

**WISDOM'S GOLDENROD, ALAN BERKOWITZ CLASS NOTES
(TYPED)
NOVEMBER 24, 1979
BUDDHISM; TANTRA**

TOPIC: Buddhism

SUBJECT: Tantra

SUBSUBJECT: Guenther

BOOKS READ FROM OR REFERENCED:

- Herbert V. Guenther, Chogyam Trungpa, *The Dawn of Tantra*

TYPED AND REFORMATTED by IT 2023

NOTES:

- **RETYPE HANDWRITTEN NOTES (hence V08).** From Alan Notes 6 Procl Plotin Bud 1979 0630 to 1979 1230.PDF.
- All spelling, capitalization, punctuation, and other errors corrected, abbreviations spelled out.

1979 11/24 at Wisdom's Goldenrod Buddhism; Tantra

[Alan Notes 1979 1124 Begin]

11/24/79 Guenther - Tantra

Dawn of Tantra, Ch. 5 [Note: Herbert V. Guenther, Chogyam Trungpa, *The Dawn of Tantra*.]

Compassion arises naturally with the prajna (noetic being) experience -- not what Guenther says on pp. 31-32.

You see that all others possess what you have experienced within yourself.

Yoga theory requires suppression and elimination of the vasanas.

Jnana theory requires an insight into their nature and therefore freedom from them, but not necessarily their elimination.

Ch. 6--

Samatha = quietness, sattipathana

9 steps --

- 1) interiorization -- attempting to focus the mind
- 2) duration fixation -- more sustained focusing
- 3) re-fixation -- forcing back into focus, more focus than distraction
- 4) closed fixation -- continual forcing of mind on object (will-power), danger of lethargy
- 5) discipline over lethargy -- introspective awareness of mind's condition and application of antidotes
- 6) pacified -- antidote to excitement or over--
- 7) completely pacified -- keeps getting rid of all distractions
- 8) one-pointed (ekagrata)
- 9) even fixation

Vipassana -- vision, insight -- requires samatha

Bodhisattva (perfection and refinement of personality) is still 'putting his own house in order'.

Yogi has achieved enough discipline to perform 'miracles' or operate on the objective world = Siddhas -- Milarepa, Marpa, Tilopa, etc.

Bodhisattva can then work (of/off) Grace and not need power.

[Alan Notes 1979 1124 End]