



Our Five Values

Patty Morris

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Our Five Values
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Are You Aware?
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The Words of Mahatma Gandhi

Your beliefs become your thoughts

Your thoughts become your words

Your words become your actions

Your actions become your habits

Your habits become your values

Your values become your destiny



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This book is dedicated to: my children and grandchildren. They have been the guiding forces in my life. I am who I am because they have been there to help shape me and my life. They have always loved me even when I did not love myself. I thank them eternally with all my love from the depths of my soul.

This book is also dedicated to you, the reader. I understand I am here to teach. This book is intended to help people change how they feel about themselves and about others.

Foreword

We want to thank Patty Morris for her brilliance, her Passion, and her ability to explore new perspectives of the human Spirit. Patty is a great example of how Core Passion™ inspires new insights and complimentary works. Patty has taken our validated online Core Passion™ Assessment and participated in our Core Passion™ Power training. Through this training and assessment, she learned the secrets of the Core Passion™ Codes, the energy that drives us to do what we do over and over again.

In addition to understanding the Core Passion™ Codes, Patty has lived and studied the perspectives of how we create our values. Patty's work brings new insights to the values we use to make the most of our daily decisions. She believes our values and the Core Passion™ Codes enhance every decision we make.

Patty gives us an opportunity to see ourselves from five different perspectives. She guides us on a journey of understanding our values by sharing insights into her life. She shares the process she has used to set her values to guide her personal and professional life.

We are excited to see how Patty leverages her knowledge of the Core Passion™ body of work and integrates it with her unique perspective to innovatively express herself and the inner desires that are her drivers.

Thank you, Patty for your insightful work and new perspectives. We believe this book will be a powerful reference guide for us to better understand ourselves and how we use our values with our Core Passion™ Codes to make decision.

- Lori Palm & Wes Hamilton
Creators of the Core Passion™ Assessment
<http://www.corepassion.com>



Introduction

“Time spent getting even would be better spent getting ahead.” - John Wooden

Many of the things I have experienced in my life have led some to ask me questions like, “Don’t you ever want to get even?” To which I have always replied, “No.” Truth of the matter is I was too busy beating myself up. I did not have the energy to beat someone else up. I also must have known somewhere inside of myself that I wanted to get ahead and have a better life for me and my children. The energy I had was directed in getting ahead. That is the reason this quote from John Wooden has touched my life in such a deep and meaningful way.

My name is Patty Morris. As a Soul Therapy Coach and Core Passion™ Consultant, I have the pleasure of being able to help people who are ready to make a change in their lives. I have been working over thirty years in the area of service. I climbed the corporate ladder a few times. My different roles in the area of service have led me to a great understanding about people from all walks of life. That is why I can help you understand who you are at a deeper level. Core Passion™ helps people to discover their internal driving forces. Discovering your Core Passion™ Codes will help you to understand how your internal driving forces have influenced every area of your life.





Many of us are unaware of the internal games we play with ourselves. We tell ourselves, "Little things don't matter." I want you to understand, everything matters. This is because matter is what this earth is made of. Matter is defined by Encarta in definition 4. "**substance constituting universe**: the material substance of the universe that has mass, occupies space, and is convertible to energy." Therefore, everything is matter or turns to some kind of matter because even the thoughts we think have now been proven to convert to energy and occupies space in our mind.

Modern science tell us everything is energy. You have heard this one before. It bears repeating. If everything is energy, then energy is floating around in every fiber of your being. There are the formless (thoughts) and the form (physical reality). All energy seeks resolution. The resolution is the answer to whatever question you are asking. It has been said, "The answer is always in the question." Sometimes we do not like the answer we are getting, so we make a conscious choice to tune out the answer. The question will continue to appear until you find resolution or are willing to **hear** the answer. When you hear the answer and you are prepared to listen, the energy is then transmuted into a new form or some type of matter. This is how karma works.

Karma, simply put, is about cause and effect. When you make a decision, you get a result. When the result is something you felt you did not want, it is a message for you to receive a lesson. These





are subconscious thoughts without resolution. The thoughts are out of your conscious awareness, and indicate it is time for you to expand and to grow. Newton, in his third law of motion, discovered that for every action there is an equal and opposite reaction. Equal and opposite not equal or opposite. This means that when you push something it pushes back. Karma is about choices and decisions. When the choice you made in the past no longer serves you, it is time to make another decision. Karma is when your thoughts are being displayed in the outside world. Karma is a choice and is overruled by grace and divine presence.

I make life a study. I have had the pleasure of enjoying many different experiences in a short time. I studied with many different masters, some of them spiritual masters and others deeply rooted in physical reality. I have carried an obsession with ancient wisdom and teachings my entire life. My life has been full and I have been connected with many incredible people along my path. Everyone has their own story to tell and you have your own. This book offers insights of many in hope it will help you to discover a deeper understanding of yourself. This book is meant to help you to find the areas where you hold the highest value.

This is a book about healing from the inside out. I also want you to understand your true beauty. Beauty is not an external thing. All beauty comes from within, and it will truly shine through, when your soul is fed. I want you to understand yourself better





and find the internal driving forces of your own life.

We often wonder what our life purpose is, and we look to external forces as we long for a better life. This is working backward. I know I have done a lot of things backwards. From these experiences I learned how to help you so you do not have to repeat my mistakes. Everything that is going on in your world is an internal process. First, I want you to be able to shed the internal baggage you have carried far too long. Let it go. When you hold on to anything, you hold on to everything. I am not speaking of beautiful surroundings. I am talking about those things you cannot let go of because they have an emotional stronghold on you.

I am a practical person and yet I have a mystical life path. My experiences have been along both paths. Some of them I will share with you. I believe in magic and much of my life I've felt guided by forces unknown from a human perspective. The path each of us has to our life purpose is different for everyone and can be long and full of detours. We all have one main purpose, and that is to grow and expand and to contribute to something that is greater than our selves. Finding our passion is the center of our life and our ongoing focus and our purpose until we leave the planet.

Growing up on a farm made me understand and value hard work. Values are the foundations of our life. The values we develop at a young age are the same values we carry throughout our lives. The shape of the values may change and the order



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may change. There are only five values and I will be talking about those five in this book. These five values are simple and they are the values we share with each other.

Note to reader: All quotes in italics, without attributions, are my personal quotes.







Understanding Core Passion™

“The wind does not break a tree that bends.”

- African Proverb

Every experience we encounter has the potential to bend or to break us. The choice is ours. You cannot break if you are flexible. This does not mean you allow people to take advantage of you. It means you are on this earth to have experiences and to grow. You become a master yogi by stretching and becoming flexible beyond imagination and both are done little by little. There is not one yogi master that got there overnight. You become more flexible by practicing the art of flexing.

Values shape our lives. I want you to see values from a whole new perspective. Values are the real driving forces in a person's life. Values add meaning to our lives. I am concentrating on the five values we all share. The five values in this book are meant to be a broad view of values and how they affect every area of our lives. We have five values that are truly essential to us. Values are the foundations of our life. The values we develop at a young age are the same values we carry throughout our lives. The shape of the values may change and the order may change. There are only five values I will be talking about in this book. These five values are simple and are the values we share with each other.





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The five values are: **mental, spiritual, emotional, physical** and to find our **passion and purpose**.

Core Passion™ helps people to discover their internal driving forces. Discovering your Core Passion™ Codes will help you to understand how your internal driving forces have influenced every area of your life.

There are twelve Core Passion™ Codes in all, and the idea is to find the top five. An intuitive validated on-line assessment tool created by Lori Palm and Wes Hamilton, Core Passion will help you put into words your unique Core Passion™ Codes-the energy that drives you ... have always driven you.












The top five help us discover who we are at deep and core levels.

(Visit: <http://www.corepassion.com> to learn more about Core Passion.) *Core Passion™ Assessment ©2003-2008 Core Passion





The twelve Core Passion™ Codes are:

			
RECOGNITION	PARTNERSHIP	CREATIVITY	FORM
<i>Leader, Warrior, Adventurer</i>	<i>Peacemaker, Partner, Diplomat</i>	<i>Joy Bringer, Cheerleader, Artist</i>	<i>Manager, Worker, Builder</i>
			
CHANGE	SERVICE	RESEARCH	POWER
<i>Risk Taker, Free Spirit, Rebel</i>	<i>Counselor, Caregiver, Teacher</i>	<i>Wizard, Seeker, Scientist</i>	<i>C.E.O., General, Authority</i>
			
ENLIGHTENMENT	INSPIRATION	MASTERSHIP	COMPASSION
<i>Healer, Philanthropist, Humanitarian</i>	<i>Master of Inspiration, Visionary, Light to the World</i>	<i>Master Builder, Visionary, Master Architect</i>	<i>Teacher of Teachers, Master of Compassion, Master of Healing</i>

Everyone has a mixture of all twelve Core Passion™ Codes to some degree. I believe the top five give us our values, and the top five are directly related to our internal driving forces. These values and how they affect every area of our lives is what is important. We have only five values that are truly essential to us, these are-mental, spiritual, emotional, physical, and to find our passion and purpose.





This is a book unlike others you have seen, and it is intended to create an understanding of the way we operate in the world. We are more alike than we think. In the grand scheme of life we all want the same things and that is why we are here. We want to have peace and harmony and to find our passion and our purpose. The center of our life is focused on bringing passion and purpose to everything we do.

This is a book about what shapes our lives and how our lives are being shaped. Both of these are important factors in the values we are living. I want you to understand your values in an internal sense and purge of the ones that were created for you based on the external driving forces that have left you trapped and feeling useless.

Notice there are no chapters there are only values. I teach people about values and how values form our lives. We have five values. This is not to say we only have five things that are important to us. I am saying the things that are important to us are in these five categories. These values many be displayed in different ways and shaped and the appearance may be different. There are five values we are going to look into deeply.

My wish for you is to go beyond your current way of thinking and understand your own values and what they mean to you in your life. Most of us were brought up on a long list of linear values. These five values are short and different. My vision is for you to discover which values are the most important to you and why, and to break free of the old conditioning





patterns and beliefs that have kept you captive for so many years. I want you to understand what has been unconsciously driving you and start to consciously create every desire, every decision in all of the things you do. I may ask you to stretch a bit, and you may not be comfortable with some things you are about to read. Your comfort zone may be expanded. When this happens, be thankful. You will know you are ready to grow and change. The best way to become good at anything is to go outside what you are currently comfortable doing. When a person is learning to run the hurdles the only way they can succeed is to stretch. This takes time and eventually the runner becomes flexible and more adapt by repeating behaviors, practice, and stretching. Stretching and growing go hand-in-hand.

When I had little babies, I loved watching them stretch. When my babies would stretch, some of the older adults in my life used to say to me, "Oh look, he must be growing!" It did not occur to me at the time, and it has taken me years to understand the meaning behind that statement. Could it be that at some level these adults in my life were wiser than they realized and intuitively knew a person must stretch in order to grow? Is it possible that babies inherently already know this? No one has to tell a baby to stretch. They do it automatically. It is hardwired into the brain, and when you think about how fast babies grow and how much they are stretching, it naturally makes sense.





Growth and expansion along with making some kind of contribution greater than ourselves is the reason we are all here. Growth and expansion are universal and are spiritual goals we all have and related to our passion and purpose. Our passion and purpose are at the center of our being. Being centered is that place when we feel unshaken by the events and our surroundings. When we understand ourselves and the internal forces driving us, we are centered. Once we become centered, we have discovered a fulfillment and our hunger for more ceases. The forms of these spiritual goals take many different shapes and they come in many different forms. I want you to be fully aware of your passion and your purpose and to find your center. Once you find your center and live from there your life will look and feel marvelous.

Having grown up on a farm, many of my references are simple and practical. I want you to take the simplicity of the model I create for you and put it to use in your day to day life. The way I have written these values are the order of my own values based on my life experience. When you read through the values, you will discover your own order. Their principles remain the same. Everyone has five values, and the five values do not change. Only the shape and the form change.

I am going to start with the first value on my list and work my way though based on my own internal value system because that is what I know. The first four values can shift and change order, and the fifth





is always the same for everyone. This is the value of our passion and purpose. As I already stated, it is our center. I want you to understand all four of the internal values, mental, spiritual, emotional, and physical and how they affect your life. Once the mission is accomplished and you have accepted the first four values, you will become centered and unwavering. I will start with the mental because it is my most important value. As you work your way through this book you will find which values are your number one, two, three, and fourth. Remember the fifth is always our passion and purpose and is the central focus of our life.

You must first understand yourself and the things that drive you before you can understand your purpose. Look for clues. When you are feeling badly or are hurt in any way, it is because someone stepped on your values. Values drive us to do the things we do and cause us to hide from things we do not like. Values give us meaning and they will propel us into action. Values bridge us to our inspiration and our motivation. Values are deeply rooted in our core being and when values are violated there is a conflict that rises.

Let me explain to you how I came up with these values: I have done a great deal of Shamanic work over the years and it has taught me many things about myself and life in general. Growing up Catholic and raising my children Lutheran, my heart always yearned for more than those traditional ways taught. So I have spent a lifetime exploring every





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religion and culture I came into contact with. I have worked in the hospitality industry for years, and hospitality has been one of the best tools for me to explore the day in the life of many different worlds. I have worked with people from many different countries and customers from an array of cultures. I am thankful for this.

As I continue to explore many different paths, I am amazed by the number of organizations who will use the circle or a wheel as a method to teach different aspects of life and to make a point.

The coaching world uses it and corporate training groups use it. This is because there is great wisdom in the circle. The circle is a way of life. The earth is a circle. The sun and the moon are circles. We wear circles around our arms and our necks. The circle has no beginning and no end. It starts where it ends and ends where it starts. This is the constant and a view of how life works. We are all eternal beings and the circle is our symbol.

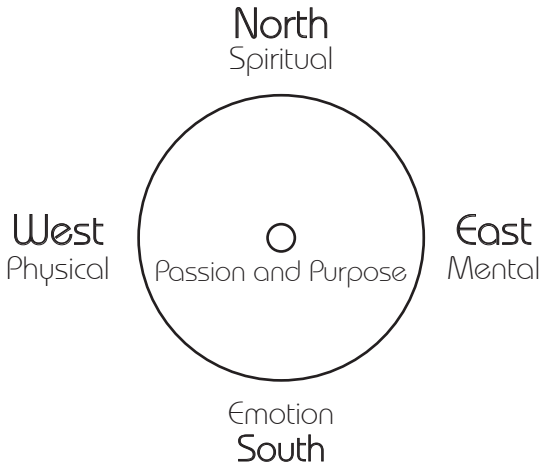
I will talk about the circle in a much different way.

I am talking about the circle of life and how it affects us and the values that are inherently inside each of us. Each of the twelve Core Passion™ Codes are related to a direction and I have related each of the directions to a value.





The Wheel of Our Five Values:



In this picture of the wheel of life, you find it has directions like a compass-north, south, east, and west. We have a storehouse of energy, and we store most of our energy in one of these quadrants. Each of the four quadrants are related to a direction, an element, and a right brain or left brain tendency. There is also a way to look at the wheel from a head or a heart perspective as well as the masculine and the feminine. These are briefly described in the intro to each value. In the center you will find passion and purpose. You can see north is for spiritual. East is for the intellectual mind. South is our emotion and our relationships, and west is for the physical aspect of whom and what we are. The center is our passion and our purpose and the eye of the storm (more on this later) we are all working to get to. The center is the only value we share and that is the same for everyone.

