

## KNOWLEDGE OF FREEDOM: PROGRAM SYLLABUS 201-2022

date	class	topic	book	ch	chapter title
		part 1: Touching Wonder/Facing Fear			
sep-06	1	Opening Session			
sep-13	2	Touching Wonder	KOF	2	Responding to Time
sep-20	3	Facing Fear	GB	2	Beginning with Honesty
			OM	3	Self-change
sep-27	4	Hidden Knowledge	KOF	17	Gateway to Knowledge
oct-04	5	Questioning Mind	KOF	3	Questioning Mind
			KOF	0	Introduction
		part 2: Desire and aspiration			
oct-11	6	Desire and Aspiration	KOF	15	Yearning for Fulfilment
oct-25	7	Opening the Heart	GB	4	Opening the Heart
nov-01	8	Nourishing the Heart	OM	9	Fascination and Anxiety
nov-08	9	Calm and clear	HMF	1	Meditation and Relaxation
			OM	6	Deepening Stream
		part 3: Fundamental Operations			
nov-15	10	Seeing through concepts	KOF	28	Limits on Meaning
nov-22	11	Watching Mind	OM	5	Meditation : Let it Be
			HMF	2	Self-observation
nov 26-28		FIRST RETREAT: OPENING TO KNOWLEDGE			
dec-06	12	Transforming Tension	KOF	22	Transforming Tension
dec-13	13	Body, Breath and Mind	GB	7	Body, Breath, Mind
dec-20	14	Conflict and Positioning	KOF	8	Knowledge and Self
		part 4 Acknowledging Ignorance			
jan-10	15	Recognizing the need for knowledge	KOF	18	Human Education
jan-17	16	Turning toward Knowledge	KOF	4	Alternatives
			KOF	5	Acceleration
			KOF	6	Freedom and prosperity
		part 5: Self Image and Patterns			
jan-24	17	Layers of conditioning	KOF	19	Layers of Conditioning
jan-31	18	Images of Ourselves	KOF	21	Images of Ourselves
feb-07	19	Working with emotional energy	HMF	3	Emotions and Balance
feb-14	20	Awakening aspiration	KOF	25	Images of Desire

		part 6: Recognizing and Releasing			
feb-21	21	Finding Inner Balance	KOF	24	Seeing through Pain
feb-28	22	The Self's Storytelling	KOF	11	Birth and Youth
			KOF	12	Years of our Prime
			KOF	13	Waning of our lives
			KOF	14	Strategies for Living
mar-07	23	New beginnings	KOF	20	New Beginnings
			KOF	26	Treasury of Experience
		part 7: The Heart of Confusion			
mar-14	24	Quering the Self	KOF	9	Breaking through the Known
			KOF	29	The I as King
mar-21	25	Confused Identity of I	KOF	30	The Illusory I
mar-28	26	Illusion of Control	KOF	31	Tyranny of the I
apr-04	27	Transparent Trickery	KOF	32	Maneuvers of Mind
		part 8: Light of Awareness			
apr-11	28	Directionality of Consciousness	KOF	33	Directionality of Consciousness
				34	Unbound Mind
apr-18	29	Power of not-Knowing	KOF	35	Knowledge of Freedom
apr-25	30	Natural Freedom	GB	13	Discovering Mind
			GB	14	Natural Freedom of Mind
			GB	17	Meditative Awareness
			OM	17	Awareness
may 6-8		SECOND RETREAT: GROUNDED IN FREEDOM			
may 16	31	Closing session			

**Abbreviated book titles:**

KOF = Knowledge of Freedom

GB= Gesture of Balance

HMF= Hidden Mind of Freedom

OM= Openness Mind

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