

Spiritual Intelligence

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Whenever I speak about the concept of spiritual intelligence, people give me a strange look. I completely understand. Those two words combined form a kind of oxymoronic image. Yet pairing the word “spiritual,” which is rather ambiguous and elusive, with the word “intelligence,” which is solidly defined and understood, is the perfect partnership for expressing the intention for its union and usage—balance. Let’s explore the concept.

The word *spiritual* comes from root words in Hebrew, Latin and Greek that mean wind, breath or air—that which gives life. Our present understanding and usage of the word implies the life-affirming esoteric energy that inspires genuine goodness, emotional wholesomeness, active courage, authentic compassion, truthful yet kind communication, discerning wisdom, presence, acceptance of universal consciousness and humanitarian service to others.

By definition, the word *intelligence* refers to the capacity to learn, comprehend, absorb, remember, reason, investigate, further develop and apply a person’s cerebral aptitude for understanding facts and fulfilling ideas. Human intellect is the faculty of objective reasoning, especially with regard to academic and abstract matters, and is not involved with emotional or subjective experiences.

While both words hold their own in terms of value, meaning, specialized education and benefit to mankind, together they offer a profound synergy that supports the physical brain’s mental abilities and the nonphysical spirit’s experiential acuity. This union elegantly produces what I often refer to as “wholeness in our humanness”—a clear demonstration of an individual’s willingness and ability to understand, improve upon and utilize information in a conscious and heartfelt manner that is not strictly academic and scholarly or ethereal and emotional.

In their groundbreaking book, *SQ: Connecting with our Spiritual Intelligence*, Danah Zohar and Dr. Ian Marshall write that there are three major forms of human intelligence: IQ (intelligence quotient), EQ (emotional-intelligence quotient) and SQ (spiritual intelligence quotient). In my decades of work with students and clients, I have taken it upon myself to add four sub-branches of human intelligence that, I believe, add greater understanding and benefit of the tertiary processes of IQ, EQ and SQ: vibrational intelligence (energy), cellular intelligence (physical), intuitive intelligence (extra-sensory ability) and perceptual intelligence (personal interpretation).

According to Zohar and Marshall, spiritual intelligence is the third neural system. In their research, they discovered that spiritual intelligence is the most



vital to our human intelligences because the need for meaning gives rise to symbolic imagination, the evolution of language and the extraordinary growth of the human brain. The psychotherapist Ernest Rossi wrote in his book *The Psychology of Gene Expression* that every one of our life experiences, sensations, thoughts, images, emotions and behaviors can modulate gene expression and neurogenesis (nerve tissue development) in ways that can actually change the physical structure and functioning of our brain.

Spiritual intelligence is the equalizing agent that balances cerebral and emotional energy oscillations,

available. The main intention and function of the TES is to protect, inform and help us interact within our personal and global environments as smoothly and healthfully as possible. When energy flow is disturbed for a prolonged period of time, a weakening of the immune system occurs, rendering it unable to fight off foreign microbial invaders that produce symptoms, illness, tension and pain. When it comes to maintaining good health, it is important to keep energy moving smoothly throughout the entire mind-body circuitry.

Prolonged energy disturbance provides the perfect

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thereby allowing us to intellectually investigate and spiritually ponder vital questions like who are we, why are we here, how do we live life to its fullest expression and what skills do we have that can serve those in need while simultaneously assisting the elevation of our collective human consciousness?

Spiritual intelligence fuses, integrates and potentially transforms material arising from IQ and EQ by facilitating dialogues between reason and emotion, thinking and experiencing. Conscious and unconscious negative mental patterns and habitual emotional reactivity is tremendously modified by spiritual intelligence, which then opens up possibilities for increased personal growth and transformation. Moreover, spiritual intelligence provides the self with an active, educable, unifying, meaning-giving center from which to design and become our best selves.

Spiritual Intelligence and Energy

With guidance from what I call the TES (Triune Energy System—which is made up of the aura, meridians and chakras), we have within us the greatest energy equivalent of personalized, spiritual coaching

environment and opportunity for the creation of symptoms. Symptoms are like messengers: notifying us when something needs attention, adjustment, fixing or healing. We also experience other kinds of nonphysical “symptoms” that wreak havoc in our relationships, finances, parenting, careers, etc.

The TES is an integral part of spiritual intelligence, communicating via energy signals throughout the mind-body. The three energy systems are in constant communication, and for good reason. Each receives and shares intellectual, emotional and spiritual information in its own unique way, resulting in a healthy working balance between the three. The TES is also integral to our human reality, though science has not yet been able to fully define, understand or prove their origin and intention. Here is a simplified breakdown:

Aura: Information gathering

- An electrical magnetic field of oscillating energy that radiates around the body.
- An energetically activated radar system that warns and protects.
- An invisible cocoon of intuitive information



related to past, present and future.

- **Experiences and Evaluates** incoming and outgoing energy.

Meridians: Emotional energy decoding and distribution

- Fourteen energy transportation pathways, located just under the skin, that move emotional energy to specific areas of the body.
- Like tracks that carry trains to cities and towns, meridians transport energy to certain organs and glands. (For more information, refer to Chinese Medicine, Acupuncture or Acupressure textbooks.)
- Dependent on the kind of energy being transported (positive or negative) to organs and glands, the physiology of that body area will shift accordingly.
- In Chinese Medicine organs and glands are influenced by certain mental and emotional states. For example, the heart is affected by prolonged joylessness, the kidney by fear and the gall bladder by resentment. (For more information on organs, glands and emotions, refer to my book *Yogatsu 101: Introduction to Energy Psychology and Spiritual Rehabilitation*.)
- Thoughts and emotions impact the vibrational frequency and amount of energy distributed to organs and glands, creating either over-activity or under-activity of that body part.
- **Decodes and Transports** emotional energy signals from the auric field to its related organ or gland. The energy transported by the meridian then produces the exact amount of hormone or chemical that produces body posturing and body language, allowing the body to fully display that particular emotion. (Refer to Candace Pert's *Molecules of Emotion*.)

Chakras: Center of information for life-lessons

- The chakras are seven vortexes of spinning energy found deep within the body cavity, vibrationally resonating very close to the spine. (Refer to *Yoga and the Quest for the True Self* by Stephen Cope, a psychotherapist who writes and teaches about

the relationship between contemporary psychology and Eastern contemplative traditions.)

- While chakras have their own cerebral function, they are also the entry point for spiritual concepts intended to guide humans through the different educational stages of life.
- Chakras are internalized sectors where electromagnetic activity intersects with major nerve ganglia, and thus influence physiologic functions. For example, stomach problems are associated with the third (solar plexus) chakra and feeling unable to “digest” the events of life that feel threatening to the status quo. (Refer to *Wheels of Life: A Users Guide to the Chakra System* by Anodea Judith.)
- Each of the seven chakras is associated with the state of health within the radius of each chakra's energy vortex. (Refer to *Anatomy of the Spirit: The Seven Stages of Power and Healing* by Caroline Myss.)
- Chakras are like educational headquarters that support concepts dealing with the use of cerebral functioning and increased spiritual advancement in all of the varied life-lessons which each of us must learn to navigate throughout our lives.
- **Evaluates** our progress in accepting, expediting and cleaning up the realities of our lives that we may have overlooked or deliberately ignored.

By engaging daily with the intellectual, conceptual and wisdom qualities energetically vibrating within the TES, we can sense and intuit the life-skills guidance that each offers. Somehow we know we can meet the challenges of life head-on with little or no hesitation. We sense an inspired strength that keeps us putting one foot in front of the other no matter how difficult the journey.

In addition, perhaps more importantly, we quickly become disengaged from previous behaviors of “spiritual bypassing” (a term first coined by psychologist John Welwood in 1984, which means using spiritual practices and beliefs to avoid dealing with our painful feelings, unresolved wounds and developmental needs). Instead of bypassing, we begin seriously inves-



tigating life's problems from a different perspective. As we move our attention inward, we grant ourselves the time and space needed to explore emotional reactions, investigate options and choices, find hidden meaning and benefit within problems, muster up our inherent courage to do the right thing and ultimately give gratitude for surviving—and thriving.

Spiritual Intelligence and Relationships


Relationships help us understand the natural inclination we all have for human bonding, safety, kindness, sincere caring and support. They also help us see the unchallenged fears we bring into our relationships, and how we long for those with whom we share our lives to remove those fears from our reality. This behavior, by the way, is one of many ways we bypass our own spiritual, psychological and emotional work. When spiritual energy and intellectual energy are congruent, human relationships become less needy, toxic and damaging. Relationships that share a high spiritual intelligence quotient, with each person responsible for his/her own continued progress and growth, have a far greater chance of surviving differences in personality and perspective.

According to some sources, the term spiritual intelligence is described as both a noun (concept) and a verb (activity). As a noun, spiritual intelligence refers to qualities of being that are expressed through sacred human emotions like compassion, courage, connection, presence and authenticity. As a verb,

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spiritual intelligence is described as active doing related to rational, coherent and secular matters. Melding sacredness with brainpower, we move closer to creating a world of peace and harmony—with the understanding that this can only come about one mind, brain, heart and spirit at a time. With the practices relevant to spiritual intelligence—meditation, conscious living, mindfulness, deep thinking and listening skills, journaling, creative brainstorming, determined action and responsible productivity—we learn to navigate through tough times as well as clean up and prop up our relationship skills.

Spiritual intelligence assists our intrapersonal and interpersonal relationships in every way. The ability of spiritual intelligence to remove the false masks we use to hide our true selves, true feelings and true desires is one of its most remarkable features. Spiritual intelligence adds to our innate happiness and supports our desire to create and maintain a life well lived. I will end with an ancient Tibetan blessing:

*May you be happy
May you be healthy
May you be safe
May you be at ease with life* 



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