

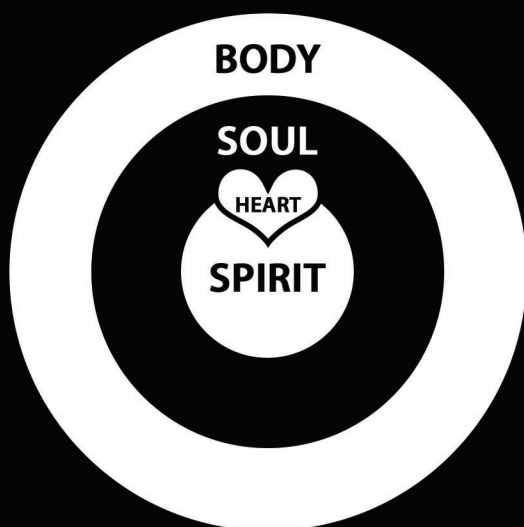
TRAVEL LIGHT

On our journey together so far, you have explored many different aspects of your personal DESIGN and you have discovered how you can ACE your EMOTIONAL INTELLIGENCE. Now we will take a look at developing our SPIRITUAL INTELLIGENCE and find out how this will help you to travel light.

When travelling, the lighter your load, the easier your journey will be. In this journey that we call life, the baggage that you carry around with you, will become your burden and will only weigh you down and get in your way.

INSIGHT!

Remember: You are a Spirit, with a Soul, who lives in a Body.



Each aspect of your being has an influence on the other. For instance when you experience joy and love, the psychological and spiritual benefits are revealed physically in your body. You may experience more relaxed muscles, a lowered heartrate and restful sleep among many other physical advantages.

On the other hand stress, unprocessed grief or trauma and negative thoughts can produce compulsive and destructive behaviours. These may include eating disorders and addictions which have a very negative impact on our bodies.

DEFINITION! SPIRITUAL INTELLIGENCE:

SQ, or Spiritual Intelligence is a higher dimension of intelligence that activates the qualities and capabilities of the authentic self, or soul, in the form of wisdom, compassion, integrity, joy, love, humility, positivity, self-awareness, creativity and peace.

Danah Zohar, a leadership educator, author, philosopher and thought leader outlines Spiritual Intelligence as follows:

'SQ is 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 shape we give to our lives.'

WHY DO WE NEED SPIRITUAL INTELLIGENCE?

SQ results in a sense of deeper meaning and purpose, as well as improvements to a wide range of important life and work skills. It allows us to dream and identify our purpose in life.

Since the body, soul and spirit are intertwined, the state of one aspect of our being will directly impact our behaviours and responses to life.

FOR EXAMPLE

If the body rules and is impacted by trauma, the psychological manifestation of this state will include responses such as addictions. If the soul rules – we may find ourselves suffering from mood disorders such as depression, anxiety, or an inability to regulate our emotions.

To develop or improve SQ, we need to recognise and remember the link between our Body, Soul and Spirit as this will provide us with valuable insight into why we respond to life in the way that we do.

WHAT IS SPIRIT?

The Merriam-Webster dictionary defines the word spirit as that 'vital principle' that 'brings life' to a being. Your spirit brings life to your body and soul. In fact, even when your body and soul cease to exist - your spirit lives on.

WHY IS THE SPIRIT SO IMPORTANT?

Dr Margarite Nagib in her book 'Souls Like Stars' outlines it beautifully:

The essence of who you are, who you were created to be, and the seed of your divine purpose and destiny reside in your spirit.'

When you drag around spiritual baggage on your life journey that you were never intended to carry - you will not experience the real freedom you need to live and be fully alive.

Through Spiritual Intelligence you can let go of this baggage and travel lighter in order to really be who you were meant to be and discover what really matters in life.

INSIGHT!

Take note of being **PRESENT** on your journey.

If you focus on the **PAST**, you may carry the baggage of regret about past mistakes or missed opportunities.

If you focus on the **FUTURE**, you may carry the baggage of fear for what may or may not happen.

HOW CAN I USE SPIRITUAL INTELLIGENCE TO TRAVEL LIGHT?

Addressing the baggage from your past and of your future empowers you to live completely in the present – which is manageable and light. Being Spiritually Intelligent helps you to identify what baggage you need to discard and keep on your life journey.

During the next few weeks we will make the following stops which will show you how you can travel light and enjoy your life a whole lot more.

THESE STOPS WILL INCLUDE:



Forgiveness
Thoughts and Words
Atmospheres



Changing Lenses to Focus
Boundaries and Walls
Open Doors

HOW DO YOU HONE YOUR SPIRITUAL INTELLIGENCE THROUGHOUT YOUR LIFE JOURNEY?



By thinking and reviewing your behaviour and interaction with others.



Through open discussion with a mentor or someone you can trust.



By practicing mindfulness which is to be conscious or aware of something without judgement and by being fully present in the now vs. running on autopilot.



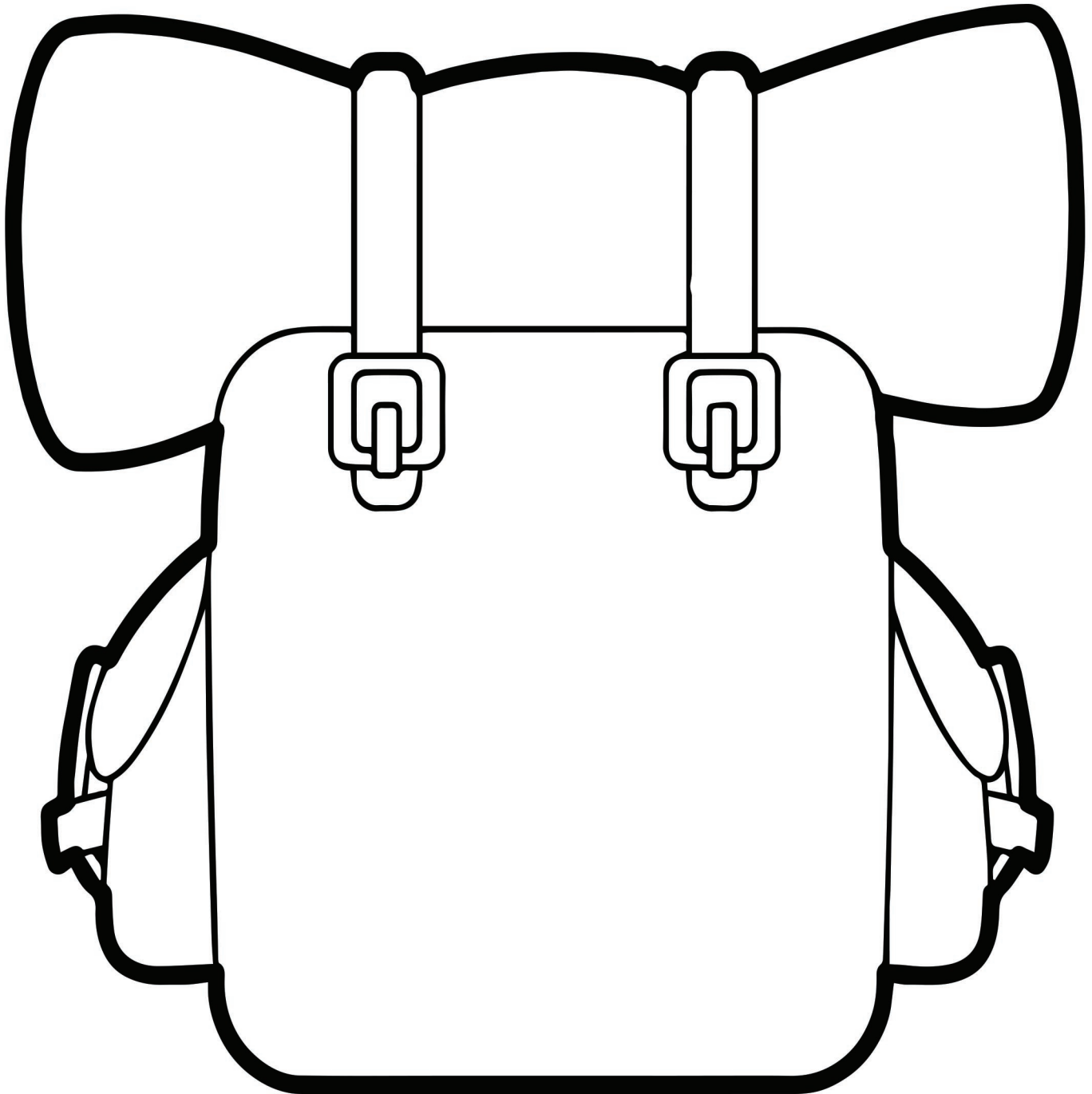
Through journaling which is a written, personal record of occurrences, experiences and reflections kept on a regular basis - a diary.



Through practice which includes embracing new insights and realisations and taking these beyond theory and into practice so that you can actively change your approach, attitudes and behaviours.

ACTIVITY!

Identify one or more things that you have in your backpack (your life) that you feel is weighing you down or making your journey through this life more difficult.



HERE ARE SOME EXAMPLES

- Resentfulness.
- Negative thoughts: doubt, comparisons, blame...
- Negative emotions: anger, shame, guilt, fear, anxiety.
- Harmful behaviour.
- Addictive behaviour (e.g. food, games).
- Experience with any kind of abuse (verbal, emotional, physical).