

## **Tantric View Training Notes (2005)**

(See handout made by Dharmanidhi to supplement these notes)

### Stage 1

- stems from ignorant stage, life is characterized by seeking comfort
- you experience yourself as an individual, no other possibility exists, no sense that another possibility is out there
- strong self identification as the individual, nothing else exists and you take comfort in anything that feeds your self identification
- desires are so strong that they drive all of our behaviors of body, speech and mind
- no way to even connect to the idea of compassion, wisdom
- attachments so strong
- aversion and attachment
- no pause between stimulus and response
- **YOU SHOULD CARE FOR ALL BEINGS THE WAY YOU CARE FOR YOURSELF**
- Grace (anugraha or kripa) helps us wake from stage one
- Our energy is out of control in this stage
- Desire = pure energy
- To cover up our shiva nature we are like a pac man out of control
- Bigger and bigger until you can't be fulfilled, the road traveled more will always be a dead end
- Things are painful only because of our conditioning
- Ego identity is based on desires
- Desire for enlightenment for yourself and others, only desire which will include all beings.
- Core energy of the universe is desire (half step back), urge to create
- Not desire for something but just desire is shakti

### Stage 2

- desire has to be there, it is a dynamic state of presence
- don't try to meditate away problems, don't try and fix it, desire is in the mind
- sexuality is the core energy of the universe and you need to be in touch with it in yourself
- don't control it, it is what makes you alive
- vipassana (exercise) is a technique not a path. Nature of distraction is shakti, stage 2 tries to control shakti but you can't control it, it is always arising, the counting represents shiva and the breath represents shakti (not smooth, variegated landscape)
- in this exercise we do not want to control shakti, we should notice that distractions occur, we should hear noise and still hear breathe
- notice your desires but don't judge them
- stage 2 also has to do with binging and purging
- controlling or repressing is a failure, it cuts off your sensitivity, we want to purify a lot in stage 2, shamanic model of good and evil
- it is not possible to live by externally imposed laws until your channels are harmonized and you must do this naturally
- harmonizing energies through practice, not fixing but understanding

- you cannot get rid of the desire, it is the primal force of the universe
- tantrics can't get rid of it then it is what is, teaches us about ourselves and the universe
- you must accept that you are going to chase after your desires
- there is no good or bad and trying to control it is limiting
- when asking whether you should act you should ask yourself, "how many beings are going to be helped by this."
- Vegetarianism = small compassion
- Don't know what is wrong or what is right, just live
- Society is based on what is
- Tantric community in west Bengal called baul
- If you make vipassana a path you freeze on the path
- Anything that rigid cracks learn that this energy can teach you something
- Buddha's story, energetic clarity
- The dance of energy and consciousness
- Health is the basis for the rest of the path, we must cultivate health to sense
- Very focused on clarity, obsessed with fixing
- Infatuation with energy is not love, love = commitment
- You don't create your reality

### Stage 3

- stage 2 turns into stage 3 with self acceptance
- energy and consciousness dance together
- but now lets explore
- channels relaxing and harmonizing
- anytime you feel conflict you are at odds with your path
- zen = 7 seconds decision rule
- no sense of good or bad, just the one that you make
- stages are always in flux
- explore desires
- self acceptance, tolerance
- less distraction
- combine consciousness and energy
- merge experiences of energy and consciousness, that they are the same, fantastic amount of energy when they come together
- feeling good, become more in tune with our body and situation
- **YOU AREN'T CONTROLLING ENERGY, ENERGY CONTROLS YOU**
- Relax rigidly imposed conditions
- More energy comes more distraction
- **FOLLOW YOUR NATURAL APPETITE**
- Mind in tantra is nothing but an expression of the body, body = mind
- Cultivate health so you are sensitive enough to know what you feel
- Primacy of the body
- In the essence state it is impossible to harm, if you are one with everything then you harm nothing
- You can kill without murder (violent intent) no karma
- Lenses of perception
- Understand the primacy of the body and work where you are at

- Pranathanana = stretching of energy, psyche moves through channels
- Stage 3 is blissful, but still a lot of “you” and “me”
- You don’t stop doing bad but you don’t see them as bad, these energies are really a part of you, still not in non duality
- accept yourself accept others
- judging reflects our own lack of self acceptance
- vital energy is who we are, karma cannot change so we must accept it but we can change our experience of it

#### Stage 4

- desire into connecting with everything in the universe
- open up to every moment
- fundamental that you realize that the spiritual path is EVERY moment
- work where you are at the moment
- characteristics of this stage include knowledge and innocence, real insights, base of wisdom opens
- clarifies motives, motives are self absorbed until stage 4
- fixing problems doesn’t make us enlightened, the problems just stop being problematic
- seva, seva, save yourself first
- greatest way to contribute is to take care of yourself
- compassion to yourself first, once you understand compassion you will live completely for others because you are not separate from others

#### Day 2

- you do not create your reality in stages 1-5
- it is very pragmatic to see stages as sequential and linear, it can help us find our orientation
- stages are aspects of our being, no saying how long a stage should last but there are general ideas
- stages 1-2 are rich with energy and patterning and so deep in our radar that it just keeps going
- we like to stay in 1 and 2 because of the idea there is safety in numbers
- shades of these first two stages keep showing up in later stages, ex. Echoes of right and wrong

#### 12 stages

- 1.vishayanuruga – doubting desire fulfillment, this energy is your vitality, living a fulfillment based life, stage one is exhaustive
- 2.vikshepa-drashta
- 3.samatva-bhava
- 4.satvyavahara
- 5.viveka-buddhi
- 6.pranidhana
- 7.shunya
- 8.avyakta-karma
- 9.padhana-karma
- 10.karma-kshaya

11.siddha

12.prakasha-kaya

- valmiki transformed his life, milarepa too, all is not lost. If you are ever doubtful on the path remember this

stage 2: vikshepa drashta (to see clearly, experience) vikshepa refers to false perceptions

- starting for the first time to see who you are not

- you must never try to control your shakti, you must work with it

- 1st stage is exhaustive, 2nd stage is destructive

- compassion is ALL the way or nothing, compassion is your inherent shiva nature

- shakti is compassion

- WE ARE JUST A PRODUCT OF TIME AND SPACE

- Energy has wisdom, the energy we are is beautiful and pleasurable

Stage 3: samatva-bhava = equanimity, same feeling

- Energy, vitality, sexuality is NOT the enemy

- Austere yogi's make sexuality the enemy, they are afraid of sexuality, afraid of desires

- With this energy you get more awareness and clarity

- In this stage we make friends with our dark sides and psychology ends

- When you "attract" things into your life you are using natural focus on the path

- Each stage has a natural appetite

- You can kill while you love

Stage 4: sat-vyavahara (the real deal)

- path as life, set out on the journey

- exploring our context

- getting real

- be with what is

- you realize a HUGE world exists for you, digesting each moment

- life shows up when you learn in context

- context shows us our limitations

- moment to moment experience with out false projections

- limits teach us, dealing with what is in the moment

- being with them in the present is the path at that stage

- this is a working stage, not easy like stage 3

- there is great power here

- spiritual materialism: you cannot make something concrete out of non concrete trying to do this is spiritual materialism

- everything is digesting, we are all eating and time eats us all

- if you cannot digest it, it will digest you

- insights feels like purpose of the path,

- trying to make a lot of meaning will get you stuck

- purpose NOT revelation and insight

- to get to stage 5 you must let go of spiritual materialism

- appropriate action, meeting it where it is at

- stage 4 is about the integrating process, it produces deeper work and you can really feel your fate here, the path is coming out of you so you do not see the path yet, your

trajectory opens and you can feel before you can see

- prakriti is caring, nurturing and responsive
- we come out to meet reality and it is coming to us, the universe is a motherly force
- ma sakti provides you with what you want
- mirror reflective energy which is beyond good and bad and completely free
- freedom = siva
- trusting the universe as a caring, responsive force
- goal IS the path
- yogi practices can show us the new world
- sincerity makes us realize the need to choose a path and you must choose wisely
- when choosing you must take into account, aptitude, competencies and needs
- transcendental not concerned with the body where tantra deals with what is: the body
- most yogic traditions are based on stages 4 and 5, tantric view is that you work where you are at by stage 4 you know yourself well enough to choose a path by stage 5
- Stage 5
- how we choose our path and why
- develop a type of individuality in this stage, develop our individual path, that which cultivates universality before
- choose specificity
- great power can be revealed here
- accept individuality within nonduality
- specific needs, appropriate things to do in each moment
- unanticipated forces
- BIG karmas, don't make meaning
- "only have the right to do your practice not to think about them."
- You have options here: orthodox vs. unorthodox
- Make it to 5 then 6-7 path of no return, linear time is real but time is also beyond being linear
- Viveka-Buddhi – discrimination intelligence
- A teacher is a transmitter of essence state, not an embodiment of purity no one is perfect
- Understanding viveka is the key to the 5th stage it can tell us whether or not we need a guru
- Here you see the goals and get what enlightenment means, very grounded in your spirituality here, able to get through all difficulties
- It depends on physical health and vitality
- Nothing is unfair, it is what it is
- Here yogis can feel the presence of great ones
- Enlightenment is beyond our mind, very subtle
- Beware of teacher who are stuck in the energy gymnastics phase
- The correct position in yoga is where you are as long as you are consciously working
- You need a stable crucible for clarity
- An aspect of ourselves and the world not in harmony with dharma are obstacles
- Unfinished business in stage 5 can suck you dry and can possibly allow you to create more karma
- Neglected and unknown karmas resurface at stage 5
- These have to be dealt with and come up with HUGE force and you can sidestep them
- In stage 5 you can discriminate about what your responsibilities are

- YOU WILL NEVER KNOW YOUR SHIVA NATURE IF YOU FOLLOW SOMEONE ELSE'S IDEAS OF WRONG OR RIGHT

- Recognize that you do not have to be involved with karma any more
  - Invisibility and sincerity of purpose is the strategy for going through stage 5
  - Doesn't mean being a hermit, lay low (sidestep, drop, transform, wrestle = ways to deal with karma)
  - BE TRUE TO THE PATH. Stick through the commitment and stay the course, work hard, be VERY vigilant
  - See beyond dogmas and priorities then 6 appears
- Stage 6: Pramidnana = surrender
- be open beyond conditioning, save yourself, who you are is open
  - trusting capacity beyond mind and conditioning
  - reflects, nothing sticks, this is your true nature
  - \*in tantra you are in the world so deeply that your conditioning is no longer there to give you reality
  - you go into reality as it is
  - what you think about a person is just that, what you think, it is not that person or that thing
  - transcendentalists try to escape
  - in 6 you let go of everything you have learned
  - in stages 1-4 you use the conscious, subconscious a little in 3-4 and in 5 your unconscious is blown apart.
  - Our conditioning is so deep, so close you cannot see it
  - This surrender is caused by and causes abstract contemplation
  - Siva and sakti are one
  - What you thought got you here
  - You did not accumulate this experience through practices, you were that
  - Space of loving presence, big cosmic law of compassion
  - Padmasandava (big picture of compassion from stage 6 upwards)
  - Things work the way they should
  - No I or me
  - Self centered orientation of love and compassion is dissolving, more complete understanding beyond mere concept
  - You can't get here and have a sense of yourself
  - You as your egos cannot go through stages 6-7, fearlessness comes from surrender
  - Experiences come with you, you become karma less and feel a sense of suicide going from stages 5 to 6 and 6 to 7
  - No logic will help you at 6 or 7, complete trust in 6 and then 7 is revealed
  - If you are too technique oriented you can become imbalanced
- Stage 7: shunya which means zero or emptiness, pure openness
- ground of situation is that you become one with open space
  - this is where effortlessness comes to fruition
  - the first half of shunya is passive
  - the tranquility of stage 7 is that it is self limited
  - here we realize goals are funny, no beginning or end
  - when you are in 7 you realize what happens in 1-6 is irrelevant

- openness is empty, base of everything
  - in 7 normal desires pale
  - you drop all meaningful definitions, souls, beings etc. body and soul are meaningless
  - motive dies at 5
  - 7 cuts through any remaining ideas of improvement
  - you as shiva must recognize yourself as shiva
  - not a reward for effort
  - clarifying actual situation
  - shunya is a negation of everything we have experienced
  - stage 7 negates until it negates itself
  - the view is so complete it meets you where you are at
  - you seek to empty the hells and destroy the heavens
  - uterus is open space to create similar to shunya
- Stage 8 – re-engages as in the world
- show you can be active in the world in a non dual way
  - inspire all living beings
  - engage in a relationship
  - compassion becomes REAL here
  - here we are so one with everyone that everyone's suffering is our suffering, everyone's joy is our joy
  - erase the ideas of vacuous and empty
  - there is both activity and stillness
  - austerity is a joke at stage 8,
  - everything goes just as it should
  - here you understand why destruction is impt
  - ayakta-karma = unmanifested karma, ex. Karma of a bell
  - yogic channels become clear, ma sakti takes form as your desire
- Stage 9 –
- channels obstructed by smaller view
  - real participation in the world
- Stage 10
- karma ksaya, losing karma forever
  - immortality
  - every vestige of individuality is gone
- Stage 11 – Siddha
- operating in the world without karma, were not made at all
- Stage 12 – prakasha-kaya
- Eleven uses a body to get to 12, dramatic and visual display guaranteed prep for 11-12 transition takes years beneath 7 gives rise to future births
- \*all stages are a play of 12, you are ALWAYS 12, let the view give you a deeper appreciation of your life.
- Your mind can lie but the energy state doesn't