

Pathwork Steps

The Process of Awakening and the Mystery of Knowing

Evolutions Four Stages:
Automatic Reflex, Awareness, Understanding, and Knowing

Worksheet on Pathwork Lecture 127 by Jan Rigsby
Full text may be downloaded from www.pathwork.org

"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.

Jan Rigsby has supported Pathwork communities in California, Australia, Texas, China, Japan, and New York. She serves a global community via YouTube video presentations, free monthly newsletters and weekly self-study guides, and free online and teleconference meetings.

Audio presentations, video links, 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 Four Stages of Evolution PL 127:

Qualities, Characteristics, Feelings

1. Blind Automatism

Compulsion to do, say, think and feel things you disapprove of

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

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 Four Stages of Evolution PL 127:

Qualities, Characteristics, Feelings

“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

“Wrong” **Other centeredness**

Focuses 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 of the **choice**
of one’s views
Living out of the real self
Giving up control
Standing alone
(seemingly / momentarily)
Accepting the possibility that
others may disapprove
Stop manipulating

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

If understood and applied correctly:

Letting go (versus lack of control) =

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

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

*We can understand, love and respect
ourselves.*