



You and the World:

Questioning and Self-Enquiry

Course designed and conducted by The School, Krishnamurti Foundation India, Chennai



Course Description

In a world that is growing increasingly violent and chaotic, human beings are faced with an existential challenge. We are destroying the very planet on which our existence is dependent, and further, our human societies are beset with complex and seemingly insolvable problems of war, terror, hunger and poverty. At the personal level, our relationships with friends, children and parents are also fraught with conflict.

What is the common person to do in the face of so many difficult problems?



In the words of J. Krishnamurti, philosopher and educator:

The solution of a problem lies in the understanding of the problem; the answer is not outside the problem, it is in the problem. One cannot look at the problem very clearly if one is concerned with the answer, with the solution. There is nobody who is going to solve any of our problems, either political, religious or psychological. One has to have a great deal of vitality and passion, intensity, to look at and to observe the problem and then, as you observe, the answer is there very clearly.



Beginning into questioning and enquiry

This course is offered as a beginning into questioning and enquiry as means of understanding the world we live in and our inner world of feelings, thoughts, beliefs and relationships. Rather than seek solutions, we will attempt to understand these various aspects of our lives through discussions, reading and writing, and thereby discover our own vitality and passion.



Course Intentions / Objectives

- ▶ To enquire together into the world around us: both in terms of ecology and its related challenges, and about the human condition.
- ▶ Through such enquiry, to understand one's responses to the world in terms of what influences us, what prejudices one holds and their effects on choices that one makes.
- ▶ To understand oneself as an entity in the human and natural world and to find clarity about one's thoughts, ideas and feelings.



Pre-requisites

While there are no specific pre-requisites for this course, the following are important attitudes the student must have for the course to be successful:

- ▶ Openness to conversations
- ▶ Willingness to explore together
- ▶ Readiness to participate whole-heartedly and follow up with assigned tasks and assessments



Course methodology

- ▶ Reading
- ▶ Watching films
- ▶ Discussions – large group and small groups
- ▶ Writing
- ▶ Reflective exercises, observation and self-discovery activities



Themes and Topics

The course will work through three themes:

- ▶ The Earth and human activity (global warming, ocean trawling)
- ▶ The human world and issues (gender issues, discrimination)
- ▶ The world within us and relationships (hurt, fear, notions of success)



Course Plan

1. Purpose of Education
2. Human beings as part of nature
3. Oceans
4. The Earth - Soil
5. Development and sustainability
6. World of entertainment and consumption
7. Gender
8. Prejudice
9. Relationships – Fear, Hurt, Love
10. Finding one's vocation – notions of success, work, passion
11. Freedom and Responsibility
12. You are the World

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