



# The Seven Stages of Money Maturity: Understanding the Spirit and Value of Money in Your Life

*By George Kinder*

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## **The Seven Stages of Money Maturity: Understanding the Spirit and Value of Money in Your Life** By George Kinder

Discover a powerful new way to look at your money and your life.

Where do our attitudes about money come from--and how do they influence our lives? How can we approach financial issues with honesty and without fear?

In this groundbreaking book, renowned Buddhist teacher George Kinder, a Harvard-trained certified financial planner, demonstrates how we can literally transform our lives emotionally and financially by achieving "money maturity"--a full understanding of the spiritual and psychological issues surrounding our money lives.

Drawing on ancient Buddhist wisdom and his years of financial practice, Kinder has created a revolutionary program that guides us through the Seven Stages of a revolutionary journey--one designed to help us uncover the roots of our attitudes about money, and attain true peace, freedom, and security in our financial lives. Learn how to:

- Understand feelings that impact taking financial action
- Develop understanding and knowledge about money
- Eliminate stress and anxiety around money
- Let go of old patterns and painful habits
- Approach money tasks with energy and optimism
- Design a money life that is fulfilling both financially and spiritually

Filled with practical information, market-tested, wealth-building skills, personal success stories, and spiritual guidance, **The Seven Stages of Money Maturity** is an invaluable guide to a rich--and richly lived--life.

1. Innocence--The childhood state we are born in, devoid of any concept of money
2. Pain--The discovery that we have more money than some and less than

others, and that work is necessary to make a living

3. Knowledge--The intellectual task of learning financial techniques such as saving, budgeting, and investing

4. Understanding--The emotional work done in coming to terms with feelings around money, such as greed, envy, and resentment (which are rooted in Pain)

5. Vigor--The energy (physical, emotional, and spiritual) that must be expended to reach financial goals

6. Vision--The direction of Vigor outward toward the health and welfare of communities, with or without profit motive

7. Aloha--The compassionate goodwill that allows one to use money to perform acts of kindness without expecting anything in return

Using THE SEVEN STAGES OF MONEY MATURITY, readers will understand each encounter with money as a step toward awakening; a lesson about the relationship they share with others as well as with the self. -->

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### Editorial Review

#### Amazon.com Review

*The Seven Stages of Money Maturity*, by financial advisor and Buddhist teacher George Kinder, presents a totally original look at the ins and outs of individual economics. Drawing on timeless spiritual wisdom in addition to modern fiscal doctrine, Kinder deftly combines the philosophical and the practical to help readers broaden their understanding of the overall role that money plays in life from childhood onward--and, more importantly, put themselves on firmer footing with it today.

Most financial advisors and books about money approach finance as if it were simply a skill to learn, the same sort of thing as hitting a fastball or speaking French like a diplomat. Money maturity does include skills, such as understanding investment options and using a budget effectively, but it goes much deeper, to the feelings, the heart, and, yes, the soul.

By following three composite characters throughout the book and examining their experiences through the prisms of his own background and development, Kinder explains how to evolve naturally through these seven specific states (innocence, pain, knowledge, understanding, vigor, vision, and aloha) to achieve both financial and personal security. --*Howard Rothman*

#### From Publishers Weekly

Compared to other personal finance books that offer specific financial steps and planning strategies, this book focuses on the search for spiritual meaning in wealth. Kinder, a certified financial planner and former tax accountant, focuses on three composite figures, based on real people, to illustrate the seven psychological stages people go through in their relationship to money: Innocence (not knowing anything), Pain (discovering that we need to work to earn money), Knowledge (of such skills as saving and investing), Understanding (more sophisticated emotional wisdom about greed and inequality), Vigor (energy to reach financial goals), Vision (directing vigor outward, perhaps to a community) and Aloha (altruism without expectation of gain of any kind). Kinder provides useful questionnaires in which he urges readers to reflect on various questions: What are your three earliest memories of money? Why and how did money first enter your relationship with your mother, your father? While readers comfortable with spiritual self-exploration may enjoy Kinder's approach, they will still have to turn to more traditional personal finance books for nitty-gritty money advice.

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#### From [Booklist](#)

This is a how-to book on money management, with a philosophical bent. The author, a CPA, provides readers with an awareness of the spiritual and psychological issues that surround money. With monetary expertise, practical experience, and a Buddhist orientation, Kinder offers a road map for understanding, deepening, and enriching the role that money plays in all areas of life and that leads to financial freedom. The book guides us through the seven stages of money maturity, beginning with innocence, or the absence of any concept of money. The next stages are pain, or realizing that some people have more and some have less money than others; adulthood, or the hard work of digging deep; knowledge, or learning financial techniques; understanding, or coming to terms with feelings about money; vigor, or developing the energy necessary to reach financial goals; and aloha, compassionate goodwill that allows use of the money without expecting a return. Kinder's case studies and exercises help readers attain the necessary skills for developing integrity in their relationship to money. *Mary Whaley*

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