

## **QUOTIENTS OF THINKING IQ, EQ and SQ**

Any spiritual enquiry can be meaningful if nature of our thinking is understood. In this sense a spiritual practitioner, who delves into the deeper aspects of reality, by necessity must become a philosopher and a scientist. He must not only come to a point in life where deeper existential questions come to his mind and it is very important for him to find the answers, but he or she must also comprehend weaknesses of their own thought patterns or 'distractions', which can provide interpretations that are simplistic or simply fraudulent.

Spiritual growth can lead us to the development of a thinking faculty par excellence and we can become transformed from the mere 'survivors' in life to deep thinkers and spiritual philosophers. Consequently, life can become less focused on achieving things in the material reality; instead it turns our attention towards an understanding of the ever-unfolding deeper reality of the Cosmos. In this process it is very important for us to know where we have found ourselves in our spiritual growth; we not only need to progress spiritually, but also to become the observers of our own growth and the unbiased judges of the achieved spiritual level, and of appropriateness of the direction of our development.

This is a very tall call for a human being. And in fact it is not possible for a person, who has just embarked on the journey of spiritual development, to be able to judge his or her own progress. In this situation it is necessary to relate to the processes of re-incarnation, as well as to deliberate incarnations of spiritual entities into the Earth's dimension. It is not possible for a near animal man to develop thinking faculties to a sophisticated level of a spiritual philosopher in one life time. In fact, it takes many re-incarnations, many setbacks and many received graces for a soul to progress to a stage where it can be mature enough to exercise an advanced way of thinking. And all of this cannot be achieved by the person alone. At the appropriate time, when he or she is ready to receive what will amount to them as a 'revelation', they will come across a teaching, which will give them directions toward spiritual development. This knowledge has to be received; it is true in the case of an individual as it is in the case of entire human race. Spiritual reality was not invented or willed into manifestation by human beings; its existence was, is and will be independent of the appearance of any humanity in the Cosmos.

In the past, many spiritual schools, exoteric for the beginners and esoteric for the more advanced, existed for the progression of the human race. Today the boundaries between the exoteric and esoteric have been somewhat blurred by the decisions of some advanced spiritual practitioners and spiritual masters, who

could see that the spiritual progress of the human race is very slow, and that perhaps the release of some deeper information might improve this situation with spiritual numbness of a great proportion of the race. Consequently, since the last quarter of the nineteenth century, with the founding of the Theosophical Society and the groups that followed, we have experienced more relaxed approaches to spiritual teachings. Not only the teachings have become easier to comprehend but the access to resources and to the teachings of contemporary spiritual practitioners have greatly improved. Moreover, many books have been written on the varied aspects of spiritual understanding and development and they are all available for the interested readers. In fact, at the beginning of the twenty first century we seem to be flooded with information, but the same cannot be said about the comprehension of spiritual teachings by contemporary aspirants. Yes, it is easy to get access to information today. But without understanding of the workings of our minds and whether our interpretations of the information are correct or off the mark, this mountain of information may be quite useless for us.

In some intellectual circles it became fashionable to belong to an esoteric group, without a full understanding of responsibilities which come with the possession of certain realms of knowledge. Some people become excited with the possibility of acquiring new abilities or of becoming a part of an exclusive group. Such attitudes have nothing to do with a spiritual advancement of a person; they are just pleasing to the personal ego, which grows with the growth of a personal status in the community. Belonging to a spiritual circle without progressing on one's spiritual path is a kind of a kindergarten game for adults. It is a game like many other games we play in life for the growth of our personal ego. And this is exactly the opposite direction to spiritual growth. So, many people, who belong to spiritual groups, may think that they are progressing in their spiritual development, when in reality they are going backwards, feeding their own egos.

This is a complex situation, for understanding of which a person requires not only the sound thinking abilities, but also real spiritual credentials. Additional difficulty exists in the fact, that people, whose spiritual development level is low, cannot recognise a practitioner, who is operating on a higher or much higher level of being. People have been given the ability to see and rationally discriminate levels of being lower than themselves, but they cannot normally discriminate levels which are higher.

### **Spiritual levels of development**

People who come across spiritual movements and join to become part of the process of spiritualisation, generally belong to three groups: those who matured to embrace spiritual reality for the first time in their soul life, those who have done this kind of work in their previous lives and now need to continue their soul development, and those who voluntarily come back to Earth to facilitate some major developments, spiritual understanding or to aid in tipping the balance of

development in a certain direction. These three kinds of people meet in spiritual groups.

It is not difficult to accept the fact that the soul development levels these people have are different, and that the speed of comprehension of spiritual truths and integration of these truths in a person's life will be different. At the end, what really matters in spiritual development of a person, is the **integration** of spiritual truths in this person's life. Likewise, it is not difficult to understand that people, who are highly spiritually developed, will be in a position to see who in their spiritual group is paying only a 'lip service' to the spiritual principles of life and who is not really progressing in their personal development. And it takes a certain level of humility for a person to admit that they need some additional guidance in their spiritual progress. Without humility this person cannot progress any further, because humility is one of the virtues we must acquire and comprehend the need for before we can move into a more challenging territory in spiritual development.

The most significant of spiritual truths, which we should try to comprehend, is that the spiritual reality is in a constant progression, and that we are going backwards if we, personally, do not improve our own spiritual development level. We can be useful to higher spiritual hierarchies and we can fulfil the Cosmic plan for ourselves and the human family if we are spiritually developed and progressing in that development, rather than just stagnating with a mere spiritual awareness. To be on par with the dynamics of spiritual life in the Universe, our task is to continually improve our level of being.

Spiritual development of a person is most successful and effective when all aspects of one's being are involved in that development. This concept is not new and already a number of highly spiritually developed people have embraced it and created or followed practices leading to a balanced but certain progression in spiritual life. Sri Aurobindo, for example, called his teachings Yoga of Synthesis, where all aspects of a person's life need to be devoted to the spiritual progression.

With the attainment of a certain level of spiritual development, there comes an understanding that there is nothing more important in one's life than a progression in spiritual awareness and the improvement of one's spiritual level of being, that this is the purpose of an individual life and that of the Life of Cosmos. We all may not be in a position to live in ashrams lead by highly developed spiritual practitioners, but we all (even while living a busy existence in the centre of our materialistic world) can improve the efforts in our personal spiritual journey by, first of all, adhering to our spiritual development plan and by continually paying attention to different aspects of our personality, our needs, and our emotional attachments.

A friend of mine once said that the contemporary spirituality is mostly a 'salt and pepper' spirituality: people like this and that, go for holidays, go to a church or a

sailing club, and on top of that go to a meditation group to gain some other experience—in the same way as adding salt and pepper to our meal makes it more interesting. This kind of attitude is very much immature—perhaps a nascent spirituality entering someone's life—just the beginnings. We need to realise that it is not our privilege to make spirituality a 'salt and pepper' of our lives. The spiritual understanding is given to us in order to facilitate the progress in the life of the Cosmos, to allow us to shake off the shackles of ignorance, fear and gross existence. Is this not important enough to be taken seriously?

Why is it essential to have a master or a mentor in this area of our development? It is important for us to know that we are indeed doing everything we can to further the progression of our spiritual development. We can spend the rest of our lives thinking that we have progressed sufficiently, or that there nothing else to discover (within ourselves for example), or we can forget completely about our spiritual quest and, say, waste ten years of our lives chasing up some dreams of grandeur and glory, not knowing that this was a wrong pursuit, and worst of all that our spiritual quest has been abandoned. We need to understand that our personal egos are in charge of our volition during a large part of the spiritual development process. Where we think our soul needs to go, turns out, after much lost time, that it was our ego's desire to pursue. People who practise spiritual development without using a spiritual instruction devised by someone much more advanced, or people who have a problem with accepting someone else's seniority in spiritual matters, have really only scratched the surface of spiritual transformation. And until such time that they experience the pangs of true humility and find in their hearts a true desire to serve the human family rather than the requirements of their ego, they can consider themselves to be the students and not the developed practitioners.

Let us remember that our human race takes only a specified spectrum of the mind energies of the Creator. The human level of development always has and always will be taking the same specified spectrum place in the mind economy of the Cosmos. From the point of view of the divine intention for our development, our task, given the appropriate tools, is to move out of this spectrum toward higher frequencies of existence in the Universe. We can pursue this only individually, but if we were born in a spiritually less degraded environment, our task of progression would be much easier. This is why we all need to struggle very hard to make the way simpler for those who will follow. Let us think of this as the building of a highway for our children to use, instead of leaving them with the unsealed roads we have to tread today.

It is a Cosmic function of ours to progress spiritually. If we are not choosing this as our highest priority here on Earth, it is because we became laggards through a very deep immersion in the physical reality. When we realise our Cosmic destiny and when we are given tools to work towards that destiny, we will find our egoistic feelings of superiority over another person, who happens to be more advanced spiritually as grossly misplaced. Whether it is a man or a woman,

whether old or not that old—this more advanced spiritually person can help us in our assignment. We need to admit to ourselves that there have always been people in the world who were spiritually more advanced than us; such people have always lived on Earth and always will be present here. We have not been placed in a competition with those people, but rather in a situation, in which we need to find synergies and try to work together towards the achievement of something, we alone (as one person) can never achieve without help.

Who then, can be a judge of other person's spiritual progress? Obviously if the spiritual group's founder is present then he or she can be of assistance. Many groups, however, continue the existence after their founder's passing. In such cases more often than not the original teaching becomes corrupted and with time loses its potency and even its relevance. It is rare and very heart warming to see some groups operating without their founder for many years into the future. Of the three categories of people who find themselves present in such spiritual groups, the middle category, that is the people whose souls are continuing their spiritual growth, are those who most often are taking up the spiritual instructions left by the founder and themselves become teachers or instructors; these people are placed in best positions to help the beginning students in their spiritual journey.

People in the middle category of spiritual advancement can identify quite readily with the reactions, questions and problems of those who have just begun their spiritual journey. They can indeed become their best teachers. They cannot, however, easily recognise a higher spiritual incarnations amongst their milieu. And even if they have a personal intuition or some other sources of knowledge characterising the appearance and behaviour of such a highly developed spiritual person, they cannot guess the exact reason or their intentions for being present where they are. People on a lower level of spiritual development cannot read the minds of people on a higher level; this is the law of the Cosmos. People on the lower level of spiritual development, however, can try to assist those who are on a higher mission. Inevitably, the presence of a higher spiritual personage is a blessing for the group as well as the entire community.

### Intelligence Quotients

Intelligence can manifest in many ways in a human being. These days in the western society, we generally speak of rational and emotional intelligence; spiritual intelligence is the least referred to in the mainstream circles. What are these different types of intelligence and how can we relate to them?

The **rational intelligence quotient (IQ)** has been devised in the West to measure a person's intelligence. In hindsight we can now see how the cultural biases influenced thinking of the designers of the IQ test. Rational thinking, high scores in mathematics and sciences, problem solving and logic constitute the

basis of the test. The whole rationale of the functioning of the western society is more or less based on IQ principles, and consequently, people with high IQ have greater chances to find themselves in positions of power than people with the lower IQ. The western society, especially the founding nations of modern institutions and economics, societies where the religious reformation of the seventeenth century readily took over the established Roman-Catholicism of the day, are the main exponents of rational thinking and regard this kind of intelligence as the ultimate intelligence. And we must acknowledge that the prevalence of rational thinking has played a pivotal role in the growth and development of national wealth as well as that of science and technology in the western world. We would not find ourselves in the current socio-economic situation was it not for that rational development.

In the current era some people consider rational intelligence with mixed feelings. In the understanding of others, rational intelligence has been the source of a one-tunnel vision, lack of flexibility and sometimes even lack of humanitarianism. People adhering to the existing rationalistic ideologies would like to see them perpetuated, arguing that there is no need to change anything in the world order, because this order has worked so far reasonably well. Many world leaders today who support views like that only prove the fact that to become a nation's leader one must be very rational. It is evident that the world's pain, hunger and misery continually escape their attention. Somehow they do not see it. Perhaps it is the only thing they are capable of—remaining in denial and not accepting the fact that understanding of the workings of the planetary community requires more than just rational thinking. They cannot solve the painful problems, because they do not access their own emotional intelligence or they simply choose not to see and deal with these problems.

The **emotional intelligence quotient (EQ)** has been brought to the vernacular of the western society not that long time ago. In the mid nineties Daniel Goleman published his "Emotional Intelligence, Why it can matter more than IQ?" The book almost instantly became an international bestseller. In the last ten years his concepts of emotional intelligence have been quoted, further developed and even incorporated in the workplace leadership training around the world. The concept of emotional intelligence and the importance given to it today clearly reflect the fact that collectively we decided to accept emotions as part of our psychological make-up. Instead of continuing denying them and pretending to be the human calculating automatons, we now admit the importance of human feelings in the decision making process. Obviously, this was hardly any news in psychological circles, nevertheless, almost the universal acceptance of the Goleman's thesis points to the fact that the human society now accepts that the recognition of rational intelligence, as the only type of intelligence, is not sufficient any longer.

There is a strong possibility that even today some people do not realise the fact that their emotions actually inform their rational thinking. In other words, we may

not consciously realise that our decisions are totally based on our emotional maturity and emotional responses to various situations. For example, if we happen to be the caring and loving parents we will provide everything we can for our children to make sure that they have a happy and fulfilling childhood. If, on the other hand, we have no bond with our offspring we will care much less and will not provide as much. Each of these responses is rational—one based on love and the other on lack of it.

When we seriously consider the impact our emotional intelligence has on our lives, we will quickly realise how important our **attitudes** are in all matters. If our leaders are themselves not compassionate people, but only the calculating politicians, they will not recognise misery and will not provide standard care for those who need it. They will, on the other hand, reduce taxes of the middle class people, because the numbers are in favour of the middle class, and these people's votes will count at the next election. In other words, the attitude toward an issue will be a deciding factor in the decision making process, because this attitude will be informing the rational thinking. In reality then, rational thinking is not rational in a common understanding of this word; it depends on the emotional backdrop and the attitude (in the case of many politicians – power game). Rational thinking is not really well understood by many people who pride themselves on being very rational.

Why the consideration of **emotional intelligence** is important? Emotional intelligence allows us to feel at home in Nature. We can feel our link with the Earth, plants and animals. We feel that we are alive; we experience many wonderful aspects of life because of our emotional intelligence. We know that it is all right to cry, to sing songs of happiness, to be in love. Rational intelligence finds no room for consideration of these emotional states—there is no mathematical expression and calculations for them. Emotional intelligence, also called **relational intelligence**, allows us to realise what kind of a relationship we have with other people and with Nature, and that these relationships colour and influence our thinking. A rationally thinking person, who is in denial of the importance of emotional states, does this at his own peril. He does not realise that rather than being superior to, rational intelligence actually is at the disposal of emotional states, because in reality the emotional states inform rational thinking.

A soundly developed and mature person has his emotional intelligence well integrated with rational thinking. It means that the person understands his or her own emotional life; emotional ups and downs do not hound them anymore, and do not take over their behaviour unexpectedly. The person can use her rational intelligence consciously, while being fully aware of the underlying emotional background. Rational intelligence then can be used purposefully as a tool by this person in devising his or her actions. We understand that actions result when people exercise their will; will is informed by rational thinking, which in turn is informed by emotional intelligence.

Only when we comprehend this hierarchy of dependence, can we fully appreciate the significance of ***spiritual intelligence***, which embraces all the above levels of intelligence and behaviour. Spiritual intelligence has the rational and emotional intelligences nested within and gives the person, who has it developed, a cosmic and spiritual background and rationale for their conduct. So, for example, a highly spiritually developed person will not break a law of the society, because he or she will be informed by the spiritual laws of the Universe at all times. They will find no reason to behave inappropriately, as it is them who give us a link with the higher realities, from where the ideas and teachings of proper ethical conduct come. Similarly, in many confusing situations that develop in the life of a society, only people with a well developed spiritual intelligence can provide explanations of the possible purpose of directions or fruitfulness of certain events, based on their knowledge of spiritual realities and the destiny of man.

Cases of people with a high ***spiritual intelligence quotient (SQ)*** are quite rare. To achieve this, a person first needs to have an understanding and control of their emotional life as well as the workings of their minds. Only then will they be capable of gradually integrating their rational and emotional intelligences with spiritual knowledge. Nevertheless, it is also true that all people have some degree of access to spiritual knowledge and possess a certain amount of spiritual intelligence. This common endowment is passed from a generation to generation and we can call it a collective wisdom or a collective spiritual intelligence, which are developing with the evolution of consciousness of the entire human race. The level of collective spiritual intelligence is unfortunately still inadequate for the humanity to truly understand its own purpose of existence and to prevent aggression and self-destruction. This is why incarnations of higher spiritual beings were in the past and are in the present time so vital to lead the humanity toward peace and further evolutionary development.