**Reflections on the Self**

*A One Year Course in Self inquiry*

**Dates:** ***Jan 26, 2018 - Jan 19, 2019***

**Facilitators:** ***David Bruneau and Lynne Walker***

This course is intended to support a one-year commitment to self-inquiry. The idea is to assist an attitude of self-observation or “looking at what is”, by slowly contemplating sections of the book “Reflections on the Self” by J. Krishnamurti. There will be a monthly dialogue at KECC (Krishnamurti Education Centre of Canada) based on insights arising from self-study.

**Topics**

**Introduction**:

What is order/disorder in psychological life? What is self- identification? What part does thought and the thinker play in our lives? How alive are the senses?

**Freedom**: Initial explorations into what freedom is and is not.

**Self-Identification:** Experiences. Movement of the mind. Intelligence.

Craving, aversion and delusion. Inquiry without motive. Looking at assumptions. Self in relationship. Separation/division. Radical transformation. Awareness in observation. Meditation and knowledge.

**Deeper looking into Emotions:**

Fear

Loneliness

Discontent

Pride/Ambition

Anger

Guilt

Desire

Happiness

**Freedom**: A renewed consideration of what it is to be free.

The introductory topics will be highlighted at the [weekend retreat for self-inquiry on ***Jan 26-28, 2018*** at KECC](https://krishnamurti-canada.ca/events/finding-oneself-contemplative-winter-retreat/). It is recommended that participants of the one year course plan to attend this residential retreat.

Monthly meetings for reflection as dialogue, on designated readings, will begin ***Feb 18, 2018*** and continue on the third Sundays of each month, from 1-4pm, until ***Jan 2019.***

**Course requirements**: Purchase of text of ‘***Reflections on the Self.’*** (this will be made available for purchase for $20 upon registration.) There is no retreat charge for the January weekend other than accommodation and food.($170/190)

**Registration**: For registration and more info contact:

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