

Additional Resources:

Lynne Twist – The Soul of Money [The Soul of Money Institute and Lynne Twist](#)

“What you appreciate, appreciates”

“This liberating book shows us that examining our attitudes toward money—earning it, spending it, and giving it away—offers surprising insight into our lives. Through personal stories and practical advice, Lynne Twist asks us to discover our relationship with money, understand how we use it, and by assessing our core human values, align our relationship with it to our desired goals. In doing so, we can transform our lives.

The Soul of Money now includes a foreword from Jack Canfield and a new introduction by Lynne Twist, in which she explores the effects of the Great Recession and environmental concerns about our monetary needs and aims.” Amazon

Lynne Twist, founder of the Soul of Money Institute, understands the impact that our culture’s disintegrated view of money has made and invites us to the spiritual practice of bringing the two—money and our souls—together in our lives:

In a world that seems to revolve around money, it is vital that we deepen our relationship with our soul and bring it to bear on our relationship with money. In that merger and that commitment, we can create a new and profound spiritual practice. We can have our money culture both balanced and nourished by soul. Our relationship with money can become a place where, day in and day out, we can engage in this meaningful spiritual practice. [3]” What do we do with Money?

[The Soul of Money | Lynne Twist | Wisdom 2.0 2017 - YouTube](#) 18:46 offers stunning insights on abundance, sufficiency, and leaving the mindset of excess, on consumption.

[Lynne Twist - Insights on the Soul and Energy of Money - YouTube](#) 13:15 reflects on “consumption” --- we take, deplete, diminish or destroy. She proposes for people to reclaim their role as citizens and not merely consumers, the role we have devolved to in our economy, our political systems, education systems (and perhaps in our church life?)

In her book and face to face presentations, she leads meditative practices on changing mindsets about money.

Daniel Graeber – Debt: The First Five Thousand Years

“Here anthropologist David Graeber presents a stunning reversal of conventional wisdom: he shows that before there was money, there was debt. For more than 5,000 years, since the beginnings of the first agrarian empires, humans have used elaborate credit systems to buy and sell goods—that is, long before the invention of coins or cash. It is in this era, Graeber argues, that we also first encounter a society divided into debtors and creditors.

Graeber shows that arguments about debt and debt forgiveness have been at the center of political debates from Italy to China, as well as sparking innumerable insurrections. He also brilliantly demonstrates that the language of the ancient works of law and religion (words like “guilt,” “sin,” and “redemption”) derive in large part from ancient debates about debt, and shape even our most basic ideas of right and wrong. We are still fighting these battles today without knowing it.” Amazon

Graeber draws some highly criticized conclusions and claims that an economy built on “debt” and relationships, structures and systems of debt and exchange, is precluded by political systems of oppression and violence in the quest for domination. Whether or not we agree with him, there are thought-provoking questions to reflect on.

[David Graeber "Debt: The First 5000 Years" - Alberta Rose Theater - YouTube](#) 1:48 hour lecture

[Debt: The First 5000 Years - Extended Interview - YouTube](#) .58 hour extended interview

Margaret Atwood --- Payback: Debt and the Shadow Side of Wealth

Legendary novelist, poet, and essayist **Margaret Atwood** delivers a surprising look at the topic of debt. “In her wide-ranging, entertaining, and imaginative approach to the subject, Atwood proposes that debt is like air — something we take for granted until things go wrong. And then, while gasping for breath, we become very interested in it.

Payback is not about practical debt management or high finance. Rather, it is an investigation into the idea of debt as an ancient and central motif in religion, literature, and the structure of human societies.

Margaret Atwood writes, “These are not lectures about how to get out of debt; rather, they're about the debtor/creditor twinship in the broadest sense — from human sacrifice to pawnshops to revenge. In this light, what we owe and how we pay is a feature of all human societies, and profoundly shapes our shared values and our cultures.” CBC

The book is shorter and perhaps more accessible than Graeber’s. While it does focus more on debt, there are references to history, ancient literature, and the natural scientific world of primates that help to contextualize how we as humans are conditioned for reciprocity and fairness, that are foundational to how we are “ripe for exploitation” of a materialistic, individualistic, and consumption-driven economy that permeates our world today.

CBC Massey Lecture series on the book is a total of close to 5 hours of listening to Atwood present her book. [The 2008 CBC Massey Lectures, "Payback: Debt and the Shadow Side of Wealth" | CBC Radio](#)