Greetings,
my dearest friends.

Blessings for
every one of you.

Blessed be
this hour [i.e., Blessed be this time we now spend together in this lecture].

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],

• the general work,
and
• the part to be emphasized.
The best way to begin this lecture is by discussing certain general phases of evolution in the human consciousness.

There are four distinct phases.

They [i.e., These four distinct general phases of evolution in the human consciousness] interact and overlap, with each [i.e., and also with each of these four distinct phases] having many subdivisions, degrees of intensity, and variations.

At this point, we need not go into the details; rather, we seek to gain an overview.

The lowest phase of human consciousness is automatism.

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 conclusions and generalizations.

Everything we have discussed in the lectures on images [see Lectures 38, 39, 40, and 41] shows how people respond blindly and automatically.
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
• rationalize and
• explain such blind reactions, to make yourself believe that they are based on
• freedom of choice, rather than on
• compulsion;
on
• reason, rather than
• emotionalism.

When the overall development [i.e., When the overall development of human consciousness] is
• more primitive,
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] is
• less necessary.

Blind automatism is always the result of unwillingness to face certain material. This applies to
• everyone,
to
• some much more than to others.
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.
| 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] limits the marvelous potentials of • the human spirit and • life.

**It does all this [i.e. Such limiting of the marvelous potentials of the human spirit and life happens]**

to the degree that one lacks self-awareness.

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**08**

On any real path of development, regardless of the approach, the areas in which you are • **unfree** [i.e., unfree and trapped by your compulsions] and • **automatic** [i.e., automatic in your reactions in some situations] must be revealed.

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**09**

The next phase on this scale of evolution [i.e., Phase 2 of this scale of human consciousness, next and above Phase 1, AUTOMATISM.] is **awareness,** 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].

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].
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 1 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.
It never happens that an individual passes with one step from 
• one state [i.e., from one state of consciousness] into 
• the next [i.e., into the next state of consciousness] in every respect.

The transition from 
• automatism [i.e., Phase 1 of human consciousness] to 
• awareness [i.e., Phase 2 of human consciousness] is one of the most difficult passages you must make.

It is so difficult to admit that you are driven by 
• unreasonable fears, 
• superstitions, 
• generalizations, 
• obsolete situations that have no bearing on the present.

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 
• more evolved and 
• freer than you are.

The longer you 
• deny what is [i.e., The longer you deny what your current level of consciousness actually is in various areas of your personality], the more you 
• suffer.
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.

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.
### The stage of Awareness

The stage of awareness [i.e., The stage of AWARENESS, or Phase 2 of human consciousness] essentially means becoming conscious of:

- error,
- deviation from truth.

The moment you know you are driven by false ideas, you are no longer operating with blind automatism.

Such a realization [i.e., Such a realization that you are DRIVEN by false ideas] requires:

- courage and
- cultivation of the inner will.

### In proportion to how much you gain

In proportion to how much awareness you gain, blind reflexes [i.e., blind reflexes from your state of automatism] cease, and you reach [i.e., and you reach the third stage, Phase 3, which follows Phase 2, AWARENESS, and Phase 1, AUTOMATISM, namely] understanding.

Offhand, you may wonder what the difference is.

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].
[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

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.

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.
Once understanding has been reached [i.e., Once Phase 3 consciousness, UNDERSTANDING, has been reached, after going beyond both Phase 1 consciousness, (AUTOMATISM), and Phase 2 consciousness (AWARENESS)], the individual is ready to approach the next phase [i.e., ready to approach Phase 4 consciousness].

Many of my friends on the path will recognize that our work in the past has brought us to the phase of understanding [i.e. has brought us to Phase 3 of human consciousness, UNDERSTANDING].

Each person's work must vary, for in certain areas you may have reached understanding [i.e., reached Phase 3 of human consciousness] – or even inklings of the following stage [i.e., or even inklings of Phase 4]– while in others [i.e., while in other areas of your life and being] you are still battling against the resistance to face what lies behind blind reflexes [i.e., resistance to face what lies behind the blind reflexes of Phase 1 consciousness, AUTOMATISM].

The awareness [i.e., The awareness (realized in Phase 2 consciousness)] that blind reflexes are still governing you in certain respects is still lacking [i.e., lacking in those areas of your life where you are still in Phase 1 consciousness, AUTOMATISM].
It cannot ever be said that a person
  • has, on the whole, reached one of the four stages mentioned here,
  or
  • is still entirely in the lowest stage [i.e., entirely in Phase 1 – AUTOMATISM].

It [i.e., The phase of human consciousness that one is in] is always
  • a mixture,
  • a combination,
  [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.

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].

Are you aware where you are still governed by an automatism despite your having discovered the image that causes it?

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].
The fleeting insight
of the moment the image was found
• has faded and
• lingers only as memory.

In other words,
it [i.e., the momentary and fleeting insight]
has become
• theoretical knowledge;
it [i.e., the momentary and fleeting insight]
is no longer
• alive.

It [i.e., The momentary and fleeting insight]
will come to life again
only
when you
• observe,
• acknowledge, and
• admit
  that
    automatism
  still exists [i.e., admit that you are still reacting blindly].

Once
awareness [i.e., Once Phase 2 consciousness, AWARENESS,]
has been gained,
it [i.e., the awareness]
must not remain
just that [i.e., Once the level of consciousness has reached Phase 2,
AWARENESS, the consciousness must NOT simply remain at this
Phase 2 level of consciousness, AWARENESS],

Are you cultivating the
understanding of
what you have become aware of [i.e., Are you cultivating conditions for
Phase 3 consciousness, UNDERSTANDING, in those areas of your life
where you are still at Phase 2 level of consciousness, AWARENESS]?
The more you do [i.e., 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],

• the less you feel compelled to react blindly [i.e., to react blindly from Phase 1 consciousness, AUTOMATISM]

and

• the less likely are you to relapse [i.e., to relapse from Phase 2 consciousness, AWARENESS, and fall back to Phase 1 consciousness, AUTOMATISM].

The highest phase [i.e., The Phase 4 level of human consciousness] on this particular scale is knowing.

There is a great difference between

• understanding [i.e., the Phase 3 level of human consciousness] and

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

Understanding [i.e., The Phase 3 level of human consciousness] means

ascertaining the

• causes and

• effects of

• negative patterns,

• destructive emotions, and

• false ideas.

It [i.e., The Phase 3 level of human consciousness, UNDERSTANDING] means understanding that these elements [i.e., understanding that negative patterns, destructive emotions, and false ideas]

are damaging because one is somehow immersed in

• illusion and

• misconception.
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].
[When you are at the Phase 4 level of consciousness, KNOWING,]

You know what the right conclusions are behind the wrong ones [i.e., You know the RIGHT conclusions BEHIND the WRONG conclusions one has made due to images and misconceptions].

And it is
- always, and
- exclusively, the misconceptions that create
  - havoc,
  - disharmony,
  - unhappiness.

Nothing else [i.e., NOTHING ELSE besides misconceptions and images] can ever do that [i.e., can EVER create havoc, disharmony, and unhappiness].

When you deeply know the
- truthful concept,
  the particular
- truth behind the
  particular
  error you are beginning to understand [i.e., you are beginning to UNDERSTAND in the Phase 3 level of human consciousness],

something starts to happen
- within
  and
- around you.
Knowing is not theoretical understanding.

It [i.e., Rather, KNOWING] is experiencing the truth.

Knowing the truth [i.e., Knowing the truth in Phase 4 of human consciousness] behind the untruth must connect
• the knower with
• the great spiritual
• principles and
• laws.

Knowing them [i.e., Knowing – through EXPERIENCING – the great spiritual principles and laws] opens up the world.

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
• untruth that has so far blurred the way to
• that particular truth.
By

• studying theories, or
• reading even
  the greatest literature on earth –
  even spiritual literature –
  you cannot possibly
  know
  the truth.

**Knowing** [i.e., KNOWING, the Phase 4 level of human consciousness,]

the truth

means

personally

following through

**the stages of evolution** [i.e., the four stages of evolution in human consciousness:
  Phase 1, AUTOMATISM,
  Phase 2, AWARENESS,
  Phase 3, UNDERSTANDING,
  Phase 4, KNOWING,]

I have just discussed.

It [i.e., Knowing the truth in Phase 4 level of consciousness, KNOWING,]

means

• **becoming aware of blind reflexes** [i.e., evolving from blind reflexes in Phase 1, AUTOMATISM to awareness in Phase 2, AWARENESS];
• **understanding** [i.e., evolving to Phase 3 level of consciousness, UNDERSTANDING, where one understands]
  • why they exist [i.e., understanding WHY blind reflexes EXIST]
  and
  • what they cause [i.e., understanding WHAT blind reflexes CAUSE];
• **knowing**
  the truth [i.e., in Phase 4 consciousness, KNOWING, knowing the TRUTH]

**behind the automatism**

caused by

**specific misconceptions.**
When
the personal path
is taken this way,
leading you
deep inside,
the
• inner,
• personal
universe
reveals the
• principles
and
• spiritual laws
of
• creation,
of
• the universe as a whole.

Knowing
the truth
in the way of
personal experience
has a healing effect
on
• you
and
• your entire environment.

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.

If you
know
• one truth,
you
know
• all truth.
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.
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.
Some of my friends have made first steps toward the threshold of knowing;

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].

Others [i.e., Other of my friends] will follow later.

It does not matter when.

You must not measure who is ahead.

You cannot ever measure yourself against another.

You must find your own inner measurements;

forget comparisons.

Knowing the truth [i.e., Knowing the truth in the Phase 4 level of human consciousness] means mastery over the universe.

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.
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.
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
• realistic,
• benign,
• constructive
  • feelings,
  • concepts,
  • opinions,
and
• corresponding
• actions.

Change
has taken place,
because it [i.e., because change]
is no longer
resisted.

It [i.e., Change]
is now
• welcome
instead of
• frightening.

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.
[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.

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.
[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]

You will not yet know how to use the
• fine,
• sensitive directives one needs
to contribute with one’s knowing,
• at the right time
and
• in the right way.

I have often pointed out that those who do not understand
• themselves
cannot possibly understand
• others.

Those who do not
• love and
• respect
• themselves,
cannot possibly
• love and
• respect
• others.

The same applies to knowing.
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.

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].
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.
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.
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.
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.
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.
<table>
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| 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.  
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.

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.

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.
The same holds for
  • control
  and
  • letting go.
  [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]

When you cross the threshold from
  • understanding [i.e., from Phase 3 consciousness]
  to
  • knowing [i.e., to Phase 4 consciousness],
you find the deep
  • experience and
  • perception
  of
    • right,
    • healthy
      • self-centeredness
      and
      • other-centeredness;
  as well as
    • right,
    • healthy
      • control
      and
      • letting go.
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,
• freedom,
• 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.
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].
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:

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.

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,
• 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.

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-KNOWLEDGE].
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
  - self-expression.
Therefore
constant
  • knowing
effects
constant
  • growth [i.e., constant KNOWING effects constant growth
  and therefore constant CHANGE].

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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.

  • Listen deeply
    into yourself;
  • test various aspects of your life
    by focusing only on
    certain inner reactions.

The different facets of your personality
have arrived at
different phases [i.e., different phases of consciousness].

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May your work
  bring all of you
  nearer to
  knowing.

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].
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.
It cannot be emphasized enough
how effective it is
to work with others.

So much valuable material
remains to be derived from this approach.

No matter how much
others are involved with their own blind reflexes,
they are often
a good mirror for you.

Do not shy away from
such interactions.

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.

Be blessed.

Receive
the warm strength
• flowing
toward you,
• enveloping
and
• enfolding
you.

Be in peace.

Be in God.

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