

*Imagining  
A Way To  
Harmony:  
Core Balancing Tao Truths For  
Waking Off Autopilot*

*Barry Johnston-Spooner, M. Ed.*

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Quoting more than half a page, please reach me at  
[barrylightbourn@yahoo.ca](mailto:barrylightbourn@yahoo.ca)

Also through:

[www.OffAutopilot.com](http://www.OffAutopilot.com)

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## 1. Introduction

“The range of what we think and do is limited by what we fail to notice. And because we fail to notice that we fail to notice, there is little we can do to change; until we notice how failing to notice shapes our thoughts and deeds.”

Daniel Goleman,  
*Vital lies, simple truths: the psychology of self-deception*

Yes, it is a puzzle. How can anyone wake up? Can seven billion of us do that: avoid our looming economic, humanitarian and ecological disasters? Is such freedom attainable, can we dodge how we're conditioned to sleep? What switch, which emotional buzzer or spark can work for you, for any of us to awaken?

Did you imagine a bedside clock, family dynamics, sunlight brightening around you, a partner stirring? Maybe you thought about mindfulness, the 2012 Shift, the self waking after coffee?

My point here? Each day, at some moment you likely stop **noticing** your waking. From that point you'll tend to be **on Autopilot**: conditioned, yet also still structuring your day. Your awareness of waking in the **Now** suspended, you feel enough awake for today's life on the planet. It's a crucial moment. Will Karma then **Pilot** your life? Does your world then aid you **off** such automation or keep you more asleep? Alarming thoughts.

Science, religion and politics have tried to help... Now forums for personal Waking are, of course, the world's new business order. Networking - social or financial - catches secret dreams: how to Dominate the planet. Big dollars or big Change, right? It spreads new challenges. Who can wake you best: self, Spirit, Corporate world, this or that technique? A Shift is happening. Will it steer **you** or can you navigate self beyond this Matrix?



I want to offer what I believe may help: a **mindfulness map Off Autopilot**. Based in meditation, Taoism and a framework called Psychosynthesis, it's a book to lighten you - as your world...

The lack or the fullness of perspective - of wakefulness - that you attain in your Now does matter. I know because it's my job. I assist people to see what's tripping up their life in some way: I've been a psychotherapist for 38 years. Writ large, how we become Stewards (instead of Devourers) of this planet is related to each of these personal Awakenings.

It's true that what you're reading is now inevitably passive here. My thoughts are trapped in these words and images. They'll only be dead ink or pixels until their nourishment is clear. Yet please consider this a flow, a dialogue. My bridging explanations - as your absorbing of what you find here - will challenge both of us. I recommend assessing our levels of wakefulness as we go...

These points all echo the opening comment I chose from Goleman. Even while trying to wake the self, your attention processes (mindfulness really) can be impaired without your noticing! This is how we can be conditioned, hypnotized or scripted - Mindless as Dr. Ellen Langer put it. You may be much more structured by familial scripts than you have realized. Our world is. Without Waking, Change we could Love may stall...

There are indeed layers to this topic, realities to carefully explore. For example, I believe societies have Archtypal structures which mirror the personal level Autopilot. I'll leave details on that for later... First, some reflections:

### **Seven definitions of the Individual Autopilot.**

1. While you live in a body, your Autopilot is an ever present enigma, a set of holographic habit structures hiding the truth of who you are: expansive divinity that is caught in space and time.



2. Spanning distinctions, as recipient and initiator of Karma, it is that ‘physical body’ as well as your ‘individual consciousness’.
3. It is you, divided in consciousness by such polarities, unaware of their divisions, thus believing you know who you are.
4. Lacking Love, Humor or Peace, the Autopilot is you accepting a life of mindlessness and conflict. Paralyzed by fear, you are trying to find uplifting power or at least good dreams...
5. Believing you’re awake, it is you, divided inside. You are a Being, Stressed by your Past on the one hand, yet looking for a Future where you’re Doing the Stressing on the other.
6. Along with everything else, this is also the full range of your depressed, angry, compulsive, anxious, addicted, controlling, manic, controlled or confused states of mind, body or feelings!
7. It is the sum of four automated styles of self, perspectives I characterize here as Pushing, Negating, Bridging and Dreaming.

### **Our Past and Future Purposes**

A quick demonstration: On a surface level personal scan here, it would likely be my Bridging style persona that would want to have me compulsively jump into explaining that list!

To keep this chapter short, instead I’ll ask what you believe you want from this work? What follows is what I intend to offer. See if there is a match to our purposes.

- Having a chance to obtain a deeply satisfying and peaceful perspective for yourself and your world. It’s been named by many others. Csikszentmihalyi called this: Flow, Hans Selye: Eustress, Maslow: Peak Experiencing. Waking Off Autopilot is a way to conceive the transcending of what we call Karma.



- Gaining examples of noticing - through fresh experiencing, challenged by the paradigm presented - how you think, feel and act, thus freeing you to feel/think/act in new ways about your life.
- Learning a visually/conceptually concise framework that can aid you to remember - even when confused - what may be your problem in the Now. This model is a neutral place to start any self inventory - for meditation, self realization, creativity enhancement, personal healing, relationship snaffus, workplace stress, you name it...
- Obtaining new forms of understandings of what depression, anxiety, anger, self doubt, mania, fear, controllingness, victim hood, energy, love, compassion, patience and openness may be, as well as how they are interrelated.
- Having absorbed more integrative answers from that framework and those understandings, using the Mindfulness now available to shift your approach to your life's dilemmas.
- Journeying through visualization exercises - meditative reflections - on what patterns you have not yet understood to be structuring your life.
- Using all of the above, conceiving how the 'personal Autopilot' is reflected out into societal institutions and norms: in four matched Archtypal Autopilot styles.
- Understanding therefore: how and why we do not have world peace, sensitive and respectful corporations, work which fulfills us, institutions which facilitate loving understanding.
- Coming to know therefore how and why - worldwide - there are academic, religious, political, and non governmental bodies that are mired in what we have innocently thought was 'just red tape'...

