**Krishnamurti Study Sessions**

In these study sessions we explore the habitual structures of our thinking and feeling, inviting insight into those patterns and the possibility of freedom from them. Writings by J. Krishnamurti are used as entry points into our own seeing beyond reference to any authority, outer or inner. We explore K’s suggestion that direct “seeing,” or insight, has a power to dissolve the patterns of thinking that create suffering. We question whether thought can ever resolve our human problems or our urge to live in wholeness and harmony. And if thought cannot do so, then what, if anything, will? These sessions are an opportunity to look into these kinds of questions in an atmosphere of spaciousness and affection which reflect our authentic interest in the “truth” (or falseness) of ourselves and our way of living. There are no prerequisites for attending and everyone interested is welcome.

 “I think before we begin it should be made clear what we mean by discussion. To me it is a process of discovery through exposing oneself to the fact. That is, in discussion I discover myself, the habit of my thought, the way I proceed to think, my reactions, the way I reason, not only intellectually but inwardly… I feel that if we could be serious for an hour or so and really fathom, delve into ourselves as much as we can, we should be able to release, not through any action of will, a certain sense of energy that is awake all the time, which is beyond thought.”

 *J. Krishnamurti*