Dear Friends,

We just returned from our East Coast Tour. The ease with which we were able to engage with large groups on the more complicated topics in Krishnamurti’s work, such as the observer, control, analysis, and search, surprised me. This was not only happening with those who are familiar with the teachings but also in our young adult program, *Think on These Things*. It confirmed to me once again how contemporary Krishnamurti’s work is and how it offers a perspective on oneself and on the world that is not being offered anywhere else. Thanks to this tour, we were able to explore the core issues Krishnamurti put forth with new audiences.

We are making additions to our Events Calendar. The new schedule offers programs with yoga combined with Krishnamurti’s work, and we are preparing similar events with art and the outdoors. We are about to break ground for the building a gazebo to house these programs.

In January we are beginning our In-Depth Study Program on Krishnamurti and Western philosophy. This is the first in a series of comparative study programs; we are developing similar programs on psychology, religion and science.

We have visitors coming to the Study Center every day. Some are surprised when they find out that we have a beautiful Retreat Center. I would like to bring to your attention that when you come to Ojai you can book accommodations at the Pepper Tree Retreat (see info on the back).

The Oak Grove School is now on summer holiday, with many lively summer camps now taking place. The teachers and administrators are busy preparing for the coming school year with significant initiatives underway.

As a non-profit we depend on your support. This past year you have shown that you value the work of the KFA through your financial contributions. Thank you for your ongoing support.

Jaap Sluijter
Executive Director

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Saanen 7th Public Talk, July 30th, 1970

When you do these things regularly, easily, without any effort - yoga means skill in action, it isn't just doing certain things - the skill in action implies no effort. When you do the exercises with any form of effort involved, that is not yoga. Therefore you do it easily, and the regularity of it depends on the sensitivity of the body. You do it one day, and the next day the body may be tired and you say, all right, I won't do it. It is not a mechanical regularity. Right sir? All this requires a great deal of intelligence, not only the intelligence of the body, but the mind, the whole thing called mind in which is the brain, and all that, when that is intelligent it will tell you, it will react, tell you what to do, what not to do. Yes sir?

Letters to Schools Volume One, July 1st, 1979

You must discover for yourself whether the whole organism, the physical entity, can be aware of itself. You may be aware of the movement of an arm, a leg or the head, and through that movement sense that you are becoming aware of the whole, but what we are asking is: can the body be aware of itself without any movement? This is essential to find out because thought has imposed its pattern on the body, what it thinks is right exercise, right food and so on. So there is the domination of thought over the organism; there is consciously or unconsciously a struggle between thought and the organism. In this way thought is destroying the natural intelligence of the body itself. Does the body, the physical organism, have its own intelligence? It has when all the senses are acting together in harmony so that there is no straining, no emotional or sensory demands of desire. When one is hungry one eats but usually taste, formed by habit, dictates what one eats. So fragmentation takes place. A healthy body can be brought about only through the harmony of all the senses which is the intelligence of the body itself. What we are asking is: does not disharmony bring about the wastage of energy? Can the organism’s own intelligence, which has been suppressed or destroyed by thought, be awakened?

Life Ahead Introduction

Discipline always limits the mind to a movement within the framework of a particular system of thought or belief, does it not? And such a mind is never free to be intelligent. Discipline brings about submission to authority. It gives the capacity to function within the pattern of a society which
demands functional ability, but it does not awaken the intelligence which has its own capacity. The mind that has cultivated nothing but capacity through memory is like the modern electronic computer which, though it functions with astonishing ability and accuracy, is still only a machine. Authority can persuade the mind to think in a particular direction. But being guided to think along certain lines, or in terms of a foregone conclusion is not to think at all; it is merely to function like a human machine, which breeds thoughtless discontent, bringing with it frustration and other miseries.

Beginnings of Learning Part I, Chapter 2 - School Dialogue

Krishnamurti: He’s talking about Yoga. He asks, when you stand this way, take this posture, do you get the idea first, or do you do it as the yoga teacher is saying it? You see the difference? He says, “Sit this way,” and he shows you. Do you have the image of how he sits and then carry it out, or in the very observing of how he is sitting, are you doing it? As he is showing it to you, do you have the idea of what he’s doing and then carry out the idea? Or are you doing it as he is showing it to you? Which do you do?

Questioner: We do it while he’s showing it.

Krishnamurti: Which means what? Go into it. Which means, doesn’t it? that you are listening very carefully to what he’s saying – the very listening is the doing. Not first listen, then have the idea, and then carry out the idea – which is entirely different. That needs education, that needs growth. Look, I have done yoga for many years. I’ve had several yoga teachers, and I did it as they told me; which means there was no contradiction between the doing and the listening. If you first create the idea, the image, then it will take an infinitely long time, then you need practice. But if the teacher says, “Do this” and you do it, you are doing it. You may do it badly, but you are doing it. See the importance of this. Most of us listen, then create an idea, and then carry out the idea. Here, if you listen and do, the idea is gone.
“Seeing everything that goes on in your daily life, your daily activities — when you pick up a pen, when you talk, when you go out for a drive or when you are walking alone in the woods — can you with one breath, with one look, know yourself very simply as you are?”
- J. Krishnamurti

A 5-day mind body retreat where participants engage in yoga and dialogue, which opens up an opportunity for exploration and self-knowledge. This retreat offers something new; combining the movement and stillness of yoga with fundamental questions of life. We ask, Can a new kind of order be found? An atmosphere of discovery allows for space in which two different subject matters, which may not normally be paired together or relate to one another in any direct way, are looked at. Over time, and as the program unfolds, a natural or organic connection may be seen between the two.

We will practice yoga, exploring the coordination of movement with breath and turning our attention inward to pay attention to the subtle movements of the body, breath and mind. We will listen to Krishnamurti on subjects such as sensitivity, relationship, meditation, intelligence, and transformation. Activities will include a total of eight yoga practices, chanting and pranayama classes, a hike in the surrounding mountains, quiet sittings, vegetarian meals and dialogues together.

Sample Daily Schedule

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<td>7:00 - 8:15AM</td>
<td>Yoga Class</td>
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<tr>
<td>8:30 - 10:00AM</td>
<td>Breakfast</td>
</tr>
<tr>
<td>10:00 - 11:25AM</td>
<td>Video / Audio &amp; Dialogue</td>
</tr>
<tr>
<td>11:30AM - 12:45PM</td>
<td>Yoga Class</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Vegetarian Lunch</td>
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<tr>
<td>3:00 - 5:00PM</td>
<td>Time to visit K Library, journal, walk.</td>
</tr>
<tr>
<td>5:00 - 6:30PM</td>
<td>Chanting, Pranayama or Yin Yoga Class</td>
</tr>
<tr>
<td>7:00PM</td>
<td>Vegetarian Dinner</td>
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registration information
www.kfa.org/yoga
Outdoor-Art-Yoga & Self Knowledge Programs

At the Krishnamurti Educational Center (KEC) we have experimented with Krishnamurti study programs in which we included outdoor activities, yoga, and art. We want to offer a variety of approaches to the study of Krishnamurti’s teachings.

Traditionally the programs at KEC in Ojai and in the other centers over the world are composed of studying Krishnamurti’s work through books, video or audio and dialogue. This format works for many but it does not accommodate for those who are less inclined to sit for a long span of time in a group or those who learn and explore in different ways.

In the near future you can expect to see more Outdoor-Art-Yoga & Self Knowledge programs in our program schedule.

For the purpose of these programs we are building a Gazebo. This August we are planning to break ground and the opening is planned in the third week of October. The Gazebo is a hexagon structure with a 50ft cross section and will be tucked away between orange trees at one of the corners of our campus.

In the first phase we build the foundation, the concrete slab and the roof structure. Which will be enough comfort to run our programs during daytime most of the year. For the second building phase we need to raise $90,000 to enclose the structure with sliding windows, to put in a hardwood floor and add floor heating.

If you are interested in providing financial support for these projects please contact Jodi Grass at giving@kfa.org.

A Candle for the Sun

If you take all the energy that the sun exudes in a single second, it would power humanity’s current energy use for over one million years. 40 minutes of the solar energy that reaches the earth equals our annual energy use globally.

The KFA, together with you as a past donor and supporter of the Foundation, is about to embark on crossing a genuine milestone: the 95% coverage of our energy use at the East End campus by solar energy.

The solar panels (or solar roof tiles) will be installed on the new planned Gazebo structure, as well as in panels that (serving double duty) shade the parking area near the Krishnamurti Archives, and on the Archives’ building roof (which has a very good exposure for collecting solar energy). This coverage of solar panels or tiles, will meet at least 95% of the electricity use on the Krishnamurti Center campus.

It was synchronistic to hear the following story from Mark Lee, KFA Trustee, at a recent trustee meeting when the solar project was being discussed: In the early days of Pine Cottage, Krishnamurti and his brother Nitya, built and installed a solar water heater on the roof of Pine Cottage. They coiled pipes on the roof to capture the sun’s heat and ran the heated water to a tank on the roof. They built a shower below it on the back patio of Pine Cottage where they used the solar heated water to shower.

The solarization project means making a change that will largely reduce the foundation’s use of nonrenewable energy sources and therefore impact on the earth and the humanity that shares it. This investment will also substantially reduce our utility bill which continues to rise as energy prices rise, and reduce our exposure to the risk of energy volatility: part of our ongoing work to create sustainability of the foundation’s mission.
Theme Weekends

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 fairly new to them. The playing of Krishnamurti video and/or audio recordings will be followed by open dialogue, which often has been found to be helpful in deepening one’s understanding of day-to-day issues. The Theme Weekends start on Friday at lunchtime and end after lunch on Sunday.

Annual Gathering

We invite you to our Annual Gathering, May 10th and 11th, 2014. Friends both local and from across the United States come to listen to speakers, participate in discussions and dialogues, attend workshops, and simply relax with friends old and new. The offerings will take place at the KEC campus, K’s former home.

Parallel Programming

Several talks and workshops occur simultaneously, offering playful choices for young people, as well as events more scholarly in nature.

Logistics and Times

The program takes place on Saturday and Sunday, with lunch provided both days as

Teacher Education

Starting with the questions that we grapple with in our daily lives as educators, the seven-day program (July 20-26, 2014) 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. We pay minute attention to school and classroom activities - and question what we see. 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.

Study-Intensive Retreats

These types of programs create an opportunity for serious-minded college

August / September

- **Study Intensive and Retreat - Unburdening and Freeing the Mind**
  Week-Long Event - Sunday, August 4 - Sunday, August 11, 2013
  Program Fee: $750 / Room Fee: $475

- **Yoga and Self-Knowledge**
  Four-Day Event - Wednesday, August 21 - Sunday, August 25, 2013
  Program Fee: $400 / Room Fee: $345

- **Theme Weekend - You are the World and the World is You**
  Two-Day Event - Friday, September 6 - Sunday, September 8, 2013
  Program Fee: $165 / Room Fee: $165

October / November

- **Theme Weekend - Images of Ourselves and Others in Relationship**
  Two-Day Event - Friday, October 4 - Sunday, October 6, 2013
  Program Fee: $165 / Room Fee: $165

- **Special Event - Self-Knowledge: Journey of the Soul with Ravi Ravindra**
  Evening Event - Monday, October 28
  Program Fee: $20

- **Theme Weekend - Improving Oneself, Myth or Reality?**
  Two-Day Event - Friday, November 1 - Sunday, November 3, 2013
  Program Fee: $165 / Room Fee: $165

December / January / February

- **Theme Weekend - Krishnamurti and Buddhism**
  Two-Day Event - Friday, December 6 - Sunday, December 8, 2013
  Program Fee: $165 / Room Fee: $165

All program fees include lunch and dinner at the Pepper Tree Retreat.

Event registration: www.kfa.org or phone (805) 646-4773 (daily from 10:00 AM–1:00 PM and 2:00 –6:00PM)
Oak Grove School Events

Earth Day - working with three additional non-profit organizations, Oak Grove School hosts the city's annual earth day event.

Exhibition

The Mind Of Krishnamurti: World Citizen World Teacher

This beautiful exhibit draws on materials from the Krishnamurti archives around the world, including text and images, to give a detailed look at the life and teachings of Krishnamurti.

In-Depth Study

A new series of comparative study programs of Krishnamurti's work with philosophy, religious studies, psychology, education and science. These programs are classes for our Intern Students and we invite guests at our Pepper Tree retreat center to join on a day by day commitment (costs are $25/day).

Monthly Video / Dialogue

Looking, Listening, and Shared Inquiry
4th Saturday of every month, 6-10 PM

This 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.

Study Intensive and Retreat - Listening: The First and Last Step to Freedom
Week-Long Event - Sunday, January 5 - Sunday, January 12, 2014
Program Fee: $750 / Room Fee: $575

In-Depth Study - Krishnamurti versus Western Philosophy
Ten-Day Event - Monday, January 13 - Friday, January 24, 2014
Program Fee: $25/day

Yoga and Self-Knowledge - Relationship between body and mind
Five-Day Event - Wednesday, January 29 - Sunday, February 2, 2014
Program Fee: $400 / Room Fee: $345

Theme Weekend - The Awakening of Intelligence
Two-Day Event - Friday, March 21 - Sunday, March 23, 2014
Program Fee: $165 / Room Fee: $165

Exhibition - The Mind of Krishnamurti
Eight-Day Showing - Saturday, April 5 - Sunday, April 13, 2014 - Complimentary

Study Intensive and Retreat - Living Beyond Time and Knowledge
Eight-Day Event - Sunday, April 13 - Sunday, April 20, 2014
Program Fee: $750 / Room Fee: $575

Oak Grove School Event - Earth Day
All-Day Event - April 19, 2014 - Complimentary

Annual Gathering
Two-Day Event - Saturday, May 10 - Sunday, May 11, 2014
Complimentary Event

March / April / May

Yoga and Self-Knowledge

A special 5-day event where participants engage in yoga and dialogue as they both relate to self-knowledge. This event is best suited for those with an interest in Yoga and a willingness for inner exploration.

Communication Calendar

Monthly Email - news, events, quotes, publications and more. Email info@kfa.org to sign up.

Annual Report - August 2013
Annual Appeal - October 2013
Bulletin - December 2013
Foundation Focus - March 2014
Spring Appeal - April 2014
Annual Report - July 2014
The Earth Island Medicinal Herb Garden is a new project that exists in cooperation with the KFA as a complementary foundation for self-empowerment and health. It provides another beautiful spot on the east end campus to walk, sit and consider the work and words of Krishnamurti.

Creating a medicinal herb garden of native and regionally adapted herbs has been a long-held dream of herbalist and Ojai resident Carol Wade. She had the chance to see that dream come alive this last November, when the Earth Island Medicinal Herb Garden broke ground on a plot beside the citrus groves at the KFA. Since then the garden has quickly grown and become the community resource Carol envisioned for it.

Carol, a practicing herbalist for over 20 years, recently founded an herbal CSA (Community Supported Agriculture) and every month makes baskets of herbal remedies and products for her shareholders. As part of the CSA’s mission to promote individual and community empowerment and responsibility for our own health and the health of the environment, she planned the medicinal herb garden to help educate visitors to the KFA and the larger community about the possibilities right in our own backyards.

The herb garden is designed in the shape of a nautilus shell with each of the eleven chambers representing a different body system.

It is free and open to the public, and all are welcome to come walk and explore. Those wishing for more information, a guided tour, or to volunteer can contact Carol at info@earthislandherbs.com

“I’ve never just accepted answers… I like to seek the truth and question everything… Oak Grove has given me a chance to do this. The community is really special here.”

www.oakgroveschool.org/blog

The work of the Krishnamurti Foundation, including Publications, Oak Grove School and the Krishnamurti Education Center, is possible because of donations. The KFA is a nonprofit charity and relies on the generosity of our donors. Thank you for continuing support the mission to preserve and disseminate the teachings of Krishnamurti. Please contact Jodi Grass to answer your questions about giving to the KFA.

Jodi Grass, Development Director
giving@kfa.org • 805.646.8236 ext. 110
I began coordinating *Think on These Things*—an outreach program for young adults between 18 and 30—two years ago and have since observed that, regardless with whom I speak, regardless of their age, educational background or life experience, we all want to engage in what is deeply meaningful to us. We want to feel connected to one another as human beings. The fundamental questions explored in *Think on These Things* are relevant to everyone, and as such, our program has been expanding. We have visited students in local high schools and universities including UCLA, UC Davis, UC Santa Cruz and Golden West Community College, and are planning on visiting a high school in Canada this fall.

This past June, we travelled to Maine, Maryland and New York City, engaging young adults with the question of fear. When we talk about fear, we often refer to the unpleasant emotion experienced when sensing an immediate threat or danger, however, do we pay attention to the far subtler fear that permeates our every-day life? The fear that takes the shape of consistent anxiety, stress and worry; the kind of fear that we cannot fathom being rid of because we assume it is woven into the fabric of our daily existence. This fear, the one we take for granted, was the fear we asked participants to contemplate and address during our gatherings in the East Coast. We talked about fear as an undeniable agent that propels us to move, achieve and succeed; we asked ourselves what our life would look like without fear acting as a consistent, nagging motivator. We addressed the fact that most of us want to feel secure in what we are doing with our lives, and seek an external affirmation to reiterate that we are valuable as human beings and that our endeavors are worthwhile. Why though? What would our daily life look like without any form of encouragement? Are we living and learning to our fullest potential if we are constantly limited by the scope of fear?

Our goal is to continue to expand this program: If you know of anyone who would be interested in hosting us in their classrooms or homes, please let us know. Furthermore, we are in the process of developing a manual that teachers could use to replicate the *Think on These Things* program in their own classrooms, and we would greatly appreciate any support or resources you might know of to create the best material we can.

Part of our humanness is our innate ability to observe. However, observation can become instantly clouded amidst our attempts to self-analyze, label and solve whichever internal problem we are experiencing. *Think on These Things* is a direct invitation for us to simply look and observe one self and one another. When one is presented with a question they have perhaps not considered before—a question that has the potential to radically challenge the very perspective from which they begin to think—a different kind of inquiry and learning is possible.

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*Amanda Lezra*

**Think on These Things**

www.kfa.org/think-on-these-things
We spent two weeks travelling along various states in the East Coast, organizing dialogues, giving presentations—primarily *The Ending of Psychological Time* and *The Meditative Mind*—and connecting with different friends of the KFA.

Our first stop of the tour was the Maine Jewish Museum in Portland, in which we discussed the issues of belief, authority, and Krishnamurti’s notion of freedom.

Our next stop was in artist George Mason’s home in Nobleboro, where we explored what the root cause of our suffering is, and what it means in our daily life. Together, we observed the fact that we seek security in our daily lives, which brings about a movement of wanting comfort and moving away from discomfort. This very process, which occurs automatically, breeds stress and conflict of which we are unaware and seldom address directly.

The next day, we explored the question of meditation, asking ourselves why we bother to meditate at all, what it is we are looking for, and if it is possible to bring about order without control. If, for example, we meditate with the hope of being free from the aforementioned stress and conflict, it means we have an agenda, a purpose with which we meditate. Therefore, we are seeking something. Similarly, if we rely on a mantra, on a ritual in order to bring about a meditative state, we move away from “what is”. A recurring question throughout the discussion was “Why do we think we need technique to be open to the present?”

We talked about the process of “searching”: Every search implies that we already have an idea of what we are seeking, therefore severely limiting the scope of what might be possible simply because truth may lie outside the process of recognition.

We drove from Maryland to our third stop, the Pocono Mountains in Pennsylvania, where we presented *The Meditative Mind* to a small group. We were in a beautiful place, surrounded by mountains and lush forests, and held our discussion on a patio outside listening to the rain and thunder.

We flew to Maryland that evening and headed over to the NASA Goddard Space Flight Center facilities in Greenbelt the very next morning. With a group of approximately 35, we posed the question of whether there can be a true mutation in the human mind, and if so, what such a mind would look like. We investigated how the nature of our brain is to escape and how awareness of this process might bring about a change.

Later that day, we brought these questions to a discussion held in the All Souls Unitarian Church. Here, the issue of loneliness came up. One of the participants observed that in some way they depended on other’s input and encouragement. And how loneliness is related to isolation and being preoccupied and thinking about oneself.

We brought this topic to a larger group in New York City and examined the apparent dilemma of how to bring about order without control, how to observe and look at one’s thoughts without the urge to change, redirect or suppress them.

Throughout this tour, we consistently observed that Krishnamurti’s teachings, and the questions he puts forth, are enormously relevant to the wide array of audiences we visited. We learned, for example, that the Rabbi in the Maine Jewish Museum was reading Krishnamurti as part of the required text for his Rabbinical Studies, and that scientists in NASA wanted to learn about Krishnamurti’s perspective on right education and on psychological freedom. Krishnamurti’s work is contemporary and offers a perspective on oneself and on the world that is not being offered elsewhere, and, thanks to this tour, we were able to explore some of the core issues Krishnamurti put forth with completely new audiences.
Ahalya Chari
by Stephen Smith, reprinted from the
Spring / Summer 2013 Brockwood Observer

Ms. Ahalya Chari, who died on 30th March at the age of ninety-two, was the doyenne of Indian educators. She was at heart a passionate revolutionary.

Bombed out of Burma, where she was born, the family moved to Varanasi and it was there that she completed her education, took her MA and, in 1943, began to teach. It was a time of considerable ferment in India, not only because of the Second World War, but because independence was in the air: the Quit India movement had been launched the year before.

When independence came, in 1947, she took on leading administrative roles with a number of nationwide educational bodies. At the same time, she had her first encounter with Krishnamurti who returned to India in 1948. Innovation and inspiration were in the air and, as Ahalyaji put it, "we all fell in love with him". It was a love which was to last for the rest of her life. In 1976, she joined the Rajghat Besant School as principal, then, similarly, Krishnamurti Foundation India’s The School in Chennai. Though very much at home at Vasanta Vihar, the foundation’s headquarters, where she died, she retained a special fondness for Rajghat.

As Chief Editor of KFI publications, she was instrumental in the creation and production of the Journal of the Krishnamurti Schools which, now in its eighteenth edition, reflects her seriousness, refinement and good taste. Ahalya was a lady to her fingertips; she was also a "lion of endeavour." Right to the end, she was looking for ways to get the teachings into the hearts and minds of teachers—in our schools and, by extension, in others. And she never gave up hope that one day—one day—she could help bring about, somewhere on the planet, a fully fledged residential teacher education programme.

Publications

For Fall 2014, Krishnamurti Publications in partnership with Holm Press, announces the release of a new book entitled Can You and I Discover Something Which Is Immeasurable? The content of this book was selected from talks Krishnamurti gave in Hamburg, Germany, in 1956. In these talks Krishnamurti explores personal motive, ideals and radical change, the ability to look at life as a whole, escape, the transformation of the mind and many others. What follows is a small extract from the book:

I know the inevitable question will arise: If we have no authority of any kind, will there not be anarchy? Of course there may be. But does authority create order? Or does it merely create a blind following which has no meaning at all except that it leads to destruction, to misery? But if we begin to understand ourselves—which is a very complex process—then we shall also begin to understand the anatomy of authority.

Intern Student Program

Who Am I by Francesca Michelle Lies

After having spent almost a full year living and working at the Krishnamurti Educational Center, with my primary responsibility being to inquire into Who Am I?, I find an exploration continues to occur as insights into the question appear. I am left with these insights and what I have believed myself to be for the past 24 years. Any self-imposed limitations or illusions surrounding a sense of self become blurred if the question of Who Am I is looked at long enough. Read more...
Yoga and Self-Knowledge, August 21-25

From George Mason’s series Rich for the Vitals. Title: Gate (Golden Hour).
Krishnamurti text with plaster, carpet, casein paint, and encaustic - 2012.