I think one begins to discover what is the true religious spirit only through negative thinking, because for me negative thinking is the highest form of thinking. I mean by negative thinking the discarding, the tearing through of false things, breaking down the things that man has put together for his own security, for his own inward safety, all the various defenses and the mechanism of thought which builds these defenses. I feel one must shatter them, go through them rapidly, swiftly, and see if there is anything beyond. And to tear through all these false things is not a reaction to what exists. Surely, to find out what is the religious spirit and to approach it negatively, one must see what one believes, why one believes, why one accepts all the innumerable conditionings which organized religions throughout the world impose on the human mind. Why do you believe in God? Why do you not believe in God? Why do you have so many dogmas, beliefs?

Now, you may say that if one goes through all these so-called positive structures behind which the mind takes shelter, goes through them without trying to find something more, then there will be nothing left, only despair. But I think one has to go through despair also. Despair only exists when there is hope - the hope of being secure, being permanently comfortable, perpetually mediocre, perpetually happy. For most of us despair is the reaction to hope. But to discover what is the religious spirit, it seems to me that inquiry must come into being without any provocation, without any reaction. If your search is only a reaction - because you want to find more inward security - then your search is merely for greater comfort, whether in a belief, an idea, or in knowledge, experience. And it seems to me that such thought, born of reaction, can only produce further reactions, and therefore there is no liberation from the process of reaction which prevents discovery.

– J. Krishnamurti, 1961 Eleventh Talk in London
Dear Friends,

It is our objective that in any corner of the world a person has the chance to come across the teachings, whether through printed materials or the internet. Over the years the foundations have collaborated to make all of J. Krishnamurti’s edited text available for free on the internet in many languages and has published over 70 book titles. New publications create fresh interest and the possibility of connecting with new audiences.

We are working on two new book titles for the coming year, both with a focus on education. Did you know that we still have over 1000 events that still require editing, some even needing initial transcription? We continue to work on digitizing our collection housed in the archives, and are preparing for a new 200Tb (huge!) file server to store all that data.

The outreach programs have proven to be a good way to connect with existing and new audiences. In the coming months we will visit the East Coast and China to present the Awakening of Intelligence program. At the Educational Center in Ojai, we now have a strong team of program facilitators, each with a unique approach to the teachings and their relationship to daily living. We consistently receive very positive feedback from the participants, especially for our weeklong study intensives.

We want to thank all those who have supported the foundation over the years. Your time, gifts and care for sharing this work are what make all of this possible.

Jaap Sluijter
Executive Director

Head of School

Notes from the Head of School: This has been a rich year in the life of the school and for me personally. In addition to witnessing a wealth of living and learning on campus, I had the particular honor of traveling with this year’s seniors on their annual trip to India and got to know them very well indeed. What an incredible group of young people – our most recent graduates – but then, I have found myself saying those very words each year as I watch the students present their Senior Gateways and articulate their graduation speeches.

It is impossible to convey how deeply satisfied we at Oak Grove feel when we hear our students say: “Here, I have challenged myself and have gone beyond what I thought I was capable of. I’ve learned to speak up and also how to listen, to explore places close to home, on the other side of the planet, as well as inside of my own consciousness,” or “Oak Grove plants kids in a rich soil and lets them grow whichever way gets them closer to the sun,” or “creativity, compassion, kindness, and humility... Oak Grove has broadened my thinking on what success looks like. Our world doesn't need more of the conventional definition of success. What good are doctors, lawyers, or CPAs if they lack compassion?” We can't help but be inspired and filled with hope for our future...

Meredy Benson Rice
Head of School

Oak Grove notes continued on Page 4
The Archives & The Capacity for Long-term Thinking

Cory Fisher, Archivist

One of the primary intentions of the Krishnamurti Foundations is to preserve J. Krishnamurti's teachings; to enable access to anyone who may be interested in a potential catalyst for a radical shift in human consciousness—a deep invitation to reflection, self-knowledge, and the movement of understanding with the capacity for transformation. Concurrently, it seems, that as we work toward developing strategies to preserve the integrity of the work on materials that can withstand the tests of time, that this invitation is also to be integrated into our own lives. Rigid materials with enough stability to preserve information are crucial in preserving such an invitation, but the real life, the real activity, seems to be in the living reality of its reflection in ourselves. If there is a possibility of transformation within human consciousness, it is something that lives beyond the tumultuous wax and wane of time, something that lives, waiting to be awakened.

When the Krishnamurti Centers were initiated, they were intended to last 1000 years. This, in turn, translates to the preservation of Krishnamurti's work for an equivalent scale of time. There are practical concerns regarding materials that can withstand the elements—maintaining ease of access across multiple generations through the evolution (or loss) of technological advancements. But what is really fascinating is learning about, experimenting and perhaps developing our own capacities to think in such long-term stretches of time. Thinking in this way has a capacity to illuminate elements of our interrelationship with each other, with nature, and the ephemerality of our societies, and civilization as a whole. If we recognize the preservation of Krishnamurti's work through the generations as a timeless invitation of consciousness to itself, what is our responsibility as human beings alive now? How is it that we, and future generations, are to interact with such an invitation?

Legacy Circle

If you feel strongly about our charitable work and would like to join together with other supporters that share your values and expectations for our future, we hope you’ll consider joining the Legacy Circle. Legacy Circle members are donors who include the Krishnamurti Foundation of America and/or Oak Grove School in their will or other estate plans.

Many of our supporters understand just how important they are to the continued advancement of public understanding and realization of human potential by means of the study of the teachings of Krishnamurti. They trust us to be good stewards and to use their gifts in a way that helps us most effectively carry out our mission.

If you’ve already named us in your will or other estate plans, just let us know that you have done so. And if you haven’t already made charitable plans like these, we are happy to talk with you about what methods of giving could work for your unique circumstances, without obligation.

I welcome hearing from you. If you have questions or observations, contact me.

Melissa Navarro, Development Director
(805) 646-2725 ext. 808

Her Story

In our most recent appeal, we asked donors to share their stories of how they were first impacted by J. Krishnamurti's teachings.

“When I was a student at University of Michigan, in pre-med, a close girlfriend suggested that I would like Krishnamurti. The first book I read by him, it was love at first sight—and amazement. When I saw him, and heard him speak, I was even more amazed, by his beauty and incomparable intelligence. I’m now 63-years old, and grandmother to four children. K remains my favorite author of all time. I’ve provided for KFA in my will. I’m by no means rich. I never did become a doctor, and go to India—my dream at the time. I’ve been a homemaker and part-time cook, and am now retired. My assets will be divided equally among my two daughters and KFA ... I feel sorry for everyone who hasn’t heard of Krishnamurti. Like a highly skilled surgeon, he precisely cuts out all the ‘rotten spots’ in the brain—mind and heart; and heals us all.”

Sincerely yours,

Lenore Kovach

To share your story and read more, visit kfa.org/sustain.
This has been my last year as Head of School and it couldn’t have been more fulfilling. I’m thrilled to have the opportunity to return in November to take on the position of Director of Teaching and Learning so that I can continue to help teachers deepen their connections to Krishnamurti’s philosophical approach to education and the art of living and learning in their classroom practice. I know the school is in good hands with Willem Zwart taking on the principalship and will continue to grow in leaps and bounds.

I’ve been honored to serve the school thus far and am so excited to contribute the last years of my professional career to Oak Grove School – a school that I fell in love with 25 years ago, a school that inspired me to pack up my family and head across country from my native Canada to be part of it, a school that helped me raise my own three beautiful children, and a place, a community, that has allowed me to grow and learn to a degree I never thought possible. This is a very special place, one that is not always easy, and rightly so. It’s a place that challenges us at every turn, in the words of Krishnamurti, “to look into the mirror of relationship” and see the whole truth of who we are and to stay present to what we observe. It’s a place that challenges us with an almost impossible mission – to bring about a radical change in society by radically changing ourselves.

And all of you – our kind friends – help us at every turn to bring this about through your continued support of this beautiful school. — Thank you.

As part of their culminating reflections on Krishnamurti’s teachings, each spring Oak Grove high school seniors produce videos, installations, sculptures, writing, and more within their Religion, Culture, and Ethics class. Visit www.oakgroveschool.org/senior-project to view a sampling of their work.

“Meditation is one of the most extraordinary things, and if you don’t know what it is you are like the blind man in a world of bright color, shadow and moving light...”

Continuing to Explore

Oak Grove students, from early childhood to twelfth grade, are an inquiring, adventurous group. The 2015 graduating class is no exception. These young men and women are following their passions to explore animal science, philosophy, music, education, medicine, economics, engineering, and more. Their journeys are leading the students to colleges, universities, and internships both close to home and around the country. Two students from this class are now walking the 450-mile Camino de Santiago in Spain. We are eager to hear about what each of them experiences as they expand their perspectives and their world.
The 2015 Graduating Class of Oak Grove School

“I feel you ought to leave this place highly intelligent, not just pass some exams, but be tremendously intelligent, aware, beautiful persons... then your life will be sacred.”

– J. Krishnamurti

On Wednesday, June 3rd, Oak Grove School honored the hard work, dedication, and spirit of its 2015 graduating senior class: Vivi Chou, Kyle Crooke, Eryn Etchart, Gianni Garubo, Noah Gilman, Rachel Golm, Ruby Grass Doss, Sky Hamilton Texier, Olivia Hardley, Kai Kirwin, Ivy Li, Sophia Montano, Nick Rubalcava, and Britnee Sweat. Like all classes, this group embodies the benefits of a Krishnamurti education in so many ways. The students describe the value of listening, of meditation, of the beauty of nature, and the importance of relationship. “From my classmates, I have learned who I am and the importance of keeping an open heart and mind.” says one graduate. “I’ve learned that it is okay to be uncomfortable and I’m so grateful for this opportunity.” View student speeches, keynote addresses, and more at www.oakgroveschool.org/blog.

An Inspiration, a Leader, a Friend
Acknowledging Meredy Benson Rice

We have been incredibly honored to work with Meredy as our Head of School these past seven years. In addition to this most recent position, over the past 25 years Meredy has served as a dorm parent, high school English teacher, and Director of the Secondary School. Personally and professionally, she has been a huge influence on our entire staff and we are grateful she is returning this next school year as Director of Teaching and Learning. Below are just a few contrasts that have taken place the past seven years:

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<td>Enrollment</td>
<td>$404,036</td>
<td>$573,126</td>
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<tr>
<td>Endowment</td>
<td>$671,000 in 2008 – 2009</td>
<td>$1,455,831 in 2014 – 2015</td>
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“Given that Krishnamurti left no blueprint, Meredy, you and your staff have done a remarkable thing in turning the whole of OGS into a serious, sustainable, learning environment — what Krishnamurti talked about for so many decades. He wanted what you have created, where the issues he talked about could be explored and investigated. Pure and simple. You all have done it.” — Mark Lee
Events Calendar
2015 - 2016

The Krishnamurti Educational Center & Oak Grove School

KEC Events:
Program fees include lunch and dinner, room fees include breakfast.
www.kfa.org  |  (805) 646-4773

OGS Events:
School events take place on Oak Grove campus: 220 W. Lomita Ave., Ojai, CA.
www.oakgroveschool.org  |  (805) 646-8236

Recurring Events at KEC

Weekly Dialogue
Every Tuesday, 7:00-8:30 PM
This free weekly dialogue event consists of a brief introductory presentation of Krishnamurti material – textual, audio or video – followed by dialogue exploring the questions raised.

Monthly Video / Dialogue
Looking, Listening, and Shared Inquiry
4th Saturday of every month, 6:00-10:00 PM
This free program starts with a video of Krishnamurti, then seeks to explore the topic of the video via the medium of dialogue.

Exact dates online: www.kfa.org/recurring

Annual Gathering
We invite you to our Annual Gathering at the KEC. Friends both local and from around the world come to listen to speakers, participate in discussions and dialogues, attend workshops, and connect with friends old and new.
Several talks and workshops occur at the same time, offering playful choices, as well as events more scholarly in nature.
The program takes place on Saturday and Sunday, with lunch available for purchase both days at the KEC campus. No charge to attend, no reservation necessary.

India Night
For the past 19 years, Oak Grove seniors have spent the end of December and the majority of January visiting sister schools in India as well as traveling to cities and rural communities. Students present their experience during this evening of community and inspiration.

Study-Intensive Retreats
These unique 7-day programs, offered three times per year (January, April and August) are designed to provide an opportunity for a deeply immersive study of the life-changing teachings of J. Krishnamurti, within a nurturing atmosphere of encouragement, affection and support. During these programs, participants enter into exploratory, intensive and sensitive inquiries multiple times each day, and view videos of Krishnamurti’s talks and dialogues.

Study Intensive and Retreat: Death, Renewal and the Creative Mind
August 23 - 30, Sunday - Sunday (7 days)
Program Fee: $750 / Room Fee: $575

In-Depth Study Program: Science and the Unknown
September 7 - 11, Monday - Friday 2:00 - 5:00 PM (5 days, meals not included)
Program Fee: $100 / Room Fee: $330

Weekend Retreat: Introduction to Krishnamurti
September 25 - 27, Friday - Sunday (2 days)
Program Fee: $165 / Room Fee: $165

Special Event: Yoga Sutras in the Light of J. Krishnamurti with Ravi Ravindra
October 26, Monday 7:30 - 9:00 PM
Program Fee: $20

Yoga and Inquiry Weekend Retreat
August 8 - 9, Saturday & Sunday (2 days)
Program Fee: $145 / Room Fee: $165, includes Friday night

Study Intensive and Retreat: Title TBD
January 17 - 24, Sunday - Sunday (7 days)
Program Fee: $750 / Room Fee: $575

OGS Events:
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www.oakgroveschool.org  |  (805) 646-8236

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Program Fee: $750 / Room Fee: $575

November / December / January

Oak Grove School Open House and All-School Showcase
November 7, Saturday, 1:00 - 4:00 PM
Free Event

Explorations Into Freedom Intensive: Freedom from the Known
November 8 - 15, Sunday - Sunday (7 days)
Program Fee: $750 / Room Fee: $575

Weekend Retreat: The Core of the Teachings
December 4 - 6, Friday - Sunday (2 days)
Program Fee: $165 / Room Fee: $165

Weekend Retreat: Title TBD
January 8 - 10, Friday - Sunday (2 days)
Program Fee: $165 / Room Fee: $165

Study Intensive and Retreat: Title TBD
January 17 - 24, Sunday - Sunday (7 days)
Program Fee: $750 / Room Fee: $575

Explorations into Freedom Intensives
This 7-day intensive, offered twice each year, is a new approach to working with Krishnamurti’s teaching that emphasizes the transformational potential of direct seeing and listening. Through shared interactive dialogue, participants are encouraged to go beyond pre-conceived ideas in order to explore the potential of setting into motion dynamic, fresh perceptions, an ‘aliveness’, that can flush out previously unexamined resistances, fears and contradictions. This work will help to realize the possibility of sensing the energy of love that is beyond the conditioned mind.

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High School Showcase
The event features music performances by Oak Grove’s high school, as well as the student paintings, photographs, installations, videos, and ceramics. Be a part of this celebration!

Earth Day
In celebration of sustainable living, global awareness, and the joy of nature Oak Grove teams up with other local non-profits to host Ojai’s once-a-year event. The day includes valley-wide school involvement, environmental exhibits, arts and outdoor activities for all ages, live entertainment, world foods and more.

Open House and All-School Showcase
Discover the art of living and learning at Oak Grove School! View student work, enjoy performances, find out more about the progressive college-preparatory high school, boarding program, junior high, elementary, and early childhood programs.

High School Graduation
What are the benefits of a Krishnamurti education? Hear from the graduating Oak Grove seniors themselves at this wonderful celebration.

Alumni Gathering
Reconnect with friends and family at this summer kick-off event at Oak Grove School. For current and former students, families, and staff.

India Night at Oak Grove School
February 19, Friday, 7:00 - 9:00 PM
Free Event

Yoga and Inquiry Weekend Retreat
February 19 - 21, Friday - Sunday (2 days)
Program Fee: $145 / Room Fee: $165

Weekend Retreat: Title TBD
March 11 - 13, Friday - Sunday (2 days)
Program Fee: $165 / Room Fee: $165

Writing Workshop
March 28 - April 1, Monday - Friday (5 days)
Program Fee: $420 / Room Fee: $330

Study Intensive and Retreat: Title TBD
April 10 - 17, Sunday - Sunday (7 days)
Program Fee: $750 / Room Fee: $575

Earth Day at Oak Grove School
April 23, Saturday, 11:00 AM - 4:00 PM

May / June / July

Annual Gathering: The Awakening of Intelligence
April 30 - May 1, Saturday & Sunday (2 days)
Free Event / Lunch available for purchase

Oak Grove High School Showcase
May 27, Friday, 7:00 - 9:00PM
Free Event

Weekend Retreat: What Is the Religious Aspect of Education and Why Is It So Important for This Century?
June 3 - 5, Friday - Sunday (2 days)
Program Fee: $165 / Room Fee: $165

Oak Grove High School Graduation
June 8, Wednesday, 6:30 PM
Free Event

Oak Grove School Alumni Gathering
* Open to current and former Oak Grove students, families, and staff
June 11, Saturday, 12:00 - 2:00 PM
Free Event

Explorations Into Freedom Intensive: Love, Creative Energy & Awakening
June 19 - 26, Sunday - Sunday (7 days)
Program Fee: $750 / Room Fee: $575

Teacher Education Program
Re-envisioning Education, and the Craft of Teaching and Learning
July 17 - 24, Sunday - Sunday (7 days)
Program Fee: check the website for pricing kfa.org/teacher-education

Yoga and Inquiry Retreats
Participants explore the connection between mind, body and life, through yoga and dialogue. This is an opportunity to examine Krishnamurti’s work through a refreshed lens as one engages the body and brings the full self into inquiry.

Weekend Retreats
Weekend Retreats (formerly theme weekends) are for people eager to inquire into fundamental questions in an atmosphere of togetherness and openness. These events are suitable for those already acquainted with the teachings as well as those new to them. The events start on Friday evening and end on Sunday afternoon.

Teacher Education Program
Starting with the questions that we grapple with in our daily lives as educators, this seven-day program, offered each July, builds on the insights participants come to from their own deep looking and shared inquiry during the program. We shift from seeking answers to finding key questions that transform the way we see (and respond to) our educational challenges. By uncovering the underlying values of teaching and learning, we re-envision school, classroom and other learning environments. In re-orienting the act of teaching to one of learning, we awaken the craft of teaching.

Communication Calendar
Monthly Email - news, events, quotes, publications and more. Email info@kfa.org to sign up to receive these messages.

Annual Report - August 2015
Annual Appeal - September 2015
Bulletin - November 2015
Foundation Focus - February 2016
Spring Appeal - March 2016
A group of high-school students are standing outside, under a tree, fully engaged in a boisterous discussion surrounding the topic of identity. We have been taking part in an activity called “Extremes” for the last thirty minutes, in which two directly contradicting statements are read out loud, and according to whether the students agree or disagree, they move left or right, giving their thoughts a physical presence and position.

I read: “Identifying with groups is good for society.” Students tentatively begin to move to one side.

I read: “Identifying with groups is harmful for society.” The group shuffles apart, creating a clear distinction between the two beliefs.

“Everything bad that has happened in this world has been a result of human beings identifying with groups or organizations,” claims a sophomore.

“But you could also say that every good thing that has happened in this world has been a result of identification,” challenges another student.

“So when does identification become a problem?” asks the teacher.

The discussion transitions into attempts to qualify the benefits of identification as an overall movement. Hands fly up and words crowd into one another, each person determined to assert why their particular definition of identification is necessary for humanity’s progress. Then, a student raises her hand and says, “I really don’t like this.”

We prompt her to elaborate.

“We are divided into separate groups, talking over each other, committed to the idea that our side is right. What we are doing right now is the very thing we are talking about. It’s dangerous—look how it makes us behave…and we actually know and like each other.”

The group settles into silence. Five minutes later, our time is up and the group disbands into their respective classes.

Moments like these embody the core of the Think on These Things program. There is a difference between intellectually discussing a question and experiencing its active relevance. Our consistent intent is to provide a space in which young adults can observe and understand themselves.

We founded this program because we think there is transformative potential within self-understanding. Granted, measuring “transformation” may not be possible, however, there is inherent value in being with one another in an atmosphere of openness, attention and care.

There is inherent value in directly observing that the very thing we are discussing—the process of identification—is what we are doing in a daily, automatic way.

There is inherent value in being able to look at ourselves, clearly, without judgments, because in those moments, a richly different learning has the opportunity to unfold.

transformational potential within self-understanding
Amanda Lezra, Think on These Things Program Director
Coming Soon: Online Study Programs

In March 2016 we plan to launch the first online Study Program for Krishnamurti’s teachings called *Choiceless Awareness*. In this course small groups of about 15 participants have the opportunity to study, reflect on and interact with Krishnamurti’s works for a four-month period. Through online programs we aim to make it possible for people from all over the world to participate. We will also create opportunity for groups to come to our center in Ojai first to meet one another directly and start exploring face to face, then continue to do so by working together online, through the course.

We are very excited by this upcoming offering and if you wish to learn more or read the syllabus visit www.kfa.org/onlinecourse.

Foreign Publications

This list is a representation of our global strategy to disseminate Krishnamurti’s work into every major language in the world. The majority of people in this world don’t speak English, so many of them don’t yet have access to the teachings, and the only opportunity we have to offer them this beautiful work is through foreign translation. We are excited to share with you the list of agreements we have made in the past six months of foreign titles to be published:

- Brazil - *The Book of Life*
- Brazil - *Freedom From The Known*
- Brazil - *The World Within*
- Finland - *The Ending of Time*
- Japan - *1980 Sri Lanka Talks*
- Russia - *Action*
- Russia - *Krishnamurti: A Biography*
- Russia - *K To Himself: His Last Journal*
- Russia - *The Observer is the Observed*
- Serbia - *Freedom From The Known*
- Spain - *The Flight of the Eagle*
- Taiwan - *Freedom from the Known*
- Taiwan - *What Are You Doing With Your Life?*
- Thailand - *Think on These Thing*

New CFO of the Krishnamurti Foundation of America

After seven years of dedicated service, our CFO Margaret Mistele is handing over her position to Scott McGregor, who has already become a vital part of the community with exciting ideas for the future of the organization. Thank you, Margaret, for your incredible work.

Outreach 2015 - 2016

For the past three years we have visited the East and West Coasts, offering presentations and dialogue opportunities to our friends in the United States and also worldwide, in places like China, India, Argentina, and more.

If you would like to collaborate in planning a visit to your local community, please contact us by emailing outreach@kfa.org.
Neuroscience & J. Krishnamurti’s Teachings

excerpts from a paper by Michelle Melonakis, KEC Residential Student

In the last 20 years, neuroscience has found proof of several of the discoveries David Bohm and Krishnamurti proposed in the 15 or so hours of dialogue in “Ending of Time.” For example, in the dialogue about senility and the brain, K proposes that meditation can regenerate and create or change those neurological connections, something that the Max Planck Institute has been researching and validating proof of.

At birth, your brainstem is mostly active, controlling your most basic functions such as sleep, breathing, circulation, growth, etc. Between 12 and 24 months old, your hippocampus and amygdala are formed. The hippocampus is the part of your brain that learns, and the amygdala is the part of your brain that controls emotional responses such as fear and aggression. As you grow, the brain becomes more active in the outer portions, called the cortex, which involves thinking, sensing, movement, and consciousness. Most of our emotional responses are learned very early on. The older one gets, the more significant emotional response has to be in order to seem relevant, and therefore recorded.

Not all of our most destructive thoughts come from extremely traumatic events. Perhaps you tell yourself that you are “stupid” when you make a mistake. And we are human, so mistakes often occur. Over and over you tell yourself this. When associations are built in your mind, a stimulus is connected to a thought, the neurons physically connect. And when one fires, the other one fires as well. So additional stimuli that are similar to the original will repeat the thought “I am stupid.” Reactivating these neurons strengthens the connection, creating what Krishnamurti calls a pattern of thought. Thoreau said “As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.” Often small thoughts like “I am stupid” are what fill your jar of thoughts when the mental path is used too much.

The more repetitive our daily thoughts are, the more issues we have with senility and brain atrophy (decrease in brain density) later in life. Krishnamurti said “But I am questioning whether psychological knowledge is not in itself a factor of the shrinking of the brain.” As we age, the brain begins to shrink, especially the more repetitive and mechanical our jobs or daily tasks are. Lawyers who work on different cases all of the time, and taxi drivers who learn new and different areas of the city are a few of the professions where the brain does not shrink. Most office jobs, and even doctors and engineers whose work responsibilities do not vary are at risk for brain atrophy.

The ability of the brain to vary or change its patterns is called plasticity. The Max Planck institute performed a research study involving meditation, and discovered that people who meditate have a higher density of grey matter in areas of the brain that control emotions. It turns out that while people who meditated on a fixed object had no change in brain plasticity, those who did open monitoring meditation did have significant changes. Open monitoring meditation is where one aims to remain only in the monitoring state, attentive moment by moment to anything that occurs in the experience without focusing on any explicit object.

The Krishnamurti Educational Center Residential Program a unique opportunity for young adults to participate in a living and evolving community. The intention of the one-year program is above all, to allow for open exploration of all aspects of one’s life, with the ongoing potential of gaining insight into the nature of one’s life, the world, and the activity of human relationship. For more information about the program visit kfa.org/residential-students.
Stephen Smith, an excerpt

The revolutionaries of the past wanted to do away with the past: they began again from zero, literally. But they took Time with them—they thought in terms of Time—and therefore what they did, though it may have brought improvements, was always in terms of a pre-set pattern, something intended for the future. For Krishnamurti, “the future is now”; in other words, the challenge for each of us is to be fully aware in the present, here-and-now. There is no revolution in the future because, as soon as we accept Time as its medium, we have already accepted “consciousness as we know it” with all its history, deceptiveness and flaws. And, if the instrument be flawed, how can its outcome be happy?

This leads naturally to a consideration of thought-as-time and thought-as-instrument. Put simply, Krishnamurti contends that whatever thought does in terms of the psyche, that is, where relationship and meaning are concerned, is at best partial and at worst catastrophic, leading to separateness, conflict and violence. This is the legacy of humankind, it is the manifestation of homo sapiens which means literally “knowing human being”. He is on record as saying (Madras 1947, Talk 5), “We have had two catastrophic wars which have almost destroyed man, that is, man as a means of knowledge.” In other words, our species as it now is has failed. Nor is it capable, in its present state, of dealing with the challenges it faces: they are too great, too splintered, too ubiquitous. From climate change to war to child abuse, there seems no end to the havoc we wreak. “That it should come to this,” says Hamlet—and it has.

Though a quiet, shy man, Krishnamurti was a leader and, like most leaders, he had a vision: he wanted things to be different from what they are. But how can things change, that is, transform—how can a new society be born—without a change in the heart-mind of the individual? It isn’t possible, Krishnamurti says. We have tried changing the outer structure, reorganising the economy, abolishing marriage—which happened in the first years of Russian state socialism—in the hopes of creating a fairer society, one dedicated to freedom, equality and brotherhood. These ideals have never materialised, because the people for whom they were prescribed and intended remained, psychologically, what they were: living off ideas and subject to tyranny. The fragmented human condition went on.

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Stephen Smith was sometime Acting Principal, some years Academic Director, and twenty years a teacher at Brockwood Park School in England. While living in Ojai, he was for five years Coordinator of the Krishnamurti Center in Ojai, organizing events and facilitating dialogues. He made this presentation during the 2015 May Gathering, and continues to facilitate annual dialogue programs at the KFA.
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