

Chapter 5: Core Values, Anti-Values and Expectations

Before we can create the life we want, we need to have a strong foundation. We need to know who we are and the values that drive us and we need to take the time to assess our lives and ourselves to see if WE are who we want to be.

Knowing ourselves in this manner will give us something to hold onto when things get tough – and manifesting, especially important manifesting, often has a bit of a spiritual test that goes on to ensure you are really who you say you are and truly desire what you say you want. The universe wants to know our highest selves and something that important needs inner strength as well as outer awareness.

To begin this process, let's start by looking at the areas of core values, anti-values and expectations. In the next chapter we will take this a step further with the 8 areas of life and topical values – please do not skip the next chapter as it brings what you are learning in this chapter to life in ways that will help you on a much deeper level. By walking through these areas, we will get closer to realizing our own true path and set the stage for powerful Inner Manifesting™.

Understanding Core Values, Anti-Values and Expectations

What do you value in life? What drives you, motivates you, makes you feel happy, peaceful and calm? What

makes you feel like yourself, authentic and in control of your life and your happiness?

What does this for you is your values. The values you go toward (core values) and those you go away from (anti-values) both define who you are and give you an inner compass to wade through life.

The first aspect of values to understand is that we tend to value that which makes us emotionally feel good. This doesn't always feel good to us physically. For example, I can know that I want to be truthful in relationships and that makes me feel emotionally strong and I can still get a nervous stomach when I am confronted with actually telling my partner how I feel about something.

The second aspect of values to understand is that the more we practice living our lives by our values the stronger we become as individuals. Every time we are true to ourselves in this way it is like a building block for our self-esteem and self-concept, therefore, it is critical that we choose the right values for us as individuals in order to be healthy and strong people as we grow.

The third aspect of values to understand is that whether we realize it or not when we live by our values, we are telling others who we are as individuals and giving them the choice of whether or not to accept us and respect us. When we choose to respect our values, people will respect us as individuals. They may not align with our choices in life but they will respect us.

Think about that for a moment.

Think about the times you went against the grain with a choice, times you didn't agree with the tribe. Those are the times that defined you for them – either to be respected or not – and those are critical times when you also defined who you are for yourself.

Understanding Core Values

So core values are those values you choose to go toward or hold up in your life. These are the values that drive you, motivate you and, when you are not living them, zap your energy.

Core values also motivate change in our lives and tell us when we are off the mark. They are usually innate in our makeup – though they can change if we choose to consciously – and we often learn them from our original tribe, our families.

Living by your core values also creates inner resiliency.

For example, let's say that Lucy values honesty in her relationships with others. Then one day she finds out her friend's husband is cheating with another friend. Keeping this a secret will zap her energy because it goes against her values.

Obviously, the persons doing the cheating don't value honesty as much as love or lust or they wouldn't be engaging in the behavior.

Now let's say Lucy does tell her friend, she will feel like a weight has been lifted from her and, while she will

feel badly for her friend, she will come back to her normal energy level.

Changing Core Values

Often people think that their core values can never change, that is simply not true. In fact, core values that don't align with our inner truths create limiting belief systems that we must change to create the lives we truly desire. Changing a core value to align with one's soul calling is one of the most powerful changes a person can make. To illustrate this topic further, let's look at an example.

Example: Luke's Story

Luke informed me right away that he was a kid from the streets. His mother had left when he was 4 and his father was more interested in drugs and alcohol than being any type of a parent so Luke learned early how to fend for himself.

Growing up in a not so upscale area of Philadelphia he had developed a hard emotional shell to him that had allowed him to make it through his childhood and he landed a job out of high school with a local merchant. Luke came to me after attending a lecture of mine and asked if I thought I could help him. He had an idea that he wanted to bring forth in the world but he hadn't talked to anyone about it. We set up a free phone consultation for the following week. It was an interesting conversation to say the least as it was less of a conversation than an interview – he was interviewing me.

He asked me questions about my background, my success rate, my legal requirements and wanted to make sure I'd sign a non-disclosure/ non-compete with him per his idea. All of that sounded very business like and I was open to it no problem. Then he started asking me questions about what I knew about life on the street, he wanted to see if I could be present for his personal style of communication. I suppose he felt that I could for he scheduled a first session. I have to admit at that point I wasn't so sure about working together, which I was honest about, and my honesty seemed to somehow make him trust me more.

The first session wasn't what either of us intended. Luke started to tell me about a deal he'd had going a few years back that had fell through because he wasn't willing to commit. He seemed very distraught about this and let me know it had really made him feel like a failure. I asked him why he had chosen not to commit and he said he didn't know. The legal stuff was there and the investor was open but he couldn't take the step forward. He offered that part of why he contacted me was the investor had approached him recently and asked if there were any new projects he wanted to look at and it had made him nervous. I came to realize, as did Luke, that he really didn't trust anyone. It wasn't just about not trusting someone with the idea, Luke didn't trust anyone with anything that concerned him. He'd grown up on his wits and ingenuity and based on how he grew up didn't believe that anyone would ever just want to help him out. He felt the world was a jungle and he valued self-sufficiency and independence above

all else. But that didn't work as well in the world as it did in the hood.

Now that Luke was in his late twenties, he was beginning to realize that life was partly created on relationships of trust. He didn't know how to do this because it seemed that somehow trusting someone went against his core value of self-sufficiency. Even something as seemingly small as an oil change he did alone and when he did need help, he always paid up front, thinking the person wouldn't do what he needed if he didn't.

I discussed with Luke that perhaps changing this value, just tweaking it a bit, could open some doors for him. I asked him what could happen if he let this investor help him, he said it could change his world and make him enough money to live his life easier. I asked if he trusted me, he said he was beginning to. I offered to be with him with the investor, to give him my take on it and we had a meeting together. He told me that he believed that I had his back, and ultimately, he chose to move ahead. It was a turning point for Luke, to shift his core value of self-sufficiency to one of self-sufficient AND open to assistance when needed.

Understanding Anti-Values

Anti-values, are those values that we run away from that drive our behaviors. They are not necessarily the antithesis of our core values, rather, values that don't fit for us.

For example, let's say the woman who is cheating with Lucy's husband doesn't believe in monogamy or marriage. She may have an anti-value to commitment. This anti-value could then drive her to be with men who are in committed relationships as she knows they will never ask her for commitment. Now one could say that then she values one-night stands, but in this case, she isn't motivated toward the one night stands, she is motivated away from commitment which makes it an anti-value, not a core value.

Anti-values are those values that are not ours or in some ways we keep ourselves from. Sometimes, like core values that don't fit anymore, these are values we've taken on because our partners or loved ones have them and sometimes they are values we truly avoid. Yet, we don't always avoid an anti-value because it doesn't work for us. Sometimes we avoid it because of a limiting belief we've picked up somewhere along the way.

Not all anti-values should be anti-values and by honoring our feelings of them and dealing with the often painful experiences that created them, we may choose to change them into core values that work for us.

Example: Sarah's Story

Sarah came to me depressed and anxious. Her husband had lost his job and become depressed and addicted to video games which he chose to play all day instead of finding a new job. While Sarah was working and made a good salary, she felt they needed a second

income to keep their lifestyle and she didn't know what to do.

Sarah was a very intelligent woman. She owned a small store in the area where she made an amazing product. I'm choosing not to state the product so as to keep anonymity.

In our sessions I kept getting the inclination that there was a deeper fear here around finances. It finally came through that she had grown up poor and was always scared of not having enough to live. As we went into this fear, we found that the true fear was based on a belief that men should always make more than women. Somehow she had a value of not making more money than her husband. This value wasn't allowing her the other value of being rich herself and held her back from her true path, getting her product out to the masses.

When Sarah realized that she had an anti-value of making too much money, we decided to shift that into a value of being very wealthy doing what she loved. We did some Inner Manifesting™ on this area and helped her to step into her future self (we'll be doing this practice later in the book) and Sarah realized that another reason for the anti-value was she was afraid of losing her husband if she out-shined him. She brought this one up to him and he said he'd always believed she would be more successful than him and would love to help her with her goals instead of getting another job.

Within a few months, Sarah found a distribution method that worked and a few partners and was on her way to being all that she wanted to be free from the restrictions

she'd held onto in the past. Her husband ended up working with her part-time and found part-time employment elsewhere which was, at least for the moment, a great balance for both of them. We discussed leaving that open to changing if it ever felt important to either of them. The power of manifesting with flexibility.

Looking At Your Core Values

Part of the power of the Inner Manifesting™ process is the revelations it unfolds within us. We often find as we go through the process that the values we thought were driving us were not in fact driving us and that we were driven more by 'away froms' or anti-values, than our true values.

Take a moment now to take a look at yourself and your life and document what you feel your true values and anti-values are by filling in the following pages.

I Believe My Values Are:

I Believe My Anti-Values Are:

As we go through this process, I encourage you to revisit these values often to revise and update them. Enjoy the process for it will bring you strength to know yourself better than you ever did before. It will also call in your soul power to be this honest with yourself.

Understanding Expectations

Along with values, expectations drive our behaviors. If we expect to have a positive result of something, our expectation of such will drive us to completion much faster than if we are uncertain or negative about the situation.

Now expectation must also have an inner alignment factor. What I mean is that if you are incongruent with wanting the outcome or feeling undeserving or disbelieving of your potential to create it, you may also delay completion. This means that inner alignment must be there with the expectation to fully motivate you or it can be unmotivating.

Think of this in your own life for a moment. The times when you were sure of the outcome and wanted the outcome you were motivated much faster to achieve the results. Then again when you didn't want the outcome for any reason, you were not as motivated.

I see this all the time with working with students. Those who know what they want when they get out of college are driven to graduate, those who are scared of the 'real world' or don't know what they want to do tend to either drop out for a semester or somehow put off

graduating (by missing a credit or *unexpectedly* flunking a class usually).

When a parent brings in a student of this nature, I don't focus on the technical reason for not graduating, rather, I focus on what they want to do when they graduate which inevitably, they don't know. Once they do, they tend to resolve the graduating problem immediately as they are then expecting a positive outcome upon completion.

Now it's time to get clearer on what makes up the important areas of your life. To do so, we are going to explore the eight areas of life and topical values™.