

SPIRITUAL INTELLIGENCE

By

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Acknowledgements

To my daughters, Tayla and Rose, to their biological and adoptive mothers and fathers, to my biological and adoptive mother and father. I love and acknowledge you ALL for we are all connected.

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Introduction

Spiritual Intelligence (SQ) is indeed a vast topic and rather like the Universe it expands and reveals its treasures when human consciousness is ripe and able to integrate its teachings.

My awareness of spiritual intelligence dawned, when after graduating university in England, I found myself teaching in a remote bush school in the highlands of Malawi. From 1983 to 1985, I taught a very English, western curriculum to African students in the World's poorest country at that time. I noticed that although the students gave great credence to education and the subjects offered, I became more disenchanted by the limited content of the topics I taught and the irrelevance of subject matter to the culture I found myself living in.

I became fascinated by the local beliefs in creation and the role of the Medicine Healers in the nearby villages where a mixture of Christian, pagan and shamanistic rituals were practiced. The healers were often illiterate but held in reverence by the tribal community. I started to question my set assumptions about knowledge and intelligence. I was also fascinated by the deeply spiritual connection to nature of the people I encountered and that, for them, a disbelief in the Sacred and God was unthinkable because IT existed in trees, in music, in every day actions, in each other.

I was also struck by the deep joy and friendliness of the people I met and in the more remote villages, I was told that for some children, I was the first white man they had seen which explained their initial hesitancy when they approached me but replaced in no time by laughter, smiles and high jinx. I wondered how people who literally lived in mud huts, with no electricity or running water were so grateful and embracing of life. I eventually put it down to a deep respect and higher connection to God and saw that when the villagers danced in the glow of the evening fires (with drumming as a melodic and powerful accompanying force) there was a

symbiotic connection to Everything. There was a universality in which life was constant, eternal and regenerative in which the individual was truly a part of and not distant from; so different to the Western Educational System that taught me that: separation, individuality, intellect, difference, and independence were important life virtues and skills. I was witnessing, in rural Malawi, a deep connection to and practice of Spiritual Intelligence.

Embracing a metaphysical perspective requires an understanding of Spiritual Intelligence. This thesis claims that to fully benefit from metaphysical practices, one must understand and employ Spiritual Intelligence, which enhances Universal and human connectivity (steeped in Higher-Self) as opposed to traditional ego concepts of intelligence that fosters separation, division and exclusion. This thesis will show the benefits of Spiritual Intelligence and demonstrates how it can be implemented into all aspects of society.

I transitioned from teaching (which allowed me to travel the World) and qualified as a psychotherapist, clinical hypnotherapist and clinical counsellor. I now work as a therapist in private practice, in a rural community in Australia, but have the good fortune to work part time as a school counsellor in a mixed secondary school. I have found that metaphysical practices and understanding of SQ not only helps me, (on a daily-basis) but are also an essential part of the healing process that emerges between client and therapist.

So! what is Spiritual Intelligence? How is it practiced? What are the implications of a metaphysical perspective that endorses SQ? Why embrace SQ?

The mere understanding of intelligence is purposeless without it being absorbed and lived. As Dr. Masters points out in, *Mystical Insights: Knowing The Unknown*, “Knowing the truth intellectually is being in spiritual limbo, while living it is being set free” (99).

Spiritual Intelligence can be seen in the light of being set free from the intellectual traps that contain and maintain ego as opposed to the freedom associated with Higher-Self connection. The definition of spiritual and ego intelligences will be explored showing that SQ is the ultimate intelligence. The thesis will show that SQ can be measured through assessment sheets and highlights the beneficial outcomes of embracing SQ. Examples from modern day “Spiritual Teachers” will clearly show how transformative and Higher States can be applied and accessed ‘improving’ both the individual and the World community. Practical demonstrations, through systemic constellation work, show how to apply SQ with the end-result of bringing us into a realization of Oneness with everything. SQ and Spiritual Laws go hand in hand and these ancient and wise laws, when accessed, work on a shared consciousness that allows for a positive, joyful, loving and peaceful existence.

Review of Literature

A wide range of literature has been used to show what SQ is and how, when practiced, benefits the individual and society. I will show what contributes to achieving SQ and how it can be accessed by the general-public. Intelligence itself will be explored for it is multi-faceted and there is a clear distinction between what is Spiritual Intelligence and what is not Spiritual Intelligence.

Cindy Wigglesworth's, (2014) ground breaking book, *SQ21: The Twenty-One Skills Of Spiritual Intelligence*, is a bridge to the metaphysical world. She has designed a questionnaire and assessment sheet that allows one to track their level of Spiritual Intelligence (a simplified version is in the appendix section). Her assessment criteria, has been rigorously tested by academics for validity and reliability (189-194) and the author states, "I can say with confidence that SQ21 is a solid tool" (194). Wigglesworth has given the subject matter of SQ a mainstream pathway to major business organizations and public institutions such as schools and hospitals. It can also be used with individuals and is a helpful metaphysical tool. Cindy Wigglesworth defines Spiritual Intelligence as:

The ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the circumstances. (124)

Wigglesworth has designed the assessment sheet so that it is open to the widest possible audience and recognizes the same blocks to spiritual accessibility as Dr. Masters, who states, that when using, metaphysical language the word GOD may well turn away spiritually inclined people due to being, "turned off by this term because of associations in childhood...children are often exposed to 'hell and damnation'" (Master's Degree Curriculum 2:68). More recent disclosures of ingrained and systemic abuse, by those associated with church, explain why the public have become alienated by any hint of religiosity. Wigglesworth's assessment can be used

by the deeply spiritual, the curious and is so worded as to be friendly and accessible to the atheist. Wigglesworth uses the term “Higher-Self” (170-171) and Appendix One highlights its distinct characteristics. Wigglesworth allows the participants to seek their own meaning around this term and Higher connections. It is the definition of what SQ achieves, “tranquility in a chaotic environment” (124) that draws people in from organizations and employers who realize it makes financial sense to have a harmonious workplace and for individuals to have a personal and family life centered around loving connection in the good and difficult times. It pays financially and emotionally to attend SQ workshops. Wigglesworth’s twenty-one SQ skills are split into four areas namely:

- 1) Self-Awareness
- 2) Universal Awareness
- 3) Self and Self-Mastery
- 4) Social Mastery and Spiritual Presence (38).

Each of these categories allows for very real discussions into the metaphysical realm but does so in the framework of normality through inviting self-improvement of the individual and the organization by filling in the questionnaire. As a psychotherapist I have been taught that the number one goal is to bring into awareness what is not there for the client. Only when awareness occurs can change begin. The questions and skills in the assessment sheet are bringing into consciousness that which was unconscious. Wigglesworth states, “Awareness enlightens action and then we take the right action” (124). She clearly shows what is needed for this to occur:

If you understand the difference the between your ego and your Higher Self you simply need to start making choices based on listening to the voice of your Higher Self and act upon what it is telling you. (124)

Two fundamental areas of SQ are mentioned in the assessment sheet. Question 5, 13 and 16, (102) asks if the participant is aware of Ego-Self and Higher-Self and adds the challenge of whether one can “consistently hear the voice of their Higher-Self” (102). Wigglesworth demonstrates that Higher-Self wisdom can be reached through connection to spirit by experiencing “...moments of intuition, unexpected signals from your body, your thoughts, your feelings, or even your dreams” (100). Question 6 asks the respondent if they are aware of the interconnectedness of all life. These questions allow for deep discussion that may certainly challenge the status quo. On the question of ego this passage, from Dr. Master’s *Mystical Insights*, would further add to insight, debate and awareness if used as a prompt in a workshop or professional development seminar:

There is nothing so ignorant as the personal ego, that believes it knows something, or anything about the Reality of life. The personal ego is itself a figment of the mind’s illusion and imagination that has been created from one’s limited sense perception. (174)

Question 6 and its implications of Universal connection highlights the futility of power struggles against any perceived opponent in that when we attack others we attack ourselves.

Wigglesworth’s goal in SQ21 is to induce change and she highlights this clearly by stating that, “deep change for her is the goal of SQ development...deep change is evolutionary change” (183). Change that ultimately brings us in to consciousness highlights egoistic actions and behaviors associated with war, division, racism, identity and so forth.

Other intelligences are acknowledged by Wigglesworth and she draws a pyramid (22) whereby she places Physical Intelligence as the important base of the pyramid. This intelligence has kept humankind alive for millennium and in Australia it is widely acknowledged that most city folk would not survive long in the harsh terrain of the outback, yet Aboriginal people have and still thrive, using their wisdom and physical skills in such environments. Wigglesworth

praises physical intelligence because “If PQ is not sufficiently developed and maintained any attempts to develop all the other intelligences will be stunted” (23). Cognitive intelligence is the next level up and is commonly known as IQ and is still the dominant status form on Earth supported by educational, political, legal, medical and military establishments. This type of logical and practical intelligence is associated with ego. The next layer up is emotional intelligence, EQ, and an evolutionary development of the first two types of intelligence. Yet it is the emotional state, when uncooperative, void of empathy or burdened by negative emotions, that leads to unconsciousness especially when teamed up with physical and intellectual intelligences and has contributed to a planet that has developed the capacity to destroy itself in hours through sophisticated weaponry. At the tip of the pyramid lies SQ and for Wigglesworth allows one to, “...become aligned with a purpose more universal than the petty and short-term concerns and desires that ego is feeding today” (13). She believes that, “SQ comes down to this essential question: Who is driving your life? Is it the calmer, wiser, Higher -Self in charge, or are you driven by an immature, short sighted ego and/or the beliefs and ideals of others?” (22). It is ego that has “No separated self-sense” (140). And so it is ruled by fear and Wigglesworth sees this ego fear based in “...abandonment and death, on the one hand, and overwhelm and loss of identity (another form of death) on the other... (It is our Higher-Self that suspends Judgment by) “Not assigning blame, assuming evil intentions, or going into drama” (145). Higher-Self allows for connectivity because of its flexibility and spiritual sense of self.

There is a wide variation of consciousness and unconsciousness across the planet which indicates we evolve at different times. Danah Zohar and Ian Marshall in their (2001) book, *Spiritual Intelligence: The Ultimate Intelligence*, address the individual search for meaning towards reaching Spiritual Intelligence. The great spiritual teachers both past and present, taught

forgiveness towards enemies, compassion for self and others and love of neighbor. It is evident that around the world these beautiful, metaphysical teaching are not so evident while a never ending tit-for-tat egoic battle occurs where perpetrator becomes victim and victim retaliates and so becomes perpetrator in a never-ending cycle of abuse. Recognizing the unconscious in others requires love from those who are awakened rather than harsh judgement or condemnation. The unconscious are on a journey as are the awakening conscious. Both need each other and those who are more evolved must demonstrate unconditional love. It is the love that poured from the cross in which forgiveness was given to those who knew not what they did. SQ begins within and then expands outwards.

Zohar and Marshall highlight the indicators for highly developed SQ. These include, “...the capacity to be flexible, 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, an ability to see holistic connections, the ability to work against convention” (15).

This journey starts with the self but through individual transition, collective change results, because a shared collective consciousness joins us all. Zohar and Marshall point to this phenomenon of Oneness when they state, “...consciousness is a property that emerges within brains... in which 40Hz oscillations are reliably found...we are not just our neurons or even are limited ego self...our consciousness, or some aspect of our intelligence at least belongs to a bigger story...the transcendent intelligence that we are calling spiritual intelligence” (81). The authors write about the scientific discovery of Hz oscillations and 40Hz as being the bridge between psychic and matter and how they are different aspects, “of one and the same thing” (83). Their conclusion is that brains are wired and have, “...whatever is necessary to combine all these bits of proto-consciousness into full blown consciousness” (83).

Their scientific research on energy and 40Hz neural oscillations shows how we are programmed internally as reflections of the wider cosmos. Our journey is to tap into our, “God Spot... a crucial component of our larger spiritual intelligence” (95). They believe that temporal activity in the brain is simply a vehicle that creates a connection to Higher-Self. They pose the question that 40Hz oscillations found throughout the brain are associated with consciousness which taps into a collective unconsciousness in much the same way as quantum physicist see the empty vacuum in space as “...the background energy state of the universe, the source of everything that exists...the ultimate transcendent reality...on which existence appears as waves or oscillations of energy” (89). At the heart of Spiritual Intelligence is the realization that as human beings we are in fact spirit, energy, vibrational and infinite. The implications of this is that nothing earthly lasts and whatever temporary experiences humans have there is always an opportunity for learning. Every experience becomes our classroom and our response, to say suffering, allows for the possibility of transcendence when we tap into SQ rather than ego intelligence, which like EQ, is more about understanding and following of the rules rather than being a transcendent experience. Transcendent change can happen in a moment as witnessed by Saul on his way to Damascus. Dr. Masters highlights this in his words on the collective unconscious when he states, “Inside every human mind, there is a level of mind that deals with change or a transformation...an example of this is when a diehard atheist of many years becomes an ardent believer, we can say that this is indeed a momentous change in the personality structure of the individual. Such a change or transformation has taken place in what Jung called the “collective unconscious” level of the mind” (Master’s Degree Curriculum I:18). SQ recognizes our deep cellular and atomic connection to Everything and the human task is to embrace unity

rather than see division that leads to inflicting social, emotional, and physical atrocity upon other beings and indeed on our planet Earth.

Zohar and Marshall define 6 personality types:

- 1) The Conventional
- 2) The Social
- 3) The Investigative
- 4) The Artistic
- 5) The Realist
- 6) The Enterprising

These reflect the range of personalities we experience as humans and we pick and live from one of the above making it our dominant pattern. Until we have learnt the lessons of each type we have not yet incorporated, fully, our Earthly lessons. Drawing on Zohar and Marshall's criteria I am strongly identified with the Social Type. My purpose is served in occupations that compliment this trait and it explains why in my time, I have been a teacher and am now a therapist (highly attractive jobs for the Social Type). Zohar and Marshall also link chakras that influence the personality which in my case is the Sacral. My path is one of nurturing and when I am in alliance with that I have peace and contentment. When following my spiritual path, suited for my spiritual growth, I am constantly learning, absorbing and integrating life's lessons. When I stray from the path and take up the characteristics of The Conventional Type (who is more conservative and introverted) I experience unease. A spiritual connection and awareness of who one is, is enhanced by living from their personality type and this allows one to follow one's dreams and life purpose and recognize the right pathways intuitively. With this recognition of

being in tune with the Universe and through balanced chakras and raising positive vibrational oscillations, we will find attracting and manifesting comes easily.

Howard Gardiner is one of the world's leading experts on intelligence and his (2006) publication *Multiple Intelligences* has proven that there are many forms of intelligence. His work has changed the face of education. IQ once ruled supreme, resulting in numerous students leaving school at young ages believing they were not clever, good enough and failures simply because they were not academics. He shows that intelligence comes in many forms: "...artistic intelligence, bodily-kinesthetic intelligence, logical-mathematical intelligence, linguistic intelligence, spatial intelligence, interpersonal intelligence and intrapersonal intelligence" (16). Many students can now follow subjects in which their intelligence is recognized and career pathways cater to their natural abilities. What is most noticeable in, *Multiple Intelligences*, is Gardiner's recognition of Spiritual Intelligence but his refusal to include it in his work. He comments on this, "Asked why I had not included a spiritual or religious intelligence, I once quipped, "If I did so, it would please my friends-but it would please my enemies even more" (20). Gardiner is uncomfortable with the term God and fears academic ridicule and backlash at embracing what is not scientific, logical and seen visibly. He uses the term "existential intelligence" as a substitute stating, "one facet of spirituality seems a promising candidate. I call it existential intelligence...based on the intelligence of the big questions...Why do we live? Why do we die? Where do we come from? What is going to happen to us? What is love? Why do we make war" (20)? Gardiners reluctance to include SQ is also a reality that Dr. Masters recognizes and he suggests the careful use of semantics in teaching SQ, "Every word you use as a Metaphysical Doctor conveys an idea to the minds of your listener...you will very quickly realize how your choice of words in relaying a concept can either ignite enthusiasm or shut down the

person's receptivity to you" (Master's Degree Curriculum 2:68). The answer to Gardiner's big existential questions certainly has a spiritual answer but the spiritual openness needs to be there to explore them.

The answers to Gardiner's existential questions are provided by psychiatrists Brian Weiss in his (1988) book, *Many Lives Many Masters*. Dr. Weiss, Head of psychiatry at the prestigious Mt Sinai Hospital in Florida is a leading brain specialist. He was a scientist through and through, a cause and effect, evidence based, highly analytical man of medicine. His life was to change when a long-term patient (Catherine) who had made little improvement with her mental health issues, began to revert to past lives during hypnotherapy sessions. Initially a sceptic of past life regression he began to accept the reality of Catherine's experiences. Revelations about his own family from Catherine and channeled voices that spoke through her (that he referred to as the Masters) revealed many metaphysical teachings. We can see Brian Weiss, in *Many Lives Many Masters*, transcend from a man who viewed life from high levels of IQ and EQ to reaching high levels of SQ. Zohar and Marshall and Wigglesworth appreciate emotional and cognitive intelligence but see it complimented when SQ becomes the key intelligence that informs other intelligences. Zohar and Marshall state that, "SQ is the necessary foundation for the effective functioning of both IQ and EQ. It is our ultimate intelligence" (4). They go on to suggest that Gardiner's multiple intelligences are simply variations of IQ and EQ whereby SQ has a transcendent quality. We can see that if Brian Weiss had not embraced his SQ he would have missed the profound metaphysical insights, lessons and themes the Master Spirits revealed through Catherine. (The Masters' messages are condensed and summarized below and can be found on the internet in their fuller format on www.AZQuotes/BrianWeiss.com).

- Everything is energy and humans are spirit trapped in human form and greatly restricted but through meditation that more spiritual state can be accessed.
- The Soul is here on Earth to learn valuable lessons about love, compassion, patience, faith, hope and that Earth is but one of many planes of existence.
- Those who understand that we are energy and that energy joins matter, both physical and spiritual, need have no fear of death for we are eternal.
- Trust your intuition, find your purpose in this life, live in the present and learn to forgive.
- Learn that happiness is internal and not dependent on other people or things. Find the power within yourself.
- Acts of violence will eventually need to be repaid through Karma if not in this life then in others until the lesson of love is learnt.
- Life and the Universe is in balance and through giving we receive.
- A life of suffering and pain allows for opportunities of the greatest learning such as loving those who hate us.
- Not to absorb the negativity of the unconscious for it is about them and not you. It is their insecurities and inability to find love and compassion that is the problem for we are not such terrible people and if you weren't on the receiving end of their neurotic behavior someone else would be.
- Patience is a key spiritual lesson and the Universe will unfold to help us with the lessons we need.

These metaphysical insights flow throughout his book as does his journey of spiritual transformation:

My life has changed almost as dramatically as Catherine's. I have become more intuitive, more aware of the hidden, secret parts of my patients, colleagues and friends...My values

and life goals have shifted to a more humanistic, less accumulative focus. Psychics, mediums, healers and others appear in my life. (207-208).

Brian Weiss helped Catherine return to good mental health. He also had the courage to embrace spiritually and name publicly what Howard Gardiner feared; rejection and ridicule by the academic community. The key to transformation lies in practicing spiritual intelligence rather than simply understanding it. For all we may talk about love of neighbor, if it is not felt or no loving action taken then we are not in tune with SQ. Weiss sums this position up clearly:

Consider the lessons (of the Masters). Intellectually the answers have always been there but this need to actualize by experience, to make the subconscious imprint permanent by emotionalizing and practicing (love) is the key...do it and feel it (210).

Spiritual Intelligence requires we be active and put into practice our ability to be patient, to forgive, to embrace death as a transitional phase to eternity, to love our neighbor through loving deeds. Wigglesworth highlights in *SQ2I* that practice makes perfect, "...deliberately practicing any skill of spiritual Intelligence can lead to change...if short tempered practice patience ...patience becomes more and more natural. You build thicker neural pathways with each repetition...eventually you think, "I am a patient person," so now you have the courage to try one more behavior" (127).

Spiritual practice and increased spiritual intelligence come in many forms but arguably the most important technique is meditation. In, *Many Lives Many Masters*, Weiss shows clearly the benefits of this practice, "I have begun to practice meditation, something that, until recently I thought only Hindus and Californians practiced...I have become more patient, more empathic, more loving. I also feel more responsible for my actions, the negative as well as the lofty" (208). Imagine if we all practiced meditation and we all gained the benefits and insights experienced by Brian Weiss; a onetime skeptic of the metaphysical realm. It is no surprise that some of his later

books have been written on meditation, for the individual benefits of practice pass through to the greater collective unconsciousness and help balance the negativity in the world. Dr. Masters also sees the link between action and meditation, “Self-confidence, to the student of meditation, is confidence in one’s True Self, Higher-Self, Higher-Mind, or God. Those who fail to think in this are filled with doubt, and don’t take the action needed to bring about what they want in life” (Ministers/Bachelor’s Degree Curriculum 1:26).

Spiritual practice requires learning about spiritual topics and in turn this leads to greater spiritual knowledge and wisdom which when put into action defines and aligns with the Higher-Self. Eckhart Tolle, (2004) in *The Power of Now*, highlights who we really are and who we are not. He defines our True Self as acting in accordance with Spiritual Intelligence and our False Self, as a reflection of Ego intelligence, (a mixture of physical, analytical and emotional intelligences). Tolle continually repeats the theme of the book by stressing that, “When you surrender to what is and so become fully present the past ceases to have any power. The Now is the key” (229). Like-wise the future is not anticipated or feared by being in the Now. By being present centered, and spiritually aware, one’s identity is not formed through our association with ego form: such as family, partner, physical looks, educational qualifications, occupation, religious affiliation, nationality, race, the opinions of others and so on. Rather the True-Self, The Higher-Self, The Spiritual Being or the God part of Self: IS peace, IS joy IS unconditional love, IS connected to ALL. The mind realizes the eternal energy it is formed in and so does not fear impermanence because it knows form cannot last. War, resentment, the need for revenge, the need to be right and other negative qualities are not a part of Higher-Self. Hostility and deception are forgiven and Tolle comments on this process by saying, “Only through accessing the power of the Now, which is your own power, can there be true forgiveness. This renders the past

powerless and you realize deeply that nothing you ever did or was ever done to you could touch in the slightest the radiant essence of who you are” (229).

In Tolle’s (2005) follow up book, *A New Earth*, he continues the theme of spiritual evolution through disidentification with the egoic mind. Through conscious awareness, derived from activities as meditation, the human-race can change the course of planet Earth from destructive ego forces (such as mass pollution and waging war) to universal connection based on the spirit of our Higher-Selves.

We are, in-the-midst of a momentous event in the evolution of human consciousness, but they won’t be talking about it in the news tonight. On our planet and perhaps simultaneously in many parts of our galaxy and beyond, consciousness is awakening from the dream of form (293).

Tolle is not suggesting we stop enjoying life, relationships, materialism and all it has to offer he is stating that because we are awakened we can see the temporary nature of material comforts, of negative behaviors and false status. Our true status is experiencing inner peace, joy and love that is aligned with the universe because, we are, eternal and of it. One of the gateways to Higher-Self, Tolle believes, begins with awakening to our outer purpose that is aligned with the purpose of the universe, “Through awakened doing you become one with the out-going purpose of the universe. Consciousness flows through you into this world. It flows into your thoughts and inspires them. It flows into what you do and guides and empowers it...Not what you do but how what you do determines whether you are fulfilling your destiny and how you do what you are doing is determined by your state of consciousness” (294). Or by your level of spiritual intelligence which draws heavily on intuition and knowing. It is not surprising that the second spiritual skill (see appendix 1: SQ21) laid down by Wigglesworth is about finding and following your life purpose. With an evolved consciousness on Earth, widespread and practiced a New Earth will surely appear. That is why teaching and practicing SQ is so vital to the human

species. Following your life purpose connects with your soul purpose which also serves humanity. Finding spiritual purpose creates a harmonious relationship with self, others and the universe.

Putting spiritual intelligence into practice is clearly seen in the work and many books of Bert Hellinger. In (1998), *Love's Hidden Symmetry*, he describes the work of Family Constellations and what psychologist Hunter Beaumont (who wrote the introduction of this book) defines as, "...the hidden order of the Greater Soul" (x).

Hellinger describes in his (2006) book, *No Waves without The Ocean*, constellation work as being directed by, "Movements of the Soul" (266), an experience in which the facilitator and participants tune into Higher Levels of consciousness but whose power is mysterious, "...without us understanding it clearly, it guides us" (266). (I have been trained as a facilitator in this deeply moving and profound and spiritual therapy by those trained by Hellinger and in Australia by psychiatrist Chris Walsh and family therapist Kate Ingram). Constellation work helps resolve issues, carried by current family members but whose origins began with a family member sometimes many generations back. Hellinger writes in, *Loves Hidden Symmetry*, that "Whatever is done by or happens to a family member of our family group, whether for good or for ill, touches us... Together with our family, we form a fellowship sharing a common fate" (150). It is not uncommon to see a pull to suicide repeating down the family system, whereby an unconscious following of the suffering of previous generations is experienced and carried by a present family member. Many present-day issues such as depression, anxiety, a hatred for a family member have their origins laid down years before by the actions of those who are often long deceased.

A constellation begins with a client being interviewed by the facilitator often in a two-day workshop with around 20 participants. The facilitator is not interested in the client's perceived story where blame, anger or other negative emotions towards family members are attributed. Dr. Joy Manne (a student of Hellinger's) states in her (2009) book, *Family Constellations*, that "Clients who are naming and blaming others for their unhappy lives will have little success in integrating work whose essence is acknowledging, What Is!" (14). The facilitator is searching for facts of the family history and the core emotion that is carried in the heart of the client (often a deep longing to belong, understood and accepted) and not to be misled as Wigglesworth labels "Immature ego stories" (170) which Wigglesworth characterizes when one, "Focuses on what the OTHER person did wrong. Or on how unfair the World is" (170). Wigglesworth sees Higher-Self Intelligence as the realization that "Sees everyone involved as probably contributing to the situation" (170). (These contrasts between ego and spiritual states can be found in Appendix 2).

The goal of a constellation is to bring back peace into the family system by acknowledging those forgotten, not loved, blamed or rejected, or simply recognizing that they had a terrible fate. When issues are located within the family system, love that was blocked (played out by relational or internal conflict) is unblocked and love can now flow. Hellinger advises in, *No Waves Without The Ocean*, that even when a healing option, (based in spiritual intelligence) appears; to be patient because, "...it is crucial that this (healing) picture is allowed to sink into the soul of the client, that it is allowed to take effect there-which requires time...until the right solution...becomes clear" (28).

The facilitator is always looking to see who takes on the role of the black sheep in the family or who had a heavy fate and if the emotional burden or past actions are being carried by

the client they are interviewing. I have seen in many workshops where those who had a place of belonging in the family system, are commonly left out include: sexual perpetrators, murderers, former loves, adopted children and their biological parents, those involved in incest, those who have brought shame, perpetrators and victims of violent crimes in war and peace, those who died in childbirth and at a young age and those experiencing severe illness and horrific accidents and those who have migrated but whose hearts lie in their country of origin. Few of us escape systemic entanglements! Dr. Manne explains that, “Setting up a constellation means placing representatives (for your family members) in the special and directional positions that represents their relationship to each other” (9).

The client picks members of the workshop to represent family members and places them intuitively, in relationship to each other, inside the circle formed by the chairs of the participants. An energy field is created and this is what the facilitator and representatives tap in to. In, *No Waves without The Ocean*, Hellinger states that, “Family constellations produce an energy field. When you enter into this field...the representatives feel like the actual people (of another person’s Family...” (179-180). Professor Anya Petrovic, an energy healer and psychologist also comments on this energy field, in her book (2016), *Tesla Metamorphosis*, “...energy is not just a mechanical movement of particles... (it is) working with consciousness” (154).

I have experienced and observed that the most remarkable occurrence takes place when this energy field of consciousness is tapped into. The representatives, acting as the family members, pick up phenomenologically the emotions and often physical traits (such as limps and stutters) of the client’s family. An accurate map of the family system is seen as representative’s act towards each other as the client’s family did or do in life. This is the spiritual mystery of the work. Some representatives face each other in love, some in hate, some in indifference, some

look up, some down. All the movements are symbolically important. “How can complete strangers act just like my present family?” is commonly asked by clients. (and, indeed I asked this at my first constellation in 2001). Dead family members are often represented and their suffering, love, state of mind is clear to see although there is nearly always a deep sense of peace from those who represent the dead.

Simple rituals and healing statements are given by the facilitator to the representatives (the reps sometimes have more accurate healing statements and these take priority), These statements allow love to flow when family members (representatives) view each other with respect and acknowledge what was! Was! The task of the facilitator is to get all family members, often spread over several generations, facing each other in love and respect. Dr. Manne explains that, “Family constellations look with love and not with judgement for what really happened (this epitomizes working with spiritual not ego intelligence). This Soul Level is one of pure nonjudgmental, nonpunitive love...(but) characterized by strict self-responsibility” (5).

When a representative, who is a perpetrator acknowledges their actions and the painful consequences of their past behavior on the victim, both victim and perpetrator relax and soften and the client no longer carries the past burden. The victim does not become superior to the perpetrator or self-righteous but simply acknowledges the truth of the perpetrators actions that what was! Was! Common healing statements described by Dr. Manne are, “Dear Mother/Father I have taken everything you have given me (especially the gift of life) and I will do my best with it.” or “ Now I take you as my mother and father and I agree to the price of what it cost you and what it cost me.” or “You are big and I am little. You are the adults and I am the child. I leave the adult problems with you” (52-54). These statements have profound healing effects on the present-day family and they come from intuition so that there may be thousands of Higher-

Guided statement possibilities. As a facilitator accessing healing statements requires courage, flexibility and Higher Intuitive Intelligence and allowing the energy to unfold at its pace and not yours. This work is almost impossible for those coming from ego because they will try and control what is spiritual gifted.

Hellinger describes the transition that occurs at the end of a constellation in his (2003) book, *Peace Begins In The Soul*, “All that we have previously judged, regretted, and repressed in our lives can now take its rightful place next to all that we have approved of” (9). The approval is of course unconditional love for all and acceptance of life as it is.

I have seen many constellations where victims and perpetrators are brought together. Initially there is deep fear, hatred, a need for revenge, disgust, helplessness from both victim and perpetrator as representatives face each other. I have witnessed families affected by war and the setting up of Nazi representatives and those they exterminated. At the end of a constellation they embrace with love, forgiveness but only when responsibility and acceptance of fate is acknowledged. Allowing the guilty to own their guilt, without the need for revenge, lets deep sorrow, love and hope emerge as the constellation ends. This work requires a meta understanding of conscience because both perpetrator and victim are given places and neither excluded. This goes against the instincts of the ego but exemplifies spiritual intelligence.

Dr. Manne comments on 3 types of conscience identified in Constellation Work by Bert Hellinger. The first binds couples, families, groups, sport’s teams, nationalities, religions and ideologies. Unity is characterized by: shared rules, expectations of behavior, books, uniforms, rituals, oaths, symbols and shared beliefs. When one breaks from the norms of the group there is an expulsion of that member or group of people. The excluded and ostracized, serve to unite the main group or family, who are threatened by their difference and so unite in their opposition and

give the rejected the status of persona non-grata (a common behavior in cases of divorce when blame is attributed to the ex and the ex's family or in racism). On this conscience Manne states that, "Conscience and belonging create exclusion. Belonging keeps us in our group and excludes us from others" (28).

The Catholic Church, The Nazi Party, Partisans who fought the Nazi's, The Mafia, The Police, Villains, have all killed with a clear conscience believing the righteousness of their cause. This type of conscience is embedded in ego intelligence. You can see how careful one must be, as acting from innocence or justification avoids One from seeing the Other.

The next type of conscience is a Systemic Conscience that addresses balance. The universe puts into balance that which has been placed out of balance. It is the cause of much human suffering for universal balance does not judge right or wrong or good or bad. If a heavy fate has been ignored or someone has been excluded the universe brings into balance this fact and so systemically, the innocent carry the fate of those who came before by reliving the initial burden. This carrying of burden is out of awareness; an unconscious bond and loyalty tied to the past. Manne states, "It's rules are essential Biblical: The 10 Commandments with no exclusions. We kill, steal, lie and commit adultery at our own peril resulting in our families suffering for many generations" (29).

The third level of conscience recognized by Hellinger is what he terms in, *No Waves Without The Ocean*, as "Meta-Conscience (and he acknowledges that) Meta-Feelings are in tune with something greater" (35-36). Dr. Manne calls this conscience, "The Higher Conscience...it is the deeply spiritual part that guides us towards the Greater Whole" (29). This conscience is associated with spiritual intelligence and requires a deep understanding of universal laws. It understands that everyone has a right to belong: the murderer, the adulterer, the pedophile, and

all the black sheep so labelled by humanity. It also accepts all fates as happening and does not buy into blame or taking sides. The facilitator of constellation work, draws on deep meta principals and courage as the unwanted, who are often reviled, are brought back into the family system. The parable of the Lost Sheep is very evident here: "...the Pharisees and the teachers of Law started grumbling. This man welcomes outcasts..." and in the story of the lost coin on its return: "In the same way, I tell you, the angels of God rejoice over one sinner who repents" (Luke:15:1-10). What was lost? Consciousness! From those that condemned and for the condemned. Hellinger has carried out constellations all over the world and especially in communities torn apart by war and documented his community constellations in, *Peace Begins in The Soul*. He has witnessed that for perpetrators and victims alike that:

Only when both sides grieve together for what has happened, without blaming or condemning the other side, is the way open for mutual understanding and reconciliation; when everyone sees the victims of both sides and grieves for what they have suffered themselves but also for what they have caused others to suffer. (79)

Spiritual intelligence requires a comprehension of Universal Laws. Deepak Chopra's (1994) gem of a book, *The 7 Spiritual Law Of Success*, can be read in an hour. Its primary theme is that of knowing how to manifest success, through our understanding, that as spiritual beings we are of the universe and so can draw on universal intelligence that is at our very core. Chopra writes:

The universal mind choreographs everything that is happening in billions of galaxies with elegant precision and unfaltering intelligence. Its intelligence permeates every fiber of existence-from the atom to the cosmos. And this intelligence operates through the seven spiritual laws (91).

These spiritual laws are the basis of SQ and at the heart of all the literature commented upon in this Review of Literature. Law 7, The Law of Dharma (or purpose in life) calls us to seek our True-Self through right occupation, "Everyone has a purpose in life" (84). When we are align

with our purpose...we experience the ecstasy and exultation of our spirit" (84). -one that sees us serve humanity and not exploit it for individual and greedy gain. The theme of ego versus True-Self and universal understanding is seen in Law 4: the Law of Least Effort when, "We seek power and control over other people we spend energy in a wasteful way. When we seek money for personal gain only, we cut off the flow of energy to ourselves and interfere with the expression of nature's intelligence" (52). This energy is what Higher-Self taps into such as when facilitating a constellation workshop and acting as a representative.

Whilst Wigglesworth highlights the 21 skills of SQ she allows the individual to define terms such as universe and Higher-Self in accordance with their own interpretation and meaning. Chopra is more direct at naming spiritual connection, "...everything in life is an expression of the miraculous unfolding of spirit" (92). He adds that, "We are travelers on a cosmic journey and this moment is a little parenthesis in eternity" (93).

Connecting to the unfathomable space of the universe (also located within our own bodies), through meditation, allows us access to and awareness of universal consciousness. The first Law: The law of Pure Potentiality acknowledges, our spiritual being and thus our knowing of Higher-Self. Chopra states, "Knowing who we really are gives us the ability to fulfill any dream we have, because the same field that nature uses to create a forest, a galaxy, or human body can also bring about the fulfillment of our desires...anything is possible, because the field is the source of all power, all intelligence and infinite organizing ability" (18).

The other laws concern karma, receiving and giving, detachment and intention. Each requires insight, awareness, spiritual intelligence and action whereby what we think and how we act is reflected in creating our actual reality. When we understand spiritual laws we have

immense power, as humans, in creating the world we want through our thoughts and intentions, both individually and as a collective community.

Acting from a spiritual intelligence allows for connectivity as the individual realizes that the source of that intelligence is the God-Within; and its consciousness is Universal. As Dr. Masters states, “Whatever intelligence can be said to rule a human being so thoroughly from within, must then be realized as the God of one’s life, for it is truly the Ruling Intelligence of one’s existence” (Master’s Degree Curriculum 2:39). Other intelligences are then guided by this Ultimate Intelligence so that the limited ego intelligence, that lies behind the false self, can be seen for what it is. As metaphysical teaching becomes more widely known, integrated and practiced (through constellation work, meditation etc.) humanity can truly, “love thy neighbor as thyself,” (Mark 12:31) for the Neighbor and the Self are but ONE.

Discussion

Throughout history there have been moments where the consequences of acting from ego intelligence and then spiritual intelligence have impacted hundreds of millions in both negative and positive ways. After the end of the First World War, in 1918, the mindset of the allied forces was to punish the German people because they were wrong, evil and deserved retribution. Harsh financial and social penalties were imposed upon the German race that caused widespread humiliation and suffering. A leader emerged who was able to rally the dissatisfaction of the Germanic masses who became seduced by a barrage of hate filled propaganda that resulted in the Second World War and the extermination of untold millions. After this war, the vanquished were treated with a respect and assistance so that Germany and Japan emerged as powerful economic countries. Today Germany leads the world in its treatment of accepting refugees from war ravaged lands and Japan has contributed in building technological discoveries that have benefitted medicine and many areas of social life. Both countries are peaceful!

But our planet today is still divided by the intelligence that identifies with ego so that Shite is opposed to Shia, Democracy to Communism, Secularism to The Faithful etc. The common ground they all share is a present or historical belief that justifies violence and intolerance. Politicians, the media and legal systems are adversarial and this is portrayed as a sign of strength. We seem to drift in and out of consciousness, as a race, so that moments of peace and unity are brief. To change to an enlightened species, we need to understand where spiritual intelligence originates, and draw on it. Eckhart Tolle sums up what all spiritual teachers know in *The New Earth*:

Your inner body is not solid but spacious. It is not your physical form. It is the intelligence that created and sustains the body, simultaneously coordinating hundreds of different functions of such extraordinary complexity that the human mind can only understand a tiny fraction of it. When you become aware of it, what is really happening is that the intelligence is becoming aware of itself. It is the elusive “life” that no scientist has ever found because the consciousness that is looking for it *is it*...Physicists have found that the apparent solidity of matter is illusion created by our senses. This includes the human body, which we think of and perceive of as form, but 99.99% of which is, actually, empty space. This is how vast the space is between the atoms...The physical body is no more than a misperception of who you are...it is the microcosmic version of outer space...That “empty space” is life in its fullness, the unmanifested Source out of which all manifestation flows. The traditional word for that source is God. (250-251)

This image of empty space as the source of SQ is something I use in meditation sessions both personally and with clients. It is an exercise that is fun, creative and helps explain what Tolle has described. I use a large canvas and paint the background black. Then using oil paints, in various colors, I splatter the paint all over creating stars, planets and galaxies. Using statistics, I grasp the enormity of space. Tolle for instance in the *New Earth*, tells us that,” light travels at 300,000 kilometers per second in space and the light from the moon takes a second to reach earth. The light from our nearest galaxy, Andromeda, however, takes four and a half million years to reach earth” (250), and there are trillions of galaxies. By looking at the painting I get a sense of the vast, empty space that is Source. I concentrate on the picture, close my eyes and focus on the space within me. I find peace comes quickly and I am more intuitive and connected to SQ especially if I have had a busy and difficult day and I have become stuck in ego.

It is our origins in a conscious, unmanifested Source, that unites us ALL as spirit for we stem from the same consciousness. It is spiritual intelligence that knows this. That is why the literature states that to transmute, unconscious knowing to conscious knowing, one needs to be aware of the differences and options available (Appendix 2) but not only aware, one must experience it and then live from it. Spiritual intelligence requires spiritual practice and it is why Brian Weiss, Eckhart Tolle, Cindy Wigglesworth, Bert Hellinger, Danah Zohar, Ian Marshall,

Deepak Chopra all stress the importance of stillness, mindfulness and meditational practice. Dr. Masters comments on the link between meditation and metaphysics, “The practice of meditation is crucial because it is the foundation of at least 90% of current metaphysical teachings...The philosophy and psychology of metaphysics are created almost entirely from HIGHER STATES OF CONSCIOUSNESS EXPERIENCED IN MEDITATION” (Master’s Degree Curriculum 2:40). The key to spiritual insight is to include a regular meditational practice into your life. I am pleased that at my Australian rural school this practice is common place and seen daily in classrooms and in staff meetings. It is an essential part of my counselling practice. The benefits of meditation are many and tie in with the definition of Spiritual Intelligence as put forward by Wigglesworth as being, “The ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the circumstances.” (124)

At the heart of all intelligence is the ability to adapt and change. To change from suffering to healing. To heal not only our own suffering but to heal the suffering of others is a metaphysical goal. Marianne Williamson, (2015) in, *A Return To Love*, points to the role of suffering as being painful but when we honestly look at our suffering there is opportunity for change and that when one changes that is the miracle; when a perspective, held in egoic intelligence, shifts to a spiritually intelligent frame of reference. On this process she writes:

A course in Miracles says, “What is healing but the removal of all that stands in the way of knowledge? How else can one dispel illusions except by looking at them directly, without protecting them?” The work towards enlightenment often entails a painful and not very pretty arousal of the worst of which we are capable, made plain to both ourselves and others, in order that we might consciously choose to release our personal darkness...when used by ego, psychotherapy is a tool for endless investigation: assignment of blame and focus on the past. When used by the Holy Spirit, it is a search for light. It is a sacred interaction in which two people together, consciously or unconsciously, invite the Holy Spirit to enter their relationship and to transform painful perceptions into loving knowledge. (287-288)

This approach to healing, using spiritual intelligence, can be seen in the therapeutic work of Hellinger and Brian Weiss. They are not interested in blame but self-responsibility and this is what Marianne Williamson means by releasing one's personal darkness. These lessons occur over many life times and if Brian Weiss had not been open to spiritual insight he too might have missed the healing and wisdom that both he and his patient, Catherine, received from the spiritual energy that emerged in therapy sessions.

I have attended many constellation workshops as well as facilitated them since I was introduced to the work in 2001. One of the most poignant and moving sessions for me was facilitated several years ago by psychiatrist Chris Walsh. Chris's client was an Australian lady in her 50's who was born in Australia but had Greek ethnicity. She had lived a life of quiet desperation experiencing intense suicidal ideation, depression and anxiety. She had been given all sort of labels by mental health professionals and medicated heavily but all to no avail. Chris was not interested in these labels but only in the facts of her family history and her meta emotions revealed as dread, anger and deep sorrow. It eventuated that the client's mother lost most of her family in the mountains of Greece in 1943. A German patrol was ambushed by partisans from the mother's village. As a reprisal an SS Unit drove into the village. The women and children were led into the village church and the men lined up against the church wall. The client's mother was in a field at the time, with an aunt and they witnessed the following events. The men were shot and the women and children burnt alive inside the church. At the end of the war the aunt and the client's mother migrated to Australia. Chris set up a constellation and I was chosen as a German soldier. 5 people in the workshop represented the German soldiers and 5 the Greek partisans. 2 women represented the Aunt and the client's mother and 3 people represented the dead of the village and 3 the dead German soldiers killed on patrol.

As representatives we quickly experienced the energetic pull of the energy field. As a German soldier I felt real hatred for the Greeks I faced and felt no remorse for the dead civilians, the same hatred was seen by the Greek ‘freedom-fighters’. Only when Chris placed representatives of our mothers behind each soldier did the emotions change and softened. The mothers led us by the hand and showed us the dead. Then the German mothers embraced with the mothers of the enemy fighters. Suddenly I felt deep remorse and I could see the sorrow of the Greeks and the terrible nature of war. All the German soldiers felt this. We eventually acknowledged our guilt. The partisans acknowledge the guilt of killing the German soldiers which came from the same unconscious energy that justified killing with a righteous and innocent conscious (an ego consciousness). When all the representatives tapped into the energy (Creative-energy, Higher-energy, God-energy) a spiritual intelligence emerged and the Greek and German soldiers embraced each other with tears and acknowledgement of their guilt as killers. Love was the prevailing emotion in the workshop and felt by participants and on lookers. For the client came an almost immediate sense of release. She had held the burden of many: her mother and her aunt’s trauma, the soldiers’ anger, fear and guilt. No wonder life had been hard for her. I have seen hundreds of constellations and when spiritual intelligence is accessed, love and peace flow to all and reconciliation is possible.

Ego gets in the way of spiritual acknowledgement and looking at Gardiner’s decision to name an existential rather than a spiritual intelligence can be seen in this light. It is difficult for the unconscious to access SQ and this must be respected with kindness, patience and without the need to push metaphysical views down people’s throats. I am reminded of this clearly. Every few weeks I meet up with a group of psychologists and other mental health workers to discuss case studies in our area. I once showed them Cindy Wigglesworth’s SQ 21 skills. I was met with eyes

that turned, upwards and inwards and I imagined thoughts and read body-language that stated, “Really! Are you serious!” Another time I mentioned that psychiatrist Brian Weiss was talking in Melbourne about past-life regression and I was keen to see if there were any takers from the group who might like to hear him. I was told in no uncertain terms that I was delusional and that past life regression was a ridiculous concept. If I became frustrated, defensive and acted in a superior manner at their response then I am acting from ego. Strangely enough, a couple of psychologists in the supervision group have become interested in metaphysics although not openly in front of the more dominant members. It is a group where kind hearted practitioners have a firm belief in their expertise and absolute authority over mental health issues.

Constellation work facilitation, for example, requires you let go of determining outcomes and are guided by the energy and Higher- Self to make interventions. Knowledge comes from tapping into this Higher-Source and letting it work through you.

I have also found that I am making friends with other mental health workers outside the group who are on the same wavelength as I am on a metaphysical level. At the end of this year a few of us are planning a 2-day mental health conference to see if a bridge can be built between traditional mental health approaches and metaphysical understandings. The authors used in this thesis will be covered and practical demonstrations shown such as setting up constellations, past life regression and meditation. Psychics, mediums, energy and vibration workers will talk at the conference.

Conveying SQ skills and metaphysical concepts is important and like any intelligence we need an educational process to teach and practice. I have often seen that when emotional suffering can no longer be tolerated, the mind is more flexible in wanting to find avenues that help stop the pain. Handing a practical resource can help focus the client into practicing SQ

activities and so, as metaphysical practitioners, it helps to make resource materials. Designing a chart/assessment sheet/questionnaire/fact sheet is an easy way to deliver metaphysical teaching and build SQ. Wigglesworth and her SQ21 Assessment Sheet has now been accessed by thousands and is a powerful vehicle for change. Dr. Master's advises that, "If you would like to be a, "Practicing Metaphysician" and thereby receive innumerable benefits and rewards in your life, it is recommended that you take this suggestion seriously (How to Live The Metaphysical Life Daily) and begin to live it" (Ministers/Bachelor's Degree Curriculum 4: 2). Using his guidelines, a simple chart or metaphysical calendar could be designed whereby a tick list, affirmations or written examples could be used to highlight your active following of his suggestions such as to:

Meditate daily, keep your body clean, bless the food you eat, dedicate each day to the Universe, nullify negative thoughts, nullify negative spoken words, understand yourself as well as others, give thanks for all good, maintain an accepting attitude, read inspirational literature, forgive as you would wish to be forgiven, devote the day to God and the universe, keep peace within you, associate with evolved people, attend metaphysical groups, be aware of the evolution of others, keep your silence, get proper sleep, think positively and REMEMBER WHO YOU ARE. (3-7)

Exercising SQ requires lifelong habits. In my own therapeutic practice, I regularly promote the importance of several key exercises. One is to stop over thinking negative thoughts, or ruminating, and learning to be present. I recommend the books of Eckhart Tolle for insight on these issues. For mediational practice I recommend Brian Weiss's book, *Meditation*, also his CD's for past life regression and self-hypnosis. I ask clients to reframe negativity (that come from ego) to thoughts and actions embedded in SQ. For this I refer to Cindy Wigglesworth and her chart on Ego and Higher-Self found in *SQ21* (170-172) and shown in Appendix 2. Lastly, I have sheets on positive affirmations, taken from the writings of Dr. Masters and other inspirational teachers and encourage the mindset of being grateful and adopting a positive

mindset. Dr. Master's writes, "A Positive Transcendent Attitude is one that knows that despite any apparent difficulty, one's Higher God-Mind will show the way for improvement" (Ministers/Bachelor Degree Curriculum 1:37). Death, for instance, in the mind of the Spiritually Intelligent is seen as a transition yet potentially feared by the Ego.

The words and insights of the authors I have mentioned have reached and continue to reach millions of people. I, as one of the millions, have been deeply impacted and drawn to metaphysical teaching and insight, which has helped inform and continues to develop my spiritual intelligence. I, like the billions of other humans, am evolving at the pace my Soul allows me to access consciousness. War, poverty, injustice, unkind acts exists but so do their polarities of peace movements, justice groups, eradication of poverty and acts of kindness. Ultimately, as the authors show, the more human beings become aware of SQ the more evolved we become as a human race. Change at both our inner (thoughts) and outer levels (actions), will transform our human and spiritual existence and experiences on Earth into ones based on a foundation of love and connection.

Conclusion

I remember nearly 20 years ago, as I trained as a Gestalt Therapist, that I was taught to be aware that intelligence was found everywhere. It is found in plants, animals, humans, water and wherever energy is said to reside at the cellular and atomic levels. The Gestalt lecturer reminded us that we are not just our brains and to seek, with our clients, intelligent messages (through bodily sensations) found in their fingers, hearts, faces, toes, stomach and every aspect of the body, for all parts of the whole held their own systems of intelligence and if we tapped into that consciousness, explicit self-discovery and insight was possible.

Dr. Masaru Emoto, in (2010) his book on the intelligence of water, *Messages From Water And The Universe*, clearly shows that water, when in a state of health produce beautifully shaped water crystals. When unhealthy these crystal shapes are deformed, ugly and irregular. When the intention of love and gratitude (through prayer/meditation) is directed to polluted water (or a distressed human being) the water crystals transform from a misshapen crystal to a beautiful healthy shape and color. Love and gratitude have the power to change the world which was formed from water and as humans our mass form consists of 70% water. He is optimistic about what is happening in the world today and writes:

As a result, of my travels, I've come to believe that the state of the world seems to gradually be turning towards the positive. Not long ago, I feared that we were moments from Judgment Day, but things are increasingly looking brighter. Of course, many dire problems still exist, including the overuse of our natural resources as well as pollution, poverty, and rampant wars. However, the more I travel, the more I feel that our consciousness is rising and a 'network of hope' is spreading. (99)

This rise in consciousness is accessed through using spiritual intelligence. A person with high IQ can invent wonderful technology and make discoveries but all too often these can

destroy as well as support humanity. High IQ is supported when used with emotional intelligence in which a high degree of empathy allows love to flourish. But I can honestly say that my eight-year-old dog, a Golden Retriever has high EQ. He is kind, faithful, fun, patient (somewhat greedy when it comes to feeding) but limited in IQ (He does not yet have the intelligence to drive me to the shops). Those with both high IQ and EQ have qualities to be sort but as Hellinger has demonstrated; we can be intelligent and kind to our group of belonging and yet kill with a good conscience. Dr. Josef Mengele who worked in Auschwitz was known as Uncle Josef to children that he personally killed showing on one level that he was capable of kindness and certainly intelligent. There was little evidence he possessed SQ!

EQ and IQ and the multiple intelligences that Gardiner has identified share a common trait in that they are often genetically and environmentally formed and can be acquired through adhering to rules that govern them. Zohar and Marshal call SQ the ultimate intelligence, a transcendent intelligence beyond ego because it is formed from universal consciousness. When accessed, it steers all other intelligences for the benefit of ALL. SQ can certainly be taught and discussed but without putting spiritual practice into action, SQ remains a dormant rather than an active and lived intelligence. Attending workshops, meditating, prayers, awareness of positive and negative intentions, teaching and practicing SQ will influence the collective unconscious and produce change at this deep level.

It will take many lifetimes and planes of existence, to evolve spiritual intelligence but the realization that we are One from the One Source means that compassion, common understanding, love and joy lies behind every interaction with self and others. There will still be human conflict and mistreatment of this planet but when approached from Higher-Self SQ rather than Ego-Self patterns, (see Appendix I and 2) solutions and outcomes will result with, “the ability to behave

with wisdom and compassion while maintaining inner and outer peace regardless of the circumstance” (Wigglesworth SQ21: 124).

I will leave you with this powerful quote from professor Anya Petrovic from her book (2016) *Telsa Metamorphosis*. She is an energy healer and psychologist. I heard her speak in a small gathering, recently, to practitioners of reiki, pellowah and other energy healing modalities. She highlighted that change comes from recognizing our true spiritual selves, from our intention to serve and heal, and how being attuned to our spiritual intelligence will create the meta resources needed for change:

Our essence is the consciousness-the field of intelligence which is what we really are, our identity, as well as the identity of all the others and everything that is. Everything is the expression of our own interaction with Self. This interaction is determined by the evolution of our consciousness which allows us to get to the awareness that we are the Consciousness...as our consciousness evolves-our resources expand. (258)

When the resource of spiritual intelligence is widely embraced and we live from metaphysical practices, when truly lived, the individual acts from Higher-Self and not from ego. The consequences of living from Higher-Self are that connectivity, not division and respect for our living planet, becomes the focus of life.

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Appendix One

SQ 21 Cindy Wigglesworth: Spiritual Intelligence Assessment Sheet.

Skills	Questions to guide you	L	M	H
1.Awareness of own worldview	Can you explain the impact of your culture, your upbringing and assumptions of how you interpret the world to others?			
2.Awareness of life purpose	Do you feel you can explain your life purpose? Do you stay focused on it?			
3.Awareness of values hierarchy	Can you name your top 5 values?			
4.Complexity of inner thought	Can you hold conflicting perspectives and make decisions in the face of uncertainty?			
5.Awareness of Ego Self/Higher Self	Can you consistently hear the voice of your Higher-Self?			
6.Awareness of interconnectedness of life	Do you feel the pain of other humans and animals and the consequences of your choices on ecosystems?			
7.Awareness of worldview of others	Do you understand the emotions of others even when they disagree with you? Do others feel understood by you?			
8.Breadth of time perception	Can you hold a billion years of history in your mind and perceive an evolutionary trajectory in the universe?			
9.Awareness of limitations/power of human perception	Are you aware how your senses give you incomplete and sometimes inaccurate information? Do you use intuition and spiritual insight?			
10.Awareness of Spiritual Laws	Do you live by the principals of spiritual law?			

11Experience of Transcendent oneness	Have you ever experienced a moment of awe			
12. Commitments to Spiritual Growth	I am willing to learn about spiritual topics from many sources. I commit time and energy to my own spiritual growth.			
13.Keeping Higher-Self in Charge	I can shift intentionally from listening to the voice of my ego to listening to my Higher-Self. My Higher-Self voice is clear and is the primary voice I hear.			
14 Living your purpose and values	My purpose and values are aligned with my Higher-Self. My actions, decisions and goals are aligned with my Higher purpose and values.			
15.Sustaining faith	I trust that there is a wise and loving nature to life/the universe/all that is. I maintain an attitude of gratitude even when faced with difficulties.			
16. Seeking guidance from Higher-Self	I actively seek guidance from sources beyond my own logic or ego. This includes seeking the wisdom of people I respect, of great teachers/writings and from my Higher-Self or Higher Power.			
17. Being a wise and effective teacher/mentor of spiritual principles	I enjoy teaching about spiritual principles. I do that through walking my talk and awakening the learner in other people.			
18. Being a wise and effective leader/change agent	I can see and feel the perspective of all the parties involved in a change. I am able to release my need to control or to have things my way.			
19. Making compassionate and wise decisions	I am compassionate toward my own mistakes as well as those made by others. I know how to set boundaries when I need to do so.			
20. Being a calming, healing presence	Other people feel calmer in my presence.			
21. Being aligned with the ebb and flow of life	I instinctively know what is trying to come into form and I can apply the right amount of action when it is needed to assist the process.			

Appendix 2

Ego Self as compared with Higher-Self: Cindy Wigglesworth SQ21 (170-172).

Immature Ego Stories	Reframing to see with the eyes of Higher-Self displaying Spiritual Intelligence.
Knee-jerk or habit-the stories and interpretations come readily to mind.	I hesitate to interpret anything too quickly (unless immediate action is needed). I assume “I do not know what this means.” And hold the uncertainty (open mind) while I contemplate the data and many possible interpretations.
Focuses on what the OTHER person or people did wrong. Or on how unfair the world is. Does NOT focus on what I (or we) did to contribute to the problem.	Sees everyone involved as probably contributing to the situation-including, and maybe especially, looking to see how I (or we) might have created this situation.
Sees only bad things that will come from this. Inflames negative emotions: fear, anger, worry sadness, hopelessness, revenge, jealousy, etc.	Seeks to see even-handedly-the harm and the gifts. What gifts might be embedded in this? Even if the situation is horrible. Something good might eventually come from it. Seeks to find the positive emotions of hope, gratitude, empathy, compassion, etc.
Wants ‘justice’ in the sense of revenge-even if that is achieved through bad mouthing the person rather than doing something to them that is physical.	Seeks to find interior reframing and forgiveness of the situation first (a gift we give ourselves) before seeking reconciliation or other solutions.
Anger motivates action. Limbic system dominates. Neocortex (higher brain function) may be hijacked or engaged only in service of the anger. Low IQ or misdirected IQ. Low EQ and SQ. Thought process NARROW.	I actively seek data-especially that which might DIS-confirm my assumptions and habitual interpretations. I find relief in breaking the old assumptions.

<p>I refuse to take responsibility for the problem or situation. It is clearly the other person's fault or just "what happened."</p>	<p>I find RELIEF in finding elements where I created the problem or helped to co-create it. This is because my co-creation means I can choose again with other people. And each time I learn something I am grateful for the wisdom and compassion it brings.</p>
<p>Low physical intelligence (PQ): Body is flooded with harmful hormones due to chronic activation of sympathetic nervous system. Immune system suppressed. High blood pressure, pulse, respiration. Respiration shallow. Muscles tight, jaw clenched. Digestive problems may result. Sleep disruptions may occur.</p>	<p>Higher PQ. Minimal time in fight-or-flight. Conscious reactivation of parasympathetic nervous system. Calms blood pressure, etc. Body is more centred and so is the mind. Health not compromised.</p>