

A REVIEW STUDY ON NEW PARADIGM OF INTELLIGENCE: SPIRITUAL INTELLIGENCE

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ABSTRACT

The new trend was seen in the concept of intelligence in order to study the human intelligence at the end of the twentieth century and beginning of the Twenty-First Century which was raised from the transpersonal psychology and came into existence as the third major type of intelligence after cognitive intelligence and emotional intelligence which came to be known as spiritual intelligence by renowned psychologist after years of study. Spiritual intelligence is said to be the human capacity to ask questions in order to understand the ultimate meaning of life and the integrated relationship between the human and the world in which he /she lives which leads to increase in the psychological well being of an individual. It is the intelligence of the soul and it also helps the individual to understand their authentic self and reason of their existence. The psychologists discovered this type of intelligence as this intelligence guarantees the psychic health. For these reasons, the purpose of this research study is to throw some light on the new concept of spiritual intelligence, its dimensions put forth by various eminent researchers and an attempt is made to critically analyze the new paradigm.

Keyword: Spiritual Intelligence (SQ);, Dimensions of SQ;,, Paradigm;,, Emotional intelligence

Introduction:

Spiritual Intelligence is a new paradigm introduced in the area of transpersonal psychology and for the understanding of the human intelligence. Transpersonal psychology focuses on the mind and body interconnection blending traditional concepts like behaviorism and humanism with mindfulness and mysticism. Transpersonal theory proposes that there are developmental stages which are beyond the adult ego, involving experiences of connectedness with phenomena considered outside the boundaries of the ego. Howard Gardner is the major contributor in human intelligence theory introducing the theory of multiple intelligence and in his 1983 book *"Frames of Mind: The Theory of Multiple Intelligences"*, he stated that there are eight types of human intelligence each representing different ways of how a person best processes information namely visual-spatial intelligence, linguistic-verbal intelligence, logical-mathematical intelligence, bodily-kinesthetic intelligence, musical intelligence, interpersonal intelligence, intrapersonal intelligence and naturalistic intelligence. In his recently updated book *Multiple Intelligence: New Horizons* (2006), he has defined intelligence as "a computational capacity, a capacity to process a certain kind of information that originates in

the human biology and human psychology.

Spiritual Intelligence is the expression of spiritual qualities through thoughts, actions and attitude. When we talk about the concept of spiritual intelligence, we use two important terms which are –spiritual and intelligence. Being spiritual is to think, act and interact from an awareness of self as spirit not form, soul and not body. We are taught that we are physical forms so we identify with our body or the labels we give to our bodies such as nationality, race, sex, profession etc. This sense of self creates all fear, anger and sadness in life as we constantly live the life of comparison and judgments. But from a spiritual point of view, these emotions are always the result of ego i.e. misidentification which blocks your spiritual nature which is peaceful, loving and full of joy.

The three main dimensions of intelligence which are much talked concepts are intellectual intelligence (IQ), Emotional Intelligence (EQ) and Spiritual Intelligence (SQ). The cognitive dimension is important or the entrance in educational institutions, emotional dimension of intelligence is essential for the success in personal and professional life and spiritual dimension of intelligence is useful for the meaningful life and understanding of authentic self. Western authors like Danah Zohar and Marshall emphasized that IQ and EQ are an integral part of SQ. The scientific and neuropsychological evidence for SQ has been put forth by identifying a God-spot or God Quotient in human brain (Persingers, M and Ramchandran, V.S.,1990) . The primary goal of our lives is to find the purpose and meaning of the life. The recent researches in the field of psychology showed the influence of spiritual forces on human body and mind and also emphasized the importance of spiritual intelligence. Spiritual quotient refers to the abilities, skills and behavior which are needed to find a moral and ethical path to assist an individual through life assuring connectedness, commitment and coherence with their inner self and interpersonal relationships and with nature as a whole.

With this brief introduction about the concept of spiritual intelligence, the present research paper introduces the objectives, methodology used for the study, literature review and also presented with the conclusion in the end.

Main Objectives:

- ❖ To understand the concept of Spiritual Intelligence.
- ❖ To throw light on the dimensions/components of spiritual intelligence.
- ❖ To review the literature related to concept of Spiritual Intelligence.

Methodology:

The literature review is the writing process of summarizing, synthesizing and critiquing the literature found as a result of related literature search on a particular research problem or area which is used as background. Torraco (2005) explained that literature review can generate knowledge about either mature or emerging topics through four of common forms of synthesis: a research agenda, taxonomy or other conceptual classification of constructs, alternative models or conceptual frameworks and Meta –theory. Fink (2010) explained literature review as a systematic review of existing body of data that identifies, evaluates and synthesizes for explicit presentation. A literature review surveys books, scholarly articles and any other sources relevant to particular issue, area of research or theory and by doing so, provides a description, summary and critical evaluation of these works in relation to research problem being investigated. They are designed to provide an overview of sources you have explored while researching a particular topic and to demonstrate to your readers how your research fits within a larger field of study (Fink, 2014). Literature review can be done to review, update and critique the literature, conduct meta-analysis of the literature, re-conceptualize the topic reviewed in the literature and answer specific research questions about the topic reviewed in the literature. The present study adopted an

archival method of literature. This paper employs a methodology to review the articles from different databases, websites and other available sources with spiritual intelligence or SQ as keyword.

Concept of Spiritual Intelligence:

Spiritual Intelligence is consisted of two words-Spiritual and Intelligence. The word Spiritual is derives from Latin word Spiritus which means “that gives life or vitality to system” (Zohar, 2007). **Danah Zohar** coined the term “Spiritual Intelligence” and introduced the idea in 1997 in her book *ReWiring the Corporate Brain*. Spiritual intelligence is a higher dimension of intelligence which activates the qualities and capabilities of the authentic self in the form of wisdom, compassion, integrity, joy, love, creativity and peace (Griffiths, 2017).

King (2008) defined Spiritual Intelligence as “set of mental capabilities which contribute to the awareness, integrative and adaptive application o the nonmaterial and transcendent aspects of one’s existence, leading to such outcomes as deep existential reflection, enhancement of meaning, recognition of the transcendent self and mastery of spiritual states”. On the basis of this definition, King created his spiritual intelligence Self-Report Inventory (SISRI-24) for which he developed four original scales which were Critical Existential Thinking (CET), Personal Meaning Production (PMP), Transcendental Awareness (TA), Conscious State Expansion (CSE).

Zohar and Marshall (2000) defined spiritual intelligence as the “ intelligence with which we address and solve problems of meaning and value, the intelligence with which we can place our actions and lives in a wider, richer meaning-giving context, the intelligence with which we can assess that one course of action or life-path is more meaningful than another”. Emmons (2000) defined spiritual intelligence as “the adaptive use of spiritual information to facilitate everyday problem solving and goal attainment”. Wigglesworth (2006) defined spiritual intelligence as “the ability to act with wisdom and compassion while maintaining inner and outer peace, regardless of the circumstance”.

Dimensions of Spiritual Intelligence:

The dimensions or components of spiritual intelligence as given by prominent authors are

According to Robert Emmons(2000), Spiritual intelligence is the adaptive use of spiritual information to facilitate everyday problem solving and goal attainment.

He originally proposed five components of spiritual intelligence which were:

- ✓ The capacity to transcend the physical and material
- ✓ The ability to experience heightened states of consciousness.
- ✓ The ability to sanctify everyday experience.
- ✓ The ability to utilize spiritual resources to solve problems.
- ✓ The capacity to be virtuous.

The fifth capacity was removed later due to its focus on human behavior rather than ability, thereby not meeting previously scientific criteria or intelligence.

Danah Zohar and Ian Marshall (2000) defined twelve principles underlying spiritual intelligence:

- SelfAwareness: Knowing what I believe in, value and deeply motivates me.
- Vision and Value led: Acting from principles and deep beliefs and living accordingly.
- Positive use of Adversity: Learning and growing from mistakes, setbacks and suffering.
- Holistic: Seeing larger patterns, relationships and connections, having a sense of belonging.

- Compassion: Having the quality of 'feeling-with' and deep empathy.
- Celebration of diversity: Regarding other people for their differences, not despite them.
- Field-Independent: Standing against the crowd and having one's own convictions.
- Ask Fundamental "Why" Questions: Needing to understand things and get to the bottom of them.
- Ability to reframe: Standing back from a situation/problem and seeing the bigger picture, seeing problems in a wider context.
- Spontaneity: Living in and being responsive to the moment.
- Sense of Vocation: Having the sense of being a player in a large drama, of one's true place in the world.

Cindy Wigglesworth (2006) breaks down the competencies that comprises spiritual intelligence into 21 skills, arranged them into four quadrants similar to Daniel Goleman's widely used model of emotional intelligence.

The four quadrants of spiritual intelligence are defined as:

- Higher Self/Ego Self Awareness
- Universal Awareness
- Higher Self/ Ego Self Mastery
- Spiritual Presence/ Social Mastery

David King (2008) proposed four core abilities or capabilities of spiritual intelligence:

1. **Critical Existential Thinking (CET):** The capacity to critically contemplate the nature of existence, reality, space, universe and other existential/metaphysical issues.
2. **Personal Meaning Production (PMP):** The ability to derive personal meaning and purpose from all physical and mental experiences, including the capacity to create and master the purpose of life.
3. **Transcendental Awareness (TA):** The capacity to identify transcendent dimensions or patterns of the self and others and of physical world during the normal state of consciousness, accompanied by capacity to identify their relationship to one's self and to physical.
4. **Conscious State Expansion (CSE):** The ability to enter and exit higher states of consciousness and other states of trance at one's own discretion.

Amram and Dryer (2008) proposed five dimensions of spiritual intelligence which were:

- **Consciousness:** Institution, mindfulness and synthesis.
- **Transcendence:** Higher self, holism, practice, relatedness and sacredness.
- **Grace:** Beauty, discernment, freedom, gratitude, immanence and joy.
- **Meaning:** Purpose and service
- **Truth:** Equanimity, inner wholeness, presence and trust.

Review of Literature:

Spiritual Intelligence is neither spirituality nor religion and the term spirituality is not a synonymous with the term religion. Religion focuses on the rituals and beliefs with regard to the sacred within institutional organizations (Amram, 2009). Religion is defined by a specific set of beliefs and practices usually based on a sacred text and represented by a community of people (Wigglesworth, 2012). The religion ordinarily manifest eight elements which are belief system, community, central myths, ritual, ethics, characteristics, emotional experiences, material experiences and sacredness (Michael Molloy, 2004). People can be spiritual without being religious and in the same manner people can be religious without being spiritual. Religion is a specific set of organized beliefs and practices shared by a community or a group. Spirituality is more of an individual practice

and has to do with having a sense of peace and purpose and understanding of the inner self beyond the physical world and beyond ego. Spiritual intelligence combines the constructs of spirituality and intelligence into new construct (Amram, 2008).

A different framework was offered by Vaughan (2002) who defined spiritual intelligence as capacity for deep understanding of existential questions and insight into multiple levels of consciousness and implies awareness of our relationship to the transcendent, to each other, the earth and all beings. Spiritual intelligence is the intelligence with which we address and solve problems of meaning and value (Zohar and Marshall, 2000).

Conclusion:

In this study, spiritual intelligence is being perceived as a positive new paradigm in the intelligence. Just like other intelligences have their merits, in the same manner there are advantages in being spiritually intelligent. However there can be questions like is there a downside to being spiritual intelligent? Is there an optimal amount of spiritual intelligence? Is there a harm in being spiritually intelligent?. The dynamic infrastructure of spiritual intelligence has been suggested. Spiritual intelligence is believed to be an innate potential which is related to global experience of spirituality. Many suggestions have been put forth for the development of spiritual intelligence of an individual like self awareness, holistic development, openness and goal attainment and giving meaning to life. The capabilities and skills of spiritual intelligence may vary from individual to individual. Spiritual intelligence acts as an intelligence which make individual aware about inner self and look beyond physical world.

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