

# Pathwork Lecture 127: Evolution's Four Stages: Automatic Reflexes, Awareness, Understanding, Knowing

1996 Edition, Original Given October 2, 1964

This lecture is given in an **expanded poetic format**, what I call a *Devotional Format* of the lecture, and in that sense this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and I ask you to ponder the words for your own interpretation. I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry – that is, *devotionally*.

The blessings to me in developing this format have been truly profound, and my wish is that this Devotional Format will be a blessing to others. *I invite you to slowly read and ponder this format of the text – with an open heart to experience the Guide's Presence and Love emerging from among the words such that the wisdom comes to LIVE you.*

For clarity: The **original text** is in **bold and italicized**. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/>

Gary Vollbracht

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03	<p style="text-align: center;"><b><i>Greetings, my dearest friends.</i></b></p> <p style="text-align: center;"><b><i>Blessings for every one of you.</i></b></p> <p style="text-align: center;"><b><i>Blessed be this hour [i.e., Blessed be this time we now spend together in this lecture].</i></b></p> <p style="text-align: center;"><b><i>This first lecture of the year, as always, will indicate the phase into which the path is going to enter during the coming working season [i.e., the 1964/65 working season – this Lecture 127 (October 2, 1964) through Lecture 135 (June 25, 1965), nine lectures in all],</i></b></p> <ul style="list-style-type: none"> <li><b><i>• the general work,</i></b></li> <li><b><i>and</i></b></li> <li><b><i>• the part to be emphasized.</i></b></li> </ul>

by Eva Broch Pierrakos

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04	<p><i>The best way to begin this lecture is by discussing certain general phases of evolution in the human consciousness.</i></p> <p><i>There are four distinct phases.</i></p> <p><i>They [i.e., These four distinct general phases of evolution in the human consciousness]</i></p> <ul style="list-style-type: none"><li>• <i>interact and</i></li><li>• <i>overlap,</i></li></ul> <p><i>with each [i.e., and also with each one of these four distinct phases] having many</i></p> <ul style="list-style-type: none"><li>• <i>subdivisions,</i></li><li>• <i>degrees of intensity, and</i></li><li>• <i>variations.</i></li></ul> <p><i>At this point, we need not go into the details; rather, we seek to gain an overview.</i></p>
05	<p><i>The lowest phase of human consciousness is</i></p> <p><b><i>automatism.</i></b></p> <p><i>In this phase [i.e., In this first and lowest phase of human consciousness] people respond according to automatic reflexes – emotional reactions based on deeply imprinted wrong</i></p> <ul style="list-style-type: none"><li>• <i>conclusions and</i></li><li>• <i>generalizations.</i></li></ul> <p><i>Everything we have discussed in the lectures on images [see Lectures 38, 39, 40, and 41] shows how people respond</i></p> <ul style="list-style-type: none"><li>• <i>blindly and</i></li><li>• <i>automatically.</i></li></ul>

06	<p><i>The more you are liberated [i.e., liberated and free to follow your blind reactions in life] in some areas of your personality, the more you try to</i></p> <ul style="list-style-type: none"><li>• <i>rationalize and</i></li><li>• <i>explain</i></li></ul> <p><i>such blind reactions, to make yourself believe that they are based on</i></p> <ul style="list-style-type: none"><li>• <i>freedom of choice,</i></li></ul> <p><i>rather than on</i></p> <ul style="list-style-type: none"><li>• <i>compulsion;</i></li></ul> <p><i>on</i></p> <ul style="list-style-type: none"><li>• <i>reason,</i></li></ul> <p><i>rather than</i></p> <ul style="list-style-type: none"><li>• <i>emotionalism.</i></li></ul> <p><i>When the overall development [i.e., When the overall development of human consciousness]</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>more primitive,</i></li></ul> <p><i>such self-deception [i.e., such self-deception in believing that your blind reactions are based on freedom of choice rather than on compulsion, and based on reason rather than emotionalism]</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>less necessary.</i></li></ul>
07	<p><i>Blind automatism</i></p> <p><i>is</i></p> <p><i>always</i></p> <p><i>the result of</i></p> <p><i>unwillingness to face certain material.</i></p> <p><i>This applies</i></p> <p><i>to</i></p> <ul style="list-style-type: none"><li>• <i>everyone,</i></li></ul> <p><i>to</i></p> <ul style="list-style-type: none"><li>• <i>some much more than to others.</i></li></ul>

***Even comparatively  
evolved people,  
who are actively concerned with their development,  
have areas in which  
their consciousness is blurred.***

***There [i.e., There, where their consciousness is blurred,]  
they [i.e., these comparatively evolved people, active in their development,]  
are  
• unfree  
and  
respond  
• unconsciously,  
never knowing  
why  
they  
• act,  
• react,  
• think,  
• feel, and  
• hold opinions  
the way they do.***

***Such lack of consciousness [i.e., Such lack of consciousness in people who are  
actively concerned about their development in many areas and yet who do  
not know WHY they behave as they do in other areas of life where their  
consciousness is lacking or is more primitive]  
• creates  
self-alienation,  
• cripples  
creativity, and  
• prohibits  
love.***

***It [i.e., Such lack of consciousness in areas of life where  
one does not know WHY he or she behaves the way he or she does]  
stifles the ability  
to  
• give and  
• receive  
• pleasure and  
• joy.***

	<p><i>It [i.e., Such primitive or lack of consciousness in areas of life where one never know WHY he or she behaves the way he or she does]</i></p> <p><b>limits</b> <b>the marvelous potentials of</b></p> <ul style="list-style-type: none"><li>• <b>the human spirit and</b></li><li>• <b>life.</b></li></ul> <p><i>It does all this [i.e. Such limiting of the marvelous potentials of the human spirit and life happens]</i></p> <p><b>to the degree that one lacks self-awareness.</b></p>
08	<p><b>On any real path of development, regardless of the approach, the areas in which you are</b></p> <ul style="list-style-type: none"><li>• <b>unfree [i.e., unfree and trapped by your compulsions]</b></li><li><b>and ]</b></li><li>• <b>automatic [i.e., automatic in your reactions in some situations]</b></li></ul> <p><b>must be revealed.</b></p>
09	<p><b>The next phase on this scale of evolution [i.e., Phase 2 of this scale of human consciousness, next and above Phase 1, AUTOMATISM,]</b></p> <p><b>is awareness,</b></p> <p><b>but awareness is by no means the highest stage [i.e., AWARENESS is NOT the highest stage of human consciousness in the path of human development].</b></p> <p><b>There are two [i.e., There are two phases in the development of human consciousness] that are farther advanced [i.e., farther advanced than AWARENESS].</b></p>

***But let us first look into  
the meaning of  
awareness.***

***Awareness***

***must be, in this context,  
concerned with  
uncovering***

***blind reflexes [i.e., uncovering blind automatic reflexes in areas  
where one is still in Phase I consciousness: AUTOMATISM].***

***All***

- subterfuges [i.e., All deceptions to conceal or hide underlying motives],***
- rationalizations,***
- explanations,***
- justifications,***
- self-deceptions,***

***serving to deny automatism [i.e., serving to deny the fact that you are  
behaving from a level of consciousness that is blind automatism],  
must be***

- ruthlessly exposed,***
  - investigated and***
  - given up,***
- until***

***you are face to face with  
the blind reflex itself.***

***When this takes place [i.e., When you are face to face with your blind reflexes]  
you are***

***aware of  
the automatism –  
hence***

***the automatism  
no longer exists.***

***Needless to say,***

***you succeed first***

***in specific areas [i.e., succeed first in uncovering and facing those specific  
areas of your personality where blind reactive automatism exists],***

***retaining blind automatism***

***in others [i.e., retaining blind reactivity in other areas of your personality]  
until***

***much later***

***phases of your personal development.***

	<p><b><i>It never happens that an individual passes with one step from</i></b></p> <ul style="list-style-type: none"><li><b><i>• one state [i.e., from one state of consciousness]</i></b></li></ul> <p><b><i>into</i></b></p> <ul style="list-style-type: none"><li><b><i>• the next [i.e., into the next state of consciousness] in every respect.</i></b></li></ul>
10	<p><b><i>The transition from</i></b></p> <ul style="list-style-type: none"><li><b><i>• automatism [i.e., Phase 1 of human consciousness]</i></b></li></ul> <p><b><i>to</i></b></p> <ul style="list-style-type: none"><li><b><i>• awareness [i.e., Phase 2 of human consciousness]</i></b></li></ul> <p><b><i>is one of the most difficult passages you must make.</i></b></p> <p><b><i>It is so difficult to admit that you are driven by</i></b></p> <ul style="list-style-type: none"><li><b><i>• unreasonable fears,</i></b></li><li><b><i>• superstitions,</i></b></li><li><b><i>• generalizations,</i></b></li><li><b><i>• obsolete situations</i></b></li></ul> <p><b><i>that have no bearing on the present.</i></b></p> <p><b><i>It goes against your vanity [i.e., against your vanity to ADMIT that you are DRIVEN by such immature beliefs and fears that have no bearing on the present situation], for you like to see yourself</i></b></p> <ul style="list-style-type: none"><li><b><i>• more evolved and</i></b></li><li><b><i>• freer than you are.</i></b></li></ul> <p><b><i>The longer you</i></b></p> <ul style="list-style-type: none"><li><b><i>• deny what is [i.e., The longer you deny what your current level of consciousness actually is in various areas of your personality],</i></b></li></ul> <p><b><i>the more you</i></b></p> <ul style="list-style-type: none"><li><b><i>• suffer.</i></b></li></ul>

*Often it is  
this needless suffering  
that  
finally  
brings you to  
self-honesty.*

*The suffering  
could have been avoided  
if  
your vanity  
were not so strong.*

11

*Awareness  
means*

- *acknowledgement of*
- *one's limitations,*
- *facing*
- *wrong conclusions,*
- *destructive emotions,*
- *self-defeating devices,*
- *lack of integrity in the widest possible sense.*

*This [i.e., This acknowledging your limitations and facing your wrong conclusions,  
destructive emotions, self-defeating devices, and lack of integrity]  
is difficult  
only because  
you coddle your*

- *resistances and*
- *fears,*

*and because  
you are so reluctant  
to give up  
appearing  
to be  
more than you  
think  
you are.*



12	<p><i>The stage of awareness [i.e., The stage of AWARENESS, or Phase 2 of human consciousness] essentially means becoming conscious of</i></p> <ul style="list-style-type: none"><li>• <i>error,</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li>• <i>deviation from truth.</i></li></ul> <p><i>The moment you know you are driven by false ideas, you are no longer operating with blind automatism.</i></p> <p><i>Such a realization [i.e., Such a realization that you are DRIVEN by false ideas] requires</i></p> <ul style="list-style-type: none"><li>• <i>courage and</i></li><li>• <i>cultivation of the inner will.</i></li></ul>
13	<p><i>In proportion to how much</i></p> <ul style="list-style-type: none"><li>• <i>awareness you gain,</i></li><li>• <i>blind reflexes [i.e., blind reflexes from your state of automatism] cease,</i></li></ul> <p><i>and</i></p> <p><i>you reach [i.e., and you reach the third stage, Phase 3, which follows Phase 2, AWARENESS, and Phase 1, AUTOMATISM, namely ]</i></p> <ul style="list-style-type: none"><li>• <i>understanding.</i></li></ul> <p><i>Offhand, you may wonder what the difference is.</i></p> <p><i>There is a great deal of difference [i.e., There is a great deal of difference between Phase 2 of human consciousness, AWARENESS, and Phase 3 of human consciousness, UNDERSTANDING].</i></p>

*[To gain an understanding of the difference between  
AWARENESS (Phase 2) and UNDERSTANDING (Phase 3)]*

**Let us take the example of  
hostility.**

**First, in the stage of  
blind automatism** *[i.e., in Phase 1 consciousness, AUTOMATISM,  
BEFORE Phase 2 consciousness, AWARENESS arises],*  
**it** *[i.e., hostility]*  
**rages in the person's soul.**

**According to**

- **character formation,**
  - **the type of the individual's image,**
- and**

- **various other factors,**

**one will** *[i.e., one will, in blind AUTOMATISM,]*

**either**

- **impulsively express such hostility**

**and**

- **lash out at others,**  
**often without even realizing it,**

**or**

- **find "good reasons" to do so** *[i.e., find "good reasons"  
to lash out at others].*

**Or one will** *[i.e., Or one will, in blind AUTOMATISM,]*

- **suppress and**

- **repress**

**the hostility**

**and**

- **turn it against oneself** *[i.e., and turn the hostility against oneself].*

**In neither alternative** *[i.e., In NEITHER impulsively expressing such hostility and  
lashing out at others NOR in suppressing the hostility and  
turning it against oneself]*

**is there**

**any awareness of**

**the hostility,**

**because the person**

**does not wish to admit to it** *[i.e., does not wish to admit that  
he or she feels any hostility].*

**Such people** [i.e., *Such people who are NOT AWARE of their hostility and do not wish to admit any feelings of hostility*]  
**therefore**  
**are driven by it** [i.e., *are blindly driven by their hostility*]  
**into a**  
**blind automatism** [i.e., *blind automatism in Phase 1 consciousness*]  
**that they choose to explain away.**

**The moment they** [i.e., *The moment such people who are NOT AWARE of their hostility and do not wish to admit any feelings of hostility and who, therefore, are unconsciously DRIVEN by their hostility in a state of automatism*]  
**face**  
**the hostility fully,**  
**by becoming**  
**aware of it,**  
**they stop the**  
**automatism.**

**But this stage** [i.e., *But this second stage, Phase 2 of consciousness, AWARENESS,*]  
**does not yet mean**  
**that they**  
**understand**  
**the hostility**  
**they now know they have,**  
**though they might see**

- **what it makes them do,**
- **how they react because of it.**

14

**Understanding** [i.e., *By entering Phase 3 consciousness, the UNDERSTANDING of*]  
**the hostility**  
**means**  
**understanding**

- **why it exists** [i.e., *understanding WHY hostility exists*],
- **what first brought it into your life** [i.e., *understanding what FIRST brought hostility into your life*];
- **what conditions created it** [i.e., *understanding what CONDITIONS created your hostility in this FIRST incident*]

**and**

- **what conditions exist now** [i.e., *understanding what CONDITIONS created your hostility in this incident NOW*],

**whenever the hostility flares up.**

*[Further, UNDERSTANDING the hostility means understanding]*

- *What are the*
  - *apparent*
  - and
  - *real*
- *similarities*
  - *between the*
  - *original*
  - and
  - *the current*
  - *conditions?*
- *How are these [i.e., How are these original and current*
  - *conditions giving rise to your hostility]*
  - related
  - in
  - *your psyche?*
- *How, if at all, are they [i.e., How, if at all, are these original and*
  - *current conditions giving rise to your hostility]*
  - related
  - in
  - *reality?*
- *On what false assumptions*
  - *is the hostility based?*

*Understanding*  
*what one has previously*  
*become aware of*  
*means*  
*deeply experiencing*  
*the answers*  
*to all these questions.*

*These answers*  
*should not*  
*be given in an intellectual way,*  
*like learning a lesson*  
*by rote, however.*

*They [i.e., In Phase 3 consciousness, UNDERSTANDING, these answers rather]*  
*must yield a*

- *deeply felt*
- *reality.*

	<p><b>Once understanding</b>  <i>has been reached</i> [i.e., Once Phase 3 consciousness, UNDERSTANDING, has been reached, after going beyond both Phase 1 consciousness, (AUTOMATISM), and Phase 2 consciousness (AWARENESS)],  <b>the individual is ready to approach</b>  <i>the next phase</i> [i.e., ready to approach Phase 4 consciousness].</p>
15	<p><b>Many of my friends on the path</b>  <i>will recognize</i>  <b>that our work in the past</b>  <i>has brought us to</i>  <b>the phase of</b>  <i>understanding</i> [i.e. has brought us to Phase 3 of human consciousness, UNDERSTANDING].</p> <p><b>Each person's work</b>  <i>must vary,</i>  <b>for in</b>  <i>certain areas</i>  <i>you may have reached</i>  <i>understanding</i> [i.e., reached Phase 3 of human consciousness] –  <i>or even inklings of</i>  <i>the following stage</i> [i.e., or even inklings of Phase 4]–</p> <p><b>while in</b>  <i>others</i> [i.e., while in other areas of your life and being]  <b>you are still</b>  <b>battling against</b>  <b>the resistance</b>  <b>to face</b>  <b>what lies behind</b>  <b>blind reflexes</b> [i.e., resistance to face what lies behind the blind reflexes of Phase 1 consciousness, AUTOMATISM].</p> <p><b>The awareness</b> [i.e., The awareness (realized in Phase 2 consciousness)]  <b>that blind reflexes</b>  <b>are still governing you</b>  <b>in certain respects</b>  <b>is still lacking</b> [i.e., lacking in those areas of your life where you are still in Phase 1 consciousness, AUTOMATISM].</p>

	<p><b><i>It cannot ever be said that a person</i></b></p> <ul style="list-style-type: none"><li><b><i>• has, on the whole, reached one of the four stages mentioned here,</i></b></li></ul> <p><b><i>or</i></b></p> <ul style="list-style-type: none"><li><b><i>• is still entirely in the lowest stage [i.e., entirely in Phase 1 – AUTOMATISM].</i></b></li></ul> <p><b><i>It [i.e., The phase of human consciousness that one is in] is always</i></b></p> <ul style="list-style-type: none"><li><b><i>• a mixture,</i></b></li><li><b><i>• a combination,</i></b></li></ul> <p><b><i>[i.e., a mixture or combination of all four phases of consciousness – being in different phases in each area of one’s life, and even, in one area, having various facets of that area being in different phases of consciousness] for my friends here on the path.</i></b></p>
16	<p><b><i>It is very important that all of you see where you are in each of these phases [i.e., see where you are in each of these four phases of consciousness].</i></b></p> <p><b><i>Are you aware where you are still governed by an automatism despite your having discovered the image that causes it?</i></b></p> <p><b><i>For it is indeed possible to discover the image, yet go on reacting blindly, without knowing it [i.e., without knowing that you are continuing to react blindly as in Phase 1, AUTOMATISM].</i></b></p>

	<p><b><i>The fleeting insight of the moment the image was found</i></b></p> <ul style="list-style-type: none"><li>• <i>has faded and</i></li><li>• <i>lingers only as memory.</i></li></ul> <p><b><i>In other words,</i></b></p> <p><i>it [i.e., the momentary and fleeting insight]</i> <b><i>has become</i></b></p> <ul style="list-style-type: none"><li>• <b><i>theoretical knowledge;</i></b></li></ul> <p><i>it [i.e., the momentary and fleeting insight]</i> <b><i>is no longer</i></b></p> <ul style="list-style-type: none"><li>• <b><i>alive.</i></b></li></ul> <p><b><i>It [i.e., The momentary and fleeting insight]</i></b> <b><i>will come to life again</i></b> <b><i>only</i></b> <b><i>when you</i></b></p> <ul style="list-style-type: none"><li>• <b><i>observe,</i></b></li><li>• <b><i>acknowledge, and</i></b></li><li>• <b><i>admit</i></b></li></ul> <p><b><i>that</i></b> <b><i>automatism</i></b> <b><i>still exists [i.e., admit that you are still reacting blindly].</i></b></p>
17	<p><b><i>Once</i></b> <b><i>awareness [i.e., Once Phase 2 consciousness, AWARENESS,]</i></b> <b><i>has been gained,</i></b></p> <p><b><i>it [i.e., the awareness]</i></b> <b><i>must not remain</i></b> <b><i>just that [i.e., Once the level of consciousness has reached Phase 2,</i></b> <b><i>AWARENESS, the consciousness must NOT simply remain at this</i></b> <b><i>Phase 2 level of consciousness, AWARENESS].</i></b></p> <p><b><i>Are you cultivating the</i></b> <b><i>understanding of</i></b> <b><i>what you have become aware of [i.e., Are you cultivating conditions for</i></b> <b><i>Phase 3 consciousness, UNDERSTANDING, in those areas of your life</i></b> <b><i>where you are still at Phase 2 level of consciousness, AWARENESS]?</i></b></p>

	<p><b>The more</b> <b>you do</b> [i.e., <i>The more you do cultivate conditions conducive to Phase 3 consciousness, UNDERSTANDING, in those areas of your life where you are still at Phase 2 level of consciousness, AWARENESS</i>],</p> <ul style="list-style-type: none"><li>• <b>the less</b><ul style="list-style-type: none"><li>• <b>you feel compelled to react blindly</b> [i.e., <i>to react blindly from Phase 1 consciousness, AUTOMATISM</i>]</li></ul></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>the less likely</b> <b>are you to</b> <b>relapse</b> [i.e., <i>to relapse from Phase 2 consciousness, AWARENESS, and fall back to Phase 1 consciousness, AUTOMATISM</i>].</li></ul>
18	<p><b>The highest phase</b> [i.e., <i>The Phase 4 level of human consciousness</i>] <b>on this particular scale is</b> <b>knowing.</b></p> <p><b>There is a great difference</b> <b>between</b></p> <ul style="list-style-type: none"><li>• <b>understanding</b> [i.e., <i>the Phase 3 level of human consciousness</i>]</li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>knowing</b> [i.e., <i>the Phase 4 level of human consciousness</i>].</li></ul> <p><b>Understanding</b> [i.e., <i>The Phase 3 level of human consciousness</i>] <b>means</b> <b>ascertaining the</b></p> <ul style="list-style-type: none"><li>• <b>causes and</b></li><li>• <b>effects</b></li></ul> <p><b>of</b></p> <ul style="list-style-type: none"><li>• <b>negative patterns,</b></li><li>• <b>destructive emotions, and</b></li><li>• <b>false ideas.</b></li></ul> <p><b>It</b> [i.e., <i>The Phase 3 level of human consciousness, UNDERSTANDING</i>] <b>means understanding</b> <b>that these elements</b> [i.e., <i>understanding that negative patterns, destructive emotions, and false ideas</i>] <b>are damaging</b> <b>because one is somehow immersed in</b></p> <ul style="list-style-type: none"><li>• <b>illusion and</b></li><li>• <b>misconception.</b></li></ul>



***But this understanding [i.e., Phase 3 level of consciousness, UNDERSTANDING]  
is not the same as  
knowing [i.e., Phase 4 level of consciousness, KNOWING].***

***I advisedly use the term***

- ***"knowing,"***

***rather than***

- ***"knowledge."***

***For***

- ***knowledge***

***is something much more***

- ***vague,***
- ***general, and***
- ***dry.***

***It is***

***not***

***knowledge***

***I am talking about.***

***I am talking about***

***knowing***

***the truth.***

***When you***

***know***

***the truth,***

***you more than***

***understand the***

- ***cause and***

- ***effect***

***of***

- ***images and***

- ***misconceptions***

***[i.e., you more than UNDERSTAND the cause and effect  
of damages and destructiveness caused by  
NEGATIVITIES – your images and misconceptions].***

	<p><i>[When you are at the Phase 4 level of consciousness, KNOWING,]</i></p> <p><b>You</b> <b>know</b> <b>what the</b> <b>right</b> <b>conclusions</b> <b>are</b> <b>behind the</b> <b>wrong ones</b> <i>[i.e., You know the RIGHT conclusions BEHIND the WRONG conclusions one has made due to images and misconceptions].</i></p> <p><b>And it is</b></p> <ul style="list-style-type: none"><li>• <b>always, and</b></li><li>• <b>exclusively,</b></li></ul> <p><b>the misconceptions</b> <b>that create</b></p> <ul style="list-style-type: none"><li>• <b>havoc,</b></li><li>• <b>disharmony,</b></li><li>• <b>unhappiness.</b></li></ul> <p><b>Nothing else</b> <i>[i.e., NOTHING ELSE besides misconceptions and images]</i> <b>can ever do that</b> <i>[i.e., can EVER create havoc, disharmony, and unhappiness].</i></p>
19	<p><b>When you</b> <b>deeply</b> <b>know</b> <b>the</b></p> <ul style="list-style-type: none"><li>• <b>truthful concept,</b></li></ul> <p><b>the</b> <b>particular</b></p> <ul style="list-style-type: none"><li>• <b>truth</b></li></ul> <p><b>behind the</b> <b>particular</b></p> <ul style="list-style-type: none"><li>• <b>error you are</b> <b>beginning to</b> <b>understand</b> <i>[i.e., you are beginning to UNDERSTAND in the Phase 3 level of human consciousness],</i></li></ul> <p><b>something starts to happen</b></p> <ul style="list-style-type: none"><li>• <b>within</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>around</b> <b>you.</b></li></ul>

	<p><b>Knowing is not theoretical understanding.</b></p> <p><b>It [i.e., Rather, KNOWING] is experiencing the truth.</b></p> <p><b>Knowing the truth [i.e., Knowing the truth in Phase 4 of human consciousness] behind the untruth must connect</b></p> <ul style="list-style-type: none"><li>• <b>the knower</b></li></ul> <p><b>with</b></p> <ul style="list-style-type: none"><li>• <b>the great spiritual</b></li><li>• <b>principles and</b></li><li>• <b>laws.</b></li></ul> <p><b>Knowing them [i.e., Knowing – through EXPERIENCING – the great spiritual principles and laws] opens up the world.</b></p>
20	<p><b>Knowing [i.e., In Stage 4 consciousness, KNOWING] divine principles can come about only through a highly personal experience [i.e., highly personal EXPERIENCING in Phase 3 consciousness, UNDERSTANDING,] of the</b></p> <ul style="list-style-type: none"><li>• <b>untruth</b></li></ul> <p><b>that has so far blurred the way to</b></p> <ul style="list-style-type: none"><li>• <b>that particular truth.</b></li></ul>

	<p><b>By</b></p> <ul style="list-style-type: none"><li>• <i>studying theories, or</i></li><li>• <i>reading even</i> <i>the greatest literature on earth –</i> <i>even spiritual literature –</i> <i>you cannot possibly</i> <i>know</i> <i>the truth.</i></li></ul> <p><b>Knowing</b> [i.e., KNOWING, the Phase 4 level of human consciousness,] <b>the truth</b> <b>means</b> <b>personally</b> <b>following through</b> <b>the stages of evolution</b> [i.e., the four stages of evolution in human consciousness: Phase 1, AUTOMATISM, Phase 2, AWARENESS, Phase 3, UNDERSTANDING, Phase 4, KNOWING,] <b>I have just discussed.</b></p>
21	<p><b>It</b> [i.e., Knowing the truth in Phase 4 level of consciousness, KNOWING,] <b>means</b></p> <ul style="list-style-type: none"><li>• <b>becoming aware of blind reflexes</b> [i.e., evolving from blind reflexes in Phase 1, AUTOMATISM to awareness in Phase 2, AWARENESS];</li><li>• <b>understanding</b> [i.e., evolving to Phase 3 level of consciousness, UNDERSTANDING, where one understands]<ul style="list-style-type: none"><li>• <b>why they exist</b> [i.e., understanding WHY blind reflexes EXIST]</li></ul></li><li><b>and</b><ul style="list-style-type: none"><li>• <b>what they cause</b> [i.e., understanding WHAT blind reflexes CAUSE];</li></ul></li><li>• <b>knowing</b> <b>the truth</b> [i.e., in Phase 4 consciousness, KNOWING, knowing the TRUTH] <b>behind the automatism</b> <b>caused by</b> <b>specific misconceptions.</b></li></ul>

	<p><i>When the personal path is taken this way, leading you deep inside, the</i></p> <ul style="list-style-type: none"><li><i>• inner,</i></li><li><i>• personal universe reveals the</i></li></ul> <ul style="list-style-type: none"><li><i>• principles</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• spiritual laws of</i></li><li><i>• creation, of</i></li><li><i>• the universe as a whole.</i></li></ul>
22	<p><i>Knowing the truth in the way of personal experience has a healing effect on</i></p> <ul style="list-style-type: none"><li><i>• you</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• your entire environment.</i></li></ul> <p><i>When you finally know the truth [i.e., When you finally know the truth in Phase 4, KNOWING], you have the key to the entire universe.</i></p> <p><i>If you know</i></p> <ul style="list-style-type: none"><li><i>• one truth,</i></li></ul> <p><i>you know</i></p> <ul style="list-style-type: none"><li><i>• all truth.</i></li></ul>

23

*At the beginning of this phase [i.e., At the beginning of this Phase 4, KNOWING],  
you come to  
know the truth  
just in  
isolated instances,  
only to lose it again [i.e., only to lose KNOWING  
the truth again],  
until  
you*

- *regain it and*
- *eventually  
lose it less often.*

*The spiral movement  
experienced in*

- *other phases of the path  
happens*
- *here too [i.e., The spiral movement EXPERIENCED in the other phases of  
the path happens here in Phase 4, KNOWING, too].*

*Understanding [i.e., Phase 3 of the evolution of human consciousness,]  
brings a relief  
from*

- *tension,*
- *fear, and*
- *anxiety.*

*It [i.e., Phase 3, UNDERSTANDING]  
infuses*

- *hope:*

*not*

- *wishful thinking,*

*not*

- *escape or*
- *daydreaming of a*
  - *vaguely hoped for  
miracle bringing salvation,*

*but*

- *realistic hope,  
justified because*
  - *a clear way presents itself,*
  - *a concrete possibility,*

*for  
choosing  
liberation.*

24

**Knowing**

**the truth** [i.e., *Knowing the truth in Phase 4 consciousness, KNOWING*]  
**means**

- **already**  
**being in possession of the key.**

**It** [i.e., *Knowing the truth in Phase 4 consciousness, KNOWING*]  
**means**

- **mastery.**

**In the evolution of**

- **one single point of knowing**  
**there comes a moment when it** [i.e., *when one single point of KNOWING*]  
**becomes**

- **all-knowing;**

**for**

**all creation**  
**converges into**  
**one point.**

**It makes**

**no difference**  
**where you begin.**

**The manifold**  
**ends in**  
**unity,**  
**comprising**  
**all**  
**the many parts.**

**Hence,**

- **really and**
- **fully**  
**knowing**  
• **one truth**

**is**

**knowing**  
• **all truth,**  
**be it** [i.e., *be it KNOWING all truth*]  
**only for an instant.**

25	<p><b><i>Some of my friends have made first steps toward the threshold of knowing;</i></b></p> <p><b><i>they [i.e., my friends who have made first steps toward the threshold of Phase 4 consciousness, KNOWING,] can now cross it [i.e., can now cross over the threshold and enter the Phase 4 level of human consciousness, KNOWING].</i></b></p> <p><b><i>Others [i.e., Other of my friends] will follow later.</i></b></p> <p><b><i>It does not matter when.</i></b></p> <p><b><i>You must not measure who is ahead.</i></b></p> <p><b><i>You cannot ever measure yourself against another.</i></b></p> <p><b><i>You must find your own inner measurements;</i></b></p> <p><b><i>forget comparisons.</i></b></p>
26	<p><b><i>Knowing the truth [i.e., Knowing the truth in the Phase 4 level of human consciousness] means mastery over the universe.</i></b></p> <p><b><i>It [i.e., KNOWING the truth in the Phase 4 level of human consciousness] • is healing and it [i.e., and this Phase 4, KNOWING the truth] • brings order.</i></b></p>



*When you  
know*  
• *the truth,*  
*something*  
*begins to happen to*  
• *the cosmic forces surrounding you.*

*When you  
cling to*  
• *false ideas [i.e., When you cling to false ideas in phases of conscious  
BEFORE Phase 4, KNOWING,]*  
*your personal world*  
*falls into*  
• *disorder.*

*Our common efforts  
to uncover  
the untruth  
that  
caused the*  
• *disorder and*  
• *destruction*  
*have made*  
*this fact [i.e., have made this fact that UNTRUTH  
CAUSES the disorder and destruction in your life]*  
*familiar to you.*

*[When you are in UNTRUTH  
in stages of consciousness BELOW and earlier than Phase 4, KNOWING,]*

• *Balance*  
*is upset;*

• *conflict*  
*and*  
• *confusion*  
*perpetuate*  
*the chain reaction.*

• *Illusion*  
*and*  
• *misconception*  
*create a duality*  
*which appears as*  
*an arbitrary split of concepts.*

*[When you are in UNTRUTH in stages of consciousness  
BELOW and earlier than Phase 4, KNOWING,]*

**Further**

- *confusion,*
  - *conflict,*
  - *destructive*
    - *emotions,*
    - *thoughts, and*
    - *actions*
- follow.*

**All this**

*is familiar territory –  
at least  
in*

- *theory,*
- if not always, as yet,  
in*
- *inner experience.*

**The moment**

*you [i.e., The moment you are in the Phase 4 level of human  
consciousness, KNOWING, and therefore]*

**know**

*the truth  
behind  
the illusion,*

- *split concepts  
begin to mend;*
  - *psychic upsets  
begin to balance;*
  - *confusion,*
  - *disorder,*
  - *conflict,*
- make way for*
- *order and*
  - *unity.*

	<p><i>This [i.e., Being in this Phase 4 level of human consciousness, KNOWING, where you know the TRUTH behind the ILLUSION, and which further leads you to mending of split concepts, balancing of psychic upsets, and dissolving confusion, disorder, and conflict in order to make way for order and unity] creates</i></p> <ul style="list-style-type: none"><li>• <i>realistic,</i></li><li>• <i>benign,</i></li><li>• <i>constructive</i><ul style="list-style-type: none"><li>• <i>feelings,</i></li><li>• <i>concepts,</i></li><li>• <i>opinions,</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>corresponding</i></li><li>• <i>actions.</i></li></ul> <p><i>Change has taken place, because it [i.e., because change] is no longer resisted.</i></p> <p><i>It [i.e., Change] is now</i></p> <ul style="list-style-type: none"><li>• <i>welcome</i></li></ul> <p><i>instead of</i></p> <ul style="list-style-type: none"><li>• <i>frightening.</i></li></ul>
27	<p><i>Understanding the truth means a great deal, but it [i.e., but mere intellectual understanding of the truth in Phase 3 of human consciousness, UNDERSTANDING,] does not yet lead to more constructive changes.</i></p>

*[But]*

**Knowing**

**the truth** [i.e., But Phase 4 level of consciousness, KNOWING the TRUTH, instead of the lower Phase 3 level of consciousness, mere intellectual UNDERSTANDING of the UNTRUTH and TRUTH,]

**makes**

**the change**

- **organic,**
- **inevitable,**
- **so natural**

**that it** [i.e., that the change needed to be truth]  
**just could not be any other way.**

**Really knowing**

**the truth**

- **clears**

**the fog;**

**it** [i.e., really knowing the truth in Phase 4 level of consciousness, KNOWING,]

- **unifies**

**apparent contradictions**

**and**

- **proves that**

**there is nothing to fear.**

- **Dissensions**  
**are reconciled,**

- **sickness**  
**healed,**

**and**

- **growth**  
**overcomes stagnation;**

- **calm**  
**prevails**  
**where frantic unrest**  
**created**  
**excessive movement.**

28

**I should now like to**  
**give a simple example of**  
**the healing value of**  
**knowing the truth,**  
**to make my words**  
**more practical.**

*[Take this simple EXAMPLE of dealing with your fellow human beings...]*

**When you**  
• **deal with your fellow humans**  
**and**  
• **are confused about their**  
• **actions and**  
• **motives,**  
**disharmony**  
**is created.**

**Even if**  
**you refrain from**  
**quarreling,**  
**your**  
**not knowing**  
**what motivates them**  
**creates a cloud of**  
• **unrest,**  
• **darkness,**  
• **disharmony,**  
**which**  
**even the most insensitive**  
**can distinctly**  
**feel.**

**When you**  
**truly know**  
**what**  
**motivates others, however,**  
**you can**  
**emanate**  
**a calm knowingness,**  
**which**  
**must**  
**have an effect [i.e., must have an effect on the other person],**  
**whether or not**  
**you**  
• **speak about it;**  
**whether or not**  
**you**  
• **bring what you know**  
**to another person's attention.**

**Your knowing  
the truth [i.e., Your being at the Phase 4 level of  
consciousness, KNOWING, and hence knowing the TRUTH]  
behind the other person's  
confusing actions  
will enable you**

- intuitively and
- spontaneously

**to judge  
when**

- to speak

**and  
when**

- to be quiet,

**how**

- to speak and

**how**

- to be quiet.

**Merely  
understanding**

- others' motives –
- their truth –

**will  
not**

**give you this faculty [i.e., Being merely at Phase 3 level of consciousness, UNDERSTANDING, and therefore having only intellectual understanding their motives and truths, and also their false motives, distortions and their untruths, but NOT KNOWING the truth will NOT give you this faculty of intuitively and spontaneously judging when to speak and when to be quiet and how to speak and how to be quiet].**

**Your merely understanding  
is certainly better than  
no understanding,  
but it  
does  
not  
prevent you from  
blundering in certain ways.**

	<p><i>[Without being at the Phase 4 level of consciousness, KNOWING, and from your not knowing the TRUTH behind other person's confusing actions and untruths]</i></p> <p><b>You will not yet know how to use the</b></p> <ul style="list-style-type: none"><li>• <b><i>fine,</i></b></li><li>• <b><i>sensitive</i></b></li></ul> <p><b>directives one needs to contribute with one's knowing,</b></p> <ul style="list-style-type: none"><li>• <b><i>at the right time</i></b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b><i>in the right way.</i></b></li></ul>
29	<p><b><i>I have often pointed out that those who do not understand</i></b></p> <ul style="list-style-type: none"><li>• <b><i>themselves</i></b></li></ul> <p><b><i>cannot possibly understand</i></b></p> <ul style="list-style-type: none"><li>• <b><i>others.</i></b></li></ul> <p><b><i>Those who do not</i></b></p> <ul style="list-style-type: none"><li>• <b><i>love and</i></b></li><li>• <b><i>respect</i></b></li><li>• <b><i>themselves,</i></b></li></ul> <p><b><i>cannot possibly</i></b></p> <ul style="list-style-type: none"><li>• <b><i>love and</i></b></li><li>• <b><i>respect</i></b></li><li>• <b><i>others.</i></b></li></ul> <p><b><i>The same applies to knowing.</i></b></p>

*Those who  
do not  
know  
the truth  
behind  
their [i.e., do not know the truth behind their own]  
untruth  
cannot ever  
know  
the truth  
behind  
another person's  
confusions.*

*True*  
• *knowing*  
*and*  
• *relating*  
*removes*  
*all havoc.*

30

*I am sure that most of my friends  
have experienced  
moments like those described in the example [i.e., have experienced the  
healing value of KNOWING the TRUTH – where, in this example of  
relating with others, you have intuitively and spontaneously known  
WHEN to speak and WHEN to be quiet when relating with others,  
and HOW to speak and HOW to be quiet when relating with others],  
although surely not often.*

*Maybe you have  
occasionally*  
• *encountered or*  
• *observed*  
*such knowingness  
in another person.*

*Perhaps you only vaguely sensed what its significance was [i.e., what the  
significance to you was in such knowingness in the other person],  
but you may  
now be more keenly aware of this phenomenon  
when you meet it.*



***If you remember having encountered it [i.e., If you remember  
having encountered such KNOWING]  
in another person  
toward you,  
you will find that  
such knowingness [i.e., such knowingness in another person toward you –  
where he or she intuitively and spontaneously knew WHEN to speak  
to you and WHEN to be quiet when engaging with you, and HOW to  
speak to you and HOW to be quiet when engaging with you]  
did not frighten you.***

***Quite the contrary.***

***You felt***

- ***warm and***
- ***comfortable***

***in it [i.e., You felt warm and comfortable in such knowingness and skill in  
another person toward you when he or she engaged with you].***

***Perhaps, at the time,  
you could not***

- ***put your finger on it,***
- ***analyze it in so many words,***

***but when you***

- ***reconstruct the experience***

***and***

- ***your reactions to such situations,***

***you will find this to be so [i.e., you will find that the other person's  
knowingness – his or her intuitively and spontaneously knowing  
WHEN to speak to you and WHEN to be quiet, and HOW to speak to  
you and HOW to be quiet – made you feel warm and comfortable in  
your engagement with him or her].***

31

***Such knowingness  
can come only through  
attaining it***

- ***for  
yourself,***
  - ***from  
yourself,***
  - ***through  
yourself,***
- and***
- ***within  
yourself.***

***This is the battle  
that leads from***

- ***blind reflexes [i.e., This battle that leads from the blind reflexes  
of Phase 1 consciousness, AUTOMATISM]  
that every single human being is governed by –  
even those of my friends who are  
already on this path –***

***to***

- ***awareness [i.e., that leads next to Phase 2 consciousness, AWARENESS],  
by degrees;***

***to***

- ***understanding [i.e., that leads next to Phase 3 consciousness,  
UNDERSTANDING],  
by degrees;***

***to***

- ***knowingness [i.e., and that leads finally to Phase 4 consciousness,  
KNOWING]–  
at first in isolated instances.***

***Knowingness [i.e., Phase 4 consciousness]  
is***

- ***healing,***

***knowingness***

***is***

- ***harmony,***

***and***

***knowingness***

***is***

- ***full mastery over  
the universe.***

32

*Here, my friends,  
we come to  
one of the greatest  
apparent  
contradictions,  
which can be resolved  
only through  
knowingness [i.e., which can be resolved only through  
attaining Phase 4 consciousness, KNOWING].*

*This is the  
confusion concerning*

- *control*

*and*

- *letting go.*

*Some of my friends have made  
their first struggling attempts on this path  
to comprehend the*

- *principle or*
- *soul movement*

*which  
combines*

- *control*

*and*

- *letting go.*

*Where*

- *truth*

*is  
known,  
there is  
no contradiction [i.e., there is no contradiction in  
COMBINING control AND letting go].*

*But where*

- *illusion and*
- *false concepts*

*create  
duality,  
an imbalance comes into being:*

- *control exists*  
*where it should be released,*

*and*

- *letting go*  
*where control is needed.*

33

- *Misunderstood*
- and*
- *misapplied control*
- consists of*
- *self-will,*
  - *forcing-current,*
  - *childish greed,*
  - *the inability to stand frustration,*
  - *fearful withdrawal,*
  - *tension,*
  - *the compulsive need to manipulate,*
  - *the inability to lose.*

*All these are, of course,*  
*not*  
*the control I mean*  
*when I speak of*  
*true selfhood*  
*which masters the universe.*

*When the latter exists [i.e., When true selfhood which masters the universe exists],*  
*the*  
*wrong kind of*  
*control,*  
*that of the little ego,*  
*must be*  
*entirely relinquished.*

*It [i.e., The wrong kind of control – that of the little ego – ]*  
*must be let go of*  
*before*  
*true*  
*control,*  
*in a*  

- *higher and*
- *wider*

*sense,*  
*can come.*

*True control  
comes  
through  
• letting go of control;  
through  
• the apparent risk of  
floating  
without manipulating  
• anyone or  
• anything.*

*Of course,  
this sounds like  
a contradiction, my friends.*

*But  
all spiritual principles,  
when clothed in  
the limitation of  
the human language,  
appear as  
contradictions.*

*For  
every divine law  
contains  
two complementing principles –  
• the masculine and  
• the feminine  
principles –  
in the  
widest possible sense.*

*They [i.e., These two complementing principles –  
the masculine and feminine principles –]  
do  
• not exclude one another  
but  
• co-exist  
in  
every  
part  
of life.*

34

*But it is  
not only  
the limitations of human language  
that make  
the unitive principles  
appear  
contradictory.*

*It [i.e., That which makes the unitive principles APPEAR contradictory]  
is much more  
that  
your fearful withdrawal from life  
causes  
a lack of  
• understanding and  
• knowing.*

*As long as you  
withdraw  
in fear,  
not wanting to  
take the risk of  
letting go of control,  
my words  
could easily be misunderstood.*

*When I speak about  
• mastery over the universe  
and  
• giving up control  
in order to gain it [i.e., in order to gain mastery over the universe]  
in a higher sense,  
I am explaining  
one of the  
most essential steps  
toward  
the destiny of  
all created beings.*

35

*Only on a path  
leading  
from*  
• *blind reflexes [i.e., from Phase 1 consciousness, AUTOMATISM,]*  
*to*  
• *knowingness [i.e., to Phase 4 consciousness, KNOWING,]*  
*can one  
truly understand  
that control  
must first be given up  
in order to  
gain a  
relaxed  
inner control  
that happens  
from*  
• *deep inside –*  
*from*  
• *the solar plexus,*  
*rather than*  
*from*  
• *the upper mind.*

*And control [i.e., And, conversely, CONTROL]  
must be exerted  
where you*  
• *are lost now;*  
*where you*  
• *grope and*  
• *clutch tightly*  
*because you are [i.e., you are in Phase 1 consciousness, and are]*  
*driven*  
*by*  
• *blind needs,*  
*by*  
• *uncomprehended compulsions,*  
*driven to*  
• *thoughts,*  
• *assumptions,*  
• *reactions, and*  
• *actions*  
*that you must learn to  
bring under control  
by knowing  
truth.*

36

*A similar confusion exists  
concerning*  
• *self-centeredness*  
*versus*  
• *other-centeredness.*

*Self-centeredness  
can be*  
*childish self-importance  
in which you expect  
the whole world  
to revolve around you.*

*It [i.e., Self-centeredness]  
may be*  
*a form of  
selfishness.*

*You may  
experience yourself  
in an essentially  
different,  
either*  
• *higher*  
*or*  
• *lower*  
*way,*  
*than others,*  
*singling yourself out*  
*with*  
*unrealistic self-appraisal.*

37

*This  
selfish form of distortion [i.e., This selfish form  
of a distorted form of self-centeredness]  
automatically  
brings about  
a distorted form of  
other-centeredness.*



*[In this distorted form of OTHER-centeredness that is brought about automatically  
from a selfish distorted form of SELF-centeredness]*

**People hinge  
all their**

- **opinions,**
- **goals,**
- **ideas,**
- **ideals,**

**and even**

- **feelings**

**on what**

**others proclaim –**

**or what**

**they think**

**the world expects them to be.**

***This other-centeredness [i.e., This distorted form of other-centeredness]  
amounts to***

- **losing the self.**

***It [i.e., This distorted form of other-centeredness]  
is***

- **self-alienation.**

38

***The right kind of  
self-centeredness  
is the opposite of  
self-alienation.***

*It [i.e., The right kind of self-centeredness]  
finds  
the gravity  
centered deep within the self,  
deriving*

- values,
- goals,
- ideas, and
- actions

*from within,  
assuming responsibility for them,  
thereby  
increasing*

- integrity and
- self-respect.

*But this [i.e., But this right kind of self-centeredness]  
requires the labor  
of consciously taking control  
in*

- choosing one's views

*and*

- taking the risk of  
giving up control  
by standing alone  
and risking  
the disapproval of others.

*When one  
ceases  
to manipulate  
one's feelings  
in order to*

- control and
- manipulate  
others,

*one will be  
self-centered  
in the sense of  
living out of  
the real self.*

*This [i.e., This living out of the real self]  
organically  
results in  
the proper balance  
between*

- *self-*

*and*

- *other-*  
*centeredness.*

- *Others  
deserve  
the same consideration  
as*
  - *the self.*

- *Others  
can be*
  - *liked,*
  - *loved, and*
  - *esteemed**as*
  - *oneself –*  
*but*  
*never at the expense of  
being untrue  
to the self.*

39

*Healthy*

- *self-centeredness*  
*is at one end of the scale;*

*healthy*

- *other-centeredness*  
*at the other.*

*If you reverse one  
so that it becomes an*

- *unhealthy childish distortion,*

*the other  
will follow suit.*

	<p><i>The same holds for</i></p> <ul style="list-style-type: none"><li>• <i>control</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>letting go.</i></li></ul> <p><i>[i.e., healthy control is at one end of the scale and healthy letting go is at the other end of the scale, and if one reverses one of these to the unhealthy distorted form, the other will follow suit]</i></p>
40	<p><i>When you cross the threshold from</i></p> <ul style="list-style-type: none"><li>• <i>understanding [i.e., from Phase 3 consciousness]</i></li></ul> <p><i>to</i></p> <ul style="list-style-type: none"><li>• <i>knowing [i.e., to Phase 4 consciousness],</i></li></ul> <p><i>you find the deep</i></p> <ul style="list-style-type: none"><li>• <i>experience and</i></li><li>• <i>perception</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li>• <i>right,</i></li><li>• <i>healthy</i><ul style="list-style-type: none"><li>• <i>self-centeredness</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>other-centeredness;</i></li></ul> <p><i>as well as</i></p> <ul style="list-style-type: none"><li>• <i>right,</i></li><li>• <i>healthy</i><ul style="list-style-type: none"><li>• <i>control</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>letting go.</i></li></ul>

*When these two tendencies [i.e., When BOTH right and healthy self- and other-centeredness AND right and healthy control and letting go]*

*are*

- *perceived,*
- *experienced,*
- *inwardly lived,*

*there is*

*no limit to*

*your*

- *expansion,*

*your*

- *freedom,*

*your*

- *experience of the glory of being.*

*When you*

*pass over*

*this threshold [i.e., When you pass over this threshold from Phase 3 consciousness, UNDERSTANDING, to Phase 4 consciousness, KNOWING],*

*all*

*contradictions*

*become a*

*complementary whole,*

*which you*

*not only*

- *understand,*

*but*

- *know*

*and*

- *live.*

*For example,*

*you must*

*become capable of*

*living in a*

*less than perfect way,*

*until*

*perfect happiness*

*becomes possible.*

*When you desire  
the utmost self-expression,  
for  
the greater happiness  
of*

- yourself and
- others,

*it [i.e., your desire for the utmost self-expression for the greater happiness of  
yourself and others]  
must occur*

- in an entirely free spirit,  
not out of
- a must,  
in order to
- avoid what you fear,  
in order to
- coddle a weakness.

*When you  
no longer*

- desire happiness  
in order to
- avoid unhappiness,

*you*

- have reached the fine point  
of a proper balance  
of control,

*and*

- gain  
forever greater powers over  
your own life  
as an integral part  
of creation.

41

*Are there any questions now?*

**QUESTION:**

*I may have caught a glimpse  
of what it is*

*to come near the threshold  
between*

• *understanding [i.e., Phase 3 level of consciousness]*

*and*

• *knowing [i.e., Phase 4 level of consciousness].*

*Perhaps you could say something about the*

- *fear,*
- *withdrawal, and*
- *reluctance*

*one has [i.e., about the fear, withdrawal, and reluctance one has  
in crossing the threshold*

*from Phase 3 level of consciousness, UNDERSTANDING  
into Phase 4 level of consciousness, KNOWING],*

*although one*

• *knows*

*there is a*

*knowing beyond it [i.e., a knowing beyond understanding]*

*and one*

• *knows*

*it [i.e., knows that the knowing beyond understanding]*

*is a great thing,*

*yet*

*one shrinks from it [i.e., shrinks from stepping  
across the threshold from  
understanding to knowing].*

42

**ANSWER:**

**Quite apart from  
the many psychological factors  
we find again  
and again in this work –  
and I do not have to enumerate them at this point –  
there is  
a much more**

- fundamental and**
- all-encompassing**
- fear and**
- reluctance**

**that applies to  
every single individual:**

**fear of  
being.**

**The fear of  
being  
means**

- fear of**
  - life,**
- fear of**
  - death,**
- fear of**
  - love,**
- fear of**
  - pleasure,**
- fear of**
  - risk,**
- fear of**
  - change,**
- fear of**
  - loss,**
- fear of**
  - the unknown,**
- fear of**
  - pain,**
- fear of**
  - trust,**
- fear of**
  - letting go of control,**
- fear of**
  - self.**



***This last fear [i.e., The fear of SELF]  
includes***

- ***conflicting, and***
- ***apparently conflicting,***
  - ***rights***
- and***
- ***wrongs***

***as well as***

- ***apparently***
  - ***right***
- and***
- ***wrong***
  - ***emotions,***
  - ***feelings,***
  - ***reactions,***
  - ***drives,***
  - ***needs,***
  - ***expressions.***

***Fear of  
being [i.e., Fear of being or fear of self]  
comprises  
all of this.***

***And as long as  
you do not understand  
the significance of this fear [i.e., this fear of being, this fear of self],  
you cannot know  
what is behind it [i.e., you cannot know  
what is behind this fear of being, this fear of self].***

***Therefore [i.e., Therefore, as long as you do not understand the significance of this  
fear of being, and hence since you cannot know what is BEHIND this  
FEAR of being, this fear of self]  
you cannot overcome it [i.e., you cannot overcome this fear of being,  
this fear of self].***

*For beyond this fear [i.e., For BEYOND this fear of being, this fear of self]  
lies  
the greatest threshold of evolution [i.e., lies the greatest threshold  
of the evolution of human consciousness]  
to which*

- *this, or*
- *any other truthful path  
must bring the individual,  
and that is [i.e., and that is the phase of human  
consciousness where one is]:*

- *floating with  
the universal forces,*
- *not stemming against  
them [i.e., not stemming against  
the universal forces],  
and thereby [i.e., and by floating with  
the universal forces]  
mastering them.*

*Human conceptions  
create*

- *a duality here,*
- *an either/or.*

*You feel that  
either*

- *you are in control,  
and then  
you must manipulate*

- *life,*
- *the world around you,*
- *your own*
  - *most vital,*
  - *creative  
forces;*

*or you feel*

- *lost and*
- *endangered.*

*Thus,  
you cannot  
come into  
being.*

*You will  
not  
understand  
that*  

- *being*

*and*  

- *mastery –*

*or to put it differently,*  

- *activity*

*and*  

- *passivity –*

*are not only*  

- *not*

*mutually exclusive,*  
*but are*  

- *interconnected*

*and*  

- *interdependent.*

43

*Your fear of  
yourself  
becomes  
all the more difficult to overcome  
because  
you often  
do not fear*  

- *your real darker side,*

*but [i.e., but rather you fear]*  

- *what you  
believe it is [i.e., you fear what you BELIEVE  
your real darker side is].*

*Only too often,  
you consider  
unacceptable  
the best you have to give  
while  
the most destructive part  
may rule you  
unbeknownst to yourself.*

*Fearing  
your darker side,  
you do not dare  
to look at it [i.e., you do not dare to look at your darker side]  
and hold on [i.e., and hence you hold on]  
too tightly  
to yourself.*

*You refuse  
to  
• let go,  
to  
• take any chances.*

*And as long as  
you fear  
• yourself,  
you will fear  
• life,  
• death,  
• love –  
and all the rest of it.*

*You will fear  
• being,  
because you fear  
• your own being.*

44

*This lecture  
is a very important one.*

*The more you  
• participate  
and  
• bring out  
your own confusion,  
the smoother  
will be your path  
in going through  
these four stages [i.e., going through these four phases of consciousness:  
Phase 1-AUTOMATISM, Phase 2-AWARENESS,  
Phase 3- UNDERSTANDING, and Phase 4-KNOWING].*

***In the meantime*** [i.e., *In the meantime, while you are considering these four phases of human consciousness*],

***try to discover***

- ***where***

***and***

- ***how***

***you are still immersed in***

- ***automatism*** [i.e., *where and how you are still in*

*Phase 1 consciousness: AUTOMATISM*];

- ***where you are***

- ***aware*** [i.e., *where you are in*

*Phase 2 consciousness: AWARENESS*];

- ***where you***

- ***understand*** [i.e., *where you are in*

*Phase 3 consciousness: UNDERSTANDING*];

***and***

- ***to what degree***

***you approach the threshold to***

- ***the fourth state*** –

- ***knowing*** [i.e., *to what degree you approach the threshold to*

*Phase 4 consciousness: KNOWING*].

***The way to determine this*** [i.e., *to determine where you are in these four phases*]

***is by the way you***

***feel about it.***

***Automatism*** [i.e., *Phase 1 consciousness*]

***makes you***

- ***feel***

- ***bleak,***
- ***hopeless,***
- ***depressed,***

- ***anxious,***

- ***afraid,***

- ***unalive,***

- ***bored,***

- ***disgusted with***

- ***yourself or***

- ***others,***

- ***compelled to***

- ***do,***

- ***say,***

- ***think and***

- ***feel***

***things you disapprove of.***

*Awareness [i.e., Phase 2 consciousness]*

- *removes*

*these symptoms [i.e., Phase 2 consciousness, AWARENESS,  
removes these symptoms that arise in Phase 1, AUTOMATISM]  
and, while awareness remains, it*

- *induces*

*relief,*

*thereby*

*liberating*

*certain energies.*

*But there is as yet  
no question about  
change.*

*You cannot even see yet*

- *where and*

- *how*

*change is possible.*

*Understanding*

*gives this outlook [i.e., Phase 3 consciousness, UNDERSTANDING  
gives this outlook that change IS indeed possible].*

*Knowing*

- *has accomplished it [i.e., Phase 4 consciousness, KNOWING  
has accomplished the needed change]*

*and*

- *is constantly accomplishing it,*

*for true living*

*is never*

*a final end [i.e., true living is never a final end or  
final static state of existence].*

*It [i.e., True living]*

*is a*

*constant growing*

*into*

*more*

- *experience*

*and*

*more*

- *self-expression.*

	<p><i>Therefore constant • knowing effects constant • growth [i.e., constant KNOWING effects constant growth and therefore constant CHANGE].</i></p>
45	<p><i>When evaluating where you stand, do not be governed by • outer knowledge, or by • blind reflexes, which may either make you • fearfully overmodest or tempt you into • self-glorification.</i></p> <p><i>• Listen deeply into yourself, • test various aspects of your life by focusing only on certain inner reactions.</i></p> <p><i>The different facets of your personality have arrived at different phases [i.e., different phases of consciousness].</i></p>
46	<p><i>May your work bring all of you nearer to knowing.</i></p> <p><i>May some of you make the first steps in crossing this threshold [i.e., make the first steps in crossing this threshold from Phase 3, UNDERSTANDING to Phase 4, KNOWING].</i></p>

*You have  
all the*

- *help and*
- *guidance*

*you need.*

*The spiritual forces  
are infinitely  
more*

- *real and*
- *powerful*

*than any of you realize.*

*But these helping forces*

- *can*

*and*

- *must*

*do no more than  
sustain  
your own efforts.*

*The initiative  
toward growth  
must  
always  
come from  
you,  
at each stage  
of your upward journey.*

*There are  
many means  
of working toward this goal –  
and you should use them all.*

*One of the most constructive tools on this path  
that none of you can afford to neglect  
is*

- *involving yourself  
with others*

*and*

- *using other people  
as a mirror.*



	<p><b><i>It cannot be emphasized enough how effective it is to work with others.</i></b></p> <p><b><i>So much valuable material remains to be derived from this approach.</i></b></p> <p><b><i>No matter how much others are involved with their own blind reflexes, they are often a good mirror for you.</i></b></p> <p><b><i>Do not shy away from such interactions.</i></b></p>
47	<p><b><i>This coming year [i.e., the 1964/65 working season – this Lecture 127 (October 2, 1964) through Lecture 135 (June 25, 1965), nine lectures in all] is bound to be crucial for any of you who persevere in the task of self-finding.</i></b></p> <p><b><i>Be blessed.</i></b></p> <p><b><i>Receive the warm strength</i></b></p> <ul style="list-style-type: none"><li><b><i>• flowing toward you,</i></b></li><li><b><i>• enveloping</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• enfolding you.</i></b></li></ul> <p><b><i>Be in peace.</i></b></p> <p><b><i>Be in God.</i></b></p>

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