

# What is spiritual intelligence



What is Spiritual Intelligence? What might we learn from Heinrich's story to help us become more spiritually intelligent? Being spiritually intelligent, is achieving happiness and being comfortable with the way your life is, without the greed. It is knowing what you find happiness in doing and not doing something whilst inflicted with greed, and appreciating life, your surroundings and becoming self-aware. For example, the fisherman had what the American businessman suggested as an end goal, just without money sat in a bank and 15-20 years of hard work behind him. The fisherman enjoyed life as he was, did not take things for granted and was satisfied and content. The opposite of being spiritually intelligent is being greedy, self-obsessed and forever wanting more in life. Our Spiritual Intelligence is the awareness of others beyond our self, and an awareness of the impact of our actions and words on others.

Spiritual Intelligence can also be defined as “ the ability to behave with Compassion and Wisdom while maintaining inner and outer peace (equanimity) regardless of the circumstances.” Spiritual Intelligence is the intelligence with which we address and solve problems of meaning and value. As Danah Zohar and Ian Marshall said in their book ‘ SQ, Connecting with our Spiritual Intelligence’, “ It provides a context for our actions, as well as the way we assess whether one course of action or one life-path is more meaningful than another.” Wisdom comes from an inner knowing, which comes from our many life lessons and what we've acquired through a lifetime of experience.’To find your own way is to follow your bliss. This involves analysis, watching yourself and seeing where the real deep bliss is – – not the quick little excitement, but the real, deep life-filling bliss.’-Joseph

Campbell think this quote is the perfect wording for becoming spiritually intelligent, it is saying that once you find that ever-lasting ' happy state', then you are spiritually intelligent. The ' happy' state, of which you find yourself in, is not a quick burst of joy, or a ' high' moment, but a complete mental inner peace.

In the mid-1900s, Joseph Campbell published a book, ' The Hero With a Thousand Faces', and in it he explained a list of common elements found in mythic adventures and defined what we now call the Hero's Journey. This journey can be found in Beowulf and The Matrix. Any successful adventure of mythic proportion seems to follow the Hero's Journey. Step 1 is ' the Calling away'. The hero is drawn away from the familiar and ordinary way of life to embark on a quest or can be lured away. Although this process is not always a physical journey, but can be psychological. The second step is ' the Wandering'. The hero does not find what they are looking for until they have wandered in confused uncertainty.

This stage is characterized by uncertainty, loneliness, searching, danger, confusion, learning and the struggle. Step 3 is ' the Challenge'. Although the main character or hero faces many challenges throughout the journey but usually there comes a point in the journey (usually the end) when the hero faces one climatic challenge. The fourth and final part of the journey is the hero gaining something that enriches the hero's life, but also the world. Jesus' resurrection made eternal life a world-wide possibility. Other films that applies to the hero's journey is Elf, Nemo, The little mermaid, Shrek, a Knights Tale, Titanic and Over the hedge. I think that several books written by Nora Roberts follow the Hero's journey, i. e.

<https://assignbuster.com/what-is-spiritual-intelligence/>

the Key Trilogy and the Sign of Seven trilogy, as well as C. S. Lewis' the Lion, the Witch and the Wardrobe. Two songs which I think sing about spiritual intelligence, and finding the inner peace that comes from spiritual intelligence, are ' I hope you dance' by Lee Ann Womack and ' Suddenly I see' by K T Tunstall." I hope you never lose your sense of wonder, You get your fill to eat but always keep that hunger, May you never take one single breath for granted, GOD forbid love ever leave you empty handed, I hope you still feel small when you stand beside the ocean, Whenever one door closes, I hope one more opens, Promise me that you'll give faith a fighting chance, And when you get the choice to sit it out or dance." This is the first verse of the song, ' I hope you dance'. I think that Lee Ann Womack is singing about becoming spiritually intelligent and finding that inner happiness, but she is also saying that, although the inner peace and wisdom has been found, do not lose it. That people should make the most out of life and to not let it pass you by, and to understand that you are not the biggest thing in this world, although at times we feel that way, but we to have respect for things that can hurt you.

I think this is best explained in the second line; " You get your fill to eat but always keep that hunger". This is talking about not being greedy, with physical items or with the mind, but being open-minded to happiness and making yourself happy. The line; " promise me that you'll give faith a fighting chance," is also showing to be open-minded with happiness, but also that it is extremely important to not ignore God to the point where you are cold and callous to His voice and His way for you. I think this song has double meanings'Her face is a map of the worldIs a map of the worldYou can see

she's a beautiful girl  
She's a beautiful girl  
And everything around her is a silver pool of light  
The people who surround her feel the benefit of it  
It makes you calm  
She holds you captivated in her palm  
Suddenly I see (Suddenly I see)  
This is what I wanna be  
Suddenly I see (Suddenly I see)  
Why the hell it means so much to me  
I think K T Tunstall is singing about a girl who is spiritually intelligent and her mood and way of life is affecting the way of others lives. I think people can see that she is completely, blissfully happy and it is making them more aware of what life is like when you are spiritually intelligent. I think the girl has realised what she wants to do with her life, and how to be happy. Seven years in Tibet is a film based on the person Heinrich Harrer and the physical and emotional journey he goes on to becoming spiritually intelligent. I think this film is also showing the great culture and philosophical conflicts between different countries and religions in the twentieth century.

The story begins with Heinrich Harrer, an egotistical, solipsistic Austrian, leaving his heavily pregnant wife to be part of an expedition to Nanga Parbat, one of the highest peaks in the Himalayas. Heinrich is obsessed with his own glory and is determined to add to his collection of achievements. He is very contemptuous towards his wife, when she attempts to explain that she is worried about him going and wants him to stay for the birth of the baby and the first months of its life. This is where the spiritual journey begins for Heinrich Harrer. During the climb, Harrer hurts his ankle badly, but because he is a secretive man and didn't want to appear weak, he told no-one, and in the process of concealing the truth, he had to struggle to save the life of his companion Peter Aufschnaiter. Shortly after, WW2 starts and

the British take Heinrich and his climbing team to a P. O. W camp, which they escape together from eventually.

Throughout his time in prison, Heinrich moped a lot, received divorce papers and made it all the more harder for the rest of the climbing team to escape, by attempting to escape regularly. I also think that regret began to pierce Heinrich's conscience, adding to the journey towards spiritual intelligence. On the other hand, Peter used his time in prison to learn languages and plan carefully his next steps to survival. This is proved in the quote; " It's amazing what you learn in prison camp, isn't it?" I also think that Peter is a lot more spiritually intelligent than Harrer already. Peter and Heinrich travel to the City of Tibet. Tibet, traditionally hostile to outsiders, finally accepts Heinrich and Peter into their tight community. A tailor named Pemalachi is sent to Harrer and Aufschneider to present them with a specially made outfit. The two men immediately begin to fight over her, Heinrich using his own ego and past success, trying to impress her and Peter being nice, considerate and showing compassion.

It is fairly obvious that the tailor will chose Peter from this quote; " You admire the man who pushes himself to the top in everything and we admire the man who abandons his ego." I think at this point, Heinrich Harrer starts to become more spiritually intelligent and realises he has to start living life differently, because people will not treat him as a celebrity in this foreign city. The Dalai Lama, at just twelve years of age is fascinated by the western culture, but isolated from every but a select few due to protocol surrounding religious vocation. Heinrich is distanced from those around him due to his arrogance. I think these two plots of lives, are perfectly twined as twin tales

<https://assignbuster.com/what-is-spiritual-intelligence/>

and lives, when the Dalai Lama hears about two westerners who have ‘penetrated the secrets and solitude of his holy fortress.’ Upon hearing this, Heinrich is sent to meet the Dalai Lama, where a friendship is formed.” When you’re climbing your mind is clear, free from all confusion. You have focus.

And suddenly, the light becomes sharper, the sounds are richer, and you are filled with the deep powerful presence of life.” This quote is said by Harrer to the Dalai Lama, he seemed to speak with great passion (even with Pitt’s ‘accent’) and was completely the opposite of his old egotistical self. This is proof that he is in fact more spiritually intelligent and that the Dalai Lama, whilst being taught by Heinrich, had actually been teaching Harrer to grow spiritually.” You should go home and be his father. You are finished your job with me. The Dalai Lama believes he knows a lot about western culture and finally tries to convince Harrer to go home and live his life happily. The vast increase in Harrer’s spiritual intelligence, I think, had him going home and winning his son back. The way he won his son back was not a full-blown burst of ego, but a thoughtful gesture of selflessness (laying down a music box, playing a tune), then retreating to wait, this was the final point to Harrer becoming spiritually intelligent.

I think Heinrich’s journey from a state of egotism, to a calmer self-effacing state is fairly simple, but very effective and very powerful. The film also proves that even the most self-obsessed man can be spiritually intelligent. In the previous assessment, ‘Ways of Seeing’ it was heavily involved with the three poisons, suffering, pain and despair, and the continuous cycle of Samsara that can be escaped. I think that the ‘Ways of seeing’ poem can also be a journey of a person becoming spiritually intelligent. The more the <https://assignbuster.com/what-is-spiritual-intelligence/>

person walks down the ‘street’ and begins to realise the consequences of their actions, is the mind becoming more aware of life and the spiritual intelligence that can be achieved. The person is gradually becoming more spiritually intelligent until they escape the cycle of Samsara and achieve Nirvana. Nirvana represents the person becoming completely spiritually intelligent and using it in life. From the previous information, I think that another way to improve/to become spiritually intelligent would be to stop craving impermanent things, but celebrate the fulfilling of life and happiness.

Suffering, pain and despair being felt is not going to improve the spiritual intelligence, it could actually make you less intelligent, so you should take those negative feelings and turn them in to growth of mind and reward for living in happiness and bliss. I do not think that society today is spiritually intelligent because everyone is driven by money, a good job and the need for power, whether it be in a business, a job or competition. I also think it would be hard for more people to be spiritually intelligent, because teachers and parents expect their kids to get good grades in tests. Universities and colleges expect good grades and people generally like to brag about promotions, so they work to get one, to brag about. People’s success in life is critical to them. Honestly, I do not think I am extremely spiritually intelligent, because although I am happy, I am working to get good test results, which will lead to a good career, a good job and a high-paying salary!

Academically, I like to succeed at what I am doing and I do not mind admitting that I want more in life than some people. Besides, I like working hard and I like money! I think I am greedy in life, not in the sense of asking things from my parents or not sharing, but greedy for hard work and good



results, these are the hindrances towards my own level of spiritual intelligence. On the other hand, I think I am fairly spiritually intelligent with having the knowledge that if I fail at something, then I can and will be happy with whatever situation I find myself in.

to improve my spiritual intelligence. There are considered to be seven steps that should be taken/mastered before you become spiritually intelligent, these are; awareness, meaning, evaluation, being centred, vision, projection and mission. I think for myself and society especially, these steps need to be considered, analysed and worked towards. The hindrance of own level of intelligence is definitely my like for success and money! The table shown below is a list of key ideas to work on to become more spiritually intelligent, and key features to focus and work on.