



## THE SPIRITUAL INTELLIGENCE AND MATERIALISTIC LIFE

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### Abstract

*The Spiritual intelligence is the set of abilities that individuals use to apply, manifest and embody spiritual resources, values and qualities in ways that enhance their daily functioning and well-being. Anybody who is obsessively focused on money,cares deeply about possessing luxury goods can be described as materialistic.This spiritual intelligence has a great impact on personal and professional well being in this materialistic life . The paper highlights about the significance of spiritual intelligence and its role in achieving the objectives of life.*

**Keywords:** *Emotional Intelligence, Spiritual Intelligence, Interpersonal relationships.*

### Introduction

The majority of the developed world is behind materialistic objectives, in which not only people's basic needs but also their needs in the workplace are changing. Because jobs have largely transformed from routine to more creative positions in which the main components are the abilities and competence of the human mind, higher-order needs have emerged. To satisfy these needs, leadership must be based not on profits, but on values (Fry, 2003). Such a leader has not only a high level of cognitive intelligence, but also a high degree of emotional and spiritual intelligence. Cognitive and emotional intelligence constructs are fairly well known; meanwhile, the theory of spiritual intelligence is in the early stages of development. In one of the earliest definitions, Zohar and Marshal (2000) defined spiritual intelligence as what we use to develop our longing and capacity for meaning, vision, and value. It allows us to dream and to strive. It underlies the things we believe in and the role our beliefs and values play in the actions that we take and the way we shape our lives.

### Work Life & Spiritual intelligence

The workplace environment keeps on changing, indicating its dynamic nature as well as unpredictability. The workforce is now more diverse, not only in terms of age but also of nationality. Globalization has made the world boundary less and people are now mobile. Individuals need to be highly focused and performance oriented to achieve both personal and professional goals in this society .Organizations require its employees to be more committed as well as to have a better cohesive working interrelationship. Emotional Intelligence is the ability to sense, understand and effectively apply the power and acumen of emotions as a source of human energy, information, connection and influence. Spiritual intelligence is the set of abilities that individuals use to apply, manifest and embody spiritual resources, values and qualities in ways that enhance their daily functioning and well-being. With both these intelligences happening in the workplace, the environment will be more conducive. A better working environment relates to a higher level of productivity.

Emmons (2000) took it a step further in presenting the evidence that spirituality meets the criteria for intelligence. He identified five components of spiritual intelligence: the capacity for transcendence; the ability to enter into heightened spiritual states of consciousness; the ability to invest everyday activities, events, and relationships with a sense of the sacred; the ability to utilize spiritual resources to solve problems in living; and the capacity to engage in virtuous behavior (to show forgiveness, to express gratitude, to be humble, and to display compassion) With a high level of spiritual intelligence, we can use our spirituality to bring meaning, importance, and general enrichment to our lives. This helps us achieve personal integrity, determine the purpose of our lives, and stay on the right path (Zohar & Marshall, 2000). Because of spiritual intelligence, we are integrated—rationally, emotionally, and spiritually creatures/individuals (Zohar & Marshall, 2000). Ideally, these three (cognitive, emotional, and spiritual) basic human intelligences work together and support each other, but each can operate independently in a certain area.



### **Personal life & Spiritual intelligence**

Frances Vaughan offers the following description: "Spiritual intelligence is concerned with the inner life of mind and spirit and its relationship to being in the world."

### **Danah Zohar defined 12 principles underlying spiritual intelligence**

1. Self-awareness: Knowing what I believe in and value, and what deeply motivates me.
2. Spontaneity: Living in and being responsive to the moment.
3. Being vision- and value-led: Acting from principles and deep beliefs, and living accordingly.
4. Holism: Seeing larger patterns, relationships, and connections; having a sense of belonging.
5. Compassion: Having the quality of "feeling-with" and deep empathy.
6. Celebration of diversity: Valuing other people for their differences, not despite them.
7. Field independence: Standing against the crowd and having one's own convictions.
8. Humility: Having the sense of being a player in a larger drama, of one's true place in the world.
9. Tendency to ask fundamental "Why?" questions: Needing to understand things and get to the bottom of them.
10. Ability to reframe: Standing back from a situation or problem and seeing the bigger picture or wider context.
11. Positive use of adversity: Learning and growing from mistakes, setbacks, and suffering.
12. Sense of vocation: Feeling called upon to serve, to give something back.

Ken O'Donnell, advocates the integration of spiritual intelligence (SQ) with both rational intelligence (IQ) and emotional intelligence (EQ). IQ helps us to interact with numbers, formulas and things, EQ helps us to interact with people and SQ helps us to maintain inner balance. To calculate one's level of SQ he suggests the following criteria:

1. How much time, money, energy and thoughts one needs to obtain a desired result.
2. How much mutual respect there exists in our relationships.
3. How a fair game we play with others.
4. How much dignity one retains in respecting the dignity of others.
5. How tranquil one remain in spite of the workload.
6. How sensible one's decisions are.
7. How stable one remain in upsetting situations.
8. How easily one can see virtues in others instead of faults.

Robert Emmons defines spiritual intelligence as "the adaptive use of spiritual information to facilitate everyday problem solving and goal attainment." He originally proposed 5 components of spiritual intelligence:

1. The capacity to transcend the physical and material.
2. The ability to experience heightened states of consciousness.
3. The ability to sanctify everyday experience.
4. The ability to utilize spiritual resources to solve problems.
5. The capacity to be virtuous.

Cindy Wigglesworth defines spiritual intelligence as "the ability to act with wisdom and compassion, while maintaining inner and outer peace, regardless of the circumstances." She breaks down the competencies that comprise SQ into 21 skills, arranged into a four quadrant model similar to Daniel Goleman's widely used model of emotional intelligence or EQ. The four quadrants of spiritual intelligence are defined as:

1. Higher Self / Ego self Awareness
2. Universal Awareness
3. Higher Self / Ego self Mastery
4. Spiritual Presence / Social Mastery



### Conclusion

Spiritual intelligence expands your capacity to understand others at the deepest level. Spiritual understanding allows you to discern both the ‘true cause’ of behaviour without judgement, and serve the ‘true needs’ of others until they themselves learn to meet their own needs. This capacity is developed by first learning to free yourself from attachment and neediness and being able to meet our own inner needs. However, an intriguing addition to intelligence and self-regulatory personality traits, is the capacity to experience altered states of consciousness. Reports of people who have experiences described as “mystical” and “spiritual” suggest that these can sometimes have a pretty amazing effect on a person’s life.

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