

YOUR VALUES AFFIRMATION

To begin healing your values conflict, Rydall suggests creating what he calls a “values affirmation.” This is a statement that allows two or more seemingly opposing values to support each other, so that the attainment of one adds energy to the other and increases the odds of attaining both.

You will want to weave this statement so that it's simple to say easy to remember and the two opposing sides are serving each other.

For example:

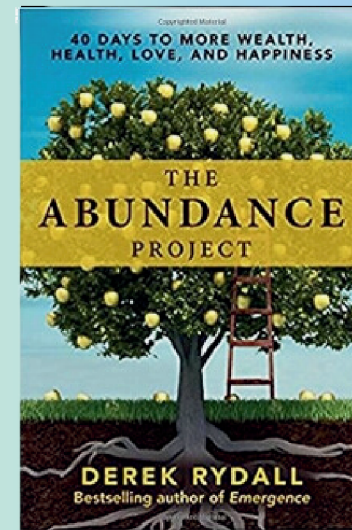
Opposing values: wealth, success versus time, space, freedom

Example values affirmation: the more wealthy and successful I am, the more time space and freedom i have for myself. And the more I give myself enough time, space, and freedom, the more energized and inspired I am to be wealthy and successful (or to go for my big dreams).

Once you create a statement that resonates with you, write it down and speak it out loud with emotion and passion several times every day. Consistency is important. It's a deceptively simple practice, but implementing it can truly be life changing.

Have fun and keep affirming it until it's second nature. Remember that as we do this work to be kind, patient, and loving with yourself. Commit to working with these areas on a regular basis just as if you were a professional athlete or a musician.

The Abundance Project 2024



WEEK SIX Healing Abundance Shadows and Values Conflicts

**Read:
Chapter Six**

MANIFEST ABUNDANCE NOW! EXERCISE FINDING YOUR ABUNDANCE VALUES CONFLICTS

“Wealth or money issues are more often about power, safety, security, self worth, confidence, personal identity, fulfillment, and values, and all of our baggage about these concepts.”

~Derek Rydall

“Shadow work is the way to illumination. When we become aware of all that is buried within us, that which is lurking beneath the surface no longer has power over us.”

~Aletheia Luna,

“You are living in a universe that is totally on your side - all its power, substance, life, and law is working for you. But you can't experience that until you get on your own side. This means embracing, loving, and accepting all of you.”

~Derek Rydall

A values conflict exists when we want one thing but unconsciously believe that in order to have it we have to sacrifice something else.

Rydall uses the example of himself wanting wealth and success and a fulfilling spiritual and creative life and time with family. He kept yo-yoing back and forth between the two, never fully successful at either.

He discovered a childhood memory that as his father's success increased, so did family conflict, and family time decreased, and so Rydall told himself he would never be like his father.

And so as an adult, he couldn't be successful, because subconsciously it meant being like his dad.

Use the following questions to explore any possible values conflicts you may hold.

To begin identifying your values conflicts, use this sentence completion exercise to see what you're afraid of losing or sacrificing (that's usually a key to discovering what the underlying opposing values are).

- If I become wealthy, I'm afraid I'll lose/have to sacrifice...
- If I become really successful, I'm afraid I'll lose/have to sacrifice..
- If I work really hard toward my goals, I'm afraid I'll lose/have to sacrifice..
- If I come into a lot of money, I'm afraid I'll lose/have to sacrifice..
- If I really go for my dreams, I'm afraid I'll lose/have to sacrifice..
- If I fully express myself creatively, I'm afraid I'll lose/have to sacrifice..
- If I ask for what I really want, I'm afraid I'll lose/have to sacrifice..
- If I charge what I'm really worth, I'm afraid I'll lose/have to sacrifice..
- If I get everything I really want, I'm afraid I'll lose/have to sacrifice..
- If my family has a lot, I'm afraid I/we will lose/have to sacrifice..