

SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



Inner Change
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

14. THE VALUES WE LIVE BY

Recently I was listening to a CD from a well known motivational speaker. In talking about values, this man said that most people have values that guide their behavior ... but that some don't. I thought about that for a moment, and I found myself disagreeing ... amending this man's perspective because of how I define the word.

Webster gives us several definitions of the word *value*. One is "to consider important". This definition makes sense to me: I believe every human being has governing values ... a set of philosophies which he or she considers to be important. Such values guide our life as a whole as well as in individual moments within it.

An obvious qualifier follows: not all thoughts, behaviors, beliefs or ideas that a person considers to be important are grounded in truth. In fact, some people place tremendous import on perspectives and actions that are life-depleting rather than life-enhancing. This brings us to a second definition of Webster's: *to value* is "to respect". Not all philosophies or mindsets are worthy of respect.

Perhaps a story will illustrate. My son's birthday was yesterday ... a Sunday. When he asked me what we were going to do to celebrate, I replied that I wasn't sure what he was going to do with my husband and daughter all day, but that I wouldn't be available to celebrate until evening because I was going to be speaking at a church in the morning and presenting a workshop in the afternoon. My becoming-a-12-year-old son—never one to sugar coat an opinion—communicated his disapproval with a curt rhetorical question: "What kind of mother works on her son's birthday?"

In that moment, it became abundantly clear that there were two sets of values at play. What was important to my son in that moment was clearly distinct from what I had deemed important to me at the time I scheduled those events. I was thinking of the joy and excitement of doing what I love to do ... doing work that makes a difference. He did not respect—yea, was completely unaware of—the values within me that led me to work on his birthday.

In such a situation, I find it helpful to do two things: gain understanding of the other person's perspective, and review my decision process, to see if I need to make an adjustment as I move forward. Why do this? Why gain understanding, review what occurred within me and perhaps change in the future? Because I value growth.

So I talked with my son. Why? Because I value having a loving relationship with him. Because I value resolution when there is discord. Because I value healing the sadness that stirred within me as I heard his hurt. And it was sadness ... not guilt. Guilt occurs when believe we did something wrong ... something against our own set of values. Such was not the case with me. I knew why I made my decision. What was revealed by my son was the ramification of making that decision in a vacuum ... without input ahead of time from another human being who matters to me, who in this case, had a vested interest in the schedule of the day. I think he valued our conversation and respected my commitment to him to approach the situation differently in the future. I think he also appreciated my inviting him to read this article before I sent it.



In life, what we do—everything we do, consciously or not—is driven by our values. May your values guide you toward that which is important, to that which earns respect.

Peace, Love, Joy,

Diana

