

***The Open Window
of the Heart***

INSIGHTS ON LIVING BY J. KRISHNAMURTI

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THIS BOOK CONTAINS short quotes that represent many aspects of Krishnamurti's universal and timeless teachings. What are these 'teachings' – a word he hesitated to use – and what is our approach to them? Are they more information to add to our ever-growing bank of knowledge, more fuel for thought, something to work out or strive towards?

The words here, carefully chosen from Krishnamurti's written works, suggest another approach. It is possible to think about each quote, which may help gain clarity of thought; it is also possible to let the meaning of the words operate at a deeper level, without our having to do very much at all but be in relationship with them with more than our intellect, and to 'leave the window open'.

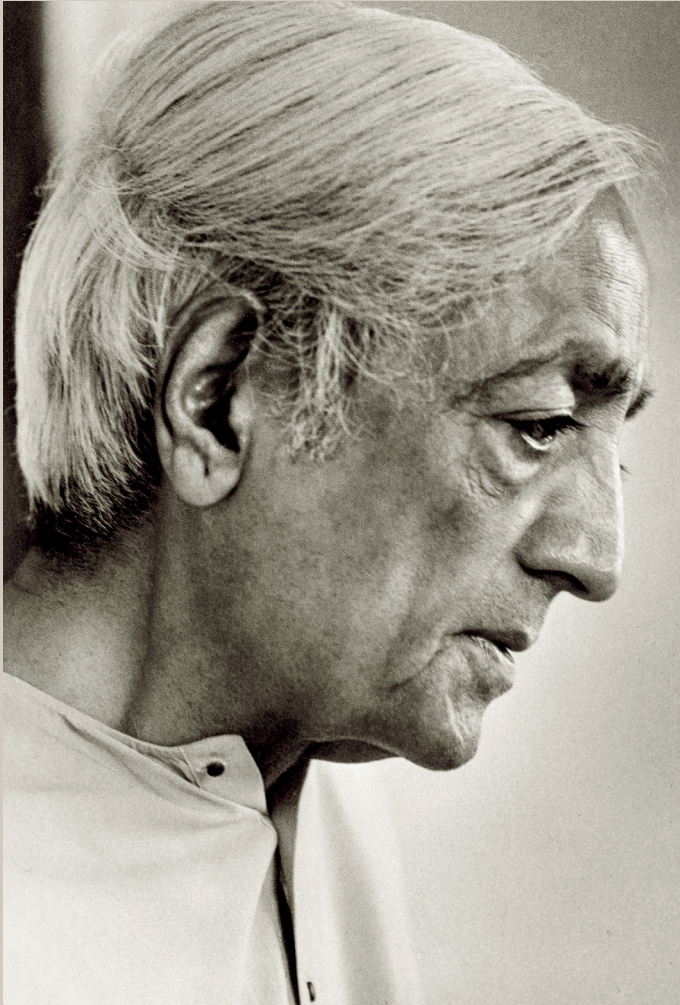
Each selection, poetic in nature, is accompanied by a photograph of Krishnamurti, many of which were previously unpublished. This format may encourage the reader to stay with a quote and let it sink in. It is therefore suggested that this is not a booklet to read from beginning to end but to dip into, take time over, and perhaps realise, as Krishnamurti points out, that time, paradoxically, is not necessary for insight and understanding.

***The Open Window
of the Heart***

J. Krishnamurti



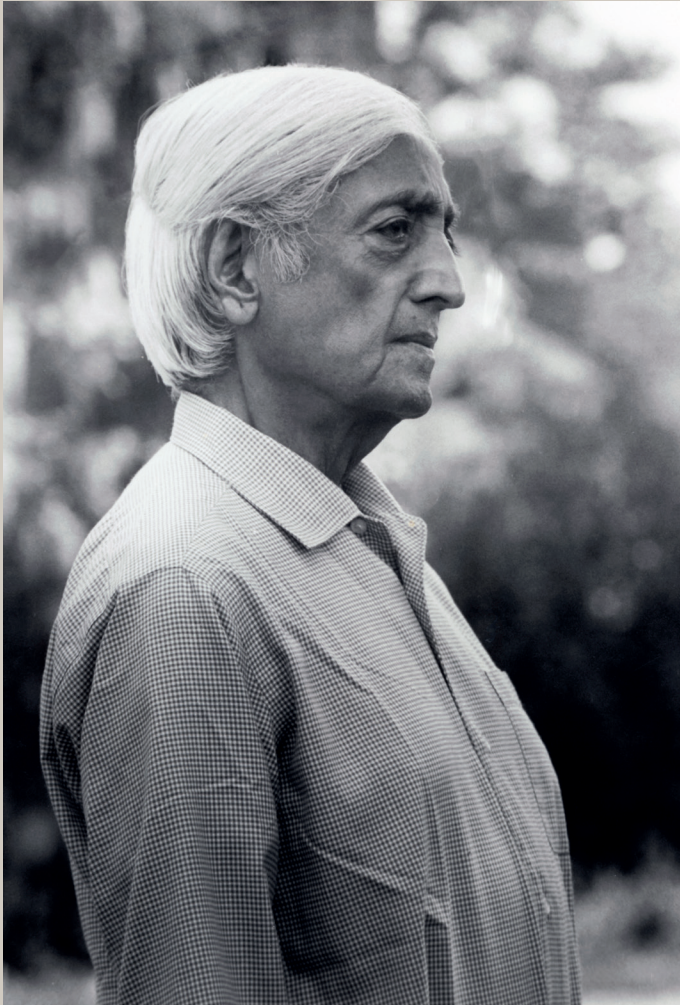
*Begin without knowing anything
and move from innocence to innocence.*



*Go into the unknown,
take nothing for granted,
do not assume anything;
be free to find out.*



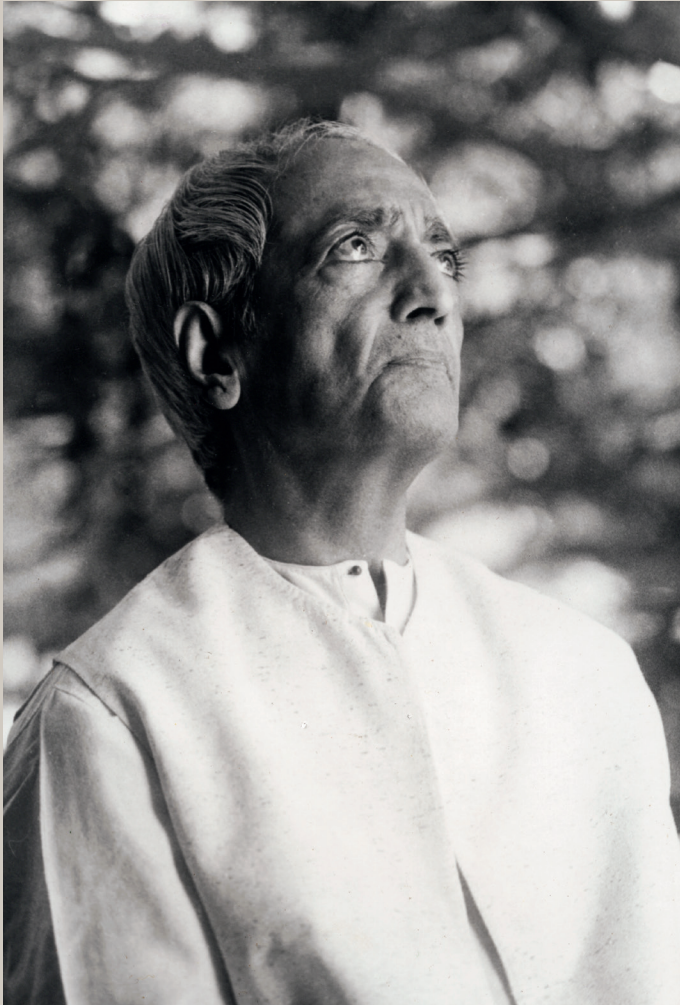
*Total attention includes,
never excludes.*



*In oneself lies the whole world;
if you know how to look and learn,
the door is there and the key
is in your hand.*



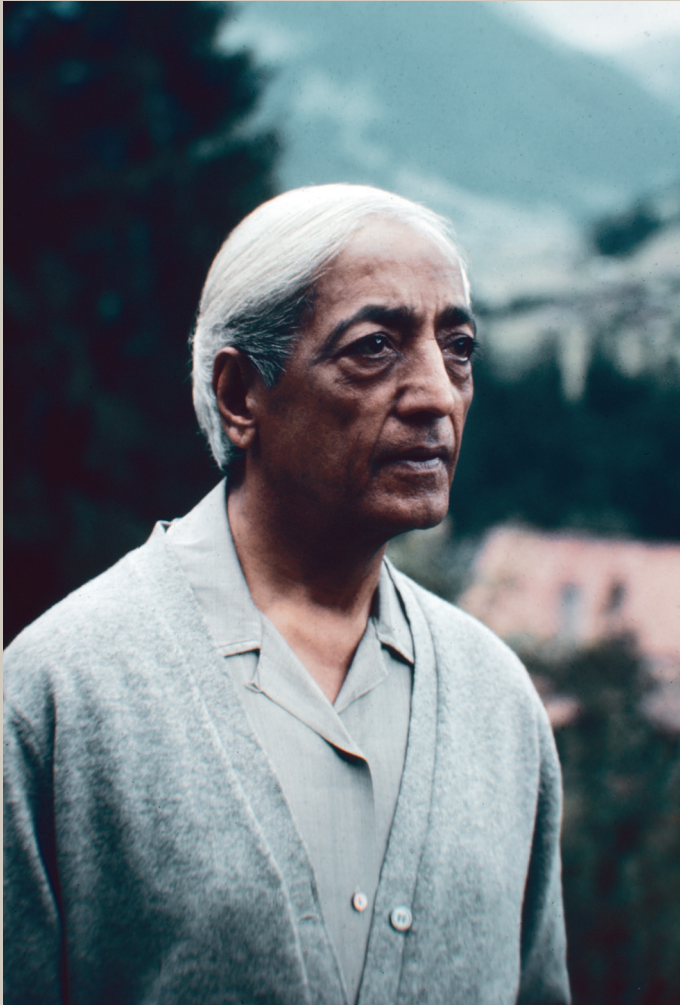
*Another may point out the way,
but you yourself must walk.*



*Understand the machine of the mind
and not its noise.*



*Caring is a part of that
profound thing called love.
It begins with the care
of little things.*



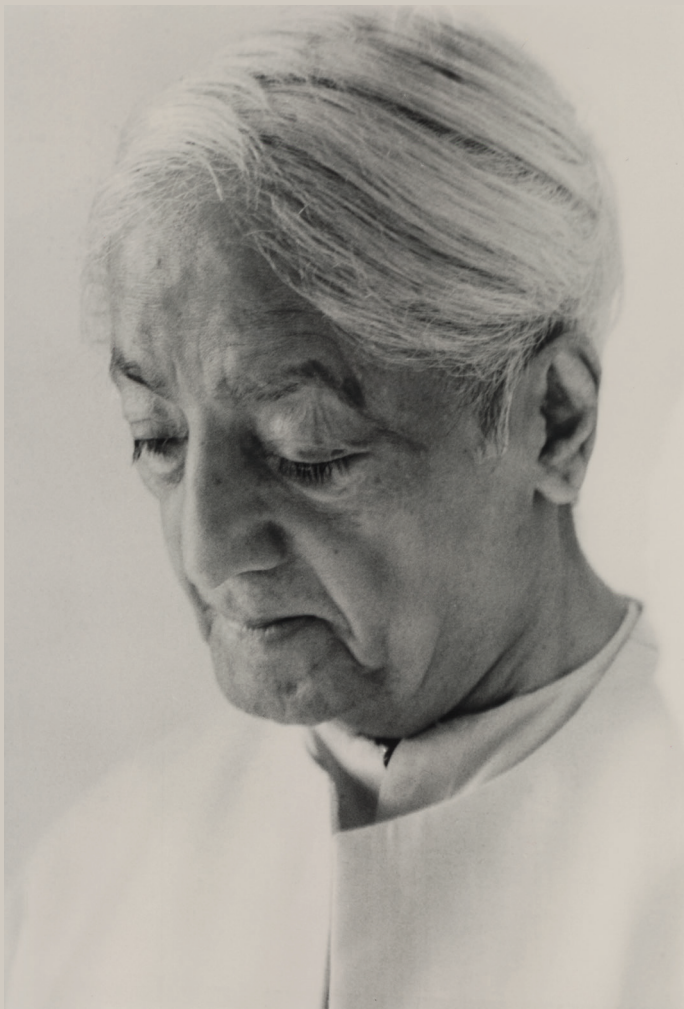
*You are part of society;
to affect the whole, the part
must transform itself.*



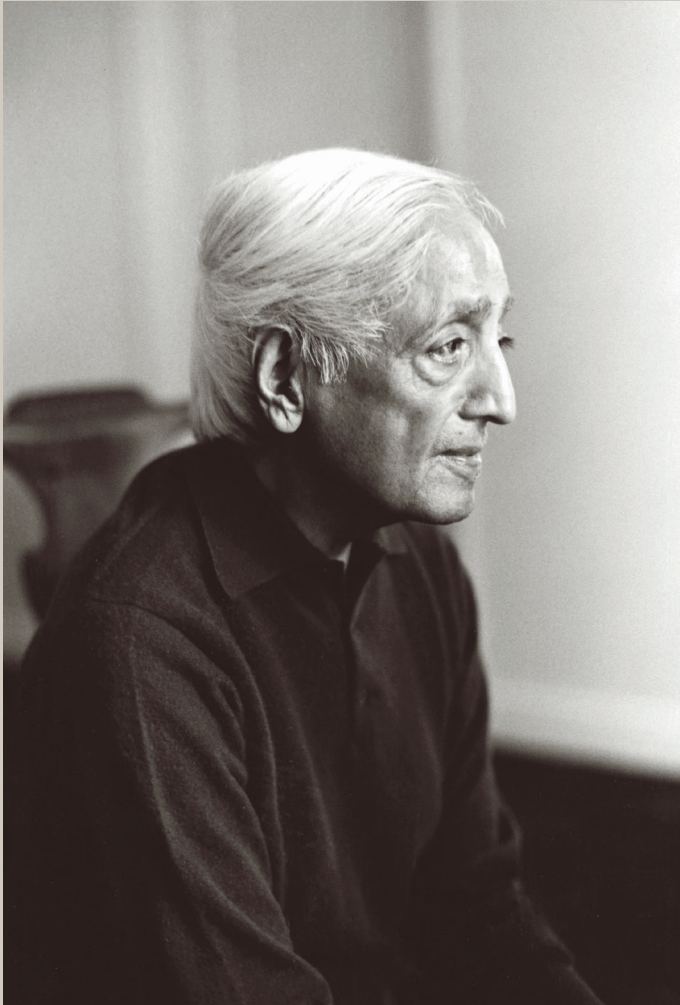
*In love, there is no time,
space or identity.*



*Our minds make little
castles of security.*



*There is only one fact:
impermanence.*



*Understanding is the light
that dispels darkness.*



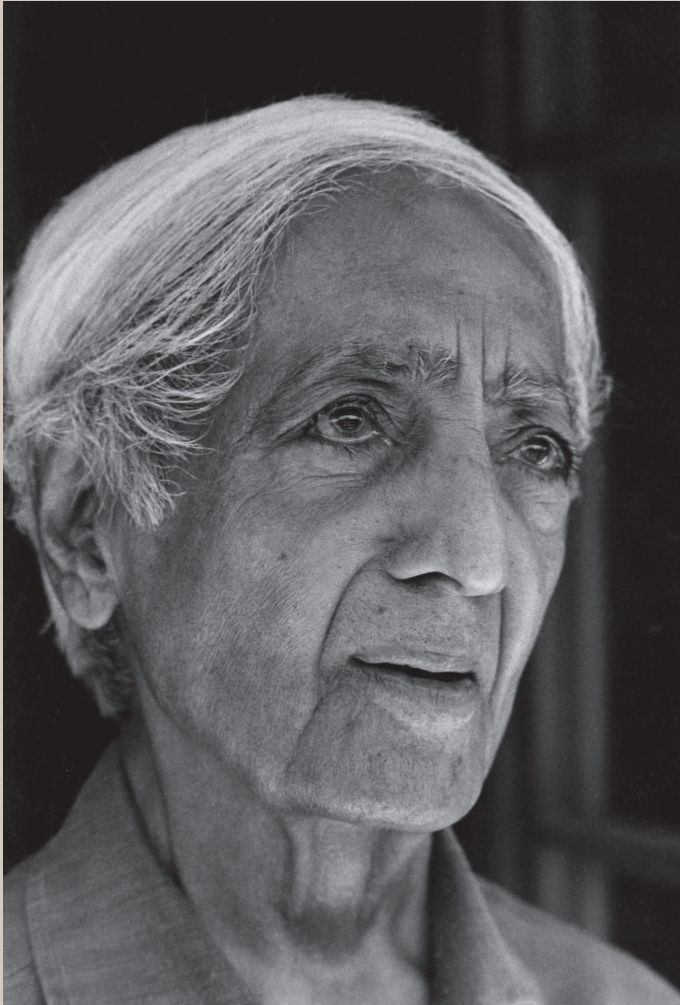
*In attention, all distractions are,
for there are no distractions.*



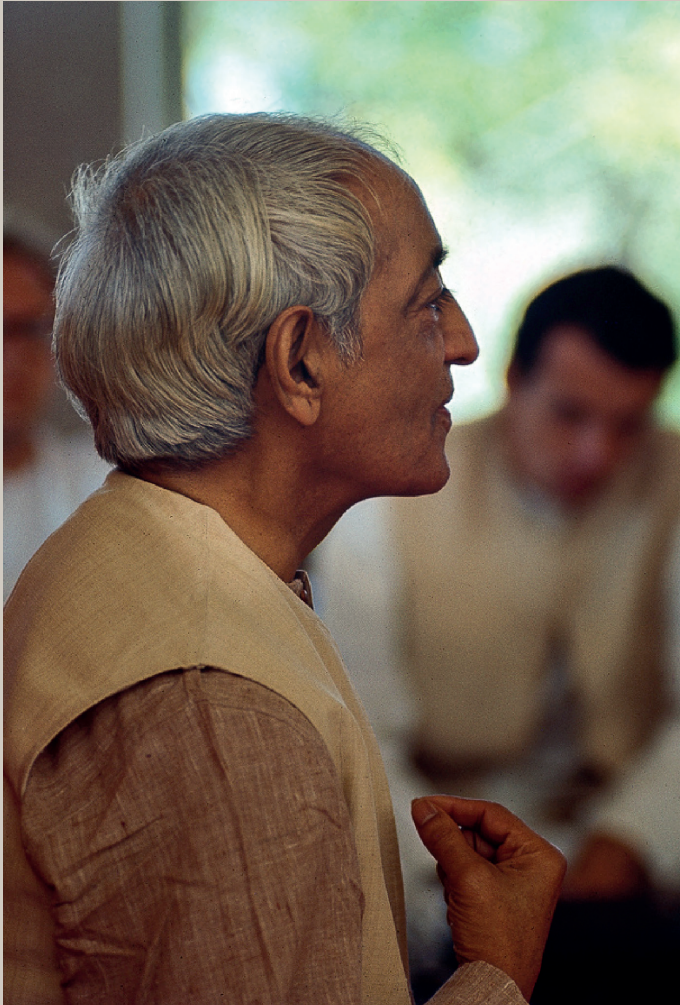
*To see the truth as truth,
and the false as false,
is the greatest gift.*



What is deeply and thoroughly understood will not repeat itself.



*Order is the very essence
of the universe.*



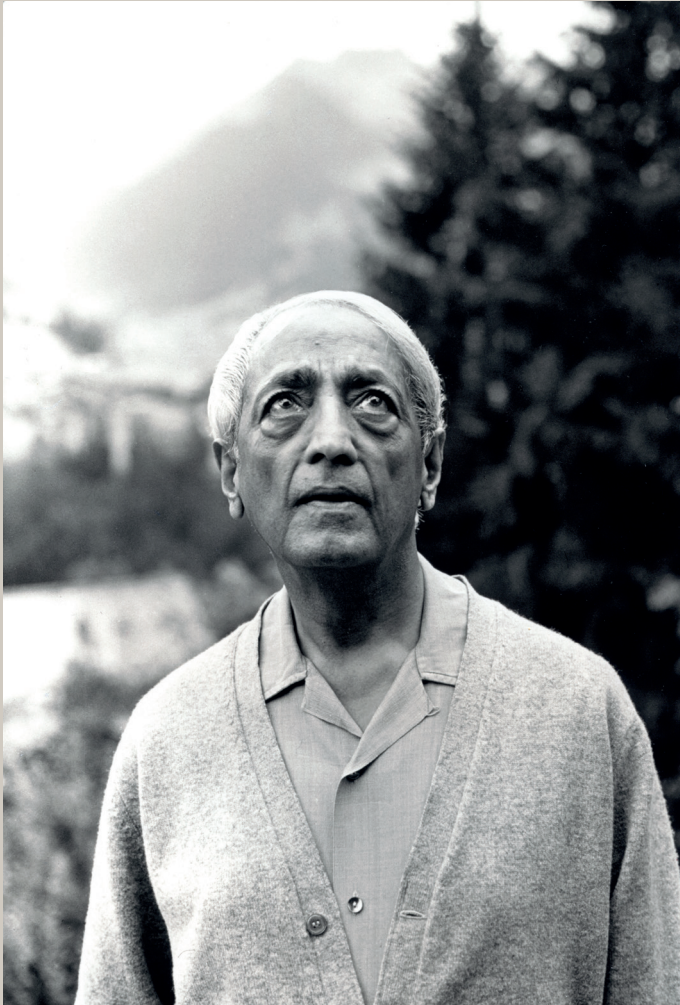
*Inner riches are incorruptible;
nothing can touch them for
they have not been put
together by the mind.*



*Death is destruction,
final and absolute,
and so is love.*



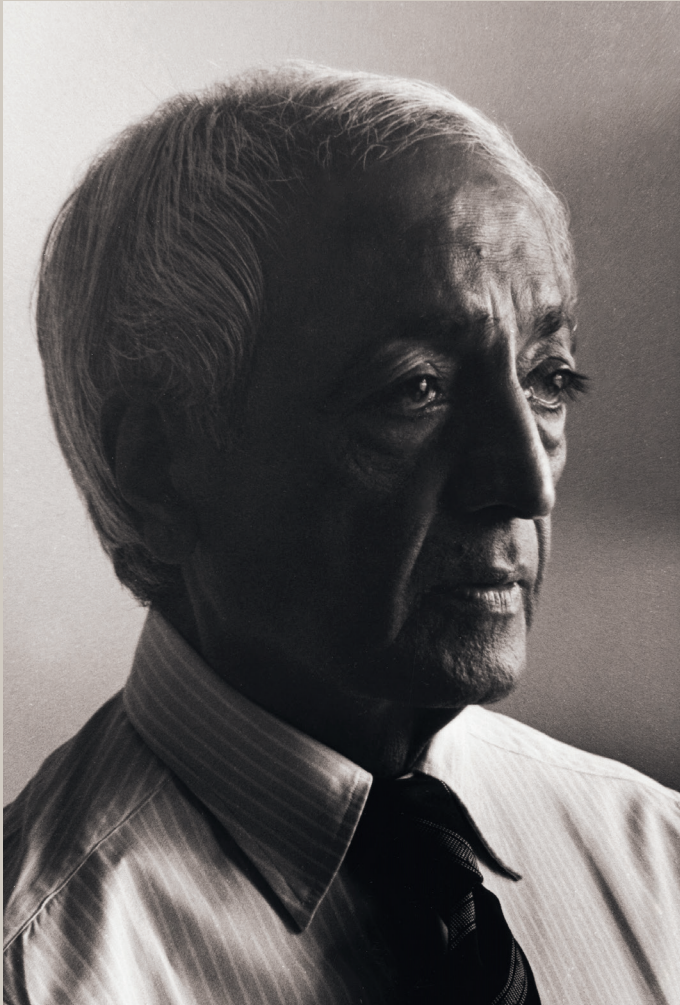
*Freedom is to stand alone,
unattached and unafraid.*



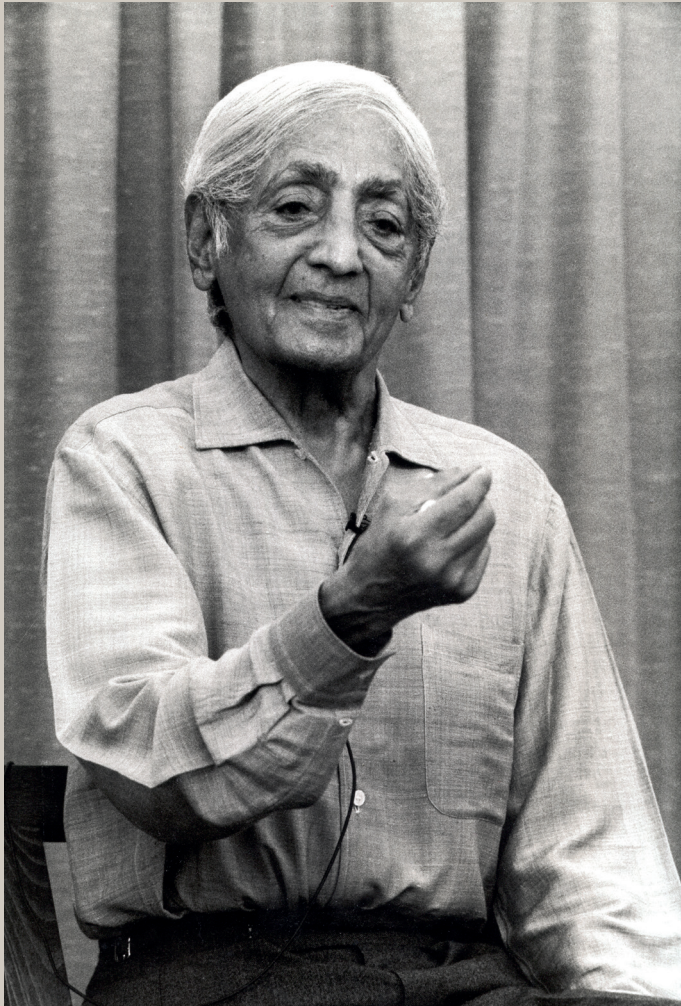
*In deep solitude,
in strange ways,
one is related to all.*



*Intelligence is not separate
from love.*



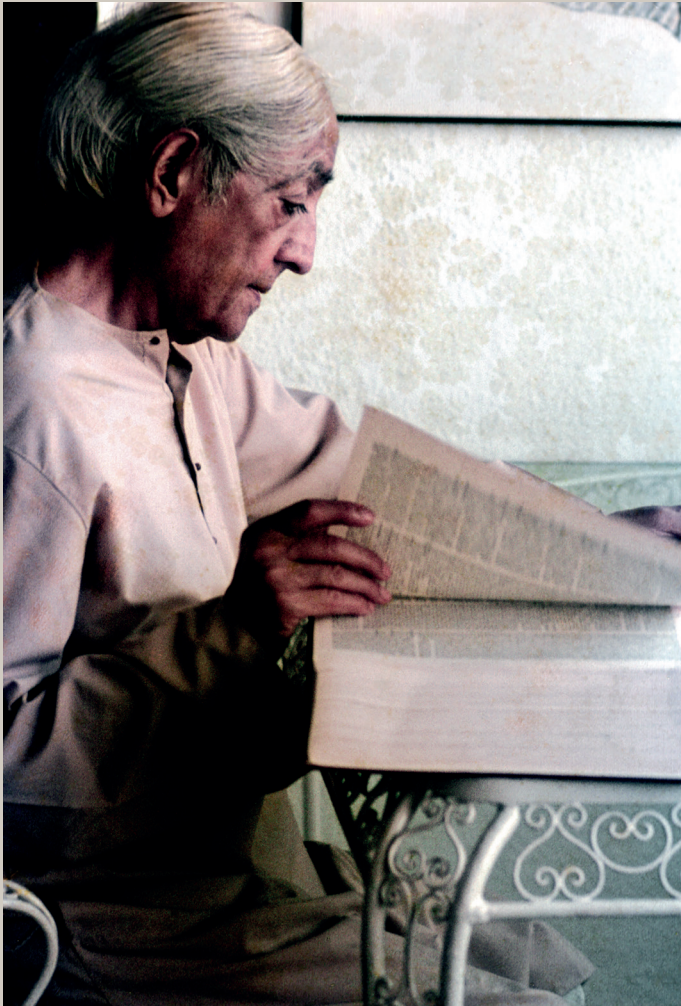
*Meditation is the root, the plant,
the flower and the fruit.*



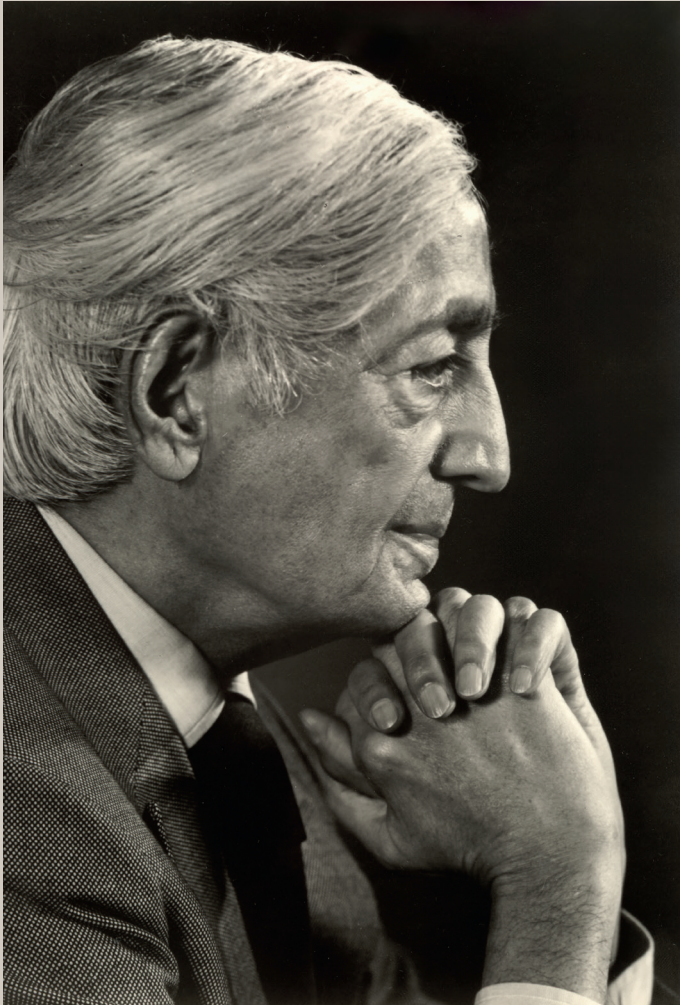
*Love is the death of every minute,
and each death is the renewing of love.*



*The flow of awareness leads to
deep and still pools of wisdom.*



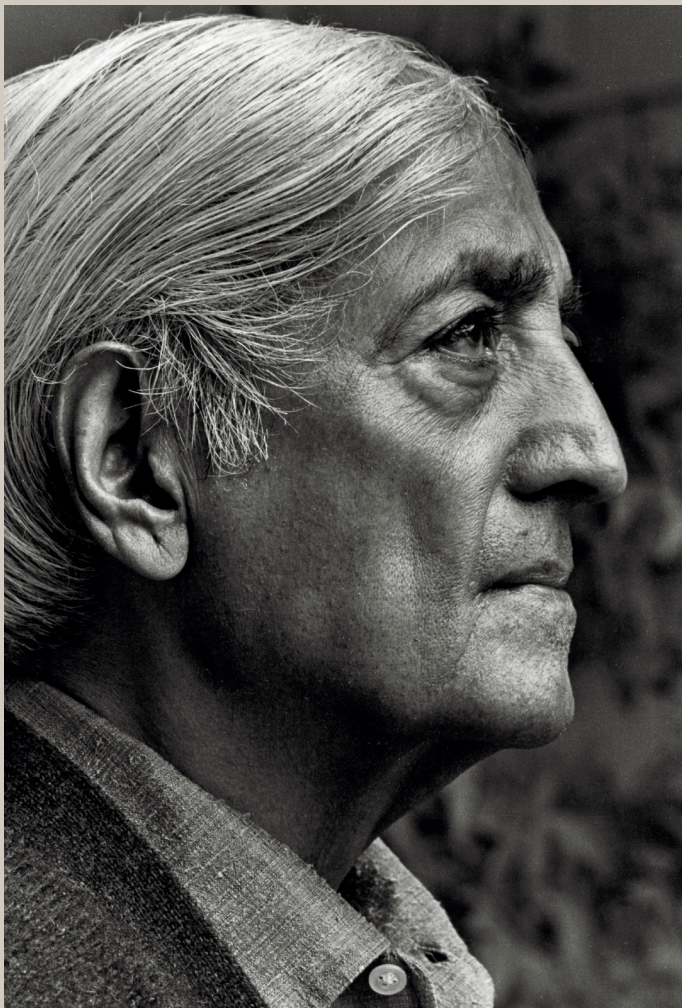
*Reason is excellent,
but it must transcend itself
to know love.*



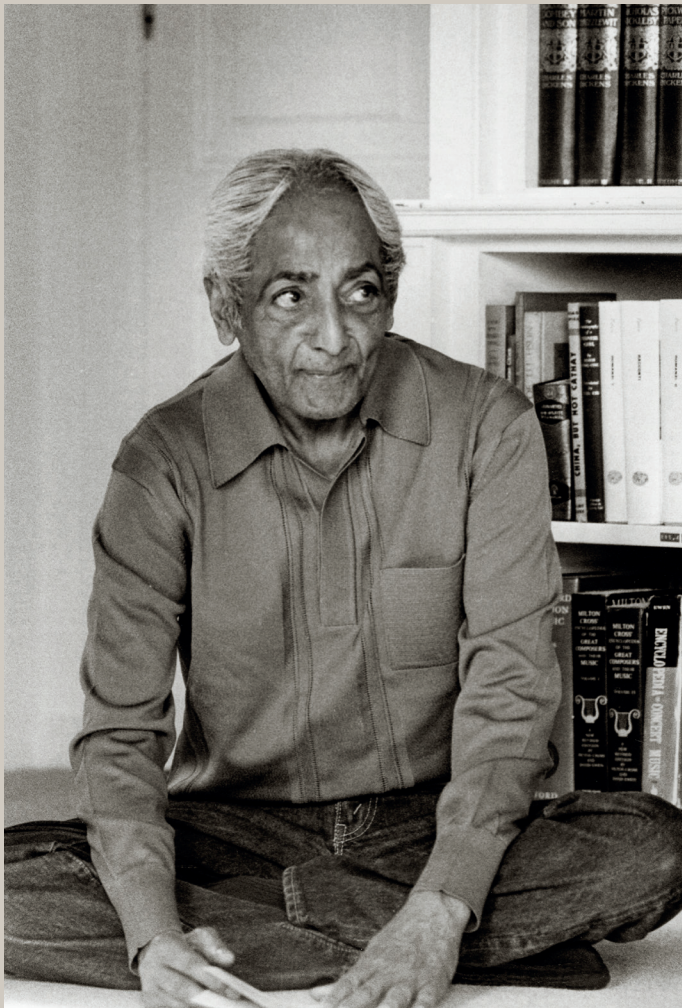
*Your hurts are the hurts of thousands;
you are the other.*



Meditation opens the door of time.



*Don't be here too much;
be so far away that even you
cannot find yourself.*



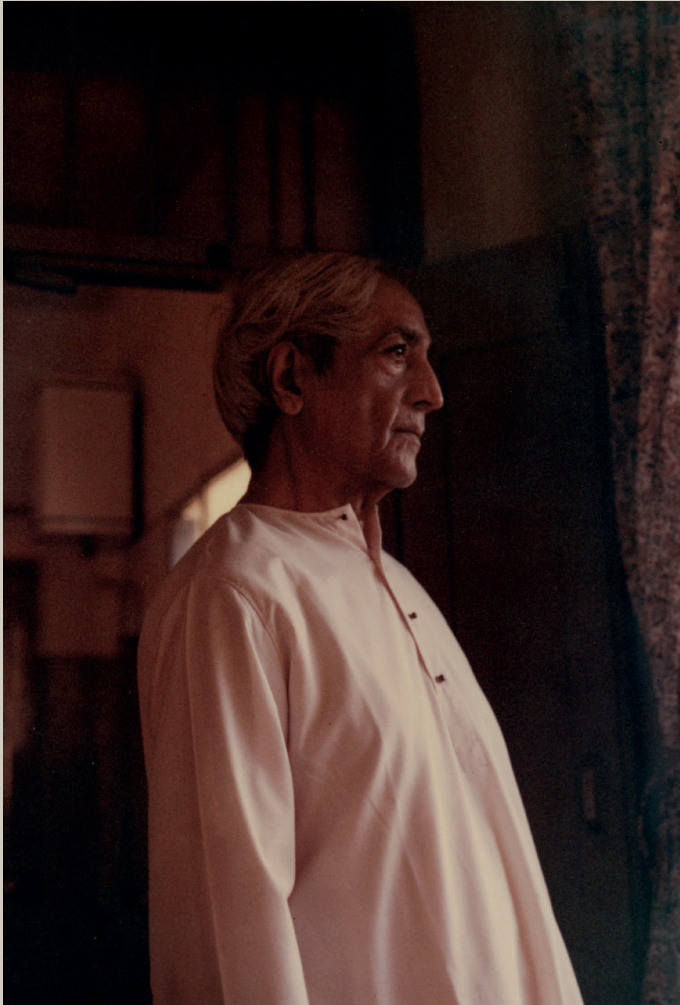
Love is the freedom from the known.



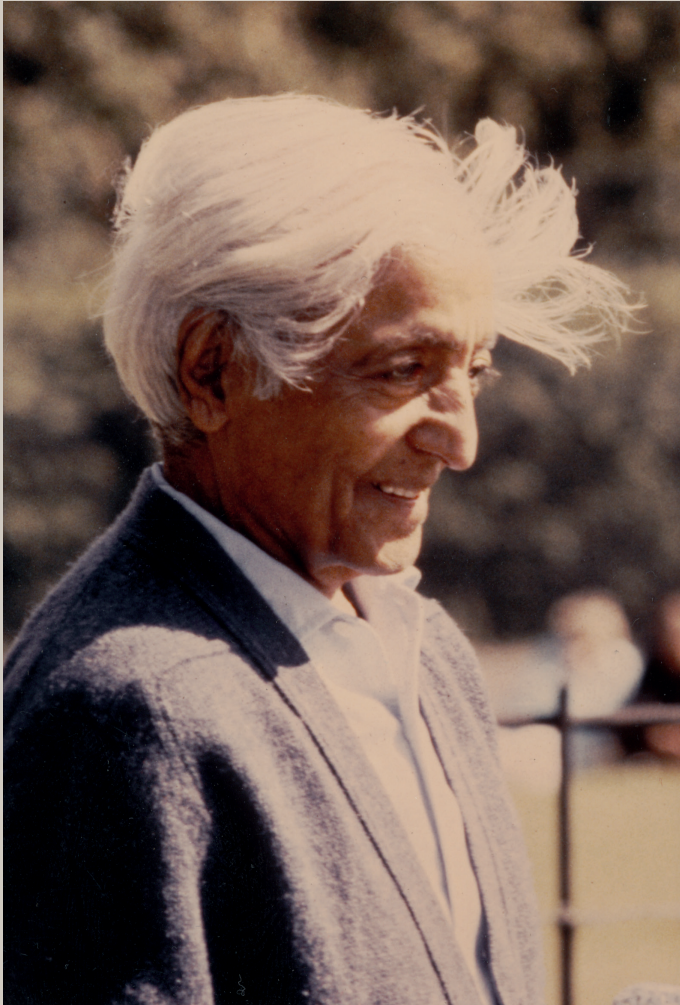
*Time and thought are inseparable;
put an end to one, and you put
an end to the other.*



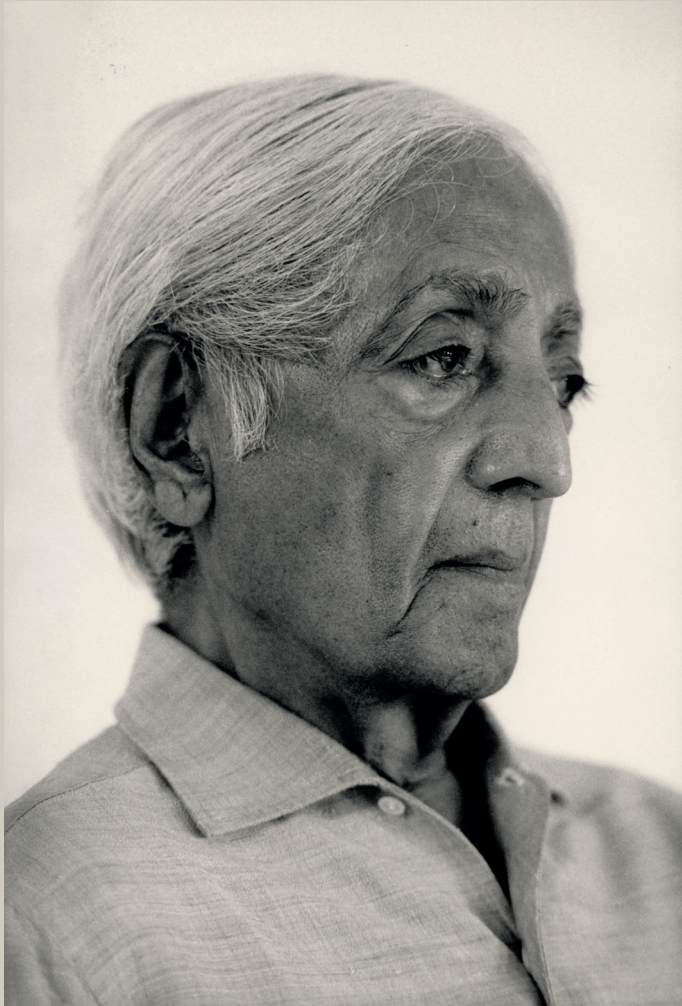
*Meditate alone. Get lost.
And don't try to remember
where you have been.*



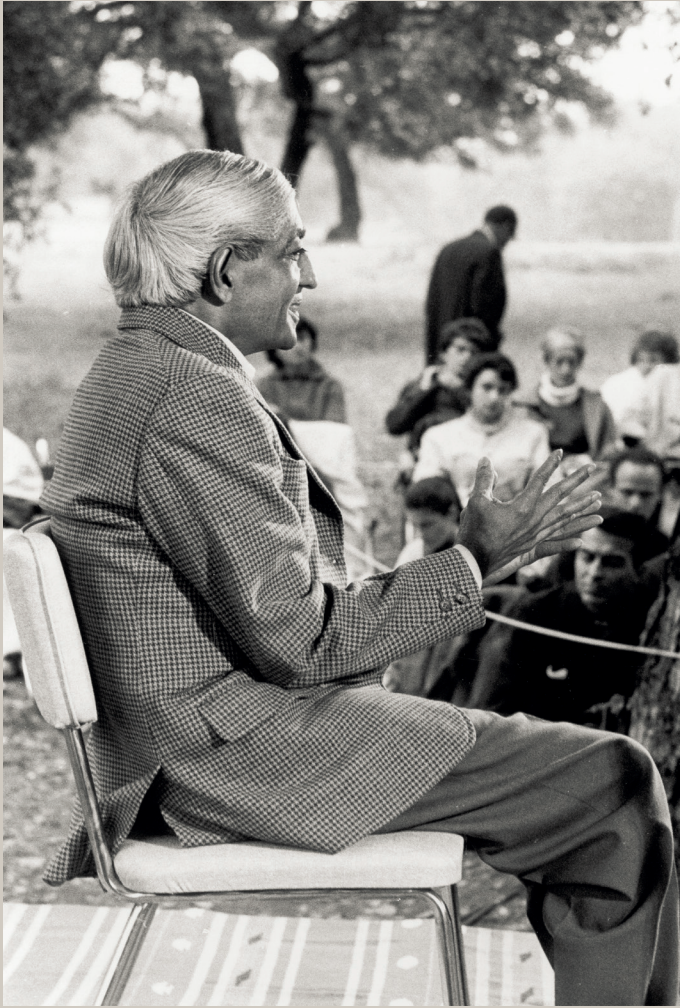
*Silence is always now,
as thought is not.*



*Love never strives after something;
it does not try to make itself perfect.
It is the flame without the smoke.*



*Stillness of the mind
is freedom from duality.*



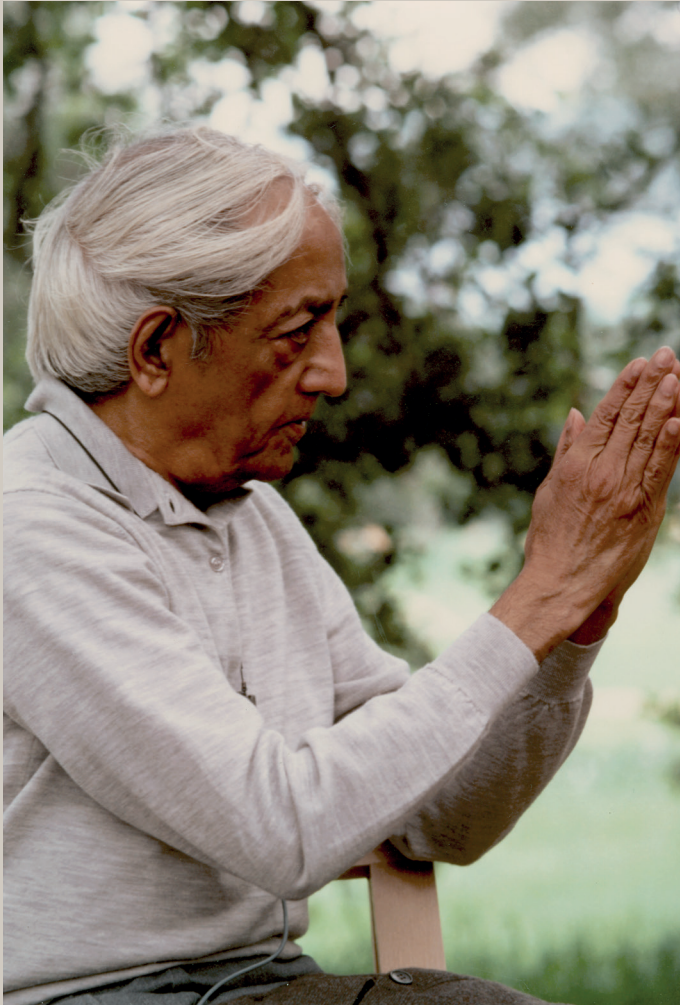
*Let the seed of awareness
bring forth its own fruit.*



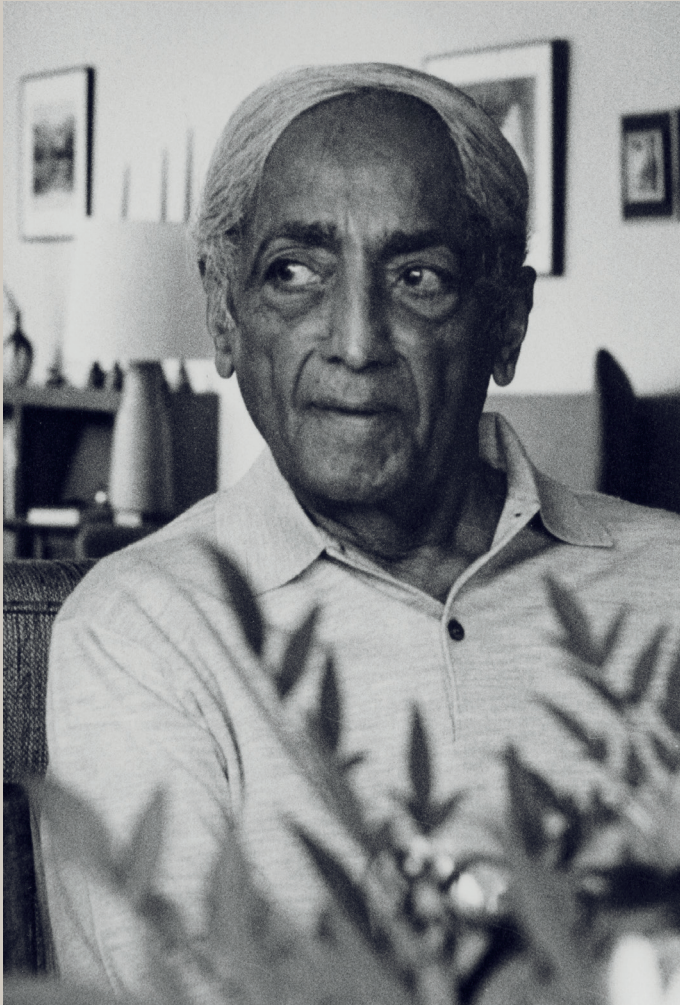
*Meditation breaks down
the frontiers of consciousness.*



*In the art of seeing lies the miracle
of transformation.*



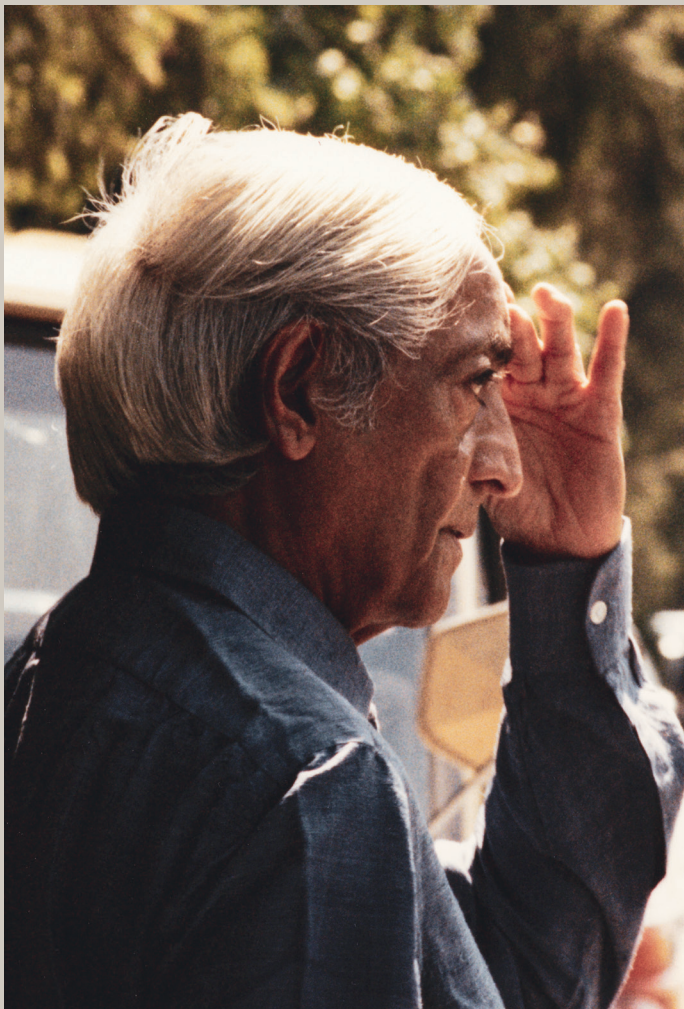
*To be aware of inattention
is to be attentive.
Complete attention is love.*



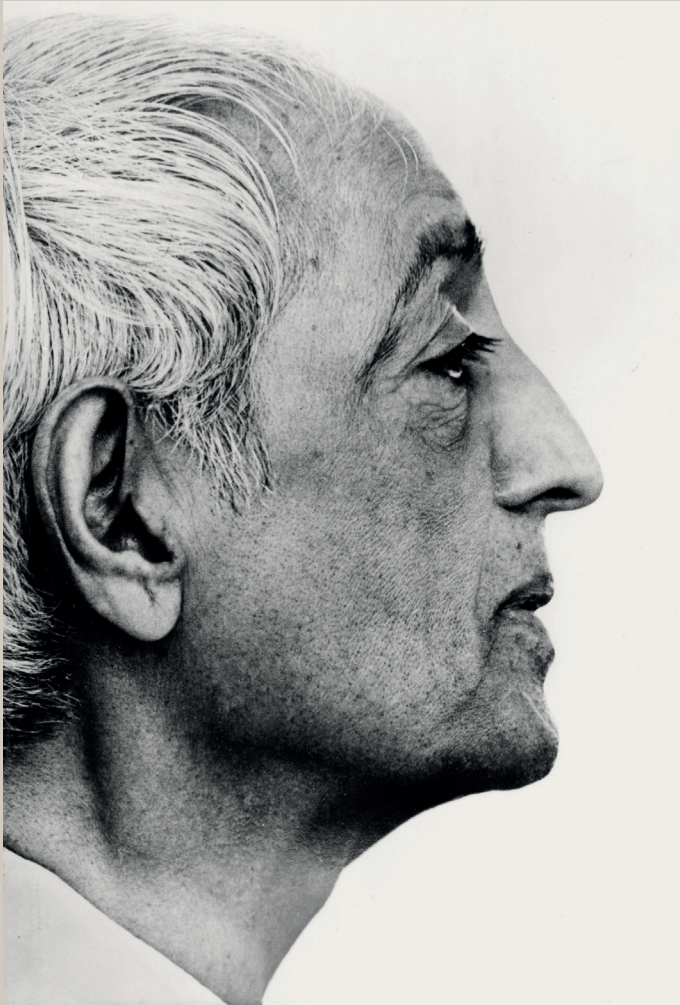
*In the full present, the past
has lost its burden.*



*Sit quietly without pressure.
Eat without rushing.
Be leisurely, yet precise.
Be clear in your thinking,
yet expansive.*



*Every leaf and branch
speaks of the joy of beauty.*



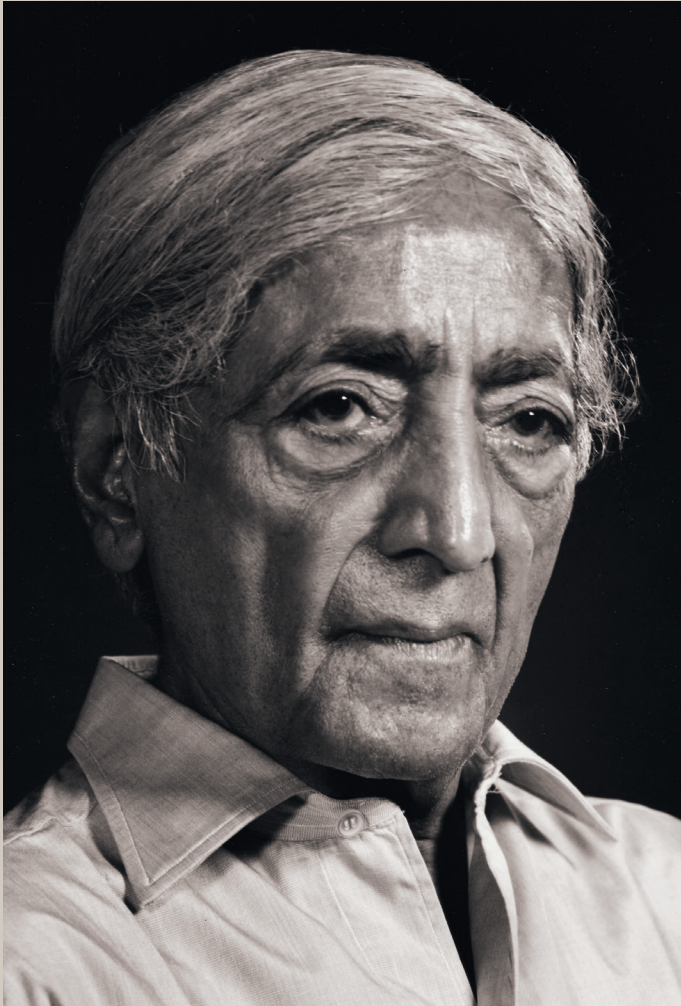
Love is never personal.



*By watching and listening,
one learns infinitely more
than from any book.*



*Except for the human beings,
it was a new day;
nothing was like yesterday.*



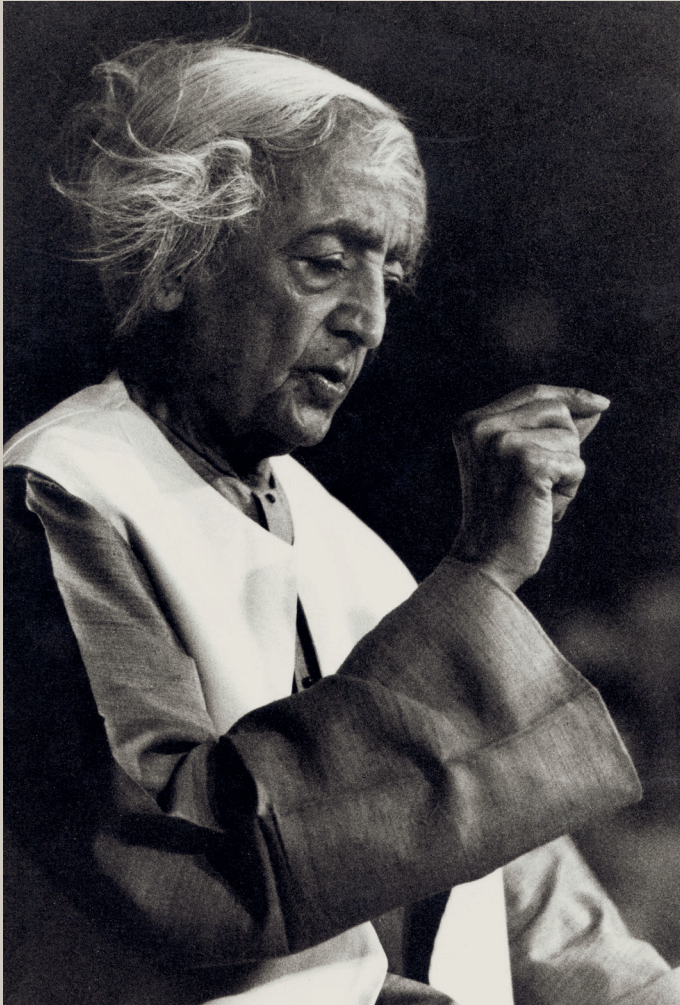
Be awake, aflame.



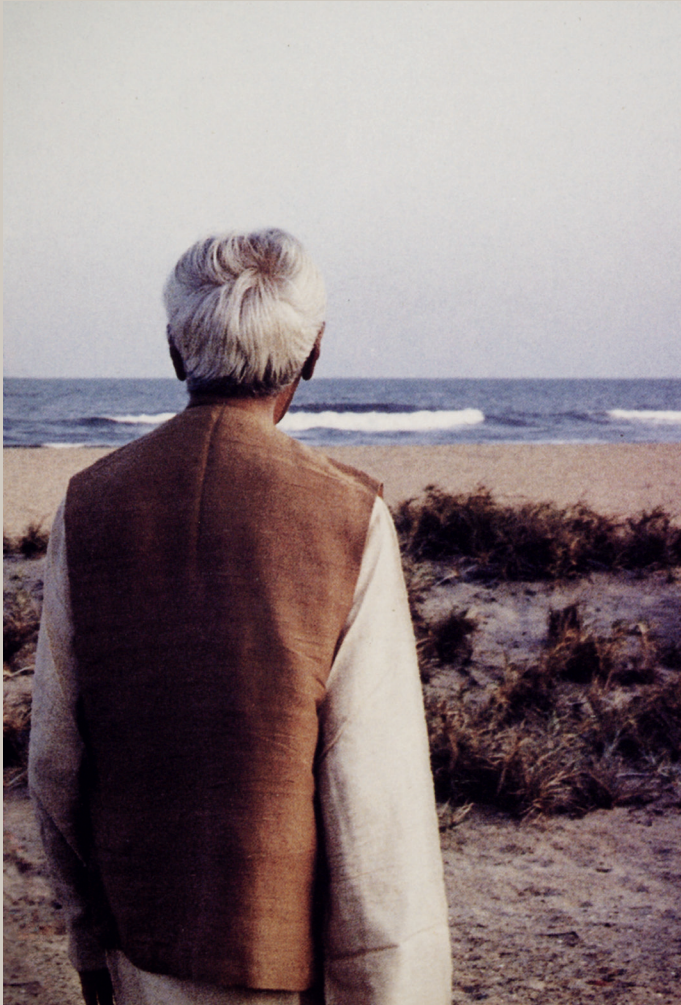
*As each thought or feeling arises,
think it out, feel it out,
follow it through.*



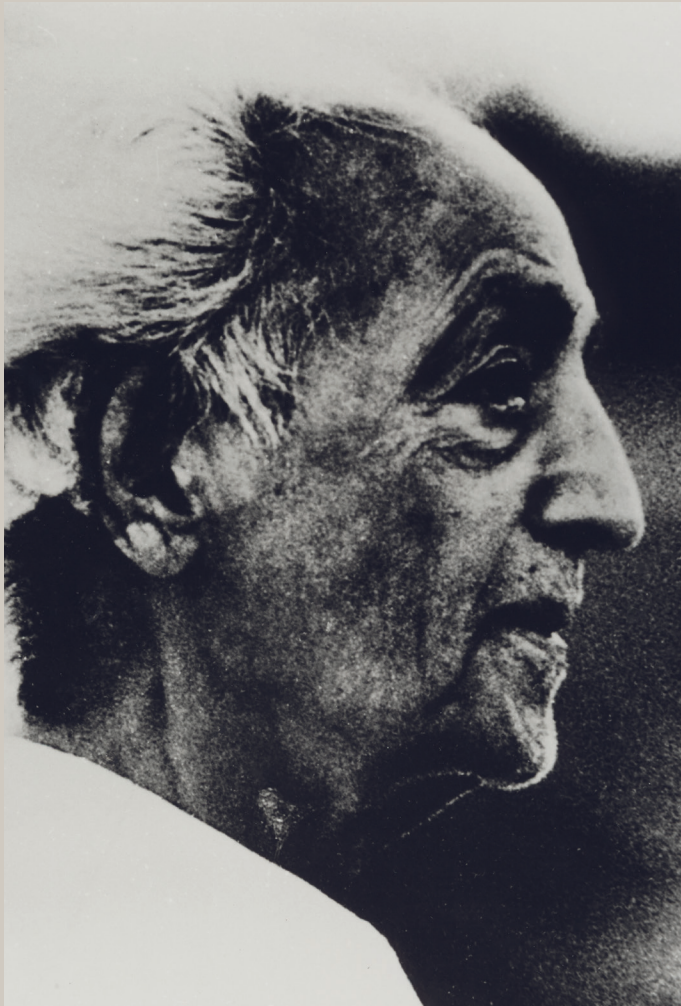
*In the harmony of mind and heart
is the realisation of the eternal.*



*The thunder of insight
is one movement,
not step by step.
It is like a swift arrow.*



*Freedom is at the beginning,
not at the end.*



*If you seek the highest,
you will not find it;
it may come to you
if you are lucky – and
luck is the open window
of your heart.*

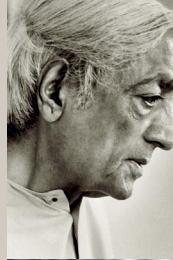
Sources



India, 1983
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Ommen, 1934
Photographer Unknown

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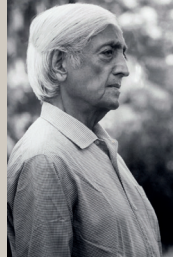


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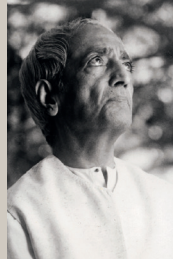


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MARK EDWARDS

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G.G. WELLING

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Text: HAPPY IS THE ONE WHO IS NOTHING



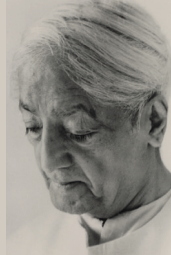


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M.A. HAMID

Text: **EDUCATION AND THE SIGNIFICANCE OF LIFE**



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MARY ZIMBALIST
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RAMESHWAR DAS

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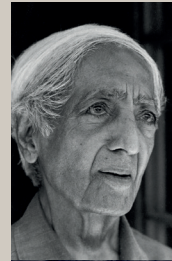


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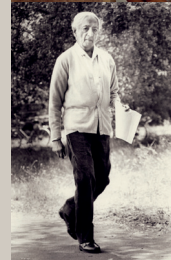


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Ojai, 1981
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Text: **MEETING LIFE**



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FRANZ ZIEGLER

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Saanen, 1968
MARK EDWARDS

Text: **THE BEAUTY OF LIFE –
KRISHNAMURTI'S JOURNAL**

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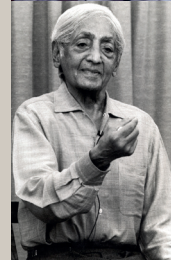
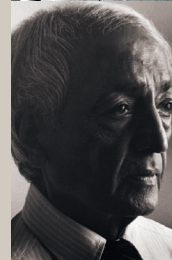
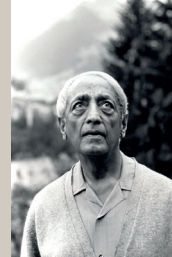


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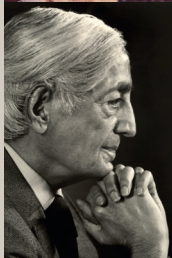


Ojai, 1980
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Bombay, 1980
ASIT CHANDMAL

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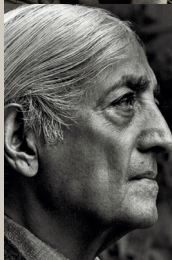


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YOUSUF KARSH

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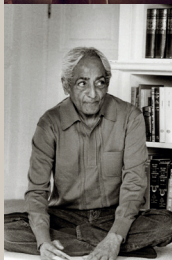


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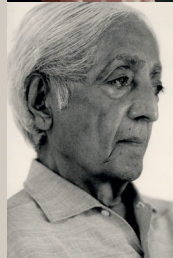
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Photographer Unknown

Text: THE WORLD WITHIN



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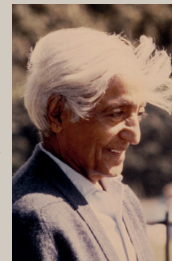


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MICHAEL MENDIZZA

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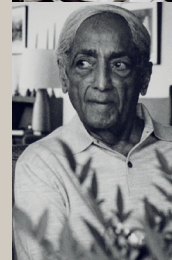
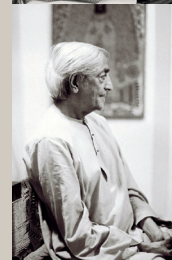
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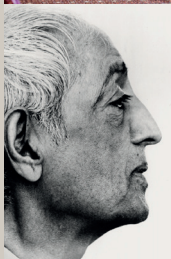
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Text: HAPPY IS THE ONE WHO IS NOTHING



Rishi Valley, 1970s

MICHAEL MENDIZZA

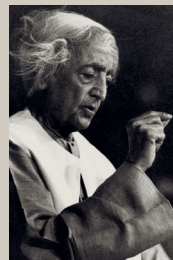
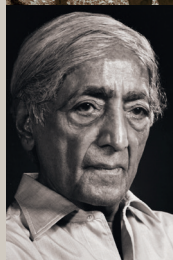
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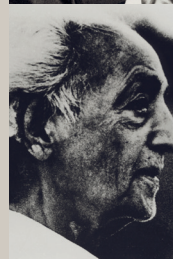
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ASIT CHANDMAL

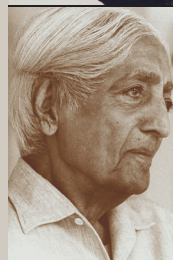
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ASIT CHANDMAL

Text: THE ONLY REVOLUTION



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Krishnamurti Teachings Site: jkrishnamurti.org

THE KRISHNAMURTI CENTRE • Established by Krishnamurti and opened in 1987, the retreat Centre was purposely designed. It is set in over forty acres of grounds in the beautiful Hampshire countryside. The Centre's accommodation comprises single en-suite rooms and flats for two people sharing. Its communal spaces include a library, sitting room, conservatory, video rooms, dining room, courtyard and a unique quiet room. All meals are vegetarian, with gluten-free and vegan options. There is no guidance or structured activity outside of group retreats, which include events for young adults.

This place must be of great beauty, with trees, birds and quietness, for beauty is truth, and truth is goodness and love.

KRISHNAMURTI

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KRISHNAMURTI FOUNDATION TRUST • Established in 1968 as a registered charity, Krishnamurti Foundation Trust exists to preserve and make available Krishnamurti's teachings. The Foundation serves a global audience by providing worldwide free access to Krishnamurti videos, audio and texts to those interested in pursuing an understanding of Krishnamurti's work in their own lives. It relies on donations and legacies to accomplish this, cover its costs and keep the Centre accessible. In describing his intentions for the Foundations, Krishnamurti said: *The Foundations will see to it that these teachings are kept whole, are not distorted, are not made corrupt.*

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Here at Brockwood, we are responsible for creating the soil in which there is freedom. In that freedom, we can flower in goodness.

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We feel strongly that Krishnamurti's teachings are increasingly relevant to the various challenges faced by society and humanity. You can support us in this important work by making a donation, however small, or with a legacy. This can be done online at

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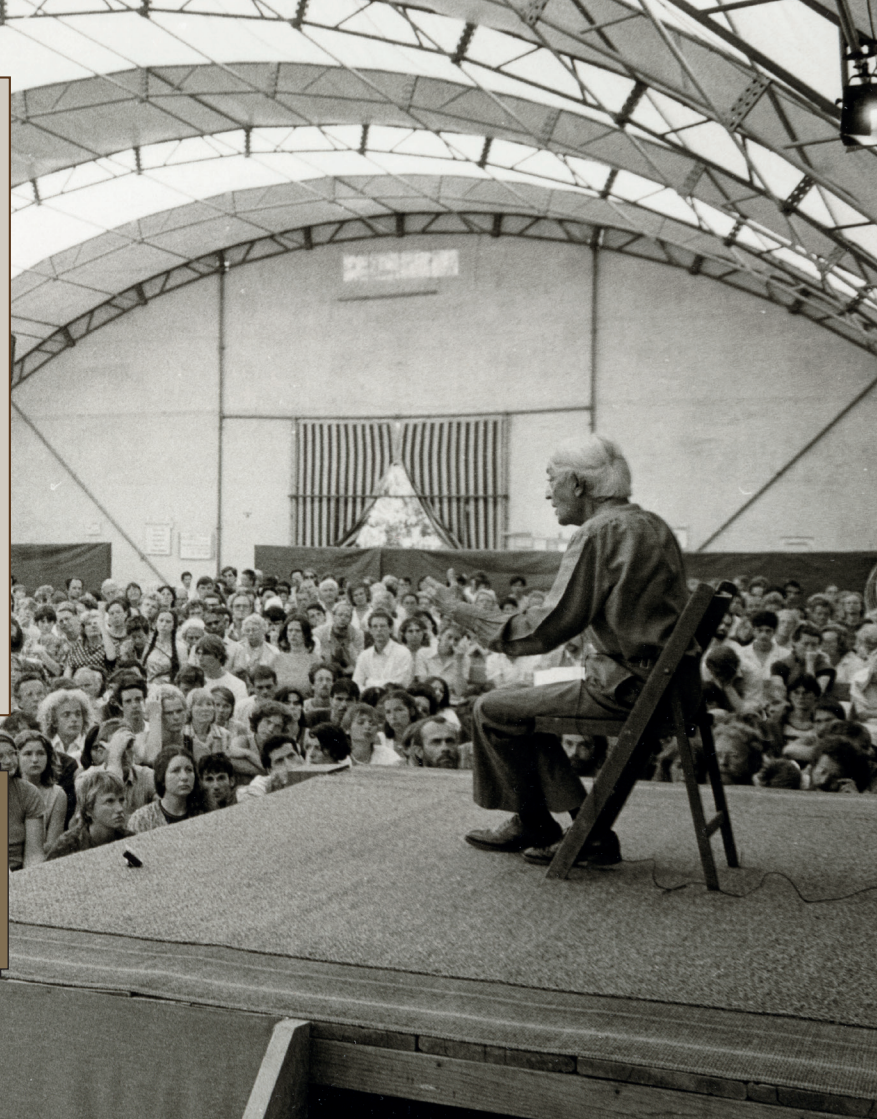
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This booklet contains a selection of quotes carefully chosen from Krishnamurti's written works. Each selection, poetic in nature, is complemented by a photograph.

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