

**WISDOM'S GOLDENROD, ALAN BERKOWITZ CLASS NOTES
(TYPED)
JANUARY 23, 1983
PB BOOKS; WISDOM OF THE OVERSELF; MEDITATION ON THE
FUTURE**

TOPIC: PB Books

SUBJECT: Wisdom of the Overself

SUBSUBJECT: Meditation on the Future

BOOKS READ FROM OR REFERENCED:

- Paul Brunton, *The Wisdom of the Overself*

TYPED AND REFORMATTED by IT 2022

NOTES:

- **RETYPE HANDWRITTEN NOTES (V13).** From Classnotes AB 1982 1206 to 1983 0124.PDF.
- All capitalization and punctuation corrected, abbreviations spelled out.

1983 01/23 at Wisdom's Goldenrod

PB Books; Wisdom of the Overself; Meditation on the Future

[Classnotes AB 1983 0123 Begin]

1/23/83 A Meditation on the Future [Note: See Paul Brunton, *The Wisdom of the Overself*, Chap. 14, "The Yoga of the Discerning Mind," A Meditation on the Future.]

A few weeks of this exercise can make an impact on the next day.

To practice it be graphic -- itemize every point he's making. Write it down. Memorize them.

This is a practical way to change what we don't like about ourselves.

Can be done before meditation also.

You are the spectator and the actor in the visualization.

- 1) The clarity of the image is important -- you can look at yourself in a mirror to imprint your image.
- 2) The quieting of the senses is important.

Start at first with a few specific things you want to change.

You need a kind of despair that you really want to change.

Concentrate on *your* actions in a situation, not the others person's.

As soon as selfishness comes in, it's black magic -- don't change the other person.

As your character improves, greater understanding automatically comes in.

Don't be forceful about this -- i.e., don't stimulate the mind into wakefulness.

Work with a quiet confidence.

Bring interest into the exercise.

Dreaming results from uncompleted actions or undigested experience.

[Classnotes AB 1983 0123 End]