



EDUCATIONAL THERAPEUTICS ONLINE

SESSION 5

Spiritual Intelligence





AIMS:

1. To explore the concept of 'spirituality'
2. To formulate a definition of 'spiritual intelligence'
3. To consider spiritual intelligence in the context of educational therapeutics
4. To explore spiritual intelligence on a personal level

By the end of this session, you will...

- Have considered a few issues relevant to the concept of spirituality
- Have defined spiritual intelligence with relevance to practical issues
- Have explored the implications of spirituality in education
- Have gained some awareness of personal spirituality
- Have an awareness of the many patterns you can see all around you
- Have the ability to be able to balance your inner and outer worlds

A GOOD WATCH: www.youtube.be/9M7dTmvJxwA

"Know thyself"

- Inscription at the Greek Temple of Apollo at Delphi

Look up other quotes that include these comments
and see how they relate to you?

The chemist who can extract from his heart's elements compassion, respect, longing, patience, regret, surprise, and forgiveness and compound them into one can create that atom which is called love.

- Khalil Gibran

To understand the man, you must first walk a mile in his moccasin.

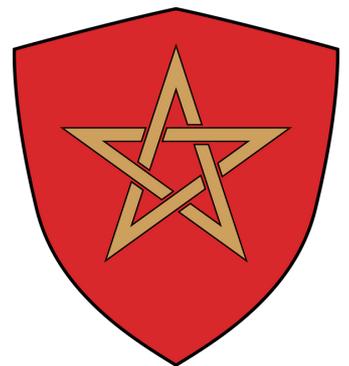
- North American Indian Proverb

Strength does not come from physical capacity. It comes from an indomitable will.

- Mahatma Gandhi

VIRTUES:

Gawain's (a Knight of King Arthur) shield had a golden pentangle on it to remind him that a Knight should demonstrate by his behaviour:



Compassion

Loving Kindness

Courage

Generosity of Heart

Courtesy

What would be on your shield?

Stories, Myths and Legends:

Using stories from the past can bring support to the unconscious mind and messages of hope.

A GOOD WATCH:

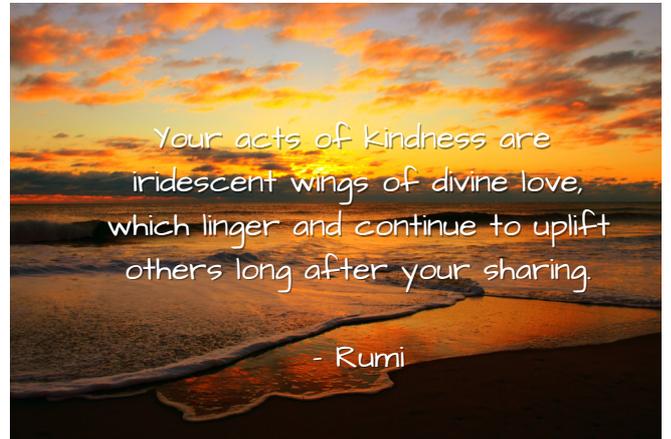
'When a Knight Won His Spurs' - www.youtube.be/OLLaKX9aDsu

HEROES

Who are your heroes? And villains?

POETRY & PROSE

Check out Rumi and Gibran



MUSIC

Check out some music that maybe has helped you through difficult times or celebrate good times. Try these:

- > **Hildegard von Bingen** by Karen Clark
- > **Miserere** by Gregorio Allegri
- > **I Want to Marry a Lighthouse Keeper** by Erika Eigen
- > **Good Morning** by Gene Kelly, Debbie Reynolds and Donald O'Connor

Formal Definition:

Spiritual | Moral | Social | Cultural

Spiritual

Explore beliefs and experience; respect faiths, feelings and values; enjoy learning about oneself, others and the surrounding world; use imagination and creativity; reflect.

Moral

Use of a range of social skills; participate in the local community; appreciate diverse viewpoints; participate, volunteer and co-operate; resolve conflict; engage in British values of democracy, the rule of law, liberty, respect and tolerance.

Social

Recognise right and wrong; respect the law; understand consequences; investigate moral and ethical issues; offer reasoned views.

Cultural

Appreciate cultural influences; the role of the British parliamentary system; cultural opportunities, understand, accept, respect and celebrate diversity.

A Few Thoughts

Consider these 4 words, their definition, meaning and context with regards to you, home, work and society.

How are they used?

Look up some phrases for each of them.



Spirit:

Middle English, from Anglo-French or Latin; Anglo French, esprit, spirit, from Latin spiritus, literally, breath, from spirare to blow, breathe.



Soul:

Middle English soule, from Old English sǣwol; akin to Old High German sēula soul.



Spiritual:

Relating to or affecting the human spirit or soul as opposed to material or physical things.



Religious:

Relating to or believing in a religion.

Scientific evidence for SQ:

2 strands of research:

1. God Spot

2. Neural Processes

A: Serial Neural Connections:

enable us to do rational, logical, rule-bound thinking. It gives us our IQ.

B: Neural Network Organisation:

Allows us to do our associative, habit-bound, pattern-recognising emotive thinking. It gives us our EQ.

C: Neural Oscillations:

Makes it possible for us to do creative, insightful, rule-breaking thinking. It is the thinking with which we reframe and transform our previous thinking.

A: Serial Thinking

- Step-by-step and rule bound learning
- Useful for solving rational problems and achieving definite tasks
- Goal-oriented, how-to thinking – rules of a game
- Tested by standard IQ tests
- Accurate, precise and reliable
- Linear and deterministic

B: Associative Thinking

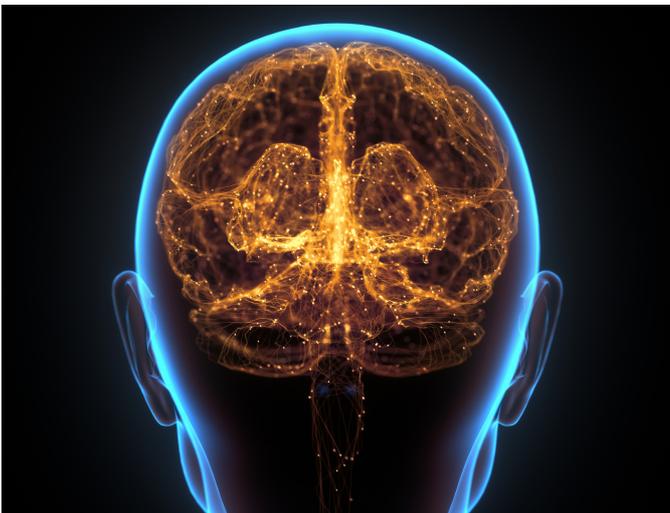
- Associations between things – e. g. hunger and food
- Underlies emotional thinking
- Enables pattern recognition
- Thinking with heart and the body
- Learned sensitivity on a neutral level

C: Neural Oscillations

“Bundles of neurones all over the brain oscillate simultaneously at similar frequencies (about 40Hz) if they perceive the same object. Such coherent oscillations give unity to our perceptions”

- (Wolf Singer and Charles Gray, p 71 Spiritual Intelligence)

- Process separate from the firing of neurons (measured by EEG)
- Oscillations (waves moving from front to back, with localised ‘ripples’ arising from sensory inputs) (measured by MEG – magnetoencephalography)
- Waves present during wakefulness and REM sleep, and very slight during light sleep
- Brain structures (thalamus) are ‘wired’ to signal in a self-reflexive way – a way for the brain to communicate with itself : self – consciousness / awareness / witness
- Found in all mammalian brains
- Mechanism for transcendent thinking – the means by which our experience can be bound together and placed in the frame of wider meaning (SQ)
- Idea of quantum holism – parts of a quantum whole (units of consciousness part of an integrated larger consciousness)
- Where do they come from - ‘awareness’ is part of the fabric of all matter, and that it achieves coherence as a collective event (idea of proto-consciousness).



Identifying SQ:

The indications of a highly developed SQ include:

- The capacity to be flexible (actively and spontaneously adaptive)
- A high degree of self-awareness
- A capacity to face and use suffering
- A capacity to face and transcend pain
- The quality of being inspired by vision and values
- A reluctance to cause unnecessary harm
- A tendency to see the connections between diverse things (being 'holistic')
- A tendency to ask 'why' or 'what' questions and to seek 'fundamental' answers
- Being what psychologists call 'field-independent' - possessing a facility for working against convention

A person high in SQ is also likely to be a servant leader, someone who is responsible for bringing higher vision and value to others and showing them how to use it, in other words a person who inspires others.

SQ: the intelligence with which we address and solve problems of meaning and value, the intelligence by which we can place our actions and our lives in a wider, richer, meaning-giving context, the intelligence with which we can assess that one course of action or life path is more meaningful than another. SQ is the necessary foundation for the effective functioning of both IQ and EQ.

Trust Checklist

Trusting Yourself:

"The real voyage of discovery consists not in seeking new landscapes but in having new eyes" – Marcel Proust

If you believe that you are unlovable, then your relationships will reflect this belief. If you feel that you don't deserve the best in life, for sure you will not get the best.

How can you trust yourself if you feel unworthy?

The quality of your life depends entirely upon the quality of the relationship which you have with yourself.

	True	False
I believe in myself	<input type="radio"/>	<input type="radio"/>
I usually know the right thing to do	<input type="radio"/>	<input type="radio"/>
I trust my intuition	<input type="radio"/>	<input type="radio"/>
I always do the best I can	<input type="radio"/>	<input type="radio"/>
I learn from my mistakes	<input type="radio"/>	<input type="radio"/>
I am safe	<input type="radio"/>	<input type="radio"/>
The universe supports me	<input type="radio"/>	<input type="radio"/>

Listening to Your Intuition

Sit quietly in a comfortable position and take some deep breaths. Relax your body and your mind. Focus your thoughts on your intuition.

- What feelings do you associate with your intuition?
- Are these feelings welcoming or fearful? (Or anything else?)
- Think of three times that you have followed your intuition and things turned out well
- Write down three things that your intuitive voice has been urging you to do. These might be only small things (for example “write that letter” or “read that book”) or they may be about bigger issues (for example “move house” or “end that relationship”)
- Why have you not acted on the advice of your intuition?

Notes:

Intuition speaks through urges, feelings and flashes of insight. To hear our intuition, we need to listen to our inner thoughts and feelings. Intuition always draws us to the things which give us energy and feeds our creativity.

If you deny the voice of your intuition, you will never be free to realise your creative potential; you will never feel balanced and centred; you will never feel high in self-esteem.

Exercise: Relaxation

Take some time every day to listen to your intuition. Find a quiet spot where you won't be interrupted, close your eyes and relax your body. Take some deep breaths and relax your mind. If you find yourself following your thoughts just observe these thoughts but don't get involved with them. Bring your mind back to focus on your breath again.

In this relaxed state allow your intuition to come through. You may immediately recognise your intuitive voice, or you may not. People tune in to their inner resources in different ways and we are all unique in our perceptions. You may experience strong feelings, you may not. Your intuition will guide you in different ways. There are no right and no wrong ways of doing this exercise. Just keep practising and it will get easier and easier.

The most important part of this exercise is the strength of your intention to contact your intuition.

Spirituality in A Quiet Place®

YOU are that quiet place when you are working, as practicing these techniques you may be surprised to find, without even realising, that you will provide that quiet centre for others to feel at peace in your presence (most of the time anyway!)

- Respect for the individual
- Empowerment
- Release of stress
- Building self-esteem
- Facilitating the process of inward focus
- Awareness of underlying beliefs and values
- Actively refraining from imposing beliefs and values
- Creating a sacred space for whatever aspect of the individual spirit needs to develop their creativity and sense of meaning and purpose



"Being quiet and gentle doesn't mean you're weak.
Such people show deep, inner strength that's under control.
It's knowing when to speak and when to listen;
when to take action and when to wait.
Don't underestimate such people.
They walk the earth with the greatest strength!"

- Mufti Ismail Menk

Exercise: Affirmations

An affirmation is a self-supporting statement you make to yourself.

Its purpose is to replace the negative statements we come to believe about ourselves.

For example:

- If I don't trust my intuition, it is because I have not learned to listen to its messages.
- If I have learned to mistrust my intuition it is because I have made many (perhaps subconscious) negative affirmations:
- 'My intuition' doesn't exist.
- How can I believe in something which I can't see?
- I was always told to stop daydreaming.
- Fantasies get you nowhere.
- I can't trust myself to know the truth.

All these negative affirmations have created a situation which does not support me. If I can't trust myself, who can I trust? This world is a scary place without self-trust. If I don't believe in me, I will always be low in self-esteem and my life will be a terrible struggle. Why should I continue in this way? There is a better way. I can change my beliefs. I can take a leap of faith and try a different way. What have I got to lose?

Suspend your disbelief, if only for a few minutes a day. Take time out to affirm: I trust my intuition.

Practice the relaxation exercise for one week. If it makes you feel good, do it some more.

Being and Doing

True False

I need to be on the go all the time

I often have sleeping problems

I am afraid to try new things

I suffer from stress

I am ultra-sensitive to others

I find worldly matters threatening

I am shy

People think I am aggressive

I have problems making relationships

I am self-conscious

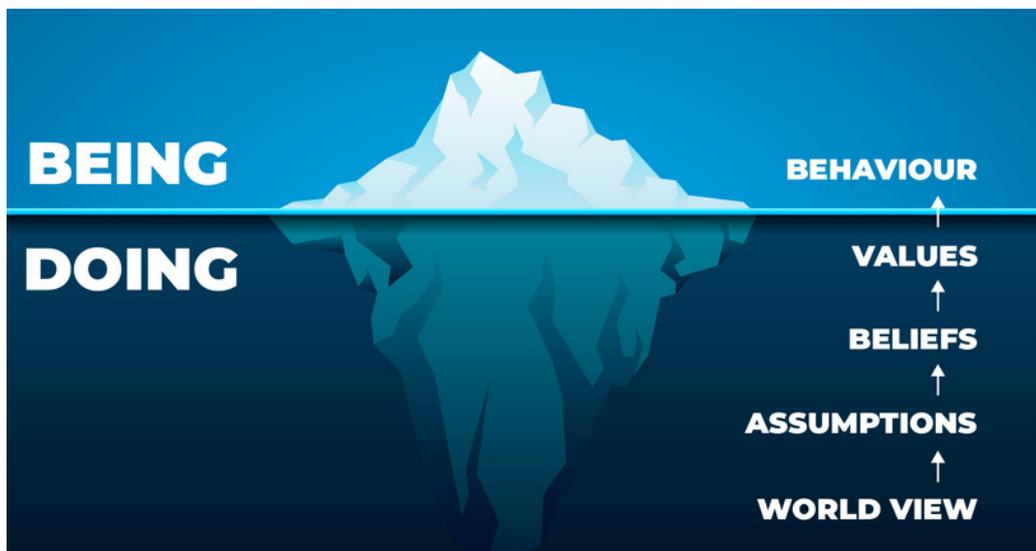
I am a compulsive list maker

	True	False
I often find myself withdrawing	<input type="radio"/>	<input type="radio"/>
I always like to stay in control	<input type="radio"/>	<input type="radio"/>
I have a lot of nervous energy	<input type="radio"/>	<input type="radio"/>
People think I am a passive person	<input type="radio"/>	<input type="radio"/>
I'm not good at dealing with money matters	<input type="radio"/>	<input type="radio"/>

High Self-Esteem: A Balance of Being and Doing

	True	False
I like organising	<input type="radio"/>	<input type="radio"/>
I am at ease with people	<input type="radio"/>	<input type="radio"/>
I know how to relax	<input type="radio"/>	<input type="radio"/>
I am sensitive to others	<input type="radio"/>	<input type="radio"/>

	True	False
I am not afraid to try something new	<input type="radio"/>	<input type="radio"/>
I like to nurture myself	<input type="radio"/>	<input type="radio"/>
I enjoy my work	<input type="radio"/>	<input type="radio"/>
I enjoy the subtle pleasures of life	<input type="radio"/>	<input type="radio"/>
I am good at making relationships	<input type="radio"/>	<input type="radio"/>
I enjoy inward looking pursuits	<input type="radio"/>	<input type="radio"/>
I am comfortable dealing with financial matters	<input type="radio"/>	<input type="radio"/>
I can express my emotions	<input type="radio"/>	<input type="radio"/>
People think I am aggressive	<input type="radio"/>	<input type="radio"/>

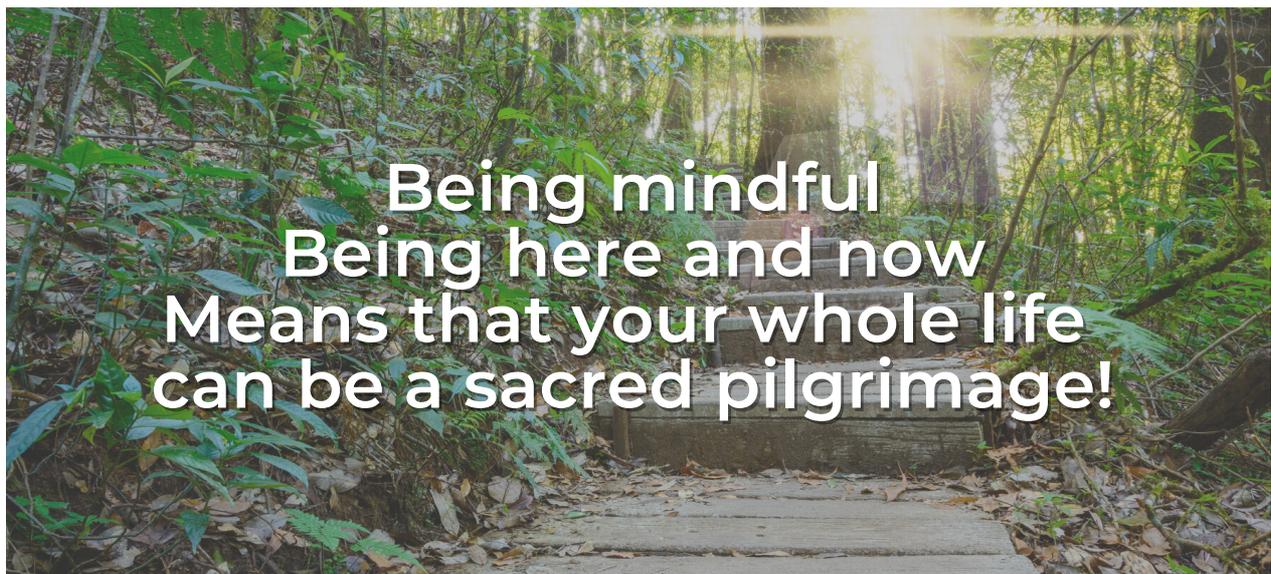


Mindfulness and Meditation

Mindfulness is a simple but not necessarily easy skill to learn about being present in the moment.

This starts with awareness of your breathing and your body. So, slip into your body and appreciate it as it allows you to experience this extraordinary world that you live in as well as the relationships and challenges both positive and negative that we will inevitably come across on your adventure on Planet Earth!!!

Mindfulness is a form of meditation and comes from the latin root 'to think about'. There are many forms and practices to suit everyone including beautiful images and sounds relaxation, sitting, standing and walking... *just do it!!!*



GOOD READ:

The Smooth Guide to Inner Landscapes by Penny Moon
(www.aquietplace.co.uk/books/)

GOOD WATCH:

Guided Visualisations
(www.aquietplace.co.uk/videos/)

Pilgrimage

Simply means one who travels as a foreigner although it has come to be known as a purposeful spiritual journey in all religions and belief systems. It is considered to be a sacred part of their journey.

However, given our Mindfulness skills every step can become a pilgrimage wherever you are or whatever you are doing. If there is a choice of direction take the opportunity to choose the more beautiful one perhaps.

Or take the time to stand and stare as much awe and wonder hides in the smallest of places.



Whether you are going to a religious site or ancient place and honouring the energy of those who have gone before or just wandering your own way, make it a mindful exercise and re-member yourself on the shoulders of all those who have gone before wherever in the world you are.



Consciousness and Sentience

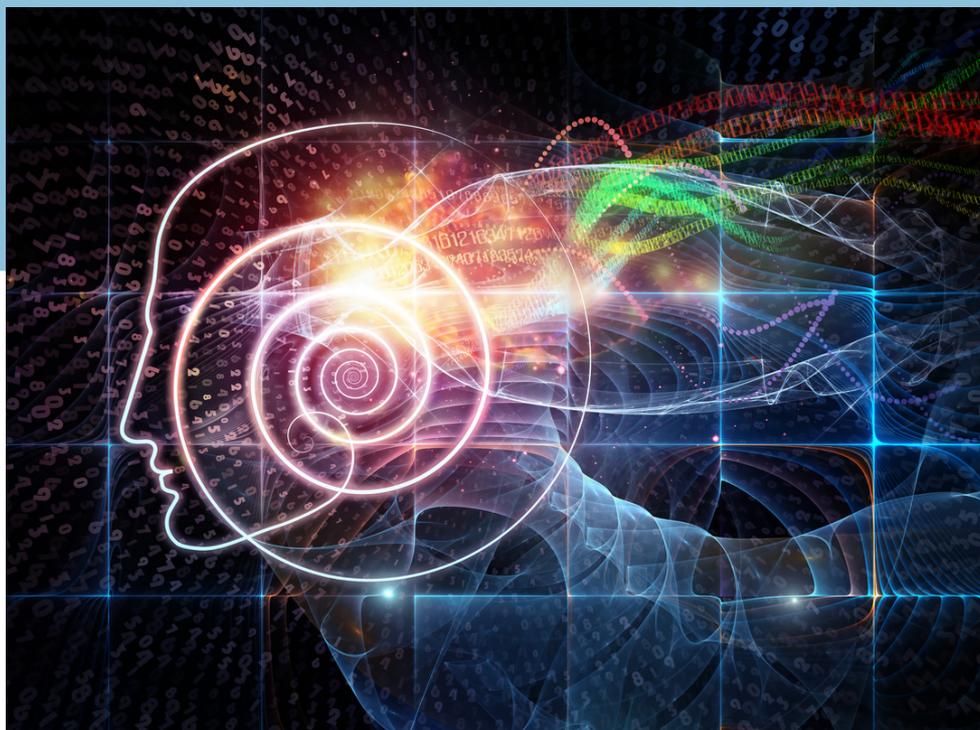
What is consciousness? Animal, Vegetable and Mineral?

There is much research looking at the nature of what it means to be aware and the many potential levels of awareness there might be. This brings the question of rights and respect for the Earth and its existence.

This touches on ethics and philosophy... fascinating to explore?

Consciousness, at its simplest, is sentience or awareness of internal and external existence. Despite millennia of analyses, definitions, explanations and debates by philosophers and scientists, consciousness remains puzzling and controversial, being "at once the most familiar and [also the] most mysterious aspect of our lives".

Consciousness Definition & Meaning - Merriam-Webster
Institute of Noetic Sciences (IONS)



Exercise: Thinking Time

1. Consider spirituality in relation to:

- Education
- Growth
- Healing
- Values

2. Qualities associated with spirituality

- Discrimination/discernment/judgement
- Compassion/rescuing
- Intuition/trust
- Detachment/over-involvement

3. What is spirituality in relation to:

- Creativity
- Sense of meaning and purpose
- Happiness

4. Spiritual Intelligence and self-esteem in relation to yourself

- Just how amazing you are?



DESIDERATA

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world.
Be cheerful. Strive to be happy.

by Max Ehrmann ©1927

Well isn't this all very serious?

**What about laughter, joy and fun?
It's allowed...**

Find something gentle to make you laugh .
Here's a few to look for on YouTube:

Andre Previn: *Playing All the Right Notes!*

Rowan Atkinson: *Toby the Devil*
- *We Are Most Amused and Amazed*

Michael McIntyre: *How The British Deal With Snow*

Video 125 - *First Day at School*

Remember the old saying:

**'How do you make God laugh?
Tell him your plans!'**