

## Welcome to The Money and Spirit Workshop

What is your relationship with money? Do you have enough of it? Do you get pleasure and satisfaction from earning it, spending it, and saving it? Do you feel generous with it? Do you handle it mindfully and thoughtfully? Do you feel you are investing it wisely and consciously? Are your values reflected in how you spend it, invest it, save it, share it, and gift it?

Do you discuss money easily and confidently with your intimate partner, family, friends, colleagues, and clients? Do you relate to money in ways that are aligned with your spiritual intentions and values? Do you feel you are the equal of those who have more or less money than you? Do you feel competent to handle your finances skillfully?

These are some of the questions you will have the opportunity to investigate in this online course.

Many of us endeavor to have a life that integrates all parts of our selves (emotional, intellectual, physical, and spiritual). We want our professional and private lives to be an expression of our values and deeply held beliefs. In this way we feel whole. And yet how many of us feel whole around money? Who doesn't have money secrets? Shame? Embarrassment? Confusion and denial? For example, we might never think to withhold important information about our career from our spouse, or critical information about the person we are going to marry from our parents. When it comes to money, however, withholding information seems natural. We will hide the credit card bill from our spouse; we will invest our inheritance in something risky and lie about it to our siblings. While normally prudent and thoughtful when making important decisions, we will be so determined to own our own home that we will ignore red flags—no matter how many of them appear. It may be one of our most cherished values to be honest, open, forthright, and candid with our friends. But if one of them should ask about our inheritance or how much credit card debt we have, we'd sooner head for the hills than answer honestly.

*The Money and Spirit Online Workshop* is a step-by-step guide for achieving greater peace and wholeness around money. In order to be successful with this course, we ask that you bring everything to it: your consciousness, your emotions and intelligence, and your best intentions to heal the money-life that you inherited from your family and culture. You can stop the repetition of stressful and unproductive thoughts and behaviors around money. You can forge a new relationship with money based on your spiritual values. You can discover and reclaim your true inheritance: wisdom, prosperity, joy, consciousness, and generosity.

You might ask: Why attempt to integrate money and spirit? Isn't money dirty, shameful, the great separator of people, or at best a necessary evil?

Money is both a form of energy and a conduit for us to make the exchange of goods and services happen more easily among people anywhere in the world. Spirit represents our inner life and our soul's connection to that which we recognize as being greater than ourselves (some call it a universal force, god, earth, etc.). When we resolve money in our life, we are able to access our true calling on this planet in this lifetime. Some of us experience spirit through the breath, others through yoga, prayer, or meditation. When we can bring the spiritual dimension of ourselves to our finances, we can harness the power of money-energy to produce the greatest good. Without integrating money and spirit, money remains an obstacle to further spiritual growth. With integration, money can be an ally, a teacher that points us in the direction of strengthening our inner spiritual life.

In the course we will shine a light on the shadow of money and bring money and all its many facets into our awareness. As a result, we will have the opportunity to organize our finances, make better financial decisions, feel more peace and joy around money, earn and save more money, and make more money from our investments.

—Spencer Sherman, CFP, MBA, and Brent Kessel, CFP  
Santa Monica, California