



Module I, Lesson 3 Values, ethics, boundaries, communication, and integrity

- A rhetorical question: **What do we do with the sensitive information we perceive?**
- Ethics: group – extrinsic- moral principles that govern a person's behavior or the conducting of an activity
- Morals: individual - a person's standards of behavior or beliefs concerning what is and is not acceptable for them to do. Morals are usually expressed in statements or rules.
 - Thou shalt not murder.
 - Love your neighbor as yourself.
- Values: The values you were born with are what provide your intrinsic motivation for doing things. Values are more abstract.
 - Kindness
 - Health
 - Authenticity
 - Truth
 - Joy

Your values come up when someone describes your personality or your character: “She’s such a kind person.”

- Differences:
 - Morals can change if your influences change; values tend to remain the same.
 - Morals help the individual judge between right and wrong; values motivate the individual to do something.
 - Morals are all about what’s right and wrong, which makes them similar to ethics. But morals feel more personal than ethics because there’s an emotional component to them.
 - Morals can be based on values; values come before morals. Only when you see (or feel) a conflict between the two do you feel pulled in the direction that diverges from the society-approved moral path.
 - Generally, though, living by *your* values is more crucial to your integrity and happiness than adhering to someone else’s.
 - Your internal guidance system, governed mainly by your core values, has a stronger hold on you than externally imposed morals.

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- Values exercise as a group. What are your top 2 values?

- Boundaries: a limit of a subject or sphere of activity
- Integrity: the quality of being honest and having strong moral principles; moral uprightness
- How do we handle the information, confirm it? Or not?
- What is intuition vs. story?
- Boundaries – When do we share it? With the person we got it from? With others?
- Communication – Ways to communicate with that person?
- Integrity – Holding onto the information
- Self-awareness – boundaries – How do you feel when you are leaking into or onto another person?

Homework:

- 1) Practice clearing yourself each day – Anything that doesn't contribute to you now. When something won't let go.....ask questions!
- 2) Practice connecting with your superconscious using muscle testing
- 3) Practice managing your energy with the chakra meditation.

References:

Brene Brown – Living into our values worksheet

Morals Vs. Values: 7 Differences Everyone Should Know

liveboldandbloom.com/10/self-improvement/morals-vs-values

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