J. KRISHNAMURTI'S DAILY SCHEDULE AT 90 WAS AS UNDER:-

- Awakes at sunrise
- Yoga ‘asanas’ for 45 minutes.
- Pranyam for 35 minutes.
- Breakfast at 8 am.- fruit, toast, butter, whole wheat, sometimes idli dosa, rise.
- Discussing education, consciousness, disintegration, computers etc. at breakfast table. Asks for news of the world and India.
- Dialogues at 9-30 a.m., continue upto 11 a.m. , followed by individual meetings.
- Discussion about death, God, the observer…….
- Goes to his room for half-an –hour at 11-30 a.m.-with Time, News Week, The economist, Picture Books of Birds, Animals, Mountains. Rarely reads serious books.
- At noon oil massage and hot bath.
- Lunch at 1 p.m.-again discussion on science, technology, human degeneration. Tells stories, anecdotes and encounters with wild animals.
- He has no malice and is after shy with strangers.
- After lunch he takes rest and starts meeting people at 4 p.m.
- Just before sunset he goes for a walk. Close friends and children walk with him. His body is erect and strides are long. Prefers to walk alone. Walks 3 miles. No thought enters his mind.
- At home he washes, does some ‘pranyam’ Takes light supper-salad, fruit, nuts, soup, vegetables.
- By 10-30 p.m goes to sleep. Rarely, he dreams.