

# REACHING THE SPIRITUAL CENTER

Struggle Between Lower Self and Superimposed Conscience

Pathwork Lecture 116  
February 2022

Presentation Materials ©Jan Rigsby 2022

1

# REACHING THE SPIRITUAL CENTER

Struggle Between Lower Self and Superimposed Conscience

## Introduction to the concepts

- Awareness and understanding of spiritual matters can bring a sense of security
- Two fundamental attitudes
- Distinguishing 'voices' such as the Ego & Real Self
- Meditation for Three Voices PL 182
- Exploring the Superimposed Conscience
- Lower self can influence Superimposed Conscience

Presentation Materials by Jan Rigsby ©2022

2

## REACHING THE SPIRITUAL CENTER

Awareness and understanding of spiritual matters can bring a sense of security



Presentation Materials by Jan Rigsby ©2022

3

## REACHING THE SPIRITUAL CENTER

Awareness and understanding of spiritual matters can bring a sense of security

*Defining 'spiritual matters':*

Dictionary definitions for spirit:

- A force or principle believed to animate living beings; the soul
- Often endures after departing from the body of a person at death
- The part of a human associated with the mind, will, and feelings
- A pervasive or essential attitude, quality, or principle
- The actual (though unstated) sense or significance of something



*Etymology: Latin spīritus, breath, from spīrāre, to breathe*

Presentation Materials by Jan Rigsby ©2022

4

## REACHING THE SPIRITUAL CENTER

Awareness and understanding of spiritual matters can bring a sense of security

*Defining 'awareness':* Four Stages of Spiritual Evolution from PL 127



1. Blind automatism, the result of being unwilling to face material. This exists in everyone, to some degree, on some topic
2. Awareness, the longest and most painful stage. It is incremental and cycles back and forth with the next stage, as understanding increases awareness
3. Understanding, which is a gradual accumulation of information about why the automatism existed, what it was trying to hide or protect, what the false beliefs and images were based upon
4. Knowing, through personal experience, the truth of a situation

Presentation Materials by Jan Rigsby ©2022

5

## REACHING THE SPIRITUAL CENTER

Awareness and understanding of spiritual matters can bring a sense of security

*Defining 'security':*



- The aim of spiritual studies is to bring you into contact with your spiritual center
- This innermost core contains the treasure of divine love, wisdom, and strength.
- It lies embedded in all of you.
- The Pathwork process encourages finding, understanding, and resolving hidden conflicts and distortions that block or obstruct contact with the spiritual center
- If this aim is clearly defined, there will no longer be a conflict between spiritual and worldly interests.

Presentation Materials by Jan Rigsby ©2022

6



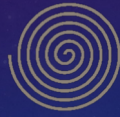
## REACHING THE SPIRITUAL CENTER

Awareness and understanding of spiritual matters can bring a sense of security

Taking a personal inventory can be a helpful starting point:

Step 4 of all 12 Step Programs

- Made a searching and fearless moral inventory of ourselves.



Pathwork Lectures on taking a personal inventory:

- PL 25 The Path: Initial Steps, Preparation, Decisions
- PL 26 Finding our Faults
- PL 28 Daily Review

Presentation Materials by Jan Rigsby ©2022

7

## REACHING THE SPIRITUAL CENTER

Awareness and understanding of spiritual matters can bring a sense of security

Gauge your progress, as well as to what remains to be done,  
by asking yourself, to what degree:



- You now understand your problems
- You still feel resistant to change (despite understanding)
- You still feel confused and in the dark
- You unfree and obstructed, defensive, or anxious
- Ask yourself: *"am I hiding the effects, or distracting myself to keep from gaining awareness of them?"*

Presentation Materials by Jan Rigsby ©2022

8



## REACHING THE SPIRITUAL CENTER

Two fundamental attitudes



Presentation Materials by Jan Rigsby ©2022

9

## REACHING THE SPIRITUAL CENTER

Two fundamental attitudes

### 1. A Search for God

- Leads to the spiritual center
- Is a search for spiritual development
- Real Self will be able to support and guide the Ego
- Is not a contradiction to a life of personal fulfillment
- Interactions and decisions will become based on spiritual truth
- God becomes a personal experience of spiritual reality



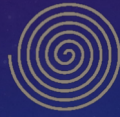
Presentation Materials by Jan Rigsby ©2022

10

## REACHING THE SPIRITUAL CENTER

Two fundamental attitudes

### 2. A desire for happiness and satisfaction



- Led by the Ego
- Based upon what the mind can understand
- Relies on external markers of success and achievement
- Is not a search for a spiritual center
- Results may be limited by life circumstances
- Can be based on positive intention
- Can also mask a desire to find easier goals or avoid change / growth

Presentation Materials by Jan Rigsby ©2022

11

## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self



Presentation Materials by Jan Rigsby ©2022

12

## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Ego is present whenever we are conscious

Pathwork encourages the development of a strong and healthy Ego, one that:

- Knows it's 'place' = understands there is a larger spiritual reality
- Chooses to accept life, despite disadvantages
- Chooses to want to understand itself
- Seeks to integrate itself with its own divine consciousness
- Strives to move out into real life as the Real Self



Presentation Materials by Jan Rigsby ©2022

13

## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Ego functions are different from those of the Real Self

| Ego can                     | Ego CANNOT (and the Real Self CAN) |
|-----------------------------|------------------------------------|
| Memorize                    | Feel, Produce deep feelings        |
| Learn                       | Deeply experience                  |
| Collect creative knowledge  | Give a deep flavor to living       |
| Repeat / Copy               | Deeply know                        |
| Remember                    | Be creative                        |
| Sort out                    | Be spontaneous                     |
| Select                      | Reconcile all apparent opposites   |
| Make up the mind            | Always have answers                |
| Move in a certain direction | Always have solutions              |
| Die                         | Render man more alive, fulfilled   |
|                             | Continue into the world of Spirit  |



Presentation Materials by Jan Rigsby ©2022

14



## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Ego tends to rely upon outer realities that it cannot control



| Energetic Indicators of the Ego   | Energetic Indicators of the Real Self                                     |
|---|---|
| <b>Pride; a need for validation</b>   | A deep, inner knowing that everything is right with the universe          |
| <b>Self-Will; a need to manifest or experience our personal power</b>                         | Willingness to serve whatever is in the highest good for everyone         |
| <b>Fear; used as an excuse to separate, manipulate, motivate</b>                              | Lack of fear around the decision making process                           |
| <b>Forcing Currents; pulling, pushing, or holding in place; scheming; going into our head</b> | Ability to flow with what is appropriate in any given moment; spontaneous |
| <b>I can / can't; I will / won't</b>  | Are we able? Shall we choose to?  |

Presentation Materials by Jan Rigby

15

## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Three metaphors for the Ego's relationship with energy

1. Ego as a decision maker (ref PL 32 [Decision Making](#) workshop slides)

*Positive:* Willing to make decisions based upon spiritual truths, even if the immediate consequences are uncomfortable or distressing

*Negative:* Makes judgments that reflect self-interest or hidden agendas, or hides it's collusion with negative intentionality.



Presentation Materials by Jan Rigby ©2022

16

## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

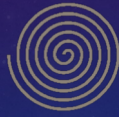
Three metaphors for the Ego's relationship with energy

2. Ego as a vehicle that transports and delivers

*Positive:* Tasked with navigating the realities of life on the earth plane:

Able to be inspired and led by the spiritual center, 'carry' the Real Self

*Negative:* Can be 'driven' by Pride, Self-Will, and Fear, negative intention



Presentation Materials by Jan Rigsby ©2022

17

## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Pathwork encourages the development of a strong and healthy Ego

Unhealthy or Weak Ego

- is the manifestation of resistance to spiritual truth
- It represents a NO to the incarnatory task
- cannot perform its basic functions
- cannot withstand the influences of other energies (both inner and outer)
- cannot carry the Real Self : 'the package' becomes a burden



Presentation Materials by Jan Rigsby ©2022

18

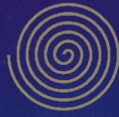
## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Pathwork encourages the development of a strong and healthy Ego

Overdeveloped or Overblown Ego

- just a different form of an unhealthy Ego
- wants to take over the functions of the Real Self.
- can easily be enlisted by other energies, because it is not in reality.



Presentation Materials by Jan Rigsby ©2022

19

## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Pathwork encourages the development of a strong and healthy Ego

Healthy Ego

- understands its limitations and its functions;
- understands the importance of the 'package' = Real Self
- is able to partner with the Real Self in order to better understand and prioritize what it hears, sees, and feels



Presentation Materials by Jan Rigsby ©2022

20



## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Pathwork encourages the development of a strong and healthy Ego



- Spiritual guidance is generated by / comes from the Real Self, and is *enacted* through the functions of the Ego
- Without the Ego, the Real Self cannot enact its incantatory task
- Awareness of this partnership is one of the many decision-making functions of the Ego

Presentation Materials by Jan Rigsby ©2022

21

## REACHING THE SPIRITUAL CENTER

Distinguishing 'voices' such as the Ego & Real Self

Three metaphors for the Ego's relationship with energy

3. Ego, acting as a channel of communication, has the choice to
  - Positive:* Be willing to translate the energy it senses directly into words, without demanding to understand beforehand
  - Negative:* Interpret or 'rewrite' the energy it senses, hiding or distorting the meaning



Presentation Materials by Jan Rigsby ©2022

22

# REACHING THE SPIRITUAL CENTER

Meditation for Three Chairs PL 182



Presentation Materials by Jan Rigsby ©2022

23

## MEDITATION FOR THREE CHAIRS PL 182



*A process for differentiating between the voice of our inner divine knowing, the voice of the Ego, so that we can then explore other aspects of the personality*

*Props such as chairs, clothing, or objects can be used to signal which voice we believe we are expressing*



Presentation Materials by Jan Rigsby ©2022

## MEDITATION FOR THREE CHAIRS PL 182



This practice is similar to the practice of Voice Dialogue; see [www.voicedialogueinternational.com](http://www.voicedialogueinternational.com)

Videos and manuals are available online to assist you in practicing on your own or with others



Presentation Materials by Jan Rigsby ©2022

## REACHING THE SPIRITUAL CENTER

### Meditation for Three Voices PL 182

#### Step 1. Explore the Ego's willingness to serve vs. participate

- The first step is to determine if the Ego is willing to serve as a 'translator'
- If it is weak or frightened of the process, it may be unable to participate
- If it is overdeveloped or overactive, it may interfere rather than serve
- In either case, the the Ego would then become the 'client'  
= *a Two Voice process, instead of Three*



Presentation Materials by Jan Rigsby ©2022

26



## REACHING THE SPIRITUAL CENTER

Meditation for Three Voices PL 182



### Step 2. Invite awareness of the Real Self

- This magnifies the Ego's ability to recognize the Real Self, since engaging in this process is already a joint effort by the Ego and the Real Self
- The energy of the Real Self can feel like... nothing



*Props can help:  
Lit candles or a simple drawing of a  
spiral can be used to represent our  
Real Self. Allow creativity – that 's  
one of the functions of the Real Self!*



Presentation Materials by Jan Rigsby ©2022

27

## REACHING THE SPIRITUAL CENTER

Meditation for Three Voices PL 182



Focus on the functions of the Real Self. Find this place inside you.



|  | Ego CANNOT (and the Real Self CAN)  |
|--|---|
|  | Feel, Produce deep feelings<br>Deeply experience<br>Give a deep flavor to living<br>Deeply know<br>Be creative<br>Be spontaneous<br>Reconcile all apparent opposites<br>Always have answers<br>Always have solutions<br>Render man more alive, fulfilled<br>Continue into the world of Spirit |

Presentation Materials by Jan Rigsby ©2022

28

## REACHING THE SPIRITUAL CENTER

Meditation for Three Voices PL 182



Focus on the energy of the Real Self. Find this energy inside you.



Presentation Materials by Jan Rigso

|  | Energetic Indicators of the Real Self                                     |
|--|---|
|  | A deep, inner knowing that everything is right with the universe          |
|  | Willingness to serve whatever is in the highest good for everyone         |
|  | Lack of fear around the decision making process                           |
|  | Ability to flow with what is appropriate in any given moment; spontaneous |
|  | Are we able? Shall we choose to?  |

29

## REACHING THE SPIRITUAL CENTER

Meditation for Three Voices PL 182



Step 3. Explore a Two Voice dialogue

- Find two different chairs or seating positions that represent the energy or the task of each voice, Real Self and Ego. You may also select an object for each voice, such as a candle and a phone, or any object that represents your spiritual values and another that represents your interactions with others, your profession, or your physical being.
- The Ego will always do the actual speaking; focus on the energy that is being represented. Change your seating position (or the object that you are holding) to the one that correlates energetically
- If you are working with an observer or facilitator, let them ask the questions so that you can focus on the process.



Presentation Materials by Jan Rigsoy ©2022

30

## REACHING THE SPIRITUAL CENTER

### Meditation for Three Voices PL 182



#### Step 3. Explore a Two Voice dialogue

*"Man has two kinds of consciences -- the one emanating from his real self, the other being a superimposed conscience" PL 116*

- Remember a time when your Ego felt 'a twinge of conscience'
- Consider that this was a 'sensory message' from your Real Self
- Ask the Real Self what that was about, holding the object that you feel reflects the energy of the Real self
- Ask the Ego about how that message was received
- Continue the conversation until it feels complete



Presentation Materials by Jan Rigsby ©2022

31

## REACHING THE SPIRITUAL CENTER

### Meditation for Three Voices PL 182



#### Step 4. Expanding into a Three Voice dialogue

- Select a third chair, seating position, or object that represents the third voice that you want to explore
- Continue to change your seating position (or the object that you are holding) to one that correlates to that voice
- If different voices come forward spontaneously, be creative! Find an easy way to signify who the Ego is speaking, or just give them different names
- You will quickly learn how to do this without needing props



Presentation Materials by Jan Rigsby ©2022

32



# REACHING THE SPIRITUAL CENTER

## Exploring the Superimposed Conscience



Presentation Materials by Jan Rigsby ©2022

33

# REACHING THE SPIRITUAL CENTER

## Exploring the Superimposed Conscience

The Superimposed Conscience is intended to prevent us from acting upon our lower self instincts, for our own good



- It also represents how we are coerced by outside forces to follow and obey their moral standards, as well as societal customs, traditions, and various forms of authority



Presentation Materials by Jan Rigsby ©2022

34

## REACHING THE SPIRITUAL CENTER

### Exploring the Superimposed Conscience

The Superimposed Conscience is intended to prevent us from acting upon our lower self instincts, for our own good



- To do this, the Superimposed Conscience must supplant and repress the undeveloped (or underdeveloped) real conscience



Presentation Materials by Jan Rigsby ©2022

35

## REACHING THE SPIRITUAL CENTER

### Exploring the Superimposed Conscience

The Superimposed Conscience is intended to prevent us from acting upon our lower self instincts, for our own good



- As a result, we lose connection with the real conscience
- The Superimposed Conscience induces us to reject our Real Self, and therefore ourselves as human beings



Presentation Materials by Jan Rigsby ©2022

36

## REACHING THE SPIRITUAL CENTER

### Exploring the Superimposed Conscience

The Ego may see self-development as a “rebel or obey” choice:

*“Whenever man rebels against laws and all standards of ethics and morals, he does so because of this harsh, superimposed conscience.” PL 116*

Yet if we obey it, and the result of such a decision is not to our liking, the corroding effects will be rebellion, self-pity, and putting the blame on life and the world.



Presentation Materials by Jan Rigsby ©2022

37

## REACHING THE SPIRITUAL CENTER

### Exploring the Superimposed Conscience

By not developing independent faculties of thinking, discriminating, distinguishing, we become weaker and more dependent, less able to stand on our own two feet

- The Superimposed Conscience becomes ever more merciless, inflexible, and blind to the needs of the Real Self
- We cling to it in the false belief that only it can prevent us from acting upon the lower self instincts
- The more we obey, conform, and appease it, the less we are able to develop independent faculties of thinking
- The result is a [Vicous Circle](#) PL 50



Presentation Materials by Jan Rigsby ©2022

38



## REACHING THE SPIRITUAL CENTER

### Exploring the Superimposed Conscience

Healthy self-respect and self-trust can come only from your real self

If you obey your real conscience, you will learn to be responsible for yourself. Even a negative outcome will not throw you into despair.



You will soon see that the pleasant or unpleasant result is not as vital as you may believe it to be, because in both alternatives you have equal possibility for growth -- if your actions and decisions are derived from yourself and your own standards.

Presentation Materials by Jan Rigsby ©2022

39

## REACHING THE SPIRITUAL CENTER

### Lower self can influence Superimposed Conscience



Presentation Materials by Jan Rigsby ©2022

40

## REACHING THE SPIRITUAL CENTER

### Lower self can influence Superimposed Conscience

There are areas in which you are quite free and function without clinging to superimposed demands, standards, or rules

You adhere to this superimposed conscience *only* in the realms where your personal, specific inner problems exist



This is how your inner problems and this particular struggle are connected



Presentation Materials by Jan Rigsby ©2022

41

## REACHING THE SPIRITUAL CENTER

### Lower self can influence Superimposed Conscience

#### Egocentricity

The lower self is not only that part of human nature in which faults and character defects lie; it also includes something a little more subtle and less definable

The best way it can be described is as being in a general climate and emotional outlook of *egocentricity*



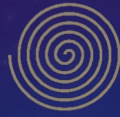
Presentation Materials by Jan Rigsby ©2022

42

## REACHING THE SPIRITUAL CENTER

Lower self can influence Superimposed Conscience

Egocentricity



In this area of your being, you wish to rule supreme.

You must become acutely aware of its often preposterous self-concern, to the exclusion of all else.



Presentation Materials by Jan Rigsby ©2022

43

## REACHING THE SPIRITUAL CENTER

Lower self can influence Superimposed Conscience

Egocentricity can manifest in subtle ways:



In your wishes and aims (half conscious and half unconscious) you react from this lower self

You do not know or care about another's interests

A small wish or gratification of your vanity overrules more important issues for other people.

Presentation Materials by Jan Rigsby ©2022

44



## REACHING THE SPIRITUAL CENTER

Lower self can influence Superimposed Conscience

Egocentricity can manifest in subtle ways:



Regardless of good intentions, unselfish acts, considerate attitudes, this inner world of egocentricity exists

The more this childish, one-sided egocentricity is hidden in guilt and shame, the less can it grow out of this one-sidedness

Presentation Materials by Jan Rigsby ©2022

45

## REACHING THE SPIRITUAL CENTER

Struggle Between Lower Self and Superimposed Conscience

Pathwork Lecture 116

February 2022



- Awareness and understanding of spiritual matters can bring a sense of security
- Two fundamental attitudes
- Distinguishing 'voices' such as the Ego & Real Self
- Meditation for Three Voices PL 182
- Exploring the Superimposed Conscience
- Lower self can influence Superimposed Conscience

Presentation Materials by Jan Rigsby ©2022

46

## WORKSHOP REACHING THE SPIRITUAL CENTER PL 116

Feb 25 2-5pm Feb 27 10am-1pm

Identical Workshops replacing the 4<sup>th</sup> week regular meetings

Reservations Deadline 48 hours prior

Fee \$10 to \$40 (select what works for you)

Email [janrigsby@gmail.com](mailto:janrigsby@gmail.com) for details.

*Presentation and experiential exercises on:*

- Activating life force in order to heighten awareness
- Finding spiritual center / Real Self
- Distinguishing conscience from Superimposed Conscience
- How the lower self uses Superimposed Conscience
- Noticing Superimposed Conscience in everyday life