

What is Needed for Conscious Evolution?

In the most recent Enlightened Leaders Webinar, Cindy Wigglesworth took us on a journey of becoming conscious in our evolution. She has developed and worked with the ideas of Emotional Intelligence and Spiritual Intelligence as not only ways to measure, but also as tools to help us develop in consciousness. Here are some key points about various forms of intelligence from Cindy:

- Physical intelligence—learning to sit, crawl, walk and talk.
- Mental intelligence—what we typically call our IQ, or Intelligence Quotient, measures areas like our mental and verbal skills and how well we operate in the realm of “standard” education; i.e. reading and writing skills.
- Emotional Intelligence—or EQ, learning to recognize and manage our emotions. For example, realizing we are angry and then choosing something different.
- Spiritual Intelligence, SQ, is acting with love. Cindy defines spirituality as an innate need to connect with something larger than ourselves—something we feel is divine or sacred. “SQ is the ability to behave with wisdom and compassion while maintaining inner and outer peace (equanimity) regardless of the situation.” Wisdom comes from the deepest level of our minds, and compassion the deepest level of our hearts.
- SQ is about “growing up” our ego, rather than trying to get rid of it. It’s about acknowledging that ego has an important role, but no longer allowing it to drive the bus of our lives. As we develop our Spiritual Intelligence we actually eliminate emotional trigger points—SQ trumps automatic responses like anger and resentment.
- Spiritual Intelligence is a key to consciously evolving. So, how do we do that? Cindy gave us some simple and concrete steps to begin to shift into a greater development of Spiritual Intelligence:
 - Shifting from an Ego Self to a Higher Self voice
 - Insert a “pause” between the event and our response to it. It is only in the “pause” that spirit can move.
 - Use empathy and role reversal to totally reframe your thoughts. Putting ourselves in another’s shoes, so to speak, to see another perspective.
 - Making sure you know how to be “in the world” as well as “of the world”.
 - Includes the ability to set necessary boundaries. It is not about being “nice” all the time, but being centered in your truth and being firm in your boundaries.
 - Develop worldly skills as needed. Skill becomes part of the wisdom.

Check out Cindy’s website at www.consciouspursuits.com for more info and resources.

This issue was contributed by Aliza Bloom, minister at Unity Center, Austin, Texas, a participant in the Transformation Experience Pilot Program.