

## **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](http://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](http://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

## **The Process of Awakening and the Mystery of Knowing**

### **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

# The Process of Awakening and the Mystery of Knowing

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*

## The Process of Awakening and the Mystery of Knowing

*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