

## Money•Spirituality•Consciousness: A Guided Inquiry Into Our Personal Relationship To Money

**Mayuri Onerheim**

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Money management and spirituality don't often mingle in the same conversation, but author Mayuri Onerheim believes that's a mistake. The conventional separation between spiritual practice and financial success can be a hindrance, she notes, and bringing them into alignment can create positive ripples across someone's entire life.

Since many people approach money with a sense of apprehension and anxiety, Onerheim's graceful tone and confidence in *Money•Spirituality•Consciousness* make her an adept guide when it comes to addressing financial abundance and spiritual awakening. As a professional accountant and tax preparer, she has financial acumen, but she's also a teacher of the Diamond Approach, a school of teaching that centers on self-realization and spiritual development.

This distinctive blend is apparent throughout the book, giving Onerheim's advice a firm bedrock in financial concepts while she encourages readers to explore their philosophies, histories, and attitudes surrounding money. For example, a particularly useful section on how people think about money covers how personal energy could affect money management. "We are constantly bringing our hate, our love, our fears, our desires—in fact, the whole range of our human feelings, intentions, thoughts, beliefs, and attitudes—to our money," she writes. "Money becomes an instrument of the energy we give it."

With that insight, along with other ruminations on spirit and matter, Onerheim moves into resources such as cash-flow statements and balance sheets, as well as debt and investments. Her straightforward descriptions of complicated financial concepts is refreshing, and she often sounds like a close friend who just happens to know an enormous amount about money management and spiritual reflection.

Although many people have difficulty bringing those two realms together, Onerheim leads the way in showing how it can be done. During a section on ego, for example, she discusses the concept of "enoughness," a state of nourishment and satisfaction. With ease, she folds money into that riff, creating a richer, more thought-provoking whole.

Although intentional "to make books available to people with disabilities," the only real downside to Onerheim's work is the book's interior layout. While the larger type size inside may be advantageous to some readers, the wider-than-average spacing between lines and block paragraphs may present a visual challenge to most. This design makes the book seem more like a manuscript than a completed work. That said, the cover design is well done and correlates nicely with the subject of the book.

In general, the book's message is compelling, and Onerheim conveys it expertly, writing, "We must choose what is important in our lives and give time and energy to the practices that support our unfolding." She explains that each person must create a unique life route—one which will almost always include dealing with money—and that there's an opportunity to turn that currency into love and reflection. Onerheim's expertise and gentle guidance go a long way

toward helping others set their own paths and see money as a tool in that journey.

ELIZABETH MILLARD (March 29, 2013)

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