

WISDOM'S GOLDENROD, ALAN BERKOWITZ CLASS NOTES
(TYPED)
MARCH 21, 1982
BUDDHISM: TANTRA

TOPIC: Buddhism

SUBJECT: Tantra

SUBSUBJECTS: Six Yogas from *Bridging the Sutra and Tantras*, Winds, Empty Body

BOOKS READ FROM OR REFERENCED:

- Dalai Lama I, Glenn H. Mullin (trans.), *Bridging the Sutras and Tantras: A Collection of Ten Minor Works*

DIAGRAMS embedded in these notes:

- FIGURE 1982 0321-1-AB. Channels, Chakras, and Winds.
- FIGURE 1982 0321-2-AB. Chakras, Drops, States of Consciousness, and Levels of Cosmos.

TYPED AND REFORMATTED by IT 2022

NOTES:

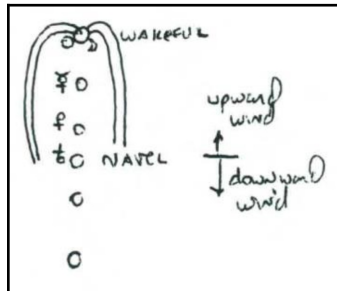
- **RETYPE HANDWRITTEN NOTES (hence V08).** From Classnotes AB 1982 0210 to 1982 0326.PDF.
- This was a Sunday AM Buddhist Tantra class.
- All capitalization and punctuation corrected, all abbreviations, astrological glyphs, and some numbers spelled out.

1982 03/21 at Wisdom's Goldenrod Buddhism: Tantra

[Classnotes AB 1982 0321 Begin]

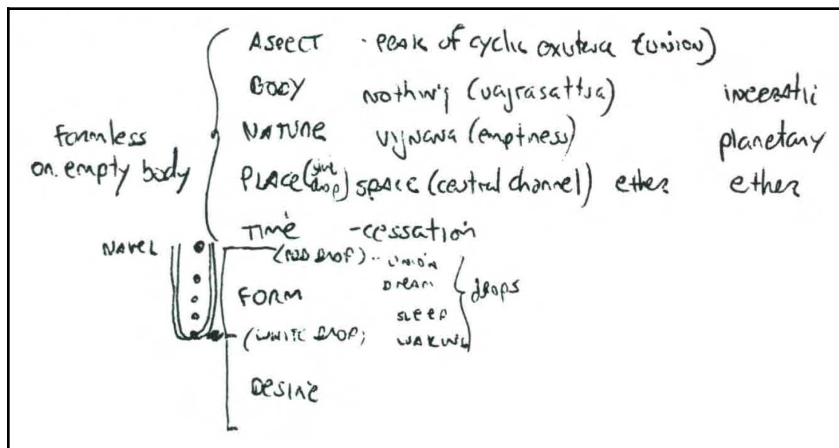
3/21/82

6 Yogas from *Bridging Sutras and Tantra* [Note: Dalai Lama I, Glenn H. Mullin (trans.), *Bridging the Sutras and Tantras: A Collection of Ten Minor Works.*]



[FIGURE 1982 0321-1-AB. Channels, Chakras, and Winds. Facsimile scan from AB class notes.]

1) Sense withdrawal. Side channel energies ruled by Sun and Moon and elements and rule body fluids. Central channel ruled by space and wisdom = Head [above], Tail [below] = dragon. At navel you acquire control over these energies.



[FIGURE 1982 0321-2-AB. Chakras, Drops, States of Consciousness, and Levels of Cosmos. Facsimile scan from AB class notes.]

In first stage of sense withdrawal you go through six steps which prefigure the six stages, but in a coarse form.

4 bodhimind substances = reason-principles in matter = causal level of 4 elements.

[Classnotes AB 1982 0321 End]