

Spiritual Fitness: Exercise Your Quadrants

Cindy Wigglesworth, in her DVD series “Conscious Evolution,” describes the four areas that we need to address in order to be spiritually fit. She divides them into four quadrants based on Ken Wilber’s Integral Spirituality work. They include:

- Subjective—addresses our thoughts, emotions, memories, states of mind, perceptions and immediate sensations. Types of self-development work include therapy, meditation, journaling, time in nature, physical exercise, reading sacred books, watching spiritual programs including DVD’s, retreats, artistic expression and more.
- It-Objective—includes and addresses the material body (including the brain) and anything that you can see or touch (or observe scientifically) in time and space. We grow this area by studying science and its link to spirituality. Activities include studies of quantum physics, cosmology or the study of the universe, evolutionary biology, brain science, prayer studies, Institute of Noetic Sciences and others.
- We-Intersubjective—speaks to our shared values, meanings, language, relationships, and cultural background. To grow in this area, we ask for feedback from the people in our environment and take care of our physical bodies.
- Its-Interobjective—includes the systems in our world and man-made structures/human technologies. Cindy asks, “What spiritual systems are you involved with?” Here you would participate with a religious path, alternative medicines, yoga, Tai Chi and the like.

Cindy tells us that we must address each quadrant to grow and evolve. Realizing our human tendency to focus on one area over another, she illustrates how, for example, our internal practice as outlined in quadrant one can become more effective if we understand the science behind it as offered in quadrant two. She also points out how our understanding and application of different principles deepens when we practice in group spiritual systems. She gave a specific example of the interaction of these quadrants by reminding us that we cannot effectively meditate if we don’t have adequate rest. Cindy emphasizes how each area feeds the other and we become whole when all four quadrants are balanced and healthy. The first season of the Enlightened Leaders program is about deepening leadership consciousness and spiritual intelligence, both as individuals and as leaders of spiritual communities. Stay tuned for what we have in store for Season Two, beginning next fall. This issue was contributed by Felicia Searcy.