

# Understanding Spirituality and SQ

Data collected by

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*Science of the human brain, three kinds of neural structures—mental, emotional and spiritual, College Teaching Methods & Styles Journal Volume 1, Number 3*

- *Thinking is not entirely cerebral, not just IQ, as we think with our heads but also with our emotions and our bodies (EQ) and our spirits, our values, our hopes, our unifying sense of meaning and value (SQ), and whether mind has a quantum dimension. Spiritual Intelligence is about having a direction in life, and being able to heal ourselves of all the resentment--- It is thinking of ourselves as an expression of a higher reality.*
- Humans are essentially spiritual beings, evolved and/or programmed to ask fundamental questions. "Who am I?" ---"Where am I going?" ---"What do others mean to me?"
- “neurotheology” found the “God module” or “God spot” in the human brain that generates the sense/presence, the feeling of God-like experiences.
- Prof. Andrew Newberg, University of Pennsylvania, found out that “when people meditate they have significantly increased activity in the frontal area—the attention area of the brain—and decreased activity in the orientation part of the brain.”

# Spiritual Intelligence including Intelligence of Love

- Spiritual intelligence facilitates dialog between mind and body, between reason and emotion. “If we know how to rely on our SQ we shall become less fearful, more accustomed to relying on ourselves, more willing to face the difficult and the uncomfortable and more ready to live at the boundary of chaos and order.
- We use Spiritual Quotient to battle with questions of good and evil and to envision unrealized possibilities---to dream, to aspire, to raise ourselves.
- Gardner’s Multiple Intelligences, which now include Musical, Linguistic, Spatial, Intrapersonal, Logical-Mathematical, Inter-personal, Bodily-Kinesthetic, and Naturalist Intelligences---is added by Montessori’s “Intelligence of Love.” It is natural, never changing, and all-encompassing...Love-intelligence was not just a sentimental, emotional love, it was really deep veneration, respect, sensitivity for all of life, ...natural laws and in the wonders of ... Creation. It is, perhaps, mankind’s secret weapon.
- Spiritual Intelligence is the ability to use a multi-sensory approach to problem solving while learning to listen to your inner voice. SQ is the best predictor of happiness, serenity, good self-esteem, and harmonious & loving relationships.

## Spirituality in Management, Means or End

Book by Prof SK Chakraborty (IIMC) and Prof Debangshu Chakraborty (BIT Mesra)

- Spirituality pervades every sphere, be it business, management, governance, health care, or any other secular engagement.
- **Values for Spirituality in Organizations:** If exploitation of an individual by another be treated as unethical, why not exploitation of Nature by man be regarded likewise. Principle of capital importance is the issue: is the human being for industry-technology, or is industry –technology for the human being? Second version should be correct but management subscribes first version.
- **Organizational strategies:** Undertake stress audit. Stresses due to work-place and family life is neglected and one cannot remain immune from the impact of societal and family problems.
- **Sustainable Economics:** As per the **Rig-Veda** (3000 BC or earlier) following points emerge. Only honest acts underline generation of wealth. Worship and prayer of the cosmic is advised. If dilemmas or conflicts arise in the pursuit of wealth , then one's conscience or spiritual power be employed. While praying to the Divine for good health , spiritual upliftment, efficient mind etc, increase in wealth is also sought

# Application of spirituality in business management

- A real leader needs to have two qualities, **Sensibility** and **Sensitivity**, heart and mind, because we are all made up of these two very important aspects of our life. Intellect has its unique place, and so do our emotions.
- For business, you need five ingredients: 1. **A Congenial Atmosphere** - When there is no peace, no prosperity comes, and when there is no prosperity, no peace can happen. *Peace and prosperity are interlinked*. It is because of prosperity that peace comes. 2. **Passion to Do Business**-Passion needs to be there; the passion to take challenges. Business is always risk-taking. You need energy to take the challenge to do business. 3. **Capital and Other Ingredients**-You have passion, but if you don't have ingredients, then it would not be possible to go ahead. 4. **Skills**-You have all the materials you need, the place is congenial, but if you lack the skill, then you can't be successful. 5. Something very abstract called, **Luck**.
- Spirituality enhances positive energy; it brings out the skills in you. And a few minutes of quietness, of silence, helps you tap into the source of intuition. Intelligence and intuition, these two faculties are enriched by spirituality.
- And nothing is going to change until we wake up the masses to realize that their life is only going to change if they have fair playing rules everywhere in the society, govt. and politics. People have to learn to assert their rights and oppose what is not good both at the local, state and central level.

# What is spirituality?

- There are word *adhyatama* or 'spiritual', relates to human body and its attributes
- One group of reality consists of the earth, the sky, the invisible and the four directions. Other groups consists of 1. the fire, the wind, the sun, the moon, and the planets, 2. water, vegetation and herbs, the space and the body. They are material groups. 3. The spiritual group of reality exists in the human body and its faculties, the eyes, the ears, the mind the speech and the touch. The groups are intimately connected with each other and form an unbroken unity.
- There is unity of material and spirituality and furthermore shows both relational
- There is subtler substance, the mind , with which the material body and vital breath are completely suffused (*mano-maya*). Distinct from these three, there is subtler substance , intelligence, with which material body , vital breath and mind are completely suffused (*vijnana-maya*), there is subtler substance, pure bliss, are completely suffused (*ananda-maya*). Distinct from these five , but suffusing them completely , is the atman, the self, which is the same as Brahman and it is ultimate reality.