This is the common ground of all humanity. And whatever happens in the field of this consciousness, we are responsible. That is, if I am violent, I am adding violence to that consciousness that is common to all of us. If I am not violent, I am not adding to it. I am bringing a totally new factor to that consciousness. So I am profoundly responsible: either I contribute to that violence, to that confusion, to that terrible division, or, as I recognize deeply in my heart, in my blood, in the depths of my being, that I am the rest of the world, I am mankind, I am the world, the world is not separate from me, then I become totally responsible. Obviously! This is rational, objective, sane. The other is insanity—to call oneself a Hindu, a Buddhist, a Christian, and all the rest of it—these are just labels.

When one has that feeling, that reality, the truth that every human being living on this earth is responsible not only for himself, but for everything that is happening, how will one translate that in daily life? Do you have that feeling? Not as an intellectual conclusion, an ideal, and so on—then it has no reality. But if the truth is that you are standing on the ground that is common to all mankind, and you feel totally responsible, then what is your action toward society, toward the world in which you are actually living?

J. Krishnamurti
Saanen, 1st Q&A Meeting, 29th July 1981
Humanity is facing numerous global crises, and our approach to solve them seems inadequate. Krishnamurti suggests that as long as we identify with a belief or nationality, we breed war and conflict. This is a radical departure from how questions looking at the global crises are most often framed. It is essential to inquire into how we approach the many crises in the world and our underlying assumptions. At the same time the question emerges: How do we, as a global society, come together to bring about the ending of these crises?

This May, we are coordinating a conference at our Educational Center called *Facing A World in Crisis*, during which a panel of speakers together with the participants will inquire into this question. This conference will follow immediately after the Annual May Gathering.

Last month the KFA released the new book *Unconditioning and Education* which presents a series of dialogues of Krishnamurti exploring with parents and teachers the need for a radical approach to education. It is a rare event in the history of humanity that a thinker such as Krishnamurti was personally involved in creating schools.

Toward the end of 2015, we also completed an extensive roof renovation of Krishnamurti’s former home, a historic building under the care of our Foundation. In February we plan to begin necessary work of improving the interior of Pine Cottage. We would like to thank all of our supporters for helping us to maintain and care for this unique place.

Affectionately,

Jaap Sluijter
Executive Director

Oak Grove School is celebrating its 40th anniversary with full enrollment and waitlists for many grades. A perfect time to take stock and to look with fresh eyes at our mission. For this reason we started this year with our faculty examining the question, what is a Krishnamurti education? Interestingly, one group came back with a poster saying: “What Krishnamurti education is not.” They said it is not conformist, it is not a religion, it is not divisive. It is not fear-based, not traditional, not hierarchical, not fragmented and it is not a system. Other groups pointed to inquiry, curiosity and exploration as being at the heart of our approach to education. Our intention is to carry this “movement of learning,” as Krishnamurti called it, forward into the next 40 years.

At the Board level we are also deeply engaged in this movement of inquiry and exploration with a focus on long-term sustainability. We are researching how to responsibly raise the comparatively very low salaries of our staff without compromising the level of financial aid available to families that otherwise could not afford to attend Oak Grove. We are also conducting an in-depth campus-wide water survey, while assessing the feasibility of necessary campus upgrades including a basketball court, repairing our tennis courts, replacing and adding fencing around the campus, reseeding and rehabilitating our athletic fields, and replacing the Pavilion roof. These are just a few more practical examples of the ways in which we are working to secure Oak Grove’s long-term sustainable future.

At the mature age of 40, our school is thriving and a dynamic center of inquiry and learning that continues to be inspired by Krishnamurti’s unique and transformative educational vision. We are laying the foundation for the next 40 years.

Best regards,

Willem Zwart
Head of School
May Gathering

Awakening of Intelligence

Each year in May, we invite the community to spend time on our East End campus to meet with others who have been touched by Krishnamurti’s teachings. *Awakening Intelligence* is our theme for this year. Individual presentations promise to be enriching, engaging and thought provoking and will include time for dialogue, shared meals and personal reflection.

Saturday, April 30 - Sunday, May 1, 2016
A 2-day free event
www.kfa.org/gathering

KFA Explorations Conference

Facing a World in Crisis

An inquiry into how we approach crises in the world and our underlying assumptions.

We are inaugurating a new event this spring immediately following the May Gathering: the KFA Explorations Conference. The theme to explore this year is *Facing a World in Crisis*. Many of us would likely agree that some of the global challenges and crises facing us relate to the on-going problems of war and terrorism, economic and social disparities, and climate change. Our considerations of possible solutions tend to veer towards various prescriptive actions. Less commonly considered are the underlying perspectives and assumptions we carry into our approach to possible solutions.

Broadly speaking, there appear to be two kinds of frameworks that guide our perspectives. The first of these emphasizes the development of optimal structures and structural reform as the basis for formulating action, with the assumption that external conditions play a causal or predominant role in the production of these problems. The second emphasizes the importance of the pursuit of a deeper understanding of the human condition, with the assumption that the human condition plays a causal or predominant role in the production of these problems.

The goal of this conference is to bring together a group of individuals with a shared interest in addressing these problems, who approach possible solutions from these perspectives, in order to inquire and critically examine the basis and assumptions that underlie our divergent approaches to these common problems.

We encourage you to book your accommodations soon and plan on staying for the length of the conference. We look forward to seeing you this spring!

Monday, May 2 - Thursday, May 4, 2016
A 3-day event: $250 ($100 for separate days)
www.kfa.org/conference
In a recent KFA newsletter, Director Jaap Sluijter pointed to the importance of Krishnamurti’s communications in light of the manifold violence occurring in the world. In reflecting on this, the topic of the Study Intensive in Ojai from April 10-17, *Change That Cannot Be Sought*, seems timely and poignant.

K pointed out that “we are the world”, and that our consciousness is shared, not separate. So although we may be physically distant from this violence, we are at the same time intimately a part of it. The immensity of these events seems to bring immediacy to this question of change.

What will bring about a change in our collective consciousness? It seems an impossible question. Yet if our consciousness is truly shared, then the question of inward change extends beyond our personal circumstances and problems. My confusion is everyone’s confusion. So can collective change arise within each one of us?

We have undoubtedly faced this question of inward change before, perhaps to little avail. So the question of inward change remains obscure to us. In meeting for this April program, can we address this question of change, not through our past experiences, but to look into it afresh?

For inward change to happen, it seems that something which is not now here must somehow come into being. Is this true, and if so what will bring it about?

Is our inward movement already familiar to us, seemingly unchanging? Do we assume that change is therefore found elsewhere, since it is not apparent now? And in turn are we constantly moving away from what is here now? Is the present moment just a means to an end for us, to some future change?

Is what we are familiar with about ourselves, the known, actually assumptions? Are we looking at ourselves through our ideas about ourselves? Do we assume these ideas are facts, without stopping to look at what these internal experiences actually are? Have we been overlooking something going on all along because we assume we already know it?

What does it mean to directly explore this inner movement? We have listened to others who have gone into all this in great depth. Do we start by looking at ourselves through their words?

While we may already “know” our inner movement, is it possible to put this familiar picture aside, so that it doesn’t color our perceiving? What might bring about this looking with fresh eyes? Can this be answered beforehand, or must we begin to explore and find out?

So in coming together for this April program, perhaps we can inquire into what it means to look at our inner movement afresh, as if for the first time.

Is it possible that setting aside our assumptions to look afresh is not something anyone does? Might it arise spontaneously in the actual seeing that these are our assumptions?

This April’s KFA event is an invitation to explore inward change in an open and shared way, without frameworks defined by the questions above, or by anyone. In coming together in freedom, the actuality that is ourselves and its relation to change may reveal itself, unexpectedly and perhaps even explosively, as it moves.

*Change That Cannot be Sought*
A 7-Day Full-Immersion, Inquiry-Based Program
Facilitators: Daniel Kilpatrick, Holly Johnson
April 10 - 17, 2016
Ojai, California
www.kfa.org/springintensive
The Krishnamurti Educational Center (KEC) is a part of the Foundation dedicated to hosting inquiry-based educational programs and holding a space for inward questioning and the study of Krishnamurti’s work. In order to fulfill the crucial intent of the KEC, the campus and buildings must be maintained with diligence and care.

During the past year, the KEC campus has been active with improvement projects. Some of you who have visited the grounds this fall may have noticed construction crews, roofers, plumbers and the like, working hard to help us preserve our beautiful structures.

The largest of these projects was the replacement of the roof at both Pine Cottage (Krishnamurti’s former home, housing the Krishnamurti Library) and the neighboring Pepper Tree Retreat Annex, just in time for the heavy winter rains.

The 100-year-old building revealed hidden problems as the work unfolded, necessitating replacement of 90% of the roof’s structural elements.

In addition, the exterior plumbing has been addressed with little to no visual impact on the area, thanks to newer non-invasive repair techniques. Also added were new double-pane windows, updated insulation, roof ventilation, as well as new gutters. With this work completed, Pine Cottage is well-equipped to continue its important role as a study center for personal and group inquiry for many years to come.

This movement of renewal extends to the Pepper Tree Retreat. We began a welcome collaboration with Lila Francese of Ojai Home. Lila has been very generous with her time, and we are very grateful for the support and kindness she has shown Oak Grove School and the KEC campus over the years. Together we are looking into ways to update our rooms and common areas – offering our 3,000 yearly guests a refreshed, comfortable and beautiful retreat experience. The work commenced in one of our larger rooms, the Stravinsky suite. Designed by J.R. Davidson in the late 1940s, this unique style suite was given new flooring, curtains, updated lighting and an elegant blend of natural and modern furniture. We are very pleased with the results and are exploring ways to extend this collaboration to benefit our other rooms and common areas.

For Pine Cottage, Pepper Tree Retreat, and the entire campus, the work is ongoing, with more exciting news to come in 2016.

None of this work would be possible without the generous support of a special group of donors dedicated to the preservation of the campus. Thank you.

The staff here at the Foundation would like to ensure that we are creating and delivering the most relevant content and information to you. If there is any feedback you have to offer about this or any other mailing from the Krishnamurti Foundation of America, we would really like to hear from you. We appreciate your continued interest and support.

Please use any of the following ways to submit feedback:

- email: feedback@kfa.org
- phone: 805-646-2726
- mail: KFA Feedback
  PO Box 1560
  Ojai, CA 93024
Events Calendar 2016

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

Teacher Education Program

Starting with the questions that we grapple with in our daily lives as educators, this 7-day program, offered each July, builds on the insights participants come to from their own inward 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.

Writing Workshop

In this 5-day workshop we will begin with the observation of nature as a means of fine-tuning sight, senses and thinking. Then, as we take the journey inward, we may find a link between the world of nature, the modulations of the senses and our own inner being. We may come upon something original. Krishnamurti readings / recordings will also be used as a prompt to observation.

February / March / April

- **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

- **Writing Workshop: Finding Your Own Unique Voice**
  March 28 - April 1, Monday - Friday (5 days)
  Program Fee: $420 / Room Fee: $330

- **Special Event: Search for Truth in a World Full of Corruption with Ravi Ravindra**
  April 2, Saturday, 7:30 - 9:00 PM
  Program Fee: $20

- **Study Intensive and Retreat: Change That Cannot Be Sought**
  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
  Free Event

May / June

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

- **Explorations Conference: Facing a World in Crisis**
  May 2 - 5, Monday - Thursday (3 days)
  Program Fee: $250 for 3 days + opening night OR $100 per day

- **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

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.

Explorations Conference

We are inaugurating a new 3-day event this spring immediately after the May Gathering, the KFA Explorations Conference. The intent of the event is to bring together a panel of scholars to delve into important questions and challenges that face the world. The panel participants are invited to bring their expertise to the conference, but leave behind their pre-existing theories and explanations, to delve into questions anew.

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
### July / August / September

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td><strong>Teacher Education Program</strong></td>
<td>Re-envisioning Education, and the Craft of Teaching and Learning</td>
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<td>June 17 - 24, Sunday - Sunday (7 days)</td>
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<td>Program Fee: $600 / Room Fee: $575</td>
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<tr>
<td><strong>Yoga and Inquiry Weekend Retreat</strong></td>
<td>August 5 - 7, Friday - Sunday (2 days)</td>
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<td>Program Fee: $145 / Room Fee: $165</td>
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<td><strong>Study Intensive and Retreat: Aloneness &amp; Solitude - A Life Lived in Wholeness</strong></td>
<td>August 21 - 28, Sunday - Sunday (7 days)</td>
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<td>Program Fee: $750 / Room Fee: $575</td>
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### October / November / December

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<tr>
<td><strong>Explorations Into Freedom Intensive: Death and Rebirth Beyond Time</strong></td>
<td>October 9 - 16, Sunday - Sunday (7 days)</td>
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<td>Program Fee: $750 / Room Fee: $575</td>
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<td><strong>Weekend Retreat: Title TBD</strong></td>
<td>November 4 - 6, Friday - Sunday (2 days)</td>
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<td>Program Fee: $165 / Room Fee: $165</td>
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<tr>
<td><strong>Oak Grove School Open House and All-School Showcase</strong></td>
<td>November 5, Saturday, 1:00 - 4:00 PM</td>
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<td>Free Event</td>
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<td><strong>Weekend Retreat: Title TBD</strong></td>
<td>December 2 - 4, Friday - Sunday (2 days)</td>
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<td>Program Fee: $165 / Room Fee: $165</td>
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### Other Events

- **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.

- **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.

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

- **Teacher Education Program**
  Re-envisioning Education, and the Craft of Teaching and Learning
  Program Fee: $600 / Room Fee: $575

- **Yoga and Inquiry Weekend Retreat**
  August 5 - 7, Friday - Sunday (2 days)
  Program Fee: $145 / Room Fee: $165

- **Study Intensive and Retreat: Aloneness & Solitude - A Life Lived in Wholeness**
  August 21 - 28, Sunday - Sunday (7 days)
  Program Fee: $750 / Room Fee: $575

- **Explorations Into Freedom Intensive: Death and Rebirth Beyond Time**
  October 9 - 16, Sunday - Sunday (7 days)
  Program Fee: $750 / Room Fee: $575

- **Weekend Retreat: Title TBD**
  November 4 - 6, Friday - Sunday (2 days)
  Program Fee: $165 / Room Fee: $165

- **Oak Grove School Open House and All-School Showcase**
  November 5, Saturday, 1:00 - 4:00 PM
  Free Event

- **Weekend Retreat: Title TBD**
  December 2 - 4, Friday - Sunday (2 days)
  Program Fee: $165 / Room Fee: $165

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### Communication Calendar

- **Monthly Email** - news, events, quotes, publications and more.
- **Visit www.kfa.org/signup to sign up.**

**Spring Appeal - March 2016**
**Annual Report - August 2016**
**Foundation Focus - August 2016**
**Annual Appeal - September 2016**
**Bulletin - November 2016**
Oak Grove School

The 2015-2016 Oak Grove Senior Trip to India

Inspired by the work of J. Krishnamurti, an Oak Grove School education seeks to cultivate in students sensitivity and awareness of their relationship to themselves, each other, and the world. Beginning in early childhood, OGS students understand they are part of something bigger than their classrooms, and that we all share responsibility for our global community. Nowhere is this better expressed than in the annual four-week-long trip to India by the senior students. For the past 20 years, thanks to the continuing support of AGET (an independent charitable organization that underwrites a portion of the trip), Oak Grove seniors have spent the end of December and the majority of January visiting Krishnamurti schools in India, as well as traveling to cities and rural communities. Preparation and follow-up for the trip is incorporated into the student’s interdisciplinary English and Culture courses, and is a culminating rite of passage for Oak Grove secondary students. A community service project is also a fundamental part of this trip’s purpose. During the year, seniors work diligently to earn $1,100 through sales and events in order to help fund the Rural Education Center of Rishi Valley — a comprehensive educational program that provides elementary school children in rural India an education for an entire year.

This year, the students visited Rishi Valley School, The School in Chennai, Pathashalla School, and The Valley School in Bangalore. Their activities with the local students included attending classes, sunrise dialogues, hiking, gardening, cleaning, installing solar panels, playing sports, creating artwork, dancing, celebrating New Year’s Eve, and eating together as a community. It’s an incredible experience that alumni remark on, even after many years.

“I’ve realized that even though we are separated by half a world, we have way more in common than we have differences.” says Avery Lopez, Oak Grove senior.

OGS senior Brody Swanner agrees, “I have made so many connections and friendships on this trip. After just a couple of days we were classmates... sharing the same humor, the same games, the same songs, the same concerns, and the same hopes. I’m so happy I had a chance to experience this.”

On Friday evening, February 19th, the Oak Grove High School Senior Class will present India Night. The entire community is welcome to share in this evening of celebration, food, music, imagery, and reflection.
Alumni Focus | Huberman Siblings

Siblings Erik, Nikolette, and Lukas Huberman all attended Oak Grove School: Erik from 1993 through 2004 (1st through 12th grade), Nikolette from 1993 through 2006 (PK through 12th grade) and Lukas from 1999 through 2009 (PK through 8th grade). We recently contacted these bright young alums to ask about their life after Oak Grove.

Erik, the eldest of the siblings, went on to the University of Arizona and got a Bachelors of Science in Business Administration with an emphasis in Business Management. After college he worked as a real estate agent before going on to start a variety of businesses including an online music company and tee-shirt subscription company which he later sold. This led Erik into marketing consulting which then resulted in him building an outsourced marketing team. His team has now grown to 43 people and continues to grow. This year, Erik was listed in Forbes’ 30 under 30 list (Hollywood & Entertainment category).

Erik says that he can’t credit Oak Grove enough for the man he has become. “My entire career and success is based around an ability to communicate which I find to be what sets me apart from those around me. Oak Grove definitely instilled that ability. The way we learn to understand each other and openly communicate has been crucial in my life and I cherish the fact that I had such an incredible education.”

His sister Nikolette, proud of being an OGS “lifer”, went on to Northeastern University in Boston where she studied International Business with a dual concentration in Finance and Marketing and a minor in Spanish. During her time at Northeastern, she studied for a year at ICADE in Madrid, Spain. Upon graduation, she moved to San Francisco for a position in Wells Fargo’s Commercial Banking Group as a Financial Analyst. After two years, she was sent to a six-month credit training program and subsequently promoted to her current role, Relationship Manager. She currently works with about 25 midsize companies in the Bay Area, mostly nonprofits and real estate investors. Outside of work, Nikolette sits on the Board of Directors of Family Dog Rescue and is the Chair of SF Up, the SF Chamber of Commerce’s young professionals group.

While the academic education was clearly an important aspect of her Oak Grove experience, Niko says the emotional and interpersonal education has been far more instrumental in her post-OGS life. “Through Oak Grove, I learned at a very young age how to resolve conflict with peers and avoid resorting to passive aggression – after all, when there are only 17 of you, you can’t avoid each other for long. Oak Grove also taught me how incredibly valuable and fulfilling helping others can be. By fostering an environment of collaboration and teamwork, the students learn how much stronger they are as a team than they are as an individual.”

Younger brother Lukas is currently attending the University of Southern California, studying for a Bachelor of Science in Business Administration. Lukas says, “Oak Grove was one of the greatest experiences I’ve had because of its diverse community. This exposure to people of different backgrounds helped me understand how to communicate and interact with people, something that still has stuck with me today.”
Instead of asking “How can our educational environment [or child] be more academically excellent?” do we—as parents, teachers, people concerned with what is happening in the world and Krishnamurti’s relevance to it—share the feeling that there is tremendous significance, perhaps even urgency, in asking other kinds of educational questions?

Questions such as:

“What do we mean by academic excellence?”

“Can we help each other to make visible our assumptions around ‘academic excellence’ so we can think, feel and act more clearly around it?”

“What does it look like for learning itself rather than the measurement of learning to be at the core of what we do?”

One of the radical suggestions (that is completely up to us to feel out, to see if it has some substance) in Krishnamurti’s educational conversation is that we can create a cultural foundation on learning in this new sense: looking, questioning, not-knowing as ends in themselves not as means to answers. Not “inquiry” as a goal on a lesson plan, but because educators, parents and students together have that sense of genuinely looking at their thinking-feeling afresh.

We can not separate this looking/inquiry from how we organize educational work, how we structure organizations, how we reach decisions, how authority is structured, or from the shared assumptions we have about what matters (like “academic excellence”). Because once we are sharing an investigation of the roots of our thinking-feeling, everything is on the table for questioning. This is part of what is radical in Krishnamurti’s approach to learning (in and out of schools).

Is it possible that raising such questions seriously, giving them space to challenge us, is more impactful than having definitive answers to them?

Attempts to codify Krishnamurti’s teachings on education into a set of known principles may never get at what is exceptional in them, their living inquiry, or their promise. The work of re-envisioning education lies elsewhere.

One important meaning the Foundation can have in this world, then, in addition to preserving and making available Krishnamurti’s works (as a source of such questions for people now and in the future), is to create a space for, an atmosphere of, genuine religious investigation, when the word “religious” (and the word “investigation”) is understood in the right way. In that context, the Foundation has opportunities in many arenas to transform the educational questions we ask, to investigate what a religious education can mean when freed from belief systems, ideals, conclusions, and group identities.

The events and programs you’ll find at the link below, including the one-week retreat Re-Envisioning Education and the launch of the new book Unconditioning and Education are part of the unfolding meaning of the Foundation in the world. Visit the link to learn more, join in programs, and help this meaning unfold.

www.discover.kfa.org/transform-education
Just another beautiful day for a residential student. You can say the fall is in full swing, with cold nights and crisp mornings. The cozy bed and heated room sometimes create obstacles from getting up, but not today. Woke up before the alarm went off. Just one more little stretch, and the plan for the day is starting to take shape in my head. Ready for yoga, breakfast, maintenance, a little bit of solitude, aliveness, and other things that might swing my way.

Each step I take, I count my blessings: to be here and to stay another day. Cutting through the orchard and following the winding path, one can not escape the sounds of nature, the buzzing bees welcoming the sun.

As I’m sitting on my yoga mat, my gaze lands on one of K’s quotes on meditation. So many times I tried to understand what meditation is. So maybe today I have a chance to look a little deeper and might get closer to it.

Among other chores, orange trees are next in line for trimming. Gathered all my tools and the ladder; observing my inner chatter that is still loud as I’m selecting one tree to be cut, but not for long. These trees, standing here for more than half a century, can tell all sorts of stories, if you can listen to them.

Look afresh without baggage of past memories, knowledge, conditionings. How would I look at the tree and smell its perfume? Beyond the self lies the silence.

The sun is already high up in the sky. I’m ever so happy for the shade provided. I’m ever so grateful for an abundance of sweet oranges to quench my thirst, if needed. And there in the silence are humming birds with whooshing sound, saying hi. Reflections of light, leaves are dancing, feeling grounded, satisfied, contemplating a little deeper.....Thank you day for today!

Residential Student Program: [www.kfa.org/rsp](http://www.kfa.org/rsp)
Foundation Focus

The Krishnamurti Foundation of America

including Oak Grove School and the Krishnamurti Educational Center