

KNOWLEDGE OF FREEDOM: PROGRAM SYLLABUS 2025-2026

date	class	topic	book	ch	chapter title
2025		part 1: Touching Wonder/Facing Fear			
Sep/01		Q and A Free Info session			
Sep/08	1	Touching Wonder	KOF	2	Responding to Time
Sep/15	2	Facing Fear	GB	2	Beginning with Honesty
			OM	3	Self-change
Sep/22	3	Hidden Knowledge	KOF	17	Gateway to Knowledge
Sep/29	4	Questioning Mind	KOF	3	Questioning Mind
			KOF	0	Introduction
		part 2: Desire and aspiration			
Oct/06	5	Desire and Aspiration	KOF	15	Yearning for Fullfilment
Oct/13	6	Opening the Heart	GB	4	Opening the Heart
Oct/27	7	Nourishing the Heart	OM	9	Fascination and Anxiety
Nov/03	8	Calm and clear	HMF	1	Meditation and Relaxation
			OM	6	Deepening Stream
		part 3: Fundamental Operations			
Nov/10	9	Seeing though concepts	KOF	28	Limits on Meaning
nov 21-22		FIRST RETREAT: OPENING TO KNOWLEDGE			
Nov/24	10	Watching Mind	OM	5	Meditation : Let it Be
			HMF	2	Self-observation

Dec/01	11	Transforming Tension	KOF	22	Transforming Tension
Dec/08	12	Body, Breath and Mind	GB	7	Body, Breath, Mind
Dec/15	13	Conflict and Positioning	KOF	8	Knowledge and Self
2026		part 4 Acknowledging Ignorance			
Jan/05	14	Recognizing the need for knowledge	KOF	18	Human Education
Jan/12	15	Turning toward Knowledge	KOF	4	Alternatives
			KOF	5	Acceleration
			KOF	6	Freedom and prosperity
		part 5: Self Image and Patterns			
Jan/19	16	Layers of conditioning	KOF	19	Layers of Conditioning
Jan/26	17	Images of Ourselves	KOF	21	Images of Ourselves
	18	Working with emotional energy	HMF	3	Emotions and Balance
Feb/09	19	Awakening aspiration	KOF	25	Images of Desire

		part 6: Recognizing and Releasing			
Feb/16	20	Finding Inner Balance	KOF	24	Seeing through Pain
Feb/23	21	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/02	22	New beginnings	KOF	20	New Beginnings
			KOF	26	Treasury of Experience
		part 7: The Heart of Confusion			
Mar/16	23	Quering the Self	KOF	9	Breaking through the Known
			KOF	29	The I as King
Mar/23	24	Confused Identity of I	KOF	30	The Illusory I
Mar/30	25	Illusion of Control	KOF	31	Tyranny of the I
Apr/13	26	Transparent Trickery	KOF	32	Maneuvers of Mind
		part 8: Light of Awareness			
Apr/20	27	Directionality of Consciousness	KOF	33	Directionality of Consciousness
				34	Unbounded Mind
May/11	28	Power of not-Knowing	KOF	35	Knowledge of Freedom
May 15-16		SECOND RETREAT: GROUNDED IN FREEDOM			
May/18	29	Natural Freedom	GB	13	Discovering Mind
			GB	14	Natural Freedom of Mind
			GB	17	Meditative Awareness
			OM	17	Awareness
May/25	30	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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