

The Process of Awakening and the Mystery of Knowing

Pathwork Lecture 127: Evolutions Four Stages: Automatic Reflex, Awareness, Understanding, and Knowing

Full text of this lecture may be downloaded from www.pathwork.org

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"The transition from automatism (the first stage) to awareness (the second stage) is one of the most difficult that man passes through. Awareness means acknowledgement of one's limitations, facing wrong conclusions, destructive emotions, self-defeating devices, lack of integrity in the widest possible sense."

PL 127

We are always in the process of becoming aware about something. Whether a particular stage of awareness is long or short, painful or pleasant, it must precede understanding. Yet 'knowing' can seem just as murky and mysterious -- from the outside, looking in. How do we know we 'know'?

"The only way that knowing divine principles can come about is through a highly personal experience of the untruth that blurred the way, so far, to that particular truth." PL 127

Knowing is the result of our process, the effect caused by engaging in spiritual evolution: recognizing where we have been blind is the first conscious step.

"Once you have remembered, You cannot forget. The illusion of forgetting is Self Betrayal." Emmanuel, channeled by Pat Rodegast, Pathwork Helper

In our not forgetting, we inevitably reach for understanding. Knowing will follow.

You can download the full text of the lecture for free at: www.Pathwork.org

Jan Rigsby has supported Pathwork through personal service in California, Australia, Texas, China, Japan, and New York. She is currently serving as treasurer of the New York Region Pathwork. Free audio, video, and instructional materials are available on her websites.

The Process of Awakening and the Mystery of Knowing

1. Automatism / blind reflex

“Blind reflexes are always the result of material that man is unwilling to face. On any real path of development, regardless what approach is pursued, the areas wherein man is unfree and automatic must be uncovered and made known. This automatism is the most primitive stage, existing to some degree in everyone. It is always and exclusively the misconceptions which create havoc, disharmony, unhappiness. Nothing else can ever do that.” PL 127

- Lowest phase of human consciousness
- Responses based upon deeply imprinted wrong conclusions and generalizations
- Becomes stronger as parts of personality are liberated (less development = self deception is not needed)
- Blind reflexes are rationalized and explained in order to prove
The are based on freedom of choice rather than compulsion

2. Awareness

“The transition from automatism to awareness is one of the most difficult that man passes through. It is so difficult to admit that he is driven by unreasonable fears, superstitions, generalizations, obsolete situations that have no bearing on the present. It goes against his vanity, for he likes to see himself more evolved and freed than he is. The longer he denies what is, the more does he suffer. Often it is this needless suffering that finally brings him to self-honesty. It could have been avoided if his vanity were not so strong. This requires courage and the cultivation of the inner will.” PL 127

“Man succeeds first in specific areas to pass from automatism to awareness, while he retains blind automatism in others until much later phases of his personal development. It can never be said that an individual passes from one state into the next in every respect of his being.” PL 127

- Starts with becoming aware of the blind reflex mechanism
- Awareness means acknowledgement (= admitting or owning to something)
Of one’s limitations, facing wrong conclusions, destructive emotions, self-defeating devices, lack of integrity in the widest possible sense.
- Becoming conscious of error, deviation from truth
- The Aha! Moment is knowing that we are / have been driven by false ideas

“All spiritual principles, when clothed in the limitation of the human language, appear as contradiction. PL 127

Paradox: a seemingly contradictory statement that nonetheless may be true

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3. Understanding

- Seeing the cause and effect of negative patterns, destructive emotions, false ideas.
- Comes after a degree of awareness has been gained and, proportionately, blind reflexes have ceased

Requires deep experience of the answers to all these questions

(that is, deeply felt as a reality rather than learning a lesson by heart)

Why does this blind reflex exist?

What brought it on in my life?

What conditions existed that created it?

What conditions exist now whenever it is generated?

What are the similarities (both apparent and real) between the original situation and the present situation?

How are these related in my psyche?

How are they related in reality?

Why is this blind reflex based upon a false assumption?

How is this blind reflex based upon a false assumption?

What would it mean to me / require from me to

deeply experience the answers to all of these questions?

4. Knowing

Knowing the truth

Greater than understanding cause and effect

Knowing what the right conclusions are behind the wrong ones

Experiencing the truth

Connects us with a greater spiritual principle

Opens up the world

Knowing means

Becoming aware of blind reflexes

Understanding why they exist / existed

Understanding what disharmonies they created

Knowing the truth behind the automatism

(caused by specific misconceptions)

Knowing has a healing effect on yourself and your entire environment

“The only way that knowing divine principles can come about is through a highly personal experience of the untruth that blurred the way, so far, to that particular truth. When you know the truth, you are in possession of the universe. If you know one truth, you know all truth.” PL 127

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Qualities, characteristics, feelings:

1. Blind Automatism

Allows for:

Disorder
Imbalance
Conflict
Confusion
Dualistic choices
Creates Self-alienation
Cripples creativity
Prohibits love
Prohibits ability to
 give and receive
 pleasure and love

Brings on feelings of:

Hopelessness
Depression
Anxiety
Fear
Deadness
Boredom
Disgust with
 self and others
Compulsion to do, say,
 think and feel things
 you disapprove of

2. Awareness

Allows for

Unease
No sense of inevitability, where or
how about the situation
Brings on feelings of
Shame
 and embarrassment
Relief
Liberation (of certain
 energies)

3. Understanding

Allows for:

Relief from
 Tension
 Fear
 Anxiety
Infuses hope as
 concrete possibility
Brings on feelings of:
Relief at being able to see within
Sense that change is possible

4. Knowing

Allows for:

Mastery
Order
Sense of One Unity
Knowing all truth
 even if only for
 one single instant
Healing
Split concepts
 begin to mend
Psychic forces
 come into balance
Organic, natural change
Sense of inevitability
 to the process of growth
 and transformation
Knowing is not a state of feeling

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*If we can understand, love and respect
others...*

“Wrong”

Self-centeredness

Childish self-importance
Selfishness
Unrealistic evaluation
of self and others

“Right”

Self-centeredness

Derives
 Values
 Goals
 Ideas
 Actions
 from within
Assumes responsibility
Increases integrity
and self respect

If misunderstood and misapplied

Control =

Forcing current
Childish Greed
Inability to stand frustration
Fearful
Tension in withdrawal
Compulsive need to manipulate
Self will
Inability to lose

*We can understand, love and respect
ourselves.*

“Wrong”

Other centeredness

Focus upon
 What others proclaim
 What we think the world
 expects of us
Losing the self leads to
self-alienation

“Right:

Other centeredness

Requires
 Giving up fear of being
Taking control
 In the choice of one’s views
 Living out of the real self
Giving up control
 Standing alone
 (seemingly or momentarily)
 Accepting the possibility that
 Others may disapprove
Stop manipulating

If understood and applied correctly:

Letting go (versus lack of control) =

True control
Apparent risk of ‘floating’
without manipulating
anyone or anything