

## KNOWLEDGE OF FREEDOM: PROGRAM SYLLABUS 2023-2024

date	class	topic	book	ch	chapter title
		part 1: Touching Wonder/Facing Fear			
Sep/07	1	Opening Session			
Sep/14	2	Touching Wonder	KOF	2	Responding to Time
Sep/21	3	Facing Fear	GB	2	Beginning with Honesty
			OM	3	Self-change
Sep/28	4	Hidden Knowledge	KOF	17	Gateway to Knowledge
oct -5	5	Questioning Mind	KOF	3	Questioning Mind
			KOF	0	Introduction
		part 2: Desire and aspiration			
oct-12	6	Desire and Aspiration	KOF	15	Yearning for Fullfilment
oct-26	7	Opening the Heart	GB	4	Opening the Heart
Nov/02	8	Nourishing the Heart	OM	9	Fascination and Anxiety
Nov/09	9	Calm and clear	HMF	1	Meditation and Relaxation
			OM	6	Deepening Stream
		part 3: Fundamental Operations			
Nov/16	10	Seeing though concepts	KOF	28	Limits on Meaning
Nov/23	11	Watching Mind	OM	5	Meditation : Let it Be
			HMF	2	Self-observation
nov 25-26		FIRST RETREAT: OPENING TO KNOWLEDGE			
Dec/07	12	Transforming Tension	KOF	22	Transforming Tension
Dec/14	13	Body, Breath and Mind	GB	7	Body, Breath, Mind
Dec/21	14	Conflict and Positioning	KOF	8	Knowledge and Self
		part 4 Acknowledging Ignorance			
Jan/11	15	Recognizing the need for knowledge	KOF	18	Human Education
Jan/18	16	Turning toward Knowledge	KOF	4	Alternatives
			KOF	5	Acceleration
			KOF	6	Freedom and prosperity
		part 5: Self Image and Patterns			
Feb/01	17	Layers of conditioning	KOF	19	Layers of Conditioning
Feb/08	18	Images of Ourselves	KOF	21	Images of Ourselves
Feb/15	19	Working with emotional energy	HMF	3	Emotions and Balance
Feb/29	20	Awakening aspiration	KOF	25	Images of Desire

		part 6: Recognizing and Releasing			
mar-07	21	Finding Inner Balance	KOF	24	Seeing through Pain
mar-14	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-21	23	New beginnings	KOF	20	New Beginnings
			KOF	26	Treasury of Experience
		part 7: The Heart of Confusion			
mar-28	24	Quering the Self	KOF	9	Breaking through the Known
			KOF	29	The I as King
Apr/04	25	Confused Identity of I	KOF	30	The Illusory I
Apr/11	26	Illusion of Control	KOF	31	Tyranny of the I
Apr/18	27	Transparent Trickery	KOF	32	Maneuvers of Mind
		part 8: Light of Awareness			
Apr/25	28	Directionality of Consciousness	KOF	33	Directionality of Consciousness
				34	Unbounded Mind
may-09	29	Power of not-Knowing	KOF	35	Knowledge of Freedom
may-16	30	Natural Freedom	GB	13	Discovering Mind
			GB	14	Natural Freedom of Mind
			GB	17	Meditative Awareness
			OM	17	Awareness
may 25-26		SECOND RETREAT: GROUNDED IN FREEDOM			
may-30	31	Closing session			

**Abbreviated book titles:**

KOF = Knowledge of Freedom

GB= Gesture of Balance

HMF= Hidden Mind of Freedom

OM= Openness Mind

**coorganised by:**

Nyingma Institute, Berkeley, CA, USA

Nyingma Centrum Nederland

Dharma Publishing CA, USA