

WORKSHOP

WINNER VS. LOSER PL 129

April 29 2-5pm May 1 10am-1pm

Identical Workshops replacing the 5th week regular meetings

Reservations Deadline 48 hours prior

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

Email janrigsby@gmail.com for details.



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WINNER VS. LOSER



Pathwork Lecture 129

April 2022

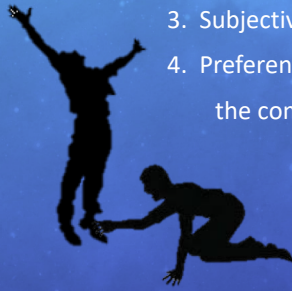
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WINNER VS LOSER

Outline

1. Dualities in Both Winning and Losing
2. Subjective perceptions of winning vs losing
between Reason, Will and Emotion Personality Types
3. Subjective perceptions of Power
4. Preferential Shapes Test; a way to honor
the complexities of our spiritual journeys



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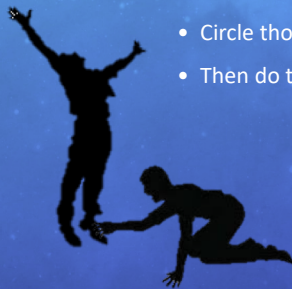
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WINNER VS LOSER

1. Dualities in Both Winning and Losing

What do 'winner' and 'loser' mean to you?

- Write the word 'winner' in the center of a [piece of paper
- Then write at least a dozen words that 'winner' means to you
- Circle those words that you judge to be negative
- Then do the same for the word 'loser'



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WINNER VS LOSER

1. Dualities in Both Winning and Losing

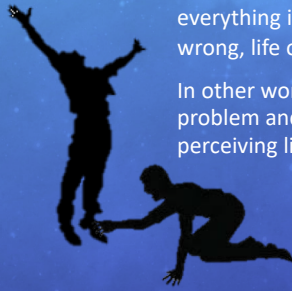
Dualistic Thinking is the misconception behind both choices

The majority of human beings live predominantly on the dualistic plane.

The dualistic plane means that man sees, perceives, and experiences everything in opposites. It is always either/or, good or bad, right or wrong, life or death.

In other words, practically everything man encounters, every human problem and predicament, is determined by this dualistic way of perceiving life

Unity and Duality PL 143



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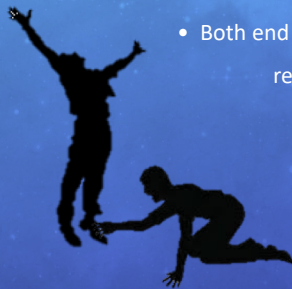
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WINNER VS LOSER

1. Dualities in Both Winning and Losing

Both only exist in the illusion of the earth plane

- Each fears the consequences of other side of his choice.
- Both sides contain the identical misconception.
- Both end up with the identical results:
resentment, self-pity, self-contempt, frustration.



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WINNER VS LOSER

2. Subjective perceptions of winning vs losing

Dualistic thinking = everything is about life or death

- Dualistic thinking = everything is about life or death
Winning = life Losing = death
- Whenever anyone sees themselves as a 'loser' they will try to:
change the situation,
change the perception others have, or
change their own perceptions.



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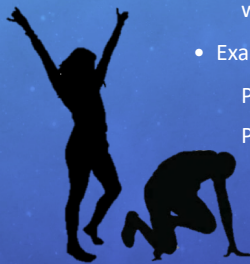
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WINNER VS LOSER

2. Subjective perceptions of winning vs losing

Dualistic thinking = everything is about life or death

- Winning = life Losing = death
- No one actually chooses death;
we simply re-define our choices as life-affirming.
- Example 1: Romeo & Juliet
Physical life meant permanent separation.
Physical death could mean a spiritual life together



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WINNER VS LOSER

2. Subjective perceptions of winning vs losing

Dualistic thinking = everything is about life or death

- Example 2: Anarchists, insurrectionists, zealots

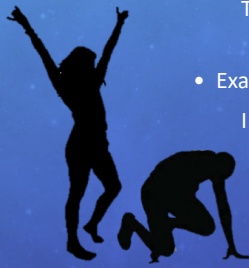
A life of integrity or honor is not possible (life → death)

The deaths of some (including institutions and governments) allows for a better life for all (death → life)

- Example 3: Liars, cheaters, criminals

I cannot succeed if I play by the rules;
or, I am better than others and deserve more

Not playing by the rules feels life-affirming
even if I eventually get caught or punished.



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WINNER VS LOSER

2. Subjective perceptions of winning vs losing

Dualistic thinking = everything is about life or death

Provide your own examples.

Where you have observed yourself or others re-defining
or re-categorizing a loss / potential loss, so that it is
perceived as a win?



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WINNER VS LOSER

2. Subjective perceptions of winning vs losing

Winner vs. Loser = Zero Sum Game Theory

- In a Zero Sum game, losses and gains balance out.
- If anyone gains, others have to lose the exact same amount.
- Analogies would be double-entry bookkeeping, or an algebraic equation where two variables combine to $= 0$. If you add something, a subtraction must be made to compensate.
- Underlying assumptions =
resources, recognition and rewards are finite.



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WINNER VS LOSER

2. Subjective perceptions of winning vs losing

A spiritual perspective = Non-Zero Sum game theory

- In a Non-Zero Sum game, resources expand based upon usage or need.
- One person's gain may or may not affect another's.
- Analogies would be an expanding market, where new competitors would attract new customers
- Non-Zero Sum games can foster cooperation and innovation, enhancing our collective well-being.
- Individuals can engage in destructive behavior without necessarily affecting everyone else.



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2. Subjective perceptions of winning vs losing

The Serenity Prayer exemplifies a unitive perspective:

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

--Reinhold Niebuhr



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WINNER VS LOSER

2. Subjective perceptions of winning vs losing

In any issue you happen to be involved in, as long as you feel that you must win, that one is so while the other is not so, you are deeply involved in the world of duality, and therefore in a world of illusion, and therefore in constant strain and suffering, conflict and confusion.

The more you fight in this way, the greater the confusion becomes.

Unity and Duality PL 143



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WINNER VS LOSER

3. Subjective perceptions of Power

What is the misconception that underlies both choices?

- Dualistic thinking = everything is about life or death
Winning = life Losing = death
- Whenever anyone sees themselves as a 'loser' they will try to:
change the situation,
change the perception others have, or
change their own perceptions
so that they can accept



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WINNER VS LOSER

3. Subjective perceptions of Power

Power is not universally desired:

- People often spend much time and effort to become more powerful. For instance, they work on improving their political skills, learning management tactics, strengthening their social network, etc.
- For some, however, the goal of gaining power is not motivating. After all, power-holders are required to make consequential decisions—such as decisions about the distribution of resources—which will benefit certain groups and harm others



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Ways you might be disempowering yourself.
psychologytoday.com

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3. Subjective perceptions of Power

Six bases of power:

- Reward power (i.e., the ability to reward)
- Coercive power (i.e., the ability to punish)
- Legitimate power (i.e., having the right to influence another)
- Expert power (i.e., being knowledgeable)
- Informational power (e.g., persuasiveness)
- Referent power (e.g., charisma)



Ways you might be disempowering yourself.

PsychologyToday.com

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WINNER VS LOSER

3. Subjective perceptions of Power

Theory of Power aversion: some people may assume that

- Powerful people have a negative disposition (selfish, cold) and an antisocial orientation (immoral, unjust).
- One's own disposition and social orientation would change for the worse if given power.



Ways you might be disempowering yourself.

PsychologyToday.com

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WINNER VS LOSER

3. Subjective perceptions of Power

Theory of Power aversion: some people may assume that

- Power holders have major responsibilities and are obligated to support the welfare of others.
- One's own disposition and social orientation would change for the worse if given power.
- Discomfort with the responsibility of protecting people's welfare and worrying about potentially causing harm.



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Ways you might be disempowering yourself.
[PsychologyToday.com](https://www.psychologytoday.com)

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3. Subjective perceptions of Power

What thoughts or feelings come to mind when you hear the word power?

- Does power mean opportunities or responsibilities?
- Are you afraid of responsibilities associated with greater power—of making decisions that may harm others and of feeling guilt or shame?
- When you think of “powerful people,” do you imagine someone possessing negative or positive traits (e.g., insensitive vs. caring)?
- Do you fear power will change your personality negatively (e.g., make you less sympathetic and compassionate)?



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Ways you might be disempowering yourself.
[PsychologyToday.com](https://www.psychologytoday.com)

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WINNER VS LOSER

3. Reason, Will and Emotion Personality Types



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For Pathwork Transformation Program

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WINNER VS LOSER

3. Reason, Will and Emotion Personality Types PL 43

Personality types are a way of understanding why people have different perceptions, values and beliefs.

- All types manifest intellect, self-will, and feeling.
- There is no pure 'type'; we may exhibit different aspects from decade to decade, or in various areas of our lives.
- Will is essential to both Reason and Emotion types for achieving their goals, but may be secondary.
- A primarily Will type may switch back and forth between Reason and Emotion beliefs, goals, and defenses.



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WINNER VS LOSER

3. Reason, Will and Emotion Personality Types

Each aspect has different styles and weaknesses.



Type PL 43	Positive Intent; Divine Aspect	Sense of comfort from	Vulnerability = Aspect of Evil PL 248
Reason	Clarity Wisdom	Serenity	Overreliance on order/proof
Will	Courage Leadership	Control, having the upper hand	Separation: Me vs. You Us vs. Them
Emotion	Love as Divine Connection	Pleasure: nice vs. real	Values connection over integrity

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WINNER VS LOSER

3. Reason, Will and Emotion Personality Types

Each type has a different perspective about what kinds of activities and goals are life-affirming, and which are dangerous = will impede their goals.



P. Type PL 43	Life-affirming =	Dangerous =
Reason	Sense of order; intellectual understanding	Chaos, confusion, irrationality
Will	Power or control over life circumstances	Helplessness, weakness
Emotion	Loving connection; feeling pleasure	No love, no pleasure

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WINNER VS LOSER

3. Reason, Will and Emotion Personality Types

Each aspect has a different idea of what WINNING means:



Type PL 43	Positive Intent; Divine Aspect	Life/Death Duality PL 143: Death =	Ego/Will uses control in order to:
Reason	Clarity Wisdom	Rejection Chaos	Maintain order
Will	Courage Leadership	Defeat Helplessness	WIN!
Emotion	Love as Divine Connection	Rageful Disconnection	Keep group together

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WINNER VS LOSER

3. Reason, Will and Emotion Personality Types

...and a mask, plus defensive tactics to prevent LOSING:



Type PL 43	Divine aspect to develop and share	Pseudo-solution 'mask'	Defensive tactic
Reason	Wisdom	Serenity	Withdrawal
Will	Courage	Power	Aggression
Emotion	Real Love	Love	Submission

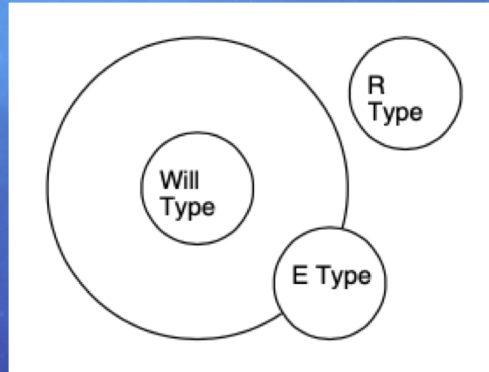
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3. Reason, Will and Emotion Personality Types

How these different tactics might play out in a group:



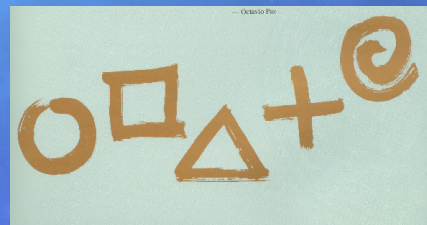
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WINNER VS LOSER

4. The Preferential Shapes Test from Signs of Life

Honoring the complexity of our spiritual journey



Exercise from Signs of Life by Angeles Arrien
Author of The Four Fold Way

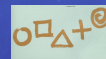
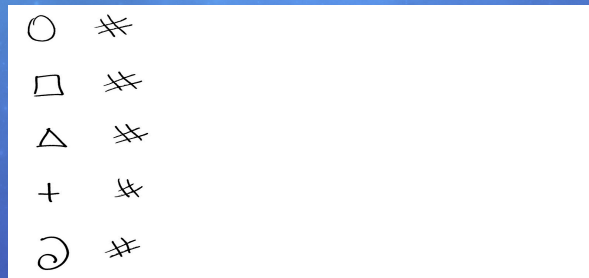
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WINNER VS LOSER

4. The Preferential Shapes Test

- Draw the 5 shapes on the side of a sheet of paper.
- Number them from 1-5 in the order of your preference; No. 1 most preferred, No. 5 your least preferred. *Please do this before reading further.*



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4. The Preferential Shapes Test

- These are the meanings of the numbers.
- Write the explanations next to your numbers, in the order you created.

Shape	Rank	Meaning
	1	Where I think I am now
	2	My strengths at this time
	3	Where I actually am now
	4	What motivated me to position 3
	5	Old unfinished business



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WINNER VS LOSER

4. The Preferential Shapes Test

These are what the shapes mean across a number of cultures.

Shape	Archetypal meanings in multiple cultures
Circle	Wholeness and the experience of unity. Aspiration to independence and individuation. Fear: entrapment, restraints, restrictions. Need: plenty of space.
Square	Stability, solidity, security. Ready to build, implement, manifest. Fear: not attaining results, waste. Need: consistency, accountability, completion.
Triangle	Self-discovery and revelation in goals and visions. Fear: no dreams to pursue. Need: staying present in the Now, feeling loved and respected.
Cross / Plus sign	Process of relationship and integration, to a creative project, a group, another person, or oneself. Emphasis on qualify vs. quantity of time with others. Fear: loss, abandonment, isolation. Need: support, honoring, responsiveness.
Spiral	Growth and evolution; new perspectives on issues, people, places. Fear: routine. Need: flexibility, variety while sharing and being acknowledged.

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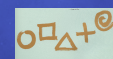
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WINNER VS LOSER

4. The Preferential Shapes Test

An example of putting all of this information together.

○	#	meaning	Shape archetype
□	#	meaning	archetype
△	#	meaning	archetype
+	#	meaning	archetype
☺	#	meaning	archetype



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WINNER VS LOSER

4. The Preferential Shapes Test

- When you numbered the shapes according to your preference, you created a current map of your own inner landscape, giving an overview of your aspirations, resources, needs and fears.
- The archetypal shapes indicate processes of change and growth. The meanings describe universal aspirations, needs, and fears; each shape symbolizes a specific inner and outer experience relevant to humankind.



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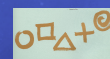
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4. The Preferential Shapes Test

- Tension always exists between positions 1 (where I *think* I am now) and 5 (old unfinished business) is sometimes experienced as a conflict.
- The shape in position 5 stands for tendencies you wish to avoid, and represents your current idea of wrongdoing.
- The shape in position 3 (where I actually am now) can represent where these opposing forces can be released.
- Position 3 can be a place of integration, a place you can transcend your conflicts by accessing your own infinite sources of creativity and healing.
- Position 3 is a clue to where your most important work may lie.



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4. The Preferential Shapes Test

- If you take this test again in a few months or a year, you may get a different result or the same one.
- The purpose of presenting this test is to highlight how each person's journey may alternate back and forth between perceptions of 'winning' and 'losing' based upon subjective standards:
 - Personal levels of satisfaction about our process and/or our understanding of what we are trying to accomplish.
 - Personal perception of the value our goals, visions, and dreams have to ourselves and others.
 - Feedback from others, who may or may not understand what we are trying to do.



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Honor the complexity of *your* spiritual journey!



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