The Ultimate Intelligence - Spiritual

The Holistic Community is built around the belief in the trinity of mind, emotions and spirit being the foundation for a wholesome life. And now scholars agree. In the earlier part of the twentieth century the term IQ, (Intelligent Quotient) became the measurement of rational intelligence, or "what we think." A decade ago, Daniel Goleman popularized EQ, the measurement of emotional Intelligence, or "what we feel." And now, more recently scholar and author Dana Zohan, and her husband Ian Marshall, bring us "SQ, Spiritual Intelligence, or "what we are." An awareness of each level of Intelligence raises the effectiveness of the others.

Zohar and Marshall bring the Eastern and Western traditions together using the symbol of the lotus. The outer petals represent Intelligence, the middle layer the emotions and the center represents the spiritual self. As we look at the lotus symbol we first see the outer petals. We become aware of "what we think" on the outer surfaces of life. As we move inward to the middle layer our thinking is more effective when we know "what we feel." And as we bring our thinking and feeling together we move inward to the center of the lotus and become more effective when we know "what we are."

This is very exciting! Not necessarily the idea of "measuring" but the acknowledgement of the three "Q's" creating the trinity of Mind, Emotion and Spirit. And in the Holistic Health field, we understand that when we are connected to the Spirit of ourselves first and foremost, get connected to "what we are" at the core of our being, we are better able to get clearer about "what we feel." And as we tap into the higher vibration feelings of love, joy, and peace, the emotions that create, and support life, we align ourselves with our highest intelligence. This intelligence, "what we think" is and inner genius. It is a wisdom that clearly guides us in making choices, and taking action for the highest and best for all.

Here is how Danah Zohar defines SQ, "I think Spirituality is located in the deep self, which is ultimately connected to the ground of reality itself. Physicist would call this the quantum vacuum. Religious people would call it God. Buddhist would call it the soulful being. Doesn't matter what you call it. Even in physics there is a kind of fundamental reality as the base of things. Spiritual Intelligence is described as "the intelligence with which we address and solve problems of meaning and value, the intelligence with which we can place our actions and our lives in a wider, rich, meaning-giving context, the intelligence with which we can assess the one course of action or one-path is more meaningful than another."

In their book "Connecting With Our Spiritual Intelligence," 12 transformative principles of spiritual intelligence are identified.

1. Self-awareness - To know what I believe in, value and what deeply motivates me.
2. Vision and Value-led - Acting from principles, deep beliefs and living accordingly.
3. Positive Use of Adversity - Ability to learn from mistakes, grow and learn from setbacks and suffering.
4. Holistic - Ability to see larger patterns, relationships, connections. Sense of belonging.
5. Compassion - Quality of "feeling-with" and deep empathy.
6. Celebration of Diversity - Regarding other people for their differences, not despite them.
7. Field-Independent - To be able to stand against the crowd and how own convictions.
8. Ask Fundamental "Why" Questions - Need to understand things, to get to the bottom of them.
9. Ability to Reframe - Stand back from situation/problem and see the bigger picture; see problems in wider context.
10. Spontaneity - To live in and respond to the moment.
11. Sense of Vocation - To feel called upon to serve, to give something back.
12. Humility - Sense of being a player in the larger drama and true place in the world.

How do you raise your SQ? By taking the first step, raise your Self-Awareness.

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Sharon Marquart is a Certified Life and Spiritual Coach, Public Speaker, Teacher and Published Author. Her coaching practice is, Living at Yes, (You Embracing Spirit). She inspires and motivates others to embrace the Spirit of life, to Know their Presence, to Feel their Power and to Live their Passions. Sharon is committed to motivate and inspire others to live their best life. Sharon has written "Living With Soulful Purpose," "9 Steps to a Happier Healthier You," and "4 Principles for Living Abundantly." She can be reached at www.Livingatyess.com or e-mail Sharon @Livingatyess.com

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