

# **Automatic Reflex, Awareness, Understanding, Knowing**

## **Four Stages of Evolution PL 127**

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### **1. Automatism / blind reflex**

- Lowest phase of 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 they are based on freedom of choice rather than compulsion

### **2. Awareness**

- Starts with becoming aware of the blind reflex mechanism
- Awareness = > acknowledgement (=admitting or owning to something) such as 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

### **3. Understanding**

- Seeing the cause and effect of negative, 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 (deeply felt as a reality rather than learning a lesson by heart)

### **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