

## RAMIFICATION OF SPIRITUAL INTELLIGENCE

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### ABSTRACT

Spiritual intelligence is the evolution of consciousness resulting in transformation, both individual and collective, is necessary to meet the challenges and opportunities of the third millennium. Human evolution proceeds at multiple levels, from modifying the shape of the body, to evolving the brain to a more advanced level of functioning. SQ represents the next level of functioning beyond IQ and EQ. Thus, human evolution is proceeding in the direction of developing the high performance. Danah Zohar explains that thinking is an integrated act of our intelligence quotient (IQ) – head, emotional quotient (EQ) – body, spiritual quotient (SQ) – spirit which includes our inherent values, developed hopes and aspirations.

**KEYWORDS:** Intelligent Quotient (IQ), Head, Emotional Quotient (EQ), Body, Spiritual Quotient (SQ)

### INTRODUCTION

Educational success of any individual is determined by his or her intellectual abilities and it is assessed only by their educational performance. Accordingly a child is considered as intelligent or not intelligent. Here comes Howard Gardner with a solution of multiple intelligence. This can help us with a comprehensive and collaborative educational attainment of a student. Is it the holistic education? Have we achieved the fundamental aim of education? Both IQ and EQ are not sufficient to explain the complex city of human intelligence. Here comes SQ through which we come to know the basic question, “Who am I?” and “what is the meaning of my life and my existence.”

### TRANSCENDENTAL AWARENESS

Csikszentmihalyi (1993:219) refers to the transcendent self, describing successful individuals as transcends who “move beyond the boundaries of their personal limitations by integrating individual goals with larger ones, such as the welfare of the family, the community, humanity, the planet, or the cosmos. Emmons (2000a: 10) supports this view and states that transcendence indicates “a rising above or going beyond the ordinary limits of physicality and develop deeper awareness of a divine being and/or one’s self”. This suggests an ability to perceive things holistically

### Neural Organization in the Brain

There are various kinds of neural organization in the brain that elicit a specific type of thinking. For example, IQ is based on serial or linear thinking and, as indicated by Zohar and Marshall (2000a) this kind of thinking does not tolerate nuance or ambiguity. On the other hand, McGeachy (2001) states that EQ is based on associative neural wiring which is far more complex. The essential principle of EQ is that success in life presupposes the effective awareness, control and management of one's own emotions, and those of other people. SQ is a third kind of neural organization which makes it possible to engage in creative, insightful, intuitive thinking. Zohar and Marshall (2000a) refer to this as “unitive thinking”, which is, in essence, holistic.

### **Associated Areas of the Mind: The Limbic System**

The limbic system, often referred to as the “emotional brain”, is buried in the cerebrum and contains the thalamus, hypothalamus, amygdala and hippocampus (Fossati, 2012). However, Newberg et al. (2001) argue that although these areas are involved in religious and spiritual experiences, there are potentially many other structures that induce these experiences. They have identified the following four association areas of the human brain that play an important role in producing the mind’s spiritual potential:

- The visual association area plays a prominent role in religious and spiritual experiences that involve visual imagery.
- The orientation association area plays an important role in the brain’s sense of mystical and religious experiences since these experiences involve altered states of mind and feelings of unity and oneness.
- The attention association area oversees the complex, integrated bodily movements and behaviors that are associated with the attainment of goals. There is also increased activity in the attention association area during certain types of meditation.

As we know our human brain consists of three parts: left brain, right brain and mid brain with three distinct processing modes, called serial, parallel and synchronous respectively. Left brain is concerned with the logical thinking, right brain with feelings and emotions and the mid brain synchronizes these two and makes the processes of the brain integrated, holistic and transcendent. Special scientific studies on the brain show that when the conscious attention and the state of presence is attained by the brain, 40 Hz oscillations propagate across the whole brain synchronously by connecting the mind, self and world into a meaningful whole. In this state human being gains a heightened sense of consciousness, bliss and intellectual acuity.

Koch (2010: 2) claims that it is the uniting quality of this deeper form of intelligence that offers individuals a sense and context of meaning. According to Zohar and Marshall (2002a: 112), these synchronous neural oscillations are the basis for consciousness itself and of all unified conscious experience. D’Aquili and Newberg (1999) further contend that all unitary experiences of consciousness are rooted in Neuro-anatomy and neurophysiology.

### **BRAIN PLASTICITY**

Brain studies have established that neural pathways are malleable in nature. By keeping the brain in a heightened consciousness repeatedly, these neural pathways ways strengthened. For example, typists after a certain period of training need not look into the keyboards while typing. Their fingers have easy and correct access to the letters on the keyboard. Thus, neural network evolves a brain with optimized spiritual intelligence. This translates into an ability to sustain spiritual intelligence in association with any circumstances at the object-pole. Ultimately, continued practice results in a 3Q brain ( $IQ+EQ+SQ=3Q$ ), by means of neuroplasticity. A 3Q brain is structurally and permanently polarized to the subject-pole. With a 3Q brain you simply abide effortlessly as consciousness itself, and your spiritual intelligence is therefore active, without needing to use a practice.

#### **The 3Q Brain**

The 3Q brain ( $IQ+EQ+SQ=3Q$ ) is optimized neurologically for spiritual intelligence. The default setting of attention in the 3Q brain is on the subject-pole of attention, not at the object-pole of attention the 3Q brain therefore

replaces the ego with the soul, both as the seat of personal identity, and as the governor of IQ and EQ. Basically SQ is not concerned with ego, rather in the heightened consciousness, it brings out the qualities of the soul such as wisdom, compassion, integrity, joy, love, creativity and peace are its expressions.

## **THE EMERGENCE OF SPIRITUAL INTELLIGENCE**

The hallmark of the third millennium is self-centeredness, competitiveness and works on the principle 'I must win'. There is no place for others, especially for the weak. The world is divided into winners and losers, strong and weak, rich and the poor. It is accepted that the fact that the losers, weak and the poor need to be erased from the face of the earth. Hence the revolution of spiritual intelligence becomes the need of the hour, where the humanity is bound by love, compassion and wisdom. IQ, EQ and SQ optimize the functions of the brain and enable the human being to face the challenges and opportunities of the third millennium.

If we know how to rely on our SQ we shall become less fearful, more accustomed to relying on ourselves more willing to face the difficult and the uncomfortable and more ready to live at the edge. SQ gives us the ability to discriminate and an equal ability to see when compassion and understanding have their limits.

## **CONCLUSIONS**

Spiritual intelligence can be enhanced with the proper stimuli to the left and right brain hemispheres. The more intuitive you become, the more you realize that life generally, can be a cooperative enterprise. It is not necessary for someone else to lose in order for you to win. In fact the way to win is to share your prosperity, to help those around you, and to convert adversaries into allies.

The Hawaiian concept of health is that health is a state of peace and harmony and sickness is a state of war and conflict. The work of scientists, psychologists, spiritual, 'pathfinders' and ancient wisdom and mythic traditions under gird the theory of spiritual intelligence and pedagogy. Doorothy Sisk and E. Paul Torrance has gathered a foundation for a theory of spiritual intelligence that suggests in many ways that SQ encompasses all the intelligences.

In a given situation IQ acts in solving logical problems and EQ helps in evaluating human feelings and behaviors. But it is SQ that gives us the intuition to decide to prolong the situation or to take a lead to change the situation for the betterment of the people involved or for the society. A high SQ is the best predictor of happiness, serenity, good self-esteem, and harmonious & loving relationships.

Knowing the immense power of Spiritual Intelligence, we need to train the future generation in attaining the goal of our life. Our human mind needs to explore and unfurl the inner potentials and skills to meet the challenges of the present world. The technology has tried to shrink the universe in a silicon chip, minimized the feelings, emotions and relationships and leaves no place for higher values put forth by Maslow. Every educated individual consciously upholds the unlimited power of SQ and train their wards to use it for the common good and thereby build a holistic, democratic and universal brotherhood. We have all a share in the goodness and well-being.

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