

# INTRODUCTION TO A JOURNEY INTO VALUE SYSTEMS

## THE VALUE SYSTEMS

“**Y**ou are greater than you think you are!” These are the words I heard the first time I saw Mark Hughes, the founder of Herbalife, on stage in 1999. He repeated these words—“You are greater than you think you are”—three times. I figured that, if he took the time to repeat his message three times, he must mean it. I took the time and thought about his message. I wondered, *How do I move into this greatness?*

Looking back, I remember that, during my last years at Boeing, I wanted to do more with my life. At the time, I had worked at Boeing for over twenty-seven years. I’d had a good life and had made good money. I was starting to realize that working at Boeing and being an engineer wasn’t my passion. I was at that age when I felt, if I don’t do my passion now, I will never do it in this life. Helping others is my passion along with sharing information about how the mind works. I wanted something different in my life. I was into martial arts, health, and nutrition. I decided to start a Herbalife business.

To hear great speakers like Mark Hughes and Jim Rohn, Herbalife associates had to be at the supervisor level as distributors and travel to Orlando, Florida. Mark spoke in front of about eighteen thousand people from around the world. People came from Japan, all the European countries, Brazil, Mexico, Chile. Representatives from all of these countries were waving their national flags proudly. It was quite a sight to see.

Herbalife presented positive messages in its business structure that intrigued me. I met Jim Rohn at that same seminar, and he was inspirational. He was a motivational, inspirational, and transformational spokesperson for Herbalife.

“If you don’t design your life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much!” (Rohn, Good Read 2019).

I realized that, because I worked at Boeing, someone else had been planning my life for forty plus hours a week. I left Boeing a year later after hearing Mark and Jim in Orlando. I stayed with Herbalife for three years and left after Mark passed away.

The experience with Mark sparked me to listen and visit other great and inspiring speakers. I’ve met, read their books, and listened to many genius men and women from early 2000 to the present. In 2004, I met Dr. John DeMartini at one of his Breakthrough Experience seminars. He played a key role in helping me understand value systems.

“Until you value yourself, you can’t expect anyone else to do so” (Demartini 2019).

## A JOURNEY INTO VALUE SYSTEMS

This quote is the road to your greater self, and it's a road that never ends unless you choose to leave it and start demeaning yourself. A cool way to value yourself is to look at what you value about yourself. For example, are you respected in your relationships with people? Understanding how you want to be treated by others, including family members, is a great place to begin to build a genius value system. The journey into your value systems is about organizing your valued principles by placing what you value into groups. The value system groups are

- ✦ Career and Personal Development
- ✦ Emotional and Mental
- ✦ Family
- ✦ Financial
- ✦ Health
- ✦ Physical
- ✦ Social
- ✦ Spiritual

I had no idea what my values were in any of the value systems listed in this workbook. Many times, I was left confused and surprised by all the unsupported belief systems I had about myself. For example: I am having confidence in doing something great for the world and creating my world with financial abundance.

When you find an unsupported belief about yourself, that is the time to celebrate. Reward yourself with a big loud *yes!* or a high-five with someone or give yourself a big hug. The unsupported beliefs about yourself are causing chaos in your life and our world. In a nutshell, having unsupported beliefs about ourselves is ego mind driven and should be eradicated immediately. Understanding your value systems in a genius way refers to knowing your greatness, loving who you are, and loving our planet.

As I developed, I found both positive and negative belief systems in all my value systems. Understanding and redefining our values becomes transformational. By the time I complete writing this workbook, I will have studied my value systems for about sixteen years. I'll use martial arts terminology: It took me sixteen years to become a first-degree black belt in value systems. There are ten degrees in most martial arts systems that must be completed before a practitioner becomes master. Redefining my value systems is the journey I will stay on until I've mastered it. You might ask, how will you know when you've mastered it? My answer is when I am living every moment with my highest excitement.

Highest excitement is doing anything that drives your passion into who you want to be and what you want to experience at that moment. It can be anything from reading a good book to taking a trip to an unknown land and being on a spiritual quest. Your excitements can be in helping others live better lives or being in deep meditation experiencing oneness.

It has been my observation that, by introducing genius value systems to bring in higher standards of living, I have improved my life tremendously.

You'll see why some value systems are thriving and why other value systems are challenging. You now have the tools to remove any challenging value systems and turn them into a genius lifestyle.

## CRACKING THE GENIUS CODE

Cracking the genius code is cracking *your* genius code. You do not have to develop the geniuses you are from scratch. You need to remember that the genius you are exists because of who we are.

According to the Merriam-Webster dictionary, one of the meanings of *genius* is “Extraordinary intellectual power especially as manifested in creative activity” (<https://www.merriam-webster.com>).

Viyahta, a [blogtalkradio.com](http://blogtalkradio.com) host, interviewed me on one of her programs, and we were talking about geniuses. All of a sudden, she blurted, “Out of the womb of a mother a genius is born!” Just imagine, a mother and a father realizing the genius of a future baby at conception and what a brilliant person he or she will be.

“Everyone is a Genius ... But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid” (Einstein 2016).

I want to add, if you judge the fish on its ability to swim, the fish will be a genius.

Albert Einstein’s point that we are all geniuses means we all have genius minds. To find our geniuses is to discover our uniqueness. We find our uniqueness by discovering our highest excitements in our value systems. Cracking the genius code means that we will be exploring our genius in each value systems.

What I’m asking all of my readers to do is to find their genius in all of the value systems as an organizing principle with their creativity. There are many geniuses in music, sports, theater, medicine, and the list goes on. However, a financial genius may lack skills in family dynamics or have completely ignored his or her health values and become ill. We have seen many times brilliant musicians fall prey to alcohol and drug abuse. This program helps you organize your value systems by looking at them from a genius perspective.

I wrote earlier about visiting and studying inspiring speakers. I named a few of them. There is one thing that all the speakers I visited had in common. They asked all the people in the audience to announce their genius: “I am a genius, and I have a genius mind.” We would turn to the people around us and announce their genius: “You are a genius, and you have a genius mind.”

Being a clinical hypnotherapist, I was struck with curiosity because I wanted to know how I could become that genius I had just announced. I knew it would take more than just saying it. I knew it would be a discovery process—but how?

Exploring our geniuses within the value systems is best done through the awareness of our thoughts, feelings, emotions, and beliefs. As you go about your daily routine, become aware of when you’re using your genius mind and when you are using your ego mind. At the conscious mind level, it is impossible to use them both at the same time. However, within the subconscious mind, both the genius mind and the ego mind can be operating at the same time. If there’s confusion as to why goals aren’t manifesting, chances are the ego mind has a role in the process.

When you’ve completed the emotions of the genius and the ego mind exercise, you’ll quickly see when you’re using the genius mind and when you’re using the ego mind in your decision making. Being aware of your emotions will help guide you in understanding and finding belief systems and where your values are. Discard every belief system that no longer serve a purpose for you and create new genius belief systems that serve you and others.

The geniuses come into play through your value systems to create organizing principles in your life. You’ll notice synchronicities happening in your life. You’ll begin to see the association between

your thoughts, emotions, and belief systems with your physical world and your physical body. You'll see events happening rapidly.

Five things to consider cracking the genius code:

1. When you define your new value systems at the genius level, you are honing into your new genius lifestyle.
2. When being the observer, make sure you're in a balanced state of mind with no emotions. The universe is balanced. When we are the observers, we see the clearest path to take out of many choices. If you're having challenges in your life, being the observer is a great way to recognize emotions. We'll talk more about the observer.
3. Meditators will have the advantage. Meditation is all about going within the self. What's going on within the self (spiritual values) is the same as what's going on outside the self (physical values). By going within, you're able to reach higher levels of mind. It becomes much easier to fix challenging moments when they arrive.
4. Get to know your subconscious mind. Get to know your higher mind. Get to know your spirit using your genius mind. What does *spirit* desire to experience?
5. Mental focus is important. Know what your genius objectives are and stay true to them. When old behaviors, thoughts, emotions, and belief systems surface, stop them immediately and put them up for review by being the observer.

## THE WORKBOOK

*A Journey into Value Systems: Cracking the Genius Code* is a workbook. It is your journey. The workbook is a personal journey in understanding life by understanding your value systems, emotions, and belief systems using your genius mind to organize your life.

The journey you will be taking is uniquely yours. Only you can take this journey, and no two journeys are exactly alike. There are many levels to this journey. How deep you go on your journey depends on how detailed you want to define and discover your value systems and find your genius in each of the value systems. The clearer your visions are about your value systems, the faster the results!

The workbook format of *A Journey into Value Systems* will enable you to get involved in the process. Writing things down is a way of setting events in motion. I hear all the time how much things have changed for the journeyers in a few months after they re-read their workbook. You can add information to your workbook at any time. There will be a period during which a particular value system demands a lot of attention. Use your workbook to define clear pathways to enhance powerful events or to remove challenging events in a value system.

If you are a first-time journeyer, I recommend that you scan the workbook, pay attention, and take mental note about what jumps out at you.

Next, I recommend that you do the sections of the workbook in order. In this way, you will get a complete feeling for the workbook and how it applies to your life. It's challenging to answer every single question the second time through. No worries! Keep going and allow the discovery and refining processes to begin.

This life coaching workbook is a key to unlocking the doors to your higher awareness. This workbook is a tool you can use to make definite changes in your life.

The workbook will assist in organizing your values, bring in awareness to your belief systems, and help you discover and announce your geniuses. Understanding what we value and how we are spending our time and money are the keys to making important changes in our lives. After doing the time study, find out what value systems are taking up the bulk of the day. It is important to know where you are so you can move ahead and live a life of excitement and passion.

Once you've become familiar with the workbook, feel free to move around the workbook to problem-solve issues. You can work on one specific value system to create a genius path. If you want to enhance your financial value systems, for example, you will use sections from the workbook like Defining your Genius Value System (financial values), the Value of Money, Understanding your Parents' Values (family values), the Emotional Balancing System, and Things I Desire.

***A Journey into Value Systems workbook explores:***

- ✦ Organizing your genius value systems
- ✦ Understanding the use of time within your value systems
- ✦ Understanding the use of money within your value systems
- ✦ Getting to know what life excitement are and creating new and exciting directions
- ✦ Creating and implementing your desires
- ✦ Understanding and recognizing the genius mind and the ego mind
- ✦ Understanding your parents' value systems
- ✦ Learning to balance your emotions
- ✦ Exploring your methods of healing

## EIGHT DIFFERENT VALUE SYSTEMS

✦ **Personal Development and Career**

Personal development means using all your value systems in your own unique and genius way. Personal development is an evolving process. "I am greater than I think I am" is a great affirmation to use anytime.

**Some paths to explore:**

- Establish a genius personal and professional life path.
- Establish a new lifestyle in how you spend your time.
- Remove any negative emotions blocking your goals and objectives.

✦ **Emotional and Mental**

Emotional refers to feelings that have reached their peak. Mental refers to an attitude about what you're experiencing or a frame of mind you want to set. Emotional values can lead you to what your beliefs are and what your thoughts are. You can do this by just asking questions

like: Why am I feeling this way? What do I believe is true about this emotion? What thoughts are generating these emotions?

Establish high-vibrating emotions like happiness in all your value systems. Develop your mental attitude in all your value systems. For example, I have a warrior attitude when I practice martial arts. This warrior's attitude is part of all my value systems. My warrior health values are to eat healthy and nutritious foods. My warrior mentality is to protect my finances and to protect my family. Be sure to develop a mental attitude throughout your value systems.

**Some paths to explore:**

- Establish genius emotional values.
- Learn how to remove unwanted emotions and transform them into genius emotions.
- Learn how to be the observer of emotions and the results you are receiving.

• **Family**

Family plays a role in all the value systems. Family values come from the early programming and belief systems located in the subconscious mind for all the value systems. What we feel about wealth and finances, health, physical, social, spiritual, personal development and career direction, emotional and mental attitude all begins at family values.

**Some paths to explore:**

- Establish a genius family value system.
- Understand your family dynamics by being the observer.
- Heal out-of-balance relationships with family members through love and understanding.
- Establish new boundaries with family members by creating new belief systems.
- Learn how to remove old belief systems handed down by family members that are no longer needed.

• **Financial and Wealth**

Financial and Wealth values play a role in every value system, and you can build a financial umbrella under all your value systems. With the health value, you may want healthcare for you and your family. With the physical value, you may want to fill your environment with wonderful and beautiful material things. With emotional values, you want to create strong and positive energy-supporting finances and wealth. You can do this by creating powerful affirmations and belief systems.

**Some paths to explore:**

- Establish genius financial and wealth values.
- Remove emotional roadblocks and beliefs dealing with finances and wealth.
- Create a desirable financial lifestyle.

• **Health**

Without our health, we can forget about enjoying any of our value systems. Our physical and emotional health is crucial in having a wealth filled life. Health and wealth are supportive of each other. I have seen many people who have been financially successful and missed the boat on health wealth.

**Some paths to explore:**

- Establish your genius healthy lifestyle.
- Discover causes of health issues.
- Establish paths to heal mental and physical health issues.

• **Physical**

The physical value system is about our environment and the energy level of our bodies. The way you show up physically in your social environment plays an important role. It tells your social group and family members about the energy level of your mind-body. Like the other value systems, physical values show up everywhere. Consciously bringing symbols into your home can represent many of your values. For example, crosses that support your spiritual values can become strong energy magnets in your home. I like crystals. Bringing high-vibrating and colorful foods home from the grocery store will support health values.

**Some paths to explore:**

- Establish your genius physical lifestyle.
- Connect body and mind relationships.
- Learn about your environment.

• **Social**

The social value system brings all your views to the forefront. It's that part of us that we share with others. Social values are about communicating how we view the world and life. Social values discuss how we display our emotions and our family values, how we judge ourselves and others, our spiritual values, and the company we choose to keep.

**Some paths to explore:**

- Establish your genius social lifestyle.
- Learn to heal out-of-balance relationships.

• **Spiritual**

Your spiritual being is a combination of how you feel about all your values. The meaning of the word *spiritual* in *A Journey into Value Systems* is that we are all spirit (spirit-u-all). Under

## A JOURNEY INTO VALUE SYSTEMS

spiritual values, many people include their religious values. Spiritual values is a good place for religion because religion addresses all value systems. In *A Journey into Value Systems*, it doesn't matter what religion you are. What matters is whether your religious viewpoints are operating from a perspective of genius or ego. You can quickly tell which it is by deciding whether or not you're embracing everyone or just a select few.

### **Some paths to explore:**

- Establish your genius spiritual values.
- Explore your beliefs about life.

*A Journey into Value Systems* is a life mission to accomplish all your desires. Once you start, what you value will be an important part of your life. The study of the eight value systems will organize your life and give you the realization of how you're interacting with people around you and your physical realities. You'll begin to see what your family members' and friends' values are. Looking at our values from a genius perspective assures us we are on the right path. Creating desires along with our exciting lifestyle tells the Universe we are taking an active part in our lives, and the Universe responds to these types of activities.

*A Journey into Value Systems: Cracking the Genius Code* creates the alignment to all of your value systems. Defining your genius in each of your value systems creates the alignment to all your goals and desires.

### **Disclaimer**

*A Journey into Value Systems* details my personal experiences with and opinions about value systems and how the mind works. This book is not intended to replace professional care in any of the value systems.

To get on my mailing list: [myvaluesystems@gmail.com](mailto:myvaluesystems@gmail.com)

**Contact: Keith Thompson**

**Website: [www.myvaluesystems.com](http://www.myvaluesystems.com)**

**Enjoy the journey!**

Keith Reginald Thompson