

# **Money, The Great Mirror of Consciousness**

## **MONEY AND ME EXERCISE**

- 1. What do you want that you don't have?**
  
- 2. What would be your inner experience if you had what you just described?**
  
- 3. What, if anything, is blocking you from having that inner experience right now?**

# **Money, The Great Mirror of Consciousness**

## **JOHN-ROGER QUOTE ON FORGIVENESS**

**I judged a time when as a small child, I took some extra school supplies out of the supply closet at school. I forgive myself for judging myself as bad, naughty, wrong, for taking the school supplies from the supply closet in 5th grade, P.S. 34, Bronx, N.Y.**

**The idea is to get as specific as possible and try different angles. I might also say, I forgive myself for judging that I sneaked out the pencils and paper from the supply closet. I forgive myself for judging that I lied to the teacher when she asked me where they were. I forgive myself for judging my worthiness based on this choice in 5th grade.**

**See how one forgiveness can lead to another? This is important. Let your imagination take you wherever it will go because it could reveal to you a deeper issue from an earlier time that could bring awareness to the root of a block that has been limiting you for eons.**

**-John-Roger, DSS**