

# REFLECTION OF SPIRITUAL QUOTIENT IN BEING AN EMOTIONALLY RESILIENT PERSONALITY

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## Abstract

The concept of Spiritual quotient is so much integrated in Indian psychology that to make it differ with any of the parameters (EQ/ IQ) in psychology is like separating water from milk. Though via western perspective it seems to be a separate approach.

In Indian context we believe in the Deductive approach or we can say that every DESIRE, ASPIRATION, ZEAL & ZEST to deal with any challenges in life comes along with the soul journey & wisdom, in other words our Spiritual Intelligence. While in western approach it is more inductive & it starts from understanding from behavior, interest, social quotient, emotional quotient etc. & later then comes the spiritual approach to the comprehension of any situation & challenges in the life.

In this paper I would like to raise our awareness on the **Reflection of Spritual Quotient in being An Emotionally Resilient personality.**

(a) By projecting various spiritual concepts and ideological beliefs from our own Indian spiritual ideologies ex **Geeta, Guru Granth Sahib Jee, Upnishads.**

(b) Also some referral fragment from the conceptual learning of Spritual quotient from few eminent writers.

This approach is surely taking us ahead in the amalgamation of spirituality & psychology, which is actually two sides of the same coin.

**This qualitative review is an attempt to explore the historical and indigenous roots of the Indian perspective on Spirituality & Psychology especially paying attention to emotional quotient & resilience.**

## Introduction

It is so very evident that body is only an instrument the desires, aspirations & wisdom, which soul brings along with it is the main component which actually drives our pathways in life. This intelligence of the Soul is termed as Spritual intelligence & is accessed by having connection with your supreme or higher Self (God) in you.

## CONTEXTUAL PORTION

**1: various spiritual concepts and ideological beliefs from our own Indian spiritual ideologies ex Geeta, Shree Guru Granth Sahib Jee, Upnishads.**

To Understand spirituality let's see the meaning of Soul.

Ātmanआत्मन् is a Sanskrit word that refers to the (universal) Self or self-existent essence of individuals, as distinct from ego (Ahamkara), mind (Citta) and embodied existence (Prakṛti).

The term is often translated as soul, but is better translated as

**"Self, as it solely refers to pure consciousness or witness-consciousness, beyond identification with phenomena. In order to attain moksha (liberation), a human being must acquire self-knowledge (AtmaGyaan or Brahmajnana)**

**We must be able to discriminate between the Lower & higher self & this process is known as 'Science of Self' or AdhyatmShastra**

The body is purified by the water

The Mind By Truth

The Soul By Knowledge

"The Knowledge of the self is the highest

# 1 #

## TEXT 69

या निशा सर्वभूतानां तस्यां जागर्ति संयमी ।  
यस्यां जाग्रति भूतानि सा निशा पश्यतो मुनेः ॥ ६९ ॥

## PURPORT

There are two classes of intelligent men. The one is intelligent in material activities for sense gratification, and the other is introspective and awake to the cultivation of self-realization. Activities of the introspective sage, or thoughtful man, are night for persons materially absorbed. Materialistic persons remain asleep in such a night due to their ignorance of self-realization. The introspective sage remains alert in the “night” of the materialistic men. The sage feels transcendental pleasure in the gradual advancement of spiritual culture, whereas the man in materialistic activities, being asleep to self-realization, dreams of varieties of sense pleasure, feeling sometimes happy and sometimes distressed in his sleeping condition. The introspective man is always indifferent to materialistic happiness and distress. He goes on with his self-realization activities undisturbed by material reaction.

नैनच्छिन्दन्तिशस्त्राणिनैनंदहतिपावकः।  
नचैनंक्लेदयन्त्यापोनशोषयतिमारुतः॥

No weapon can cut the soul into pieces, nor can it be burned by fire,  
nor moistened by water, nor withered by the wind.

इसआत्माकोशस्त्रकाटनहींसकते, आगजलानहींसकती,  
जलगलानहींसकताऔरवायूसूखानहींसकता।

Source: Bhagavad Geeta 2.23

#2 # :Also some referral fragment from the conceptual learning of Spritual quotient from few eminent writers.

# Aristotle “Knowing yourself is the beginning of all wisdom”.

Aristotle “ Man as a rational animal “

**Develops an obsession with IQ .Later Alfred Binet gave the concept of IQ .** In the early part of twentieth century IQ became the big concern. Our intellectual or rational Intelligence is what we use to solve logical or strategic problems. Psychologists devised tests for measuring IQ & these tests became the means for sorting people into degrees of Intelligence, known as their Intelligence Quotient or IQ. The higher a person’s IQ, the higher their intelligence.

**In the mid 1990’sDaniel Goleman popularized his research supported by neuroscientists & psychologists showing that emotional intelligence EQ is of equal importance.**

EQ gives us our awareness of our feelings, empathy,compassion,motivation& the ability to respond appropriately to pain & pleasure.

As **Goleman pointed out EQ is a basic requirement for the effective use of IQ** ,as if the brain areas with which we feel are damaged, we think less effectively.

By the end of century it has been revealed & accepted through researches & collective evidences from Psychology , neurology & cognitive science that there is third Q , i.e SQ. ( Spritual Quotient )

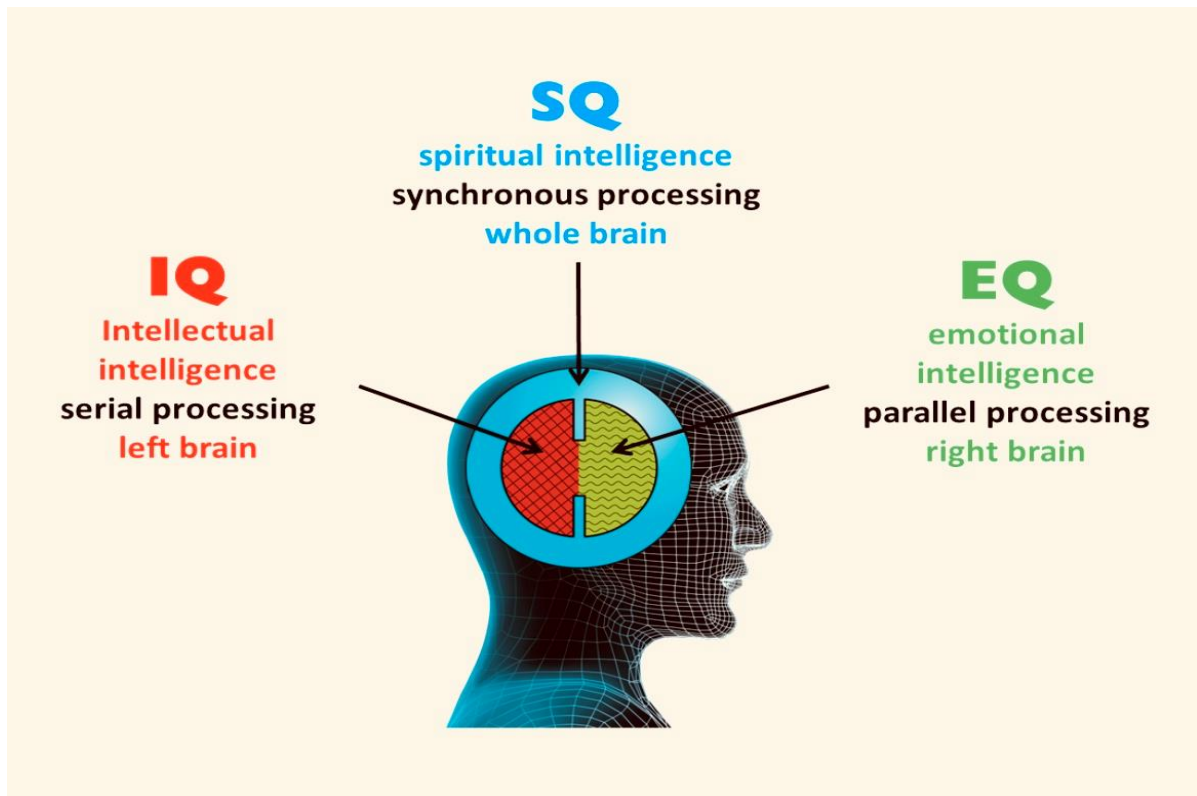
DANAH ZOHAR coined the term

“SPIRITUAL INTELLIGENCE” & introduced the idea in 1997 in her book.

“ Rewriting the Corporate Brain”.

Danah Zohar & Ian Marshall treated SQ as the

ULTIMATE INTELLIGENCE which governs IQ & EQ.



SQ

Based on the Brain's third neural system

IQ

Based on

'serial neural wiring'

'associative neural wiring'

EQ

Based on

- IQ is based on "serial neural wiring"
- EQ is based on "associative neural wiring"
- SQ is based on "Brain's third neural system"

SQ synchronize the neural oscillations that unify data across the whole brain, integrates it & has the potential to transform the material arising from the other two processes IQ & EQ.

It facilitates a dialogue between reason & emotion, between mind & body. It provides a fulcrum for growth & transformation, It provides the SELF with an active, unifying meaning giving centre

For better understanding, in easy way we can say that

**Identify IQ as that seeks "WHAT"**

**Identify EQ as that seeks "HOW"**

**Identify SQ as that seeks "WHY"**

Thus WHY or SQ is a process of engaging ourselves with the unlimited fields of intelligence. It develops a sense of self which is not the result of ideas, views, opinions or experience

This is beyond character (body). It is the natural genius of living that everyone is here to. The practical pursuit of purpose & happiness of our lives.

@ DEFINITIONS

- 1 STEPHEN COVEY "Spiritual intelligence is the central & most fundamental of all the intelligences because it becomes the source of guidance for the others."
- 2 FRANCES YOUGHAN Spiritual intelligence is concerned with the inner life of mind & spirit, & its relationship of being in the world".
- 3 DANAH ZOHAR "The intelligence with which we address & solve problems of meaning & value, the intelligence with which we can place our actions & our lives in the wider, richer, meaning giving context the intelligence with which we can assess that one course of action or one life path is more meaningful than another.

**4 ROBERT EMMOS**

"Adaptive use of spiritual information to facilitates everyday problem solving & goal attainment".

He proposed 5 components of spiritual intelligence.

- i. The capacity to transcend the physical & material.
- ii. The ability to experience the heightened state of consciousness.
- iii. The ability to sanctify everyday experience.
- iv. Ability to utilize spiritual resources to solve problems.
- iv. The capacity to be virtuous.

#### MEANING

Spiritual intelligence is not just about “what” we learn Or “How” we behave ,it is about “Why “ .

Unless we are developing our level of self ,we are missing the most precious resource of all “our engagement in living”.

SQ gives us an ability to discriminate ,it gives us a moral sense ,

An ability to nurture compassion & to raise ourselves out of mud.

SQ IS WITH WHICH WE MAKE OURSELVES WHOLE.

#### CONCLUSION

In the present scenario where world is getting globalized rapidly, still people are getting confined in materialistic goal achievement. This is deviating them from morals, values ,ethics, Especially our youth.

Purpose of life is (on higher context) is missing to be explored by ourselves , thus SQ helps us to understand following: This once understood reflects as being a highly resilient personality.

- \* higher self /self ego awareness
- \* universal awareness
- \* higher self /ego self mastery
- \* spiritual presence /social mastery
- \* critical existential thinking
- \* personal meaning production
- \* transcendental awareness
- \* conscious state expansion
- \* to enjoy ability to pick out the action , experiences, believes & values that create greater meaning to life.
- \* to heal ourselves & make ourselves whole.

#### FUTURE SCOPE & IMPLICATIONS

It is reflected that , unfortunately as a society, instead of moving towards SQ , we have moved away from it. Sadly the major pursuit in today’s scenario have been largely focus on the acquisition of material wealth. So a person who possesses high level of SQ can easily identifies with his /her higher self or spirit, rather than with the ego/materialistic possession of wealth.

SQ fosters the capacity to serve& develop. It generates meaning in this materialistic world , which is now overloaded with hate, wars, dominance & material acquisition at all levels.

As spiritual intelligence is the holistic framework for human resource development ,the need emphasis , qualitative literature review is to explore & create not just awareness to work more in this area but also pondering our next generation with the immense treasure of spirituality in our vedas , upnishads& other Granths.

#### REFFEREALS

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