

WORKSHOP UNCONSCIOUS NEGATIVITY PL 161

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

Identical Workshops replacing the 4th week regular meetings

Reservations Deadline 48 hours prior

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

Email janrigsby@gmail.com for details.

Presentation and experiential exercises on:

- Activating life force in order to heighten awareness
- Positive and negative aspects of unconsciousness
- Why the Ego fears letting go
- Understanding Personality types: Reason, Will, and Emotion
- Core qualities affect belief systems
- Real love is the key



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UNCONSCIOUS NEGATIVITY

How it Endangers Surrender of the Ego to Involuntary Processes



Pathwork Lecture 161
March 2022

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UNCONSCIOUS NEGATIVITY

How it Endangers Surrender of the Ego to Involuntary Processes

Outline:

1. Positive and Negative Aspects of Unconsciousness
2. Developing a Neutral Perspective
3. Recapitulation: Real Conscience PL 116
4. Introducing Personality Types PL 43
5. Real Love is Key



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UNCONSCIOUS NEGATIVITY

1. Positive and Negative Aspects of Unconsciousness

Animal physiology as a metaphor:



Conscious Nervous Systems

Actions that can be induced by the conscious mind.

Pre-conscious Nervous Systems

Sympathetic: reacts to stress with freeze, fight, or flight response. Activated by conscious or unconscious perceptions.

Parasympathetic: returns the organism to a state of relaxation. Does not require input to activate, but can be overridden.

Unconsciousness Nervous Systems

Autonomic: regulates internal organs and circulation without conscious recognition or effort.

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UNCONSCIOUS NEGATIVITY

1. Positive and Negative Aspects of Unconsciousness

Examples of learned behavior



Conscious Executive Functions

Cooking food to eat. Reading a book

Pre-conscious Functions

Complex tasks that rely upon a pattern of operational motions; walking, talking, tying shoes. Also operating machinery or a car; riding a bicycle

Automated functions that are difficult to access

In Australia, the UK, and Singapore, foreign-born visitors and residents have difficulty changing the 1st way they look when crossing a street, because this is learned very early in life.

Unique vocalizations or tones used in languages may be difficult to learn after 12-14 years of age.

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UNCONSCIOUS NEGATIVITY

1. Positive and Negative Aspects of Unconsciousness

An example of learned behavior



Automated functions that are difficult to change

An example of how to notice a common blind spot that is caused by how the brain functions: count the number of times the letter 'F' appears in the following sentence:

FINISHED FILES ARE THE RE-
SULT OF YEARS OF SCIENTIF-
IC STUDY COMBINED WITH THE
EXPERIENCE OF MANY YEARS.

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UNCONSCIOUS NEGATIVITY

1. Positive and Negative Aspects of Unconsciousness

Examples of learned behavior



Automated functions that are difficult to change

If you didn't get the answer 6, it may be because you were 'hearing' the words in your mind while you were reading them. The F in the word "OF" is heard as a V, so the brain may not 'see' those 3 instances of the letter F.

Count again, including the Fs in "OF":

FINISHED FILES ARE THE RE-
SULT OF YEARS OF SCIENTIF-
IC STUDY COMBINED WITH THE
EXPERIENCE OF MANY YEARS.

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UNCONSCIOUS NEGATIVITY

2. Developing a Neutral Perspective about Negativity

The divine is neutral, and will follow the will
direction of consciousness in its immutable way.

Resume of Basic Principles of the Pathwork PL 193



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UNCONSCIOUS NEGATIVITY

2. Developing a Neutral Perspective about Negativity

We tend to judge events and outcomes as negative when the result:

- Doesn't make sense, based on what we already know
= requires us to change our theories
- Obstructs what we want or how we expect to get it
= we don't get things our way
- Creates new conflicts or exposes existing ones
= impacts our sense of connection, and reduces harmony



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UNCONSCIOUS NEGATIVITY

2. Developing a Neutral Perspective about Negativity

Negativity is just a message

- Physical pain is the body's alarm system, indicating that something needed our immediate attention
- Emotional pain is the psyche's alarm system.
- Both of these systems may have sent a number of lesser signals over an extended time period before escalating to pain.



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UNCONSCIOUS NEGATIVITY

2. Developing a Neutral Perspective about Negativity

Negativity is just a message

- Negativity can be seen as an escalating series of signals.
- It indicates that something is out of alignment with spiritual truth; something requires our attention.
- If not addressed, negativity will inevitably cause spiritual pain.



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2. Developing a Neutral Perspective about Negativity

Negativity causes negative effects

- Unconscious negativity can be brought into our conscious awareness by noticing these negative effects.
- Keys that can unlock unconscious negativity:
 3. Developing communication with our Real Self via our real conscience
 4. Awareness of the effects of personality and Ego
 5. Opening our hearts to Real love



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3. Recapitulation: Real Conscience PL 116

Examples from the 1940 Disney movie of Pinocchio:

- It is suggested that Jiminy Cricket serves as the puppet's conscience
- Yet he is presented as a totally realized and unique character, rather than a version of an adult Pinocchio
- The cricket actually represents an invisible 'chorus' of adult perspectives on what is in a child's best interests.
- = a form of Superimposed Conscience



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UNCONSCIOUS NEGATIVITY

3. Recapitulation: Real Conscience PL 116

Examples from the 1940 Disney movie of Pinocchio:

- The Superimposed Conscience can be seen as a 'place holder', to help guide a child until is is able to develop their own, real conscience
- Holding onto the Superimposed Conscience past its 'use-by' date is like wanting to keep baby teeth after our jaw has grown big enough for the adult teeth to emerge



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3. Recapitulation: Real Conscience PL 116

Examples from the 1940 Disney movie of Pinocchio:

- Pinocchio's *real* conscience was a gift from the Blue Fairy, an allusion to a divine source
- His real conscience manifests as a magical nose that displays the disparity between what he says and what he *already* knows
- Pinocchio is easily able to realize the connection between cause and effect



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3. Recapitulation: Real Conscience PL 116

Examples from the 1940 Disney movie of Pinocchio:

- Pinocchio's attempts to avoid the 'voice' of his conscience mimic the 5 Stages of Dying: anger, denial, bargaining, despair, and finally acceptance
- Our real conscience works the same way
- Spiritual transformation begins when we realize the connection between such 'invisible' thoughts, feelings, and beliefs and what happens in the outer world



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3. Recapitulation: Real Conscience PL 116

Examples from the 1940 Disney movie of Pinocchio:

Connecting this to Unconscious Negativity, and how it Endangers Surrender of the Ego to Involuntary Processes:

- Unconscious negativity inevitably produces a negative effect.
- At that point, the specific cause may still be invisible to the mind, but it is no longer unknowable



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UNCONSCIOUS NEGATIVITY

3. Recapitulation: Real Conscience PL 116

Examples from the 1940 Disney movie of Pinocchio:

Connecting this to Unconscious Negativity, and how it Endangers Surrender of the Ego to Involuntary Processes:

- See if you can reframe the *effects* of Unconscious Negativity as a version of Pinocchio's nose
- Become curious!



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4. Introducing Personality Types PL 43

Connection to Unconscious Negativity:

Used to understand

- Positive and negative aspects of each approach
- How spiritual goals and needs affect perception
- Conflicts between different types



NOTE: *No one is one particular 'type':*

You may find that one set of characteristics is more pronounced at work, another when you are relaxing. Personalities also shift over time.

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UNCONSCIOUS NEGATIVITY

4. Introducing Personality Types PL 43

Lectures that feature the *triad* of Reason, Will and Emotion:

- Pride, Self-Will, and Fear PL 30
- Three Personality Types PL 43
- Three Cosmic Principles: Expanding, Restrictive, and Static PL 55
- Love, Power, and Serenity as Divine Attributes and as Distortions PL 84
- Three Aspects That Prevent Loving PL 107
- Evolutionary Phases of Feelings, Reason, and Will PL 165
- Three Principles of the Forces of Evil PL 248
- Aspects of the New Divine Influx:
Communication, Group Consciousness, Exposure PL 257



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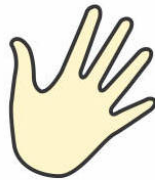
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4. Introducing Personality Types PL 43

Using the game of Rock, Paper, Scissors to understand the energy of the different personality types



ROCK



PAPER



SCISSORS

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4. Introducing Personality Types PL 43

Using the game of Rock, Paper, Scissors to mimic some of the strategies used by the different personality types!

Paper (connection and intimacy)
surrounds and smothers rock



Rock (brute force, aggression)
breaks scissors (clarity via analysis)



Scissors (ability to
disconnect, withdraw)
cuts through paper
(connection, feelings)



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4. Introducing Personality Types PL 43

Aspects of the Different Personality Types by PL #

| 43 Type | Reason | Will | Emotion |
|----------------|-------------|------------|-------------|
| 30 Evil Intent | Pride | Self-Will | Fear |
| 83 ISI | Serenity | Power | Love |
| 84 Lower Self | Withdrawal | Aggression | Submission |
| 43 Higher Self | Wisdom | Courage | Love |
| 248 Evil | Materialism | Separation | Half-Truths |

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4. Introducing Personality Types PL 43

Life/Death false beliefs: Reason Type

| Life or Death Duality: | Death is felt as: | Unitive Living is: |
|---|---|---|
| Love or Rejection Order or Chaos | Feeling the pain of rejection = invalidation of self | Connection wit the Divine Core / Real Self As source of Truth |
| Solutions: | Not understanding What, why, when, where... | Wisdom |
| Reject or Be Rejected Know or Not Know | Lack of intellectual control | Accepting limitations of human understanding |

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4. Introducing Personality Types PL 43

Life/Death false beliefs: Will Type

| Life or Death Duality: | Death is felt as: | Unitive Living is: |
|--|--|---|
| Be Seen and Heard or Be Nothing | Feeling Helplessness in Defeat | Connection with the Divine Core / Real Self As source of Truth Strength Love |
| Defeat or Be Defeated Power or Helplessness | Unable to control Oneself, others, or Life circumstances | Courage & Leadership As service |
| Have the advantage Or be at the mercy of others | Losing on any level | |

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4. Introducing Personality Types PL 43

Life/Death false beliefs: Emotion Type

| Life or Death Duality: | Death is felt as: | Unitive Living is: |
|---|--|---|
| Pleasure or No Pleasure Pleasure or Reality Pleasure or Frustration | Feeling Rage Lack of proof of Love No connection | Connection with the Divine Core / Real Self As 'We are all one' |
| Love or No Love Connection or No Connection | Any uncomfortable or unpopular feelings | Love Loving Self and Others |

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4. Introducing Personality Types PL 43

Connection to Unconscious Negativity:

Each personality is a unique 'operating system', a mixture of elements from all 3 types. Understanding how your personality operates is the Key to identifying

- personal misconceptions
- main childhood pain and unmet needs
- primary sources of happiness and unhappiness
- preferences for Forcing Current(s) used
- elements that need to come into balance
- Signposts to your Divine Task for this incarnation



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5. Real Love is the Key

The violation of the law of love is that which ultimately ails everyone who is troubled. This is what must be investigated in everyone who has an unhappiness.

Ego existence, being totally attached and holding on to the ego levels of personality, causes fear and insecurity.

You had rather indulge in resentments and self-pity, in making cases against others, in the illusion of being injured. All this affords you a certain pleasure you are unwilling to give up.



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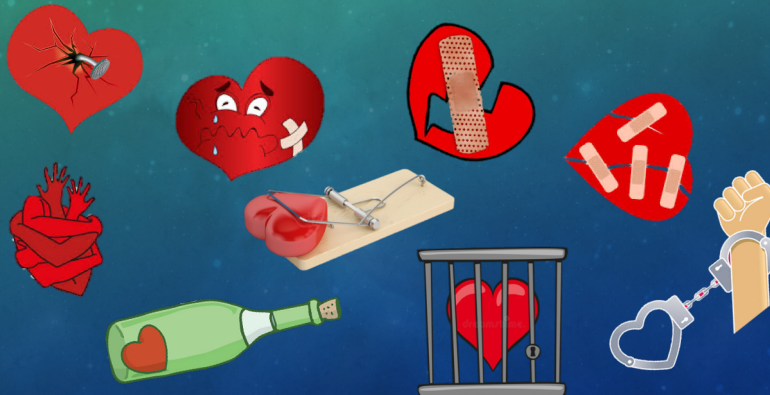
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5. Real Love is the Key

The Ego imagines real love is vulnerable



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5. Real Love is the Key

Just like it imagines it is alone spiritually.



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5. Real Love is the Key

We use the word Love indiscriminately



'Cause when push comes to shove
I will kill your friends and family
to remind you of my love.
La la la LA la, la la la la LA la la...

King George III

soliloquy to the Revolutionists in [*Hamilton*](#)

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5. Real Love is the Key

False love just feels wrong



Warning signals flash on all levels of consciousness:

Physical: discomfort triggers fight/flight responses

Emotional: overwhelm or numbness

Mental: cognitive dissonance prompts us to imagine options that are dualistic, either/or

Energetic: a sense of pulling, pushing, holding.

Psychic: dreams, visions, images, messages.

Spiritual: our conscience is activated: may be imagined as pings, twinges, pressure, or even pain.

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5. Real Love is the Key

Before a person can develop his capacity to love, he must first have the willingness to do so.

As long as that is lacking, nothing can be done. This willingness to do so is the crux.

This awareness is the necessary prerequisite to find the way out of suffering. It makes it possible for you to look at that side that says no.

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