

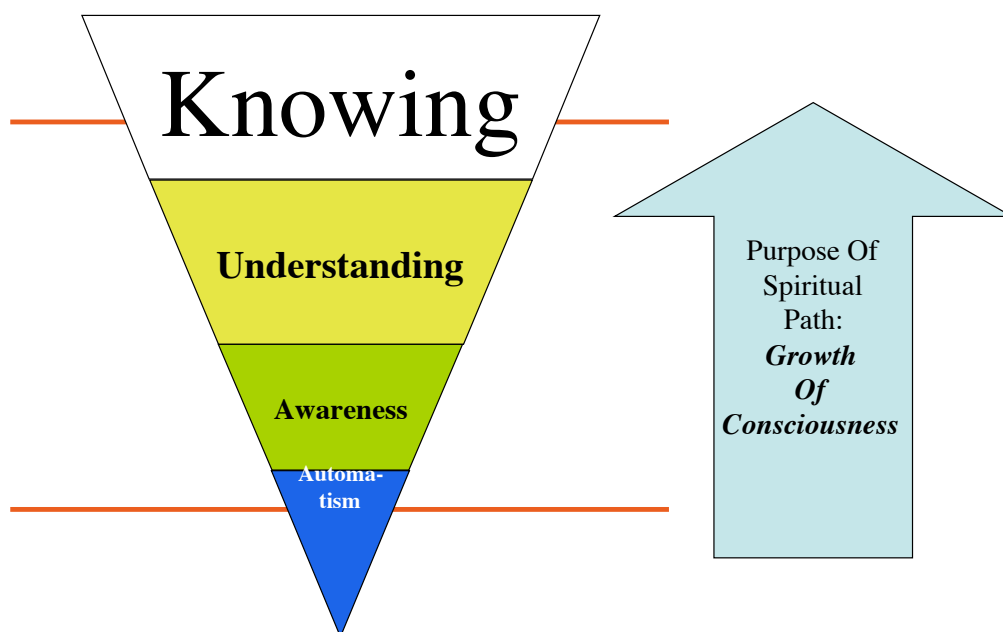
Pathwork Lecture 127

# Evolution's Four Stages: Automatic Reflexes Awareness Understanding Knowing

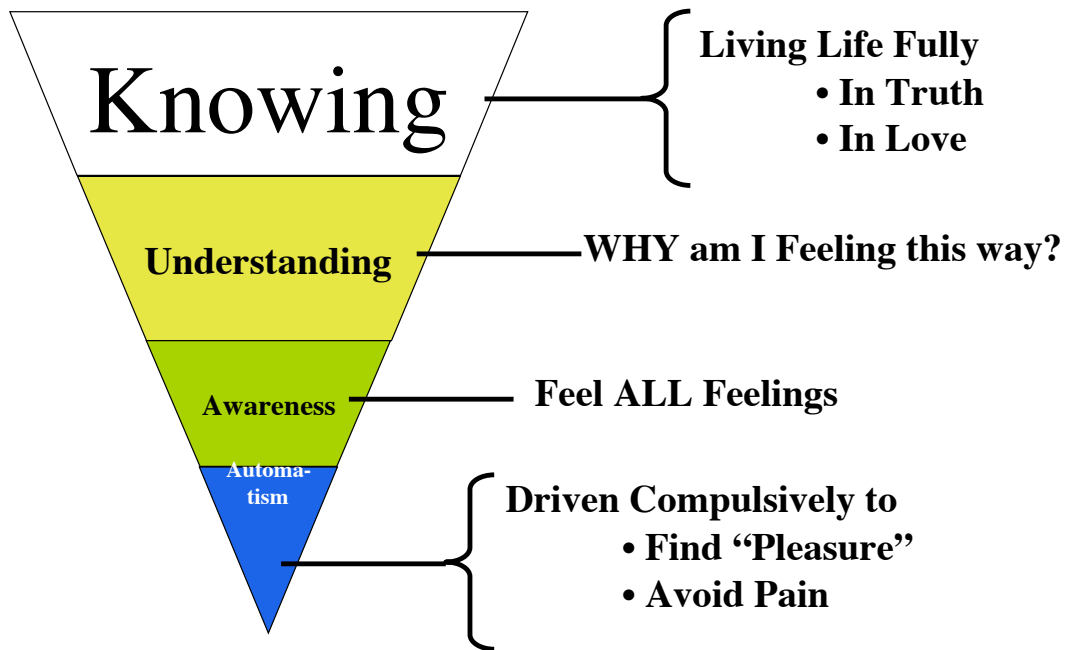
February 2008

Gary Vollbracht

## Outline of Lecture 127



## Summary of Lecture 127



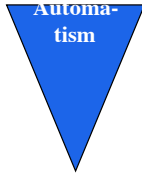
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## World of Automatism

- Automatic Pilot --
  - Emotional Action and Reaction
  - No idea that I react or why I react
- Based upon Unconscious
  - Deeply rooted behavior patterns
  - Beliefs, Conclusions, Fears, Strategies
- Coming from
  - Predispositions (Nature, Soul Dents, Family Heritage)
  - Conditioning (How nurtured in childhood)
    - Strategies for Getting Pleasure
    - Strategies for Avoiding Pain
  - In other words: Bonding: + and -

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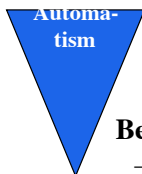
# World of Automatism

- **Patterned behavior from childhood lives on into adulthood**
  - Becomes our **MASK SELF**
  - Unwillingness to face certain unflattering material within our psyche
  - Unwillingness to tolerate any frustration or pain
  - Unwillingness to feel our feelings
- **Result: *Alienation from our true self and from life as it is***
  - Makes us powerless in life
  - Blinds us to Truth
  - Keeps us in a self-made prison (no freedom or spontaneity)
  - Cripples creativity
  - Prohibits true love
  - Stifles ability to give and receive pleasure and joy
  - Keeps us anxious and fearful of life
  - Limits the marvelous potentials of the human spirit and life
  - *Life becomes increasingly painful and hopeless*



**Sisyphus**  
(Greek Mythology)

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# World of Automatism

## Example 1

### **Belief: Happiness = Praise**

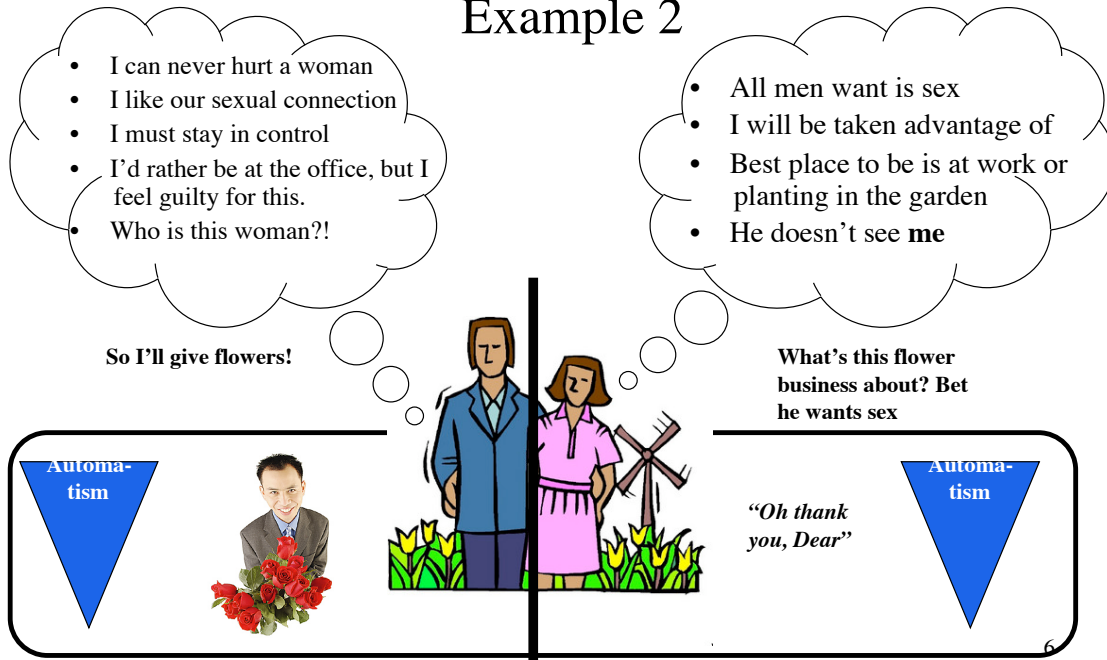
- Play Role Best
- Get Lots Done!
- Be FASTEST!!!
- Obey all rules
- No time for relationships
- Exhaustion!!! -- *But worth it.*



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# World of Automatism

## Example 2



## We Deny our Automatism



- I like to believe my MASK Self, my Idealized Self Image, is the Real Me!
- So I fight against Awareness that might show:
  - I am driven by false ideas
  - I am not seeing the Truth of the matter
  - I am deceiving myself (subterfuge, rationalization, justification, etc.)

***Me Not REAL?  
You've Got To  
Be Kidding!***

So I'll give flowers!



# Finally I concede! LIFE is NOT WORKING

- **Belief: Happiness = Praise**

- Play Role Best
- Get Lots Done!
- Be FASTEST!!!
- Obey all rules
- No time for

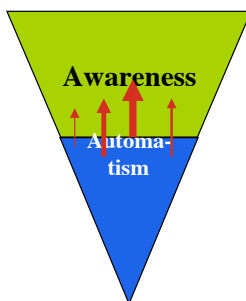


**But I'm NOT  
Happy, Not Really**



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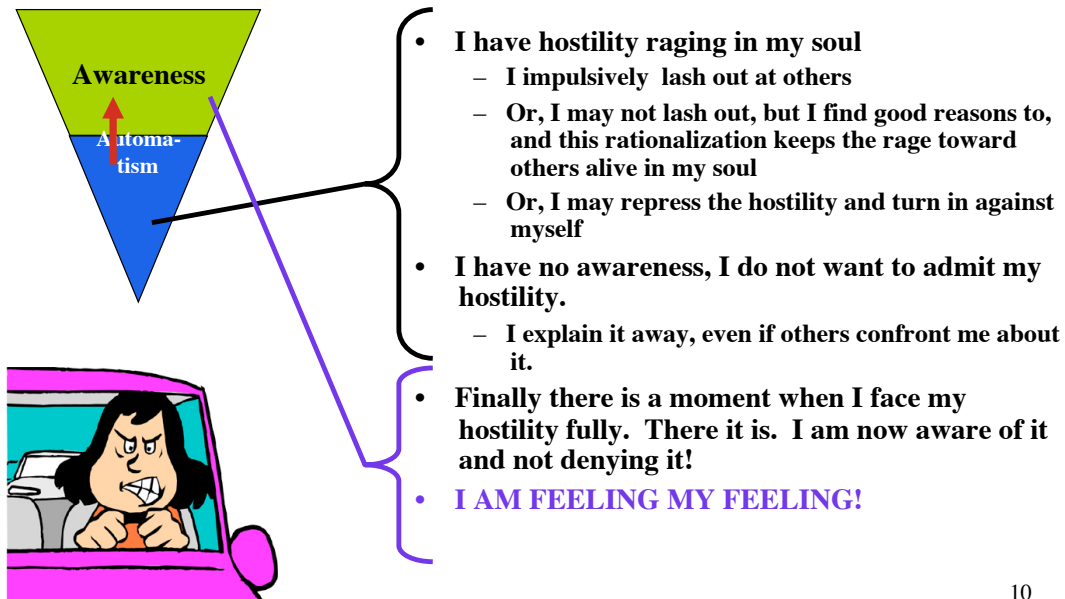
## Moving Into Awareness



- **I realize that my MASK Self, my Idealized Self Image, is NOT the Real Me!**
- **So I embrace Awareness that shows:**
  - Where I am driven by false ideas
  - Where I am in error and not seeing the Truth of the matter
  - Where I am deceiving myself (subterfuge, rationalization, justification, etc.)
- **Happens one area at a time**
  - First in a few specific areas
  - Then others
  - There is always more to look at and bring out of automatism and into awareness -- *job is never "done."*

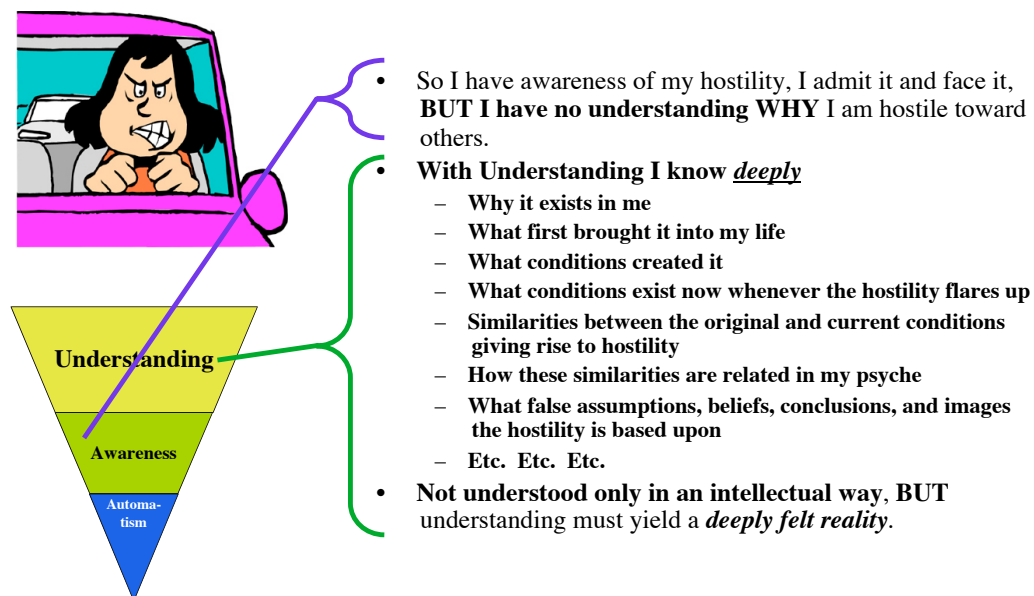
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## Example of Hostility Coming to Awareness



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## Example of Hostility Coming to Understanding

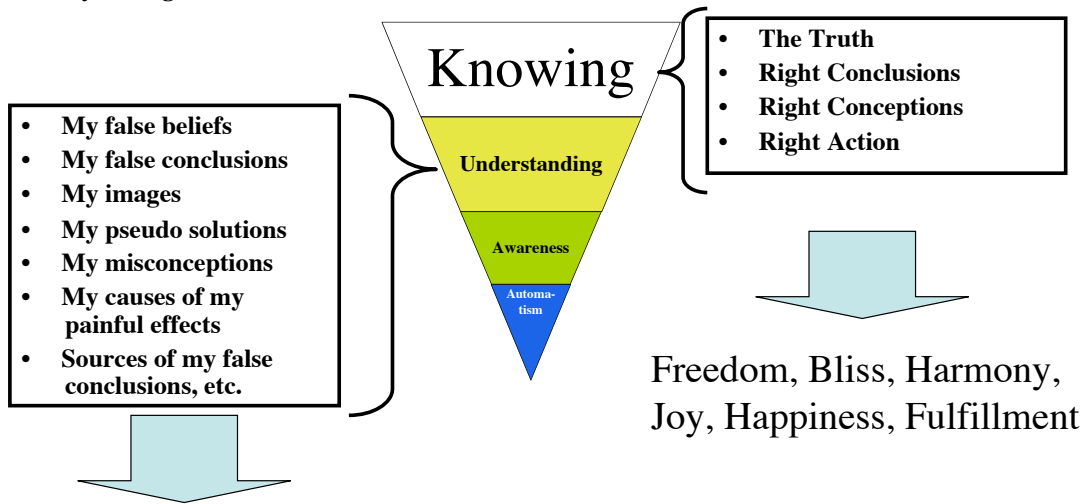


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# Coming to Knowing

*Understanding What's  
Wrong In My Life  
(Psychological Work)*

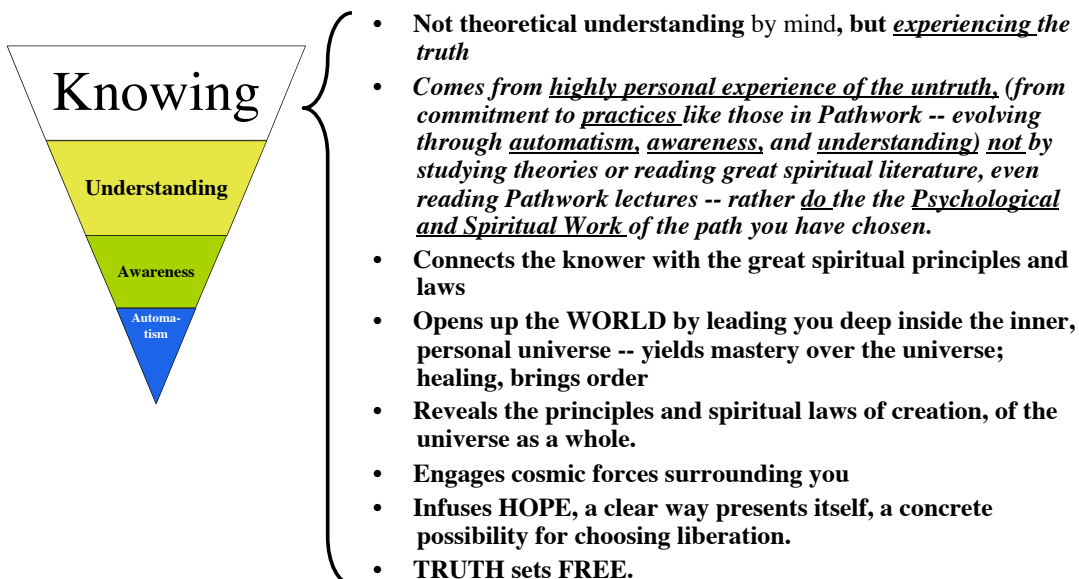
*Manifesting, Creating,  
Loving, Wisdom, Joy  
(Spiritual Work)*



Understanding WHY the  
Havoc, Disharmony,  
Unhappiness in my life

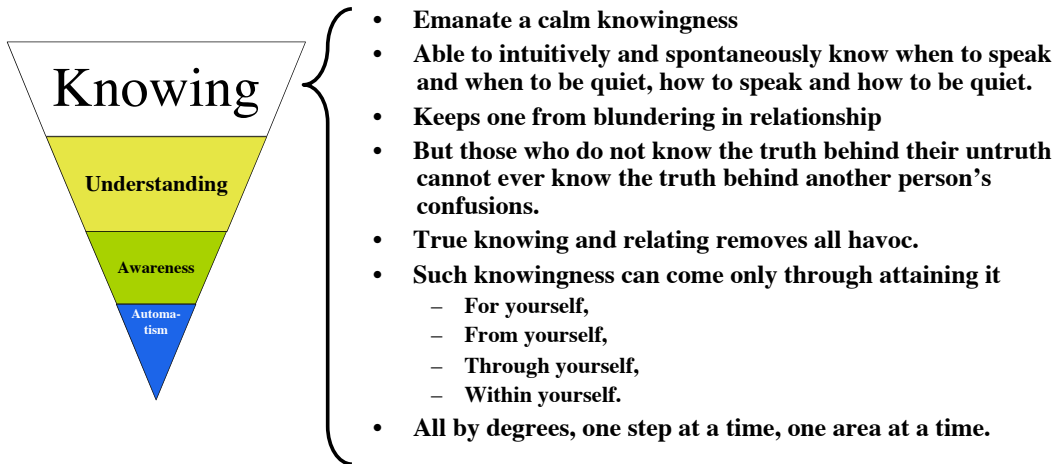
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## Deep Experience of Knowing

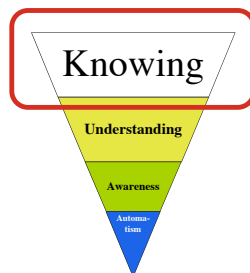


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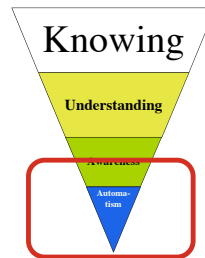
# Deep Experience of Knowing



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## Example: Control

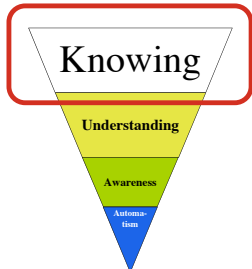
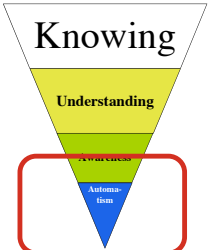


- **Mastery in Life from Knowing**
    - Know when to control (masculine principle)
    - Know when to let go of control (feminine principle)
  - True control comes through *letting go of control*, through the apparent risk of *floating without manipulating anyone or anything*.
  - Control gained in a higher sense, in harmony with the Cosmos
  - From *solar plexus* rather than from the upper mind.
- Self-will
  - Forcing-current
  - Childish greed
  - Inability to stand frustration
  - Fearful withdrawal
  - Tension
  - Compulsive need to manipulate
  - Inability to lose

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## Example: Self-Centeredness

		<i>Self-Centeredness</i>	<i>Other-Centeredness</i>
	<p><b>Healthy</b></p> <p>From Real Self, In Truth and Love</p> <p><b>Knowing</b></p>	<p>No Self-Alienation Deriving Values, Goals, Ideas, and Actions from Within Assuming Self Responsibility Consciously taking control in choosing one's views and taking the risk of giving up control by standing alone and risk the disapproval of others</p>	<p>Balance between Self - Centeredness 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 of the self.</p>
	<p><b>Unhealthy</b></p> <p>From Mask &amp; False Self, Not in Truth, No Love</p> <p><b>Automatism</b></p>	<p>Look out <b>only for own interests</b>, Others do not matter Pride, Self-Will, Fear-based</p>	<p>Become a slave to the other, loss of Sense of Self, Self does not matter, Self-Alienation Fear-based</p>

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## Where Are You?

Test to determine where you are is **HOW DO YOU FEEL?**

<u><i>Automatism</i></u>	<u><i>Awareness</i></u>	<u><i>Understanding</i></u>	<u><i>Knowing</i></u>
<p>Bleak Hopeless Depressed Anxious Afraid Un-alive Bored</p> <p>Disgusted with yourself or others</p> <p>Alienated from Self</p> <p>Compelled to do, say, think and feel things of which you disapprove</p>	<p>Awareness of True FEELINGS removes these Symptoms</p> <p>Induces Relief</p> <p><i>Liberates</i></p> <p>Energies Come Forth</p>	<p>Gives you the outlook that <b>CHANGE IS POSSIBLE</b></p> <p><b><u>HOPE!</u></b></p>	<p><i>Has and is constantly accomplishing the CHANGE</i></p> <p>CONSTANT KNOWING Effects CONSTANT GROWTH into MORE EXPERIENCE and MORE SELF- EXPRESSION</p>



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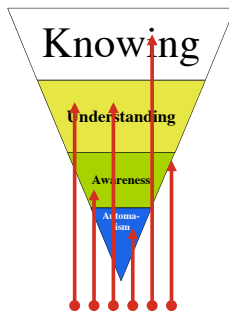
# A Caution on Self Evaluation

Where Are You?  
Test to determine where you are is **HOW DO YOU FEEL?**

Automation	Awareness	Understanding	Knowing
Blind Reflexes Unexamined	Awareness of THAT FEELING		Has and is constantly renewable/alive

**Examine Carefully!**

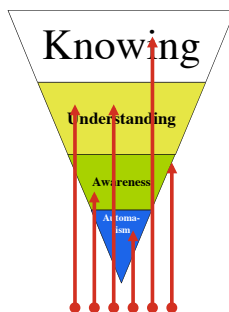
Alone/Isolated from Self Compelled to do, say, think and feel things of which one disagrees	Liberties Energies Come Forth	HOPE!	LEADS TO A FEELING MORE EXPERIENCE and MORE SELF- EXPRESSION
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- Do **not** be governed by **outer knowledge**, or by **blind 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
- Remember, the *different facets of your personality have arrived at different phases*

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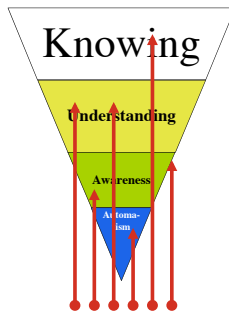
# The Work of Growing Upward



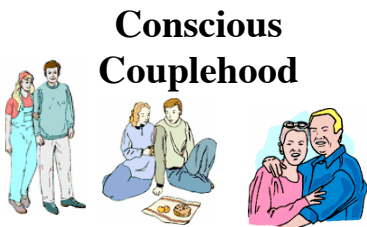
- Use **spiritual forces** -- this help is infinitely more real and powerful than any of you realize.
- **BUT** these helping forces can and must do no more than sustain you own efforts.
- The *initiative toward growth must always come from you* at each stage of your upward journey.
- There are **many means** of working toward this goal -- **use them all**

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# Key, Use Others to Mirror Back To You and Witness Your Journey

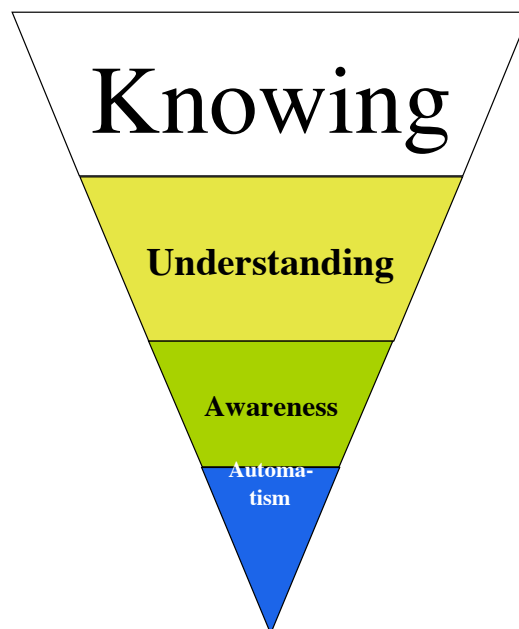


- One of the most constructive tools on this path that none of you can afford to neglect is *involving yourself with others and using other people as a mirror.*
- So much valuable material remains to be derived from this approach.
- No matter how much others are involved with their own blind reflexes, they are often a good mirror for you.
- *Do not shy away from such interactions*



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The End



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