

Timeless Transformations

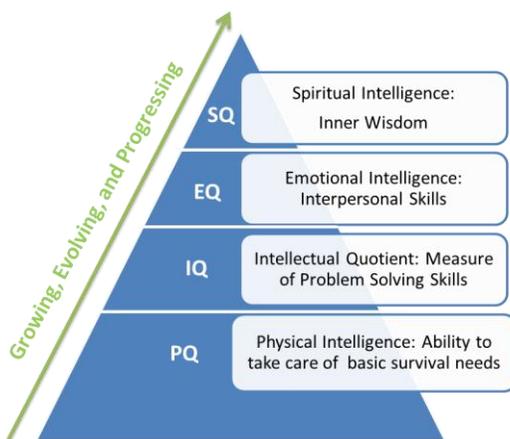
Developing Your Spiritual Quotient

The really great thing about having 90 combined years of experience as your Mother is that I can help prepare a way for you. I create our Sunday inspirations because I want to evolve and grow our family. I hope what I do makes your life easier and you can evolve and grow too. In our day to day lives, we look for truths, ideas, and models that we can draw upon. My #1 goal has always been to be the best role model that I can be. My purpose is not to suggest you agree with me but to give you my perspective so you can think about it during the week and formulate your own perspective.

This time of the year is an example of just how simple life is. When I look into the backyard and I see the trees in bloom, I realize the simplicity of constant growth. The only way to stop the growth of a tree is to kill it. Otherwise, it is always naturally going. It has a steady internal pressure that moves it forward, reaching for the light. It starts with roots that spread below what we can even see. Then sprigs of limbs and buds begin to come forward. Eventually, it pushes through all of the obstacles that stand in its way, and it bursts forth as it matures. Then it blooms and shows its beauty. Then it drops seeds and the cycle continues. This is the miraculous energy of life. A life that is moving, growing, and evolving.

More complex than trees of course is us. We evolve and progress. As we mature, we come to the place where we discover there is a dimension beyond the physical and intellectual realms. It is like a secret place because it can't be seen and it is hard to describe. There is a new body of study called Spiritual Intelligence (SQ). I believe this is where we excel. I believe this is why success comes easy for us! This intelligence brings forth a deeper sense of peace, a deeper level of understanding, and a greater sense of compassion. At this level, our heart expands and opens. Like any other intelligences, there is always room to grow.

I remember first hearing about SQ by an author that came to speak at Unity named Cindy Wigglesworth (weird name). She defines Spiritual Intelligence as *the ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the situation*. I believe we embody this ability as well as anyone I know. Being intrigued, I bought her ebook, 21 Skills of Spiritual Intelligence. One of her concepts that stuck with me is this idea of an upward progression of intelligences.



Competencies of Spiritual Intelligence	
<p style="text-align: center;">Self/Self Awareness</p> <ol style="list-style-type: none"> 1. Awareness of own worldview 2. Awareness of Life Purpose (Mission) 3. Awareness of Values Hierarchy 4. Complexity of inner thought 5. Awareness of Ego self/Higher Self 	<p style="text-align: center;">Universal Awareness</p> <ol style="list-style-type: none"> 6. Awareness of interconnectedness of life 7. Awareness of worldviews of others 8. Breadth of Time perception 9. Awareness of limitations / power of human perception 10. Awareness of Spiritual Laws 11. Experience of transcendent oneness
<p style="text-align: center;">Self/ Self Mastery</p> <ol style="list-style-type: none"> 12. Commitment to spiritual growth 13. Keeping Higher Self in charge 14. Living your purpose and values 15. Sustaining faith 16. Seeking guidance from Spirit <p style="text-align: center; color: red;">Calm, peaceful at all times</p>	<p style="text-align: center;">Social Mastery/Spiritual Presence</p> <ol style="list-style-type: none"> 17. Wise and effective teacher / mentor 18. Wise and effective leader / change agent 19. Makes Compassionate AND Wise decisions 20. A calming, healing presence 21. Being aligned with the ebb and flow of life <p style="text-align: center; color: red;">Compassionate and Wise Action</p>

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So when you think about yourself and others, it opens up a greater perspective when you can think about where the other person might be on a scale of evolution and progression. SQ at the highest level is different than the first three levels:

PQ - Physical intelligence is about the ability to take care of your physical needs so you can take care of the other forms of intelligence's, e.g. safety, sleep, nutrition, medical needs, etc. (what you need to survive). It's similar to other taxonomies, e.g. Maslow's hierarchy of needs.

IQ – Intellectual quotient is a measure of cognitive, mathematical, and problem solving skills. It is your rational ability (what you think).

EQ – Emotional intelligence is a discriminator for success. It is the interpersonal skills that provide the capacity for getting along with others. It is a good internal awareness of your own emotions and an inner knowingness about how others are feeling. IQ may get you a job but EQ determines your criteria for success. Not only can you manage your emotions but you can manage the emotions of others. It is your emotional ability (what you and others feel).

Without the first three well developed intelligences, it is challenging to develop a high SQ.

I believe developing our SQ and understanding why it is important is the key to our evolution and growth. It helps us make decisions on a higher level when we are under stress. It gives us the ability to deal with complex problems so we can make positive changes in our lives. It is our spiritual ability to say I know who I am and I know my purpose! People who develop their spiritual intelligence have a powerful and positive impact on a great many people. It is like a multiplier effect. What could be more important than helping the world become a better place by helping us all be more peaceful?

Here are some other benefits of developing a higher level of Spiritual Intelligence (SQ):

- The higher the SQ the easier it is to let go of the pettiness of life so we can reduce the stress (drama) in our homes, work, and relationships.
- The higher the SQ the greater sense of universal awareness there is to feel inter-connected with others from different cultures, religions, perspectives, and backgrounds. We are not threatened by different perspectives.
- The higher the SQ the greater ability to realize the power of our thoughts so we can shape our thoughts and become powerful change agents.
- The higher the SQ the more relaxed our brains are. We are not so concerned about why we are right and everyone else is wrong. We have the heightened ability to breathe, relax into the conflicting viewpoint, and find other perspectives fascinating.

The next question for me is how can I develop a higher SQ? When I observe others that I wish to emulate - those who demonstrate compassion, wisdom and vision – I imagine they consciously work on developing their inner life and are committed to aligning their deepest values and actions. In my research, here are some things that high SQ people do.

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1. They regularly engage in a contemplative practice, like meditation, centering prayer, journaling, or spending time in nature. This helps develop a sense of connection to something greater.
2. Study with spiritual teachers that have a high degree of spiritual intelligence. It helps to get guidance from someone who may be further down the path than we are, and who can help us to take a more conscious and mindful approach to our life and work.
3. Read inspirational literature, spiritual or inspiring books. There is a lot of wisdom available in books and it helps to read the words of inspired teachers who have made this journey before us.
4. Become involved in a community of other spiritual seekers that have a high SQ. There is much to be gained by being connected to a group of like-minded people who are also working on themselves.
5. Set intentions for your spiritual state of being when you wake up in the morning, and take inventory of your thoughts, actions, and state of being before you go to sleep at night. This type of daily practice reinforces your commitment to live your life from a place of spiritual values, such as compassion, forgiveness, joy, and creativity.
6. Focus on being of service. An attitude of service is at the core of all the world's spiritual traditions, and it is what provides a sense of meaning and purpose in our lives. Take the time to examine who it is you serve, what gifts you have to offer, and what work you feel called to do. When you focus on being of service, your life provides countless opportunities for the development of your spiritual intelligence, and you are more likely to help others to develop their SQ as well.

I believe an inner spiritual wisdom is present in all of us. All religions and spiritual practices through the years talk about an idea of secret prayer and connecting with a universal power, *"Find your way to this secret place of the Most High,"* (Psalm 91:1). Or, *"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."* (Matthew 6:5-6)

There is this inner chamber or sacred place that we must enter into regularly in order to feel a deep connection. It is a place that only we can go to be reminded about who we are, why we are here, and identify ourselves as a spiritual being. How do we get to this secret place? This is what has worked for me. Maybe this can help you find your way to your secret place.

- Find a center of peace in the proper physical setting. Remember that goofy shrine I had in my office that I called a meditation center? It worked for me at that time and place in my life. That mediation center no longer serves me. Now my place is in a comfy chair in my office. I don't need to be blocked in by a room separator. It is easier for me to keep my focus, regardless of where I am.
- Become silent. Detach from the noises and align with the calmness at the center of your being. This journey is uniquely yours. No one ever travels exactly the same path as another.

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- Relax in silence. Resting in the silence can be daunting. Busy minds often lack the ability to let go. I know I want to control my thoughts. To find the secret place, we must leave the outside world. We must set aside all cares and anxieties. Whatever the method, you must find stillness and silence.
- Once your mind is still, just listen. Allow yourself to rise to another level so you can connect with your higher self. This is where we seeking to go when we go into prayer, meditation, the quiet, the sacred-silence, the inner-shrine, so we can practice of the presence of a universal power.

In summary, with all of the challenges that you have ahead in your careers, relationships, and newly born families, developing your SQ will be critical to your success. I hope you take it seriously and work towards evolving your SQ as a priority.

Cindy Wigglesworth talked about the definition of love, *“Love is a bird with two wings: one wing is Compassion, the other wing is Wisdom...if either wing is missing the bird cannot fly.”* Hence the definition of SQ contains the words **Wisdom** and **Compassion**.

As us individually, as us as a family, as us as part of a community, as us as part of our great big world - we are seeking to rise higher to new levels, to grow and get better. We are all on different paths and different levels. May we seek to grow and evolve together!

I love you more than any quotient on any scale that can be measured or registered in this lifetime or in this universe – Love Mom