kfoundation.org\) KP212 Krishnamurti on Following](#)

[\(Podbean\) KP212 Krishnamurti on Following](#)

[\(Spotify\) KP212 Krishnamurti on Following](#)

[\(YouTube\) KP212 Krishnamurti on Following](#)

KP213 Krishnamurti on Thinking Together

68 minutes

Summary

'Thinking together does not mean that you agree or disagree, accept or reject, defend or offend, but together find out if it is possible, by thinking together, to act together.'

This week's episode on Thinking Together has four sections.

The first extract (2:39) is from Krishnamurti's first talk in Saanen 1979, titled: Thinking Together Without Barriers.

The second extract (33:47) is from the second talk in Ojai 1980, titled: Thinking Together to Eliminate Conflict.

The third extract (46:03) is from Krishnamurti's second talk in Saanen 1979, titled: In thinking together, relationship changes completely.

The final extract in this episode (56:57) is from the third question and answer meeting in Saanen 1980, titled: What do you mean when you ask us to think together?

Links

[\(Apple\) KP213 Krishnamurti on Thinking Together](#)

[\(kfoundation.org\) KP213 Krishnamurti on Thinking Together](#)

[\(Podbean\) KP213 Krishnamurti on Thinking Together](#)

[\(Spotify\) KP213 Krishnamurti on Thinking Together](#)

[\(YouTube\) KP213 Krishnamurti on Thinking Together \(YouTube\)](#)