

**WISDOM'S GOLDENROD, ALAN BERKOWITZ CLASS NOTES
(TYPED)
FEBRUARY 6, 1983
PB BOOKS; WISDOM OF THE OVERSELF; MEDITATION ON THE
SERPENT'S PATH**

TOPIC: PB Books

SUBJECT: Wisdom of the Overself

SUBSUBJECT: Meditation on the Serpent's Path

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 1983 0206 to 1983 0228.PDF.
- All capitalization and punctuation corrected, abbreviations spelled out.

1983 02/06 at Wisdom's Goldenrod PB Books; Wisdom of the Overself; Meditation on the Serpent's Path

[Classnotes AB 1983 0206 Begin]

2/6/83 Serpent's Path

[Note: See Paul Brunton, *The Wisdom of the Overself*, Chap. 14, "The Yoga of the Discerning Mind," A Meditation on the Serpent's Path.]

You have to be the attention and in doing so you distinguish yourself from the object (body/I-thought) and therefore intensify the attention.

Take back from the image all the energy you normally throw into it and put that into the attention.

Your eyes should be slit open so that the world-image is constantly in front of you and you can observe two moments of it, the world-image (with your body in it; you see the relation of your body to the world-image) as a still distinct from your awareness.

Don't focus them.

Don't stare at any particular object.

Sooner or later you have to learn to mediate even with your eyes open.

[Classnotes AB 1983 0206 End]