

## **DETERMINANTS OF SPIRITUAL INTELLIGENCE IN INDIAN SCENARIO**

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### **Abstract**

This paper develops determinants of spiritual intelligence (SI) based on a theoretical framework in Indian Scenario. 11 major determinants of Spiritual Intelligence emerged in our society. They are: (1) Physical Spirituality, (2) Intellectual Spirituality, (3) Psychological Spirituality, (4) Social Spirituality, (5) Emotional Spirituality, (6) Ethical Spirituality, (7) Aesthetical Spirituality, (8) Religious Spirituality, (9) Modern Spirituality, (10) Divine traits Spirituality, and (11) Yoga and Meditation. The paper concludes that “Spiritual Intelligence” is defined “as the ability to apply and embody spiritual resources and qualities in terms of Physical, Intellectual, Psychological, Social, Emotional, Ethical, Aesthetical, Religious, Modernity, Divine traits, Yoga and Meditation to enhance daily functioning and wellbeing”. The developing countries like India have been facing problem of growth and development. To solve this problem, the determinants of Spiritual Intelligence will help a lot in developing education not only amongst students but also to take a greater role in building capacity for institutional leaders for value caring education, further assessment of the dominant factors of Spiritual Intelligence which will also influence in developing and constructing Spiritual Intelligence Scale in Indian Scenario.

**Keywords: Spiritual, Intelligence, Spiritual Intelligence**

### **Introduction**

Each and every human being who is supreme creature of god on this earth grows biologically, psychologically, socially, culturally, emotionally as well as spiritually for his or her well-being. Human well-being is the end of the education. Well-being refers to physical, mental, social, emotional and spiritual health of the human being. Thus, the education is means for this end. Our educational system equipped with the spiritual intelligence.

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Spiritual intelligence is consisted of two words-spiritual and intelligence. The word spiritual derived from Latin word *spiritus*, which means “that gives life or vitality to a system.”(Zohar, 1997). Pocket Oxford English Dictionary defines spiritual as “1. Relating to the human spirit as opposed to physical things, and 2. Relating to religion or religious belief.

Chambers Twenty First Century Dictionary (1996) defines ‘spiritual’ as “1.belonging, referring or relating to the spirit or soul rather than to the body or to physical things.2. Belonging, referring or relating religion, sacred, holy or divine.”

Collins Dictionary (2009) defines “Intelligence is the ability to think, reason, and understand instead of doing things automatically or by instinct”. Weschler (1940) defines “Intelligence is the aggregate or global capacity of the individual to act purposefully, to think rationally and to deal effectively with his environment”. Intelligence defined as “an ability of cognitive, affective and conative behaviors of the child who put in social environment inductively and deductively (Srivastava, 2013).

Many social scientists, psychologists, philosophers, thinkers, educators, educationists and educational concerns believe that intelligence is based on mind that is ability to develop mind and values mind, while devalues spirit. So what is the relationship between ‘spiritual’ and ‘intelligence’? Zohar (1997) asserted that the constructs of ‘spiritual’ and ‘intelligence’ are related with one another. The relation between the spiritual and intelligence is what constitute “spiritual intelligence” which is the factor to a well-being of a person and for fulfilling life.

Zohar (1997) coined the term ‘Spiritual Intelligence’ and introduced the idea of it “It is the intelligence that makes us whole, that gives us our integrity. It is the soul’s intelligence, the intelligence of the deep self. It is the intelligence with which we ask fundamental questions and with which we reframe our answers (Zahar and Marshall 1999).” Further, Zahar 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 our 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.”

## **Literature Review in Indian Scenario**

According to Religious and Spiritual philosophies, man is of a combination of body, mind and spirit and is considered the masterpiece creation of God because he is rational and conscience. Kumari (2013) observes, “Man is essentially a spirit. Spirit in man is the central reality. It is not the physical body or vital organism, the mind or the will, but something which underlies them all and sustains them. It is basic and background of our being, the universally that cannot be reduced to this or that formula....Spirit is not a substance. It is something in itself and by itself, and cannot be compared to any substance, subjective or objective. It furnishes unity in diversity, similarly in difference and harmony in discord in man.”

Shri Shri Anandmurti (2014) significantly quotes, “Spirituality is not a utopian ideal but practical philosophy which can be practiced and realized in day –to- day life. It is about evolution and

elevation, and not superstition in action or pessimism. All fissiparous tendencies and group or clan philosophies which tend to create shackles of narrow-mindedness are in no way connected with spirituality and these should be discouraged. That which leads to broadness of vision alone should be accepted. Spiritual philosophy does not recognize distinctions and differentiations unnaturally made between one individual and another; it stands for universal fraternity. All species have natural affinity. The approach should be psychological and rational, and appeal to the deepest psychic sentiments of all human beings.”

According to THE HINDU (2009), a Newspaper published from Delhi, states “The human body is itself used as a teaching point, and it is shown that there are five sheaths of koshas in which the Self is manifested as the Jivatma. They are food (Anna), life (Prana), mind (Manas), intelligence (Vijnana), and bliss (Ananda). The individual Self is the microcosm representing the different aspects of the universe, the macrocosm. Just as one has to cross many thresholds to perceive the deity in the sanctum sanctorum, the individual has to penetrate through the sheaths in the body to realize the Self within. The pupil gradually understands that each of these is a vital aspect of the universe.”

“The dynamic aspect of the soul is the psychic being”, says Bijlani (2014), “Soul is like the president of India. The president is at the highest level, but for the sake of dignity of office keeps a distance from routine affairs. For dealing with routine affairs, he appoints a prime minister. The ‘Prime Minister’ that the soul appoints is the ‘Ego’. The ego has three ‘ministers’- the Body, Emotions and Intellect-to take care of different portfolios. But, like the president, sometimes the Soul also feels like putting in a word. The president has a secretariat to take care of that. The secretariat of the Soul is the Psychic Being.”

Tiwary (2013) observes that education has four pillars-knowledge, wisdom, spiritual perception, and eloquent speech. It has been said that knowledge is power. Knowledge is the source by which all worldly powers could be grabbed. It is the source of all material resources. This is why knowledge in any field makes a man powerful in that field. The next pillar is wisdom-which is not the synonym of intelligence, rather intelligence with sensitivity and sensibility. It is a sense of right or wrong, emotional stability, flexibility and maturity of mind. It is closely related to spiritual perception which builds up divinity in human being. Here, the man of spirituality believes in the principle of ‘Live and let live’. It believes in peaceful coexistence for better and brighter tomorrow and the last is eloquent speech. Those who are well versed in particular branch of knowledge with wisdom and spiritual perception do have eloquent speech.

Verma (2011) observes, “To be ‘spiritual’ is to think, act and interact from an awareness of self as spirit not form, soul not body. Most of us are taught to believe we are physical forms and so we identify with our body or the labels we give to our bodies such as nationality, race, gender, profession etc. This wrong sense of self is what creates all fear, anger, and sadness in life. From a spiritual point of view these emotions are always the result of ego (misidentification) which then blocks access to your true spiritual nature which is peaceful, loving and joyful.....For example if you know yourself as a spiritual being you will also know that you do not own or

possess anything. When something in your life is damaged or lost, it does not affect you in any way- you are able to use your spiritual power to accept and move on. If someone praises the clothes you wear, or insults you in any way or comments negatively about your looks, you are not affected because you know that your real beauty lies within your character, within your nature, which no one can ever take away. In that moment you draw on the inner power of that knowledge and use it to remain stable in the face of others negativity. In effect you are drawing on your spiritual strength which is only released when you know, who and what you are, and then using that strength in right way, in the right place at the right time.....Spirituality is the knowledge of yourself as spirit/ soul and the understanding of your highest spiritual qualities and attributes, which are love, peace, bliss.....Being spiritual means the ego has dissolved, virtue has been restored to character and spiritual values connect your inner and outer worlds ( thought and action). It is the ability to see every other human being as soul/ spirit and thereby transcend all the false identities of race, color, gender, nationality, profession and religion. It is in this awareness that we are then able to recognize and connect with the Supreme Power.”

### **(1) Physical Spirituality**

Our physique is consisted of different systems such as a skeletal system, a muscular system, a nervous system, an endocrine system, a circulatory system, a lymphatic system, a respiratory system, a digestive system, a urinary system and a reproductive system. Master or ductless glands such as thyroid gland, parathyroid glands, pituitary gland, adrenal glands, and sex glands, chromosomes, mitochondria and body chemistry are responsible for the good health. Our body with free energy, mind with thinking, heart with emotion and spirit or soul with integrity of metaphysical thought and action together form the whole person dealing with vital and energetic health. All organs and systems have their own specific energy functioning on specific food. Therefore what we are feeding has a direct effect on our health. It is considered that our body organs, and systems are completely isolated from our metaphysical thought and action, emotions, free energy and spiritual selves, but they can affect our behaviors directly and ultimately our health. We should realize that a lack of spirituality may be causing most of our health problems. Thus it is needed to us to appreciate, to develop positive attitude and to take interest in regarding physical spirituality for our well being.

### **(2) Intellectual Spirituality**

Intellectual as a noun for a cerebral or brainy person or intelligent who uses the mind creatively in the given activities with convergent and divergent thinking. As an adjective, intellectual describes something related to or using the mind or intellect inductively and deductively with convergent and divergent thinking and engages in the subjects particularly literature or philosophy or artistic or scientific work for the betterment of the society as a whole. Intellectual and intelligent are used synonymously. Intellectual spirituality deals with a sound interaction and communication of a person with his / her electromagnetic energy and

spiritual wealth in the right direction at the right time with the validity of intuition and insight through scientific evidences by using the full power of the brain, conscious and preconscious along with the intellect, intention and wisdom for acquiring highest knowledge and well being.

### (3) Psychological Spirituality

Psychology was first defined as the study of Soul. During this period Psychology was fully influenced by the philosophers and their interpretation was given to the term 'psyche'. But by combination of philosophers and psychologists defined psychology as the study of 'Mind' by giving a interpretation to the term 'psyche'. American psychologists James (1890), Wundt and Titchener (1894) interpreted the term psyche as Consciousness and defined psychology as the study of 'Consciousness'. In the modern era, in the definition of the psychology the word 'study' was replaced by 'science'. Watson (1913) defined psychology as 'Science of Behavior' interpreting both human and animal behaviors. **Spiritual conscious comes from through perception of a high level intelligence, force or power. Some Philosophers may call it non duality; that is spirit, soul, divine soul, supreme soul /spirit or God. Other ones call it duality. Spiritual resources help us for the experience of consciousness via preconscious from unconscious, and spiritual practice in learning with a sense of greater spirituality reality that constitute our personal psyche — patterns or structure.**

### (4) Social Spirituality

Social spirituality is an ability to have harmonious relationships with people or peoples at global level bringing good to them and is concerned with the social stability, social reconstruction, social development and social adjustment. Its goal is directly associated with social welfare and social justice. Social adjustment is necessary for the self-actualization of the individual for the promotion of civic senses training and social value. Social reconstruction and reorganization is the basic function of the society for social awakening, social attitude and behavior such as collaboration, sympathy, co-operation, sacrifice, social integration, integrity, insight and tolerance for creating in terms of feature, beliefs and ability.

### (5) Emotional Spirituality

Human being is consisted of body, mind, heart and soul or spirit. Humans are made of energy, or current of energy that are within us. So emotions are generally the currents of energy that are within us. It activates our lives, configurations, patterns, shapes, forms, our perceptions and behaviors. It simply deals with electromagnetic field, thought and feelings. Thoughts and emotions have their own energy. **Positive emotions or feelings such as, love, Desire, joy, pleasure, contentment, acceptance, hope, peacefulness, excitement, assertiveness, and generosity sympathy, pleasant, bliss, happiness, joy, and self-esteem and negative emotions or feelings such as anger, fear, sadness, Anxiety, sorrow, apathy, bitterness, jealousy, irritability, depression, rejection, pity, grief, aggressiveness, powerlessness, passiveness, loneliness, and irritability. Thus emotional well**

**being is a measure of our positive emotions dealing with an ability to manipulate negative emotions and regulate positive emotions in us and others. Spiritual well being has meaning in real and practical life perspective and is reflected for connecting actions and feelings science.** Emotional spirituality deals with a person is in a state of emotion experiencing the state all time is the ultimate aim of education when carrying out day to day practices based on the cognitive, affective and psychomotor learning consistent with beliefs and values for the highest state in spiritual growth. Thus it is an important part of human experience that may be expressed in terms of life activities based on the feelings and experiences which carry out day to day practices and reflect the person's values and beliefs. **Spirituality is thus accepted as integral branch of Human Psychology with emotional and mental health.**

#### **(6) Ethical Spirituality**

**Ethics** is a branch of philosophy that involves systematizing, and recommending concepts of right and wrong code of conduct and determining what is acceptable and what is not acceptable. The term *ethics* derived from Greek word *ethikos*, which means conduct. Thus, Ethical spirituality is concerned with self determination for conforming to accepted standards of social or professional behaviors.

#### **(7) Aesthetical Spirituality**

**Aesthetic is the philosophy of art and beauty. Art can be analyzed in terms of representation, coherent form and emotive expression for the social purpose. Spirituality is clearly a broader construct which allows the individuals to have a set of five senses. Aesthetical spirituality is the appreciation for art and its beauty in nature. In the educational world it has always been understood to relate to art and its beauty and value. It is generally related to sense perception.** The dominant source of knowledge in direct cognizance is five senses of perception such as ears, eyes, tongue, nose and skin by means of sound, sight, taste, smell and touch respectively. **The senses of sight and hearing are considered the aesthetic senses. In fact of the five senses, it is sight and hearing that are distance receptors, allowing us to appreciate with detachment and even isolation.**

#### **(8) Religious Spirituality**

**Religious Spirituality is also known as traditional spirituality. It is** an important part of human experience that may be expressed in terms of spiritual activities based on the religious experiences which carry out day to day practices and reflect the person's values and beliefs. Religion is nothing but it teaches us how to live in the society in a disciplined way. Through Religion, some people manipulating or controlling other people. Spirituality, whatever it really is, the true way of awareness of self, the discovery of higher truth, true nature of reality and to become conscious. Spirituality in Hindu philosophy is an individual experience. It is

defined as the discovery of the soul or spirit for attainment of the Moksha that is ultimate realization Spirituality in Hindu philosophy is an individual experience to spiritual practices.

### **(9) Modern Spirituality**

**It is concerned with values, beliefs, day to day practices and meanings by which human beings live. It elaborates the ideas of an ultimate or immaterial reality. Its vision is of an inner self of a person to discover the essence of his or her being.**

**It may be in the forms of Transcendental Spirituality, Humanistic Spirituality, Moral Spirituality, and Secular Spirituality.**

Transcendence comes from the Latin prefix ‘**Trans**’ having meaning ‘beyond’ and the word ‘**Scandare**’, meaning to ‘**climb**’. Thus the word Transcendence means that the act of rising above something to a superior state. The word may be used to describe spiritual state that is Transcendental Spirituality. Lord Krishna, in the fifth verse of the sixteenth chapter described the qualities of the transcendental nature that is external purity- absence of malice and pride.

All of them emphasize on qualities such as Love and Sympathy, co-operation, compassion, tolerance, patience, forgiveness, contentment, responsibility, peace and harmony.

### **(10) Divine traits Spirituality**

Lord Krishna, in the first to fifth verses of the sixteenth chapter described two types Human Personality; one is divine traits human personality who possesses purity, good conduct and truth and second is demoniac traits human personality who possesses neither purity nor good conduct and truth. Divine or supreme traits include fearlessness, purification of one’s existence, cultivation of spiritual knowledge, reality, charity, control of the senses, performance of duty, study of sacred books, austerity, simplicity, non-violence, truthfulness, freedom from anger, renunciation, tranquility, kindness to all creatures, freedom from greed, gentleness, modesty, determination, vigor, forgiveness, fortitude, cleanliness, freedom from envy, expectation of honor, the qualities of the transcendental nature that is external purity- absence of malice and pride.

### **(11) Yoga and Meditation**

"The word yoga means skill - skill to live your life, to manage your mind, to deal with your emotions, to be with people, to be in love and not let that love turn into hatred." - Sri Sri Ravi Shankar. Yoga is a holistic package for happy living. It provides techniques to unite the body, mind and breath, and connect to the inner core of our being – the spiritual aspect of our lives. Yoga & Meditation Maintains Inner & Outer Harmony. In Hindu tradition, there are three paths of spiritual practices namely Jyan, the way of knowledge, Bhakti, the way of devotion, and Karma, the way of selfless action. All of them are important for the ultimate intelligence.

In the Hindu philosophy during 19<sup>th</sup> Century, Vivekananda added Raja Yoga, the way of contemplation and meditation in a spiritual practice as the path of cultivating necessary virtues of self discipline, meditation, contemplation and self- reflection sometime with isolation and

renunciation of the world which is called as a state of Samadhi that is ultimate experience.

## Conclusion

**To gain an accurate perspective on life, human beings need to understand the invisible spiritual world, which is the world they were created to live in forever. Life on earth is preparation for eternal life in the spiritual world. Because the body is a microcosm of the physical world and the spirit a microcosm of the spiritual world, human beings stand at the center of creation. Without harmony between spirit and body there cannot be harmony between the spiritual and physical worlds. The growth of the spirit and body to full maturity creates that harmony, and once the three blessings have been completed the mission of the body is accomplished. Whatever is left unaccomplished of this earthly purpose must be completed while in the spiritual world after the body dies. People on earth and in the spirit world exist at various levels of maturity. In the view of Ranald Macaulay, “Man’s experience, though was “Spiritual” from the very beginning, as soon as man was made, man was made within a religious framework. Man was physical; he had a body with a bone structure, a blood system, nerves, muscle tissue and all the rest. But man was more than physical. Man was what we today call a person. Man was able to relate to everything, himself and God included, as a person. He could think, love, create, discern right from wrong, communicate in language, enjoy beauty and so on.” The paper concludes that “Spiritual Intelligence” is defined “as the ability to apply and embody spiritual resources and qualities in terms of Physical, Intellectual, Psychological, Social, Emotional, Ethical, Aesthetical, Religious, Modernity, Divine traits, Yoga and Meditation to enhance daily functioning and wellbeing”. The developing countries like India have been facing problem of growth and development. To solve this problem, the determinants of Spiritual Intelligence will help a lot in developing education not only amongst students but also to take a greater role in building capacity for institutional leaders for value caring education, further assessment of the dominant factors of Spiritual Intelligence which will also influence in developing and constructing Spiritual Intelligence Scale in Indian Scenario.**

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