The course on Kaivalya-upaniṣad comprises of ten lessons. A detailed description of the topics covered in each lesson is provided below.

Lesson 1: Introduction and Śānti-mantra

- Understanding of prakaraṇa- and śāstra-granthas
  - Examples of prakaraṇa-granthas and the topics they deal with
  - Prasthāna-traya: Upaniṣad, Bhagavad-gītā and Brahmasūtra
  - Major and minor Upaniṣads
  - Daśopaniṣad
- Śānti-mantra
  - Reasons for chanting the śānti-mantra
  - How we must engage our senses only for the auspicious
  - Invocations to various deities

Lesson 2: Gurūpasadana, Śraddhā, Bhakti and Dhyāna [Mantras 1–2]

- How does the disciple Āśvalāyana reach his Guru?
  - Preparation of a student to receive this great knowledge
  - Six wealths of Bhagavān
- Understanding of the meaning of the term ‘Brahmavidyā’
  - Why does Āśvalāyana want to learn Brahmavidyā?
- Two aspects of ignorance
  - How one gives up all pāpa at once
- Anubandha-catuṣṭaya
- Three means to comprehend the teachings of the Guru – śraddhā, bhakti and dhyāna
  - Correlation of śraddhā, bhakti and dhyāna with śravaṇa, manana and nididhyāsana
  - Union of śraddhā, bhakti and dhyāna in the seeker

Lesson 3: Tyāga [Mantra 3]

- Karma, prajā and dhana
  - These are not the essentials for attaining Brahmavidyā
  - Śrauta- and smārta-karmas
  - Manuṣya- and daiva-vitta
- Two categories of higher lokas
- Tyāga
  - The meaning of amṛttattva
  - How amṛtatva can be attained by tyāga alone?
  - Understanding who is a yati
- Location of the supreme Reality in the cave of one’s heart

**Lesson 4: Jīvanmukti and Brahmaloka-prāpti [Mantra 4]**
- Efforts the sage must put for Liberation
- The wisdom of Vedānta
  - The method of attaining Aparokṣa-jñāna
- How does the mind become pure?
  - The meaning of sannyāsa
  - Understanding of sannyāsa-yoga
- How does the sage become a Jīvanmukta?
  - What happens if the sage does not get Jīvanmukti despite the best of efforts?
  - Who can attain Brahmaloka?
  - Understanding of krama-mukti
- Types of pralaya
  - Calculation of the lifetime of Creator Brahmā in terms of human years

**Lesson 5: Preparation for Upāsanā and Nirguṇa-upāsanā [Mantras 5–6]**
- External preparation for upāsanā
  - Place
  - Time
  - Posture
- Internal preparation
  - Withdrawal of mind and senses
- Method of purifying the heart after initial preparation
- Understanding of nirguṇa-upāsanā
  - Nirguṇa-upāsanā keeping Lord Śiva in the heart
Lesson 6: Saguṇa- and nirguṇa-upāsanās [Mantra 7]

- Bheda- and abheda-bhāvanā
- Sopādhika- and nirūpādhika-upāsanā
- Difference between upāsanā and dhyāna
- Puruṣa- and vastu-tantra
- Visualisation of Lord Śiva in saguṇa-upāsanā
- Progression from saguṇa to nirguṇa to dhyāna
- Citta-śuddhi and citta-ekāgratā
- Upāsanā and dhyāna with respect to individuality

Lesson 7: Sarvātmabhāva and Om [Mantras 8–11]

- Experience of a person who attains oneness with the Lord
  - How the Jñānin is no different from Brahmā, Śiva, Viṣṇu, Indra, māyā and all
  - Kṣara and akṣara
- The Jñānin in all periods of time
- Understanding reaching beyond death
  - How sarṣāra is avidyā-kārya
  - Correlation of mṛtyu, sarṣāra and avidyā
- Jñānin’s perception of own Self in all beings and all beings in own Self
- The creation of fire by churning for the Vedic rituals as a metaphor to churning of mind and intellect by manana and nididhyāsana to gain knowledge
  - Severing the bondage of ‘I’ and ‘my’
- Why is Om called ‘praṇava’?
  - Understanding of the word ‘Om’

Lesson 8: Consciousness as Viśva, Taijasa and Prājña [Mantras 12–14]

- How do aham and mama tie a knot of bondage since Self is untouched and unconnected Consciousness?
- Connection of Self with the body as ‘I’
  - Māyā projecting Self as the individual
- Identification of Self with the gross body using the senses in waking state
- The individual creating one’s private world in the dream state
● The individual attaining the bliss of ignorance
  ○ Laya in deep sleep
● Who is jīva?
  ○ Jīva is the Paramānanda despite being deluded by māyā

Lesson 9: Mahāvākyā, Sākṣin and Brahman [Mantras 15–19]
  ● Jīva the material cause of everything
  ● The supreme Brahman is the Self in all
  ● Mahāvākyā – That is you alone; and you alone are That
  ● How are the three states ‘prapañca’?
  ● Liberation from ‘I’ and ‘my’ by recognising the knowledge of Mahāvākyā
  ● How do we recognise sākṣin?
    ○ Tripuṭi or triad
    ○ How is sākṣin ‘dṛk’ and distinct from tripuṭi
  ● All the three states in me
  ● I am the non-dual Brahman

Lesson 10: Self-realisation and Phalaśruti [Mantras 20–24 and Phalaśruti 1–2]
  ● How am I the manifold universe and of the nature of Śiva?
  ● How am I ever Consciousness?
  ● How does the entire Vedas reveal me, and how am I the knower of the Vedas?
  ● How there are neither puṇya and pāpa nor birth and death for me?
  ● Apavāda – in the absence of kāraṇa for the upādhis
  ● Understanding the cave of the heart
  ● Paramātman – one’s essential nature
  ● Phalaśruti
    ○ Reciting the Śatarudrīya
  ● Final purpose/goal of Knowledge