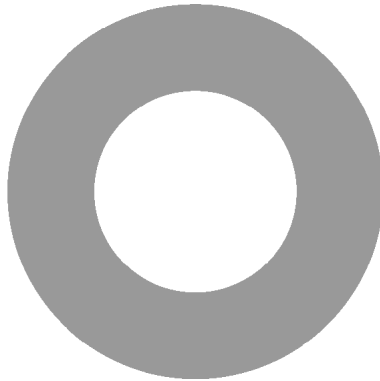


## Introduction

# SPIRIT INTELLIGENCE

*'Wisdom is found in truth.'*

GOETHE



Spirit intelligence. What is it? How do you access, develop and optimise your spirit intelligence in order to lead a more fulfilling, purposeful life? Can you also influence the spirit intelligence of those around you at home, in your community and at work to help them?

This book provides you with a set of 175 practical keys to answer these vital questions and shows you how to easily implement and use them.

These spirit intelligence keys will help you choose more effectively between alternative approaches in every aspect of your life, especially at work and at home with your family.

How? By always focusing on inspiring and empowering the whole person – body, mind, emotions and spirit.

The word **intelligence** derives from the Latin words ***inter legere*** — to choose between.

### o BODY

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Clearly our physical bodies are highly intelligent. They know how to grow, digest food, heal and self-regulate, choosing appropriately from a vast range of chemical and biological functions.

How you use your body and what you physically do each day is an activity choice that we will review to improve your sense of fulfilment and your results achieved.

### o MIND

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Most of us have been tested on our IQ, our Intelligence Quotient, which purports to measure the intelligence of our minds, that inner metaphysical realm of thought. In this book, we explore how your mind works and what you choose to think about — certainly at home and in your community – but especially at work in your business enterprise.

'The key to your universe is that you can choose.'

CARL FREDERICK

## ◦ EMOTIONS

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Daniel Goleman's very popular and highly recommended book *Emotional Intelligence* has awoken us to another aspect of our inner realms and how we can be strongly influenced by emotional reactions.

Goleman refers to Mihaly Csikszentmihalyi's best selling book *Flow — The Psychology of Optimum Experience* which explores the wonderful emotions experienced when life is lived in 'flow', pursuing self set, stretch goals.

Our emotions are a metaphysical energy flow of feelings. They can range from the slow moving, turgid depths of depression to the free flowing peaks of exhilaration.

Because our emotions are affected by the state of our body and on what we choose to focus the attention of our mind and the intention of our spirit, we will explore powerful tools that will help you choose how you feel.

The last paragraph of Csikszentmihalyi's book states: *'The most promising faith for the future might be based on the realisation that the entire universe is a system related by common laws and that it makes no sense to impose our dreams and desires on nature without taking them into account.'*

This book explores those common laws, the universal generalised principles that allow us to optimise spirit intelligence and thus our emotional enjoyment of life's journey.

## ◦ SPIRIT

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You can best develop your spirit intelligence by consistently empowering your whole being — body, mind, emotions and spirit.

So who or what is your spirit?

Your spirit is the essence of who you are — the core of your being that brings the breath of life to your body. The emphasis is on the word 'being' — for your spirit is the watcher, the observer, the initiator behind the constant 'doing' of your body, mind and emotions.

What you think about and what you do affects the way you feel. It is the experiences gained and the skills

developed from everything you have done in your life that develops the qualities and the essence of your spirit being.

Who you are, your spirit being is constantly developing and evolving, reflecting your experiences on the journey of life.

## ◦ BE — DO — HAVE

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A review of past experience reveals that the formula for success in any sphere of life is :

**Be — Do — Have**

You have to **be** the person capable of **doing** whatever it takes to **have** what you want and achieve your goals.

## ◦ SPIRIT INTELLIGENCE

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Spirit intelligence is thus the ability of your spirit being, the core of you, to make the best life choices. Choices in what you do with your body — your actions; the thoughts you focus on in your mind — your thinking; and the emotions you choose to pursue — your feelings.

Each chapter in this book will give you keys to improve the quality of your **being** and your spirit intelligence by providing better alternatives and better choices to **do** what is required at home, in your community and at work to **have** the results, success outcomes and the deep sense of fulfilment that you desire.

## ◦ SPIRITUAL INTELLIGENCE

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Spiritual intelligence is different to spirit intelligence and concerns your choices, beliefs and practices in relating to Infinite Intelligence whether you call that God, Allah, Jehovah or Brahma. We'll cover this sensitive and very personal subject in Chapter 10 on keys to the spirit within.

## ◦ ENTHUSIASM

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The word enthusiasm derives from the ancient Greek words — *en theos* — the spirit within. If you want to feel enthusiastic about your life and act enthusiastically, you need to improve the intelligence of your *en theos* — your spirit within.

## ◦ SPIRIT INTELLIGENCE KEYS

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It's not rocket science. You can simply use the tools and approaches in this book to make better choices about your plans for self-development, how you interact with people, what you do at home with family and friends and how you operate at work.

These spirit intelligence keys are practical, reliable and effective. They are a synthesis of the best ideas and practices, a summary of what is working for people just like you in countries all around the world and the reasons why these techniques and tools succeed and why you can trust them.

We'll explore approaches that will inspire you and those around you to higher and more satisfying levels of performance.

## ◦ ACCELERATED LEARNING

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You may have come across the techniques of accelerated learning — using colour, music, questions and activities to increase the speed and effectiveness of the way you learn. Einstein said we use about 3 per cent of our minds. In our busy world, could you use an extra 97 per cent of mental firepower? Wouldn't you like to wake up the sleeping part of your mind?

Although this book can't play music, we have included many illustrations because as we all know, a picture is worth a thousand words. And we have asked many questions which will stimulate your mind and activate your latent 97 per cent of mental firepower.

If you really want to reach your full potential in life and succeed, you must surround yourself with people who demand more of you than you do. In other words, people who will stretch you and test you and force you out of your comfort zone into your growth zone.

You may find some of the questions challenging, even confronting. That's okay because I plan to call it straight down the line — to stretch you to achieve your full potential.

The keys to spirit intelligence are relevant to every aspect of your life — at work and play, at home with family and friends and in your community.