

WHAT DO I FEEL?	What is it?
What do we think?	<i>How does it connect?</i>

- ~ Greek Art, Ethics, Science
- ~ Enneagram Heart, Body, Head

	Individual		
Interior	Subjective The interior of the individual - My invisible interior thoughts, feelings, ideas, beliefs, memories, perceptions, sensations, values and motivations.	Objective The exterior of the individual - My physical, material body, and its observable and measurable behaviors.	Exterior
	Inter-subjective The interior of the collective - Our shared invisible interior thoughts, feelings, ideas, beliefs, values, motivations, worldviews, etc.	Inter-objective The exterior of the collective – Our shared exterior observable and measurable behaviors (economic, educational, religious, transportation, legal, etc.) and our social systems, networks, tech, govt and natural envnt.	
	Collective		

Quadrant Absolutism

Extreme Idealism: Mind is ultimately the only reality.	Extreme Scientism: Matter is ultimately the only reality.
Extreme Postmodernism: Culturally constructed meaning is ultimately the only reality.	Extreme Systems Theory: The Web of Life is ultimately the only reality.

Integral Spiritual Practice

Subjective/Interiority

Prayer & meditation
Reading, study & journaling
Shadow work
Revisiting core questions

Seeking Spirit in self

Objective/individual

Diet & self care
Exercise
Tai Chi, Body Prayer, Yoga
Embodying Spirit

Being Spirit in Action

Intersubjective - shared

Relational intimacy
Cultural sensitivity
Developing shared meanings
Scheduling check-ins

Seeking Spirit in Relationships

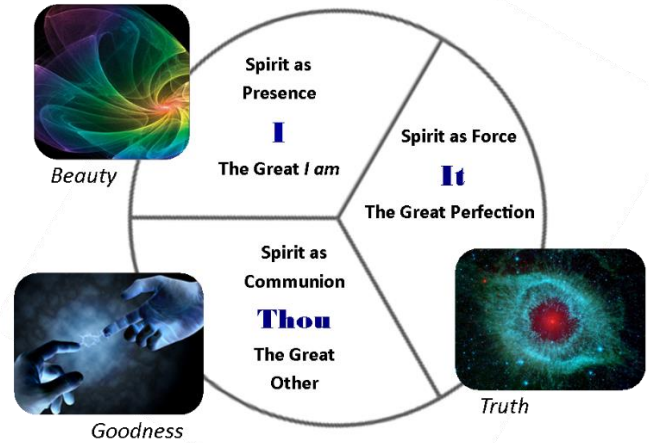
Objective systems

Giving one's gifts to the world
Acting as a change agent
Leading/nurturing family
Recreating the work-world

Serving Spirit in World

The Three Faces of Spirit

Spirituality as *Ultimate Concerns*



Spiritual Intelligence – SQ

Self / self focused

Other focused

What You See - Inner World	Self / self Awareness Are you fully aware of your inner nature? Your dual self? Do you sense when Ego is in charge? Can you hear the voice of Higher Self? Do you have a clear inner intention? A clear personal mission and values?	Universal Awareness How broad is your perspective? Can you see other people's viewpoint? Other cultures? How long a time line can you imagine? How big a Universe? How interconnected is reality?
	Self/self Mastery What percentage of the time is Higher Self in charge? Do you know how to shift Ego out of the "driver's seat"? Do you live your values & your Mission? Can you stay centered and peaceful even during difficult times?	Social Mastery/Spiritual Presence Are you a calming presence for others? Can you keep your heart open? Are you able to act from Compassion? Are you able to act from Wisdom? Are you a powerful leader by virtue of your inner strength and humility?

Self / self focused

Other focused

What You See - Inner World	1. Self / self Awareness 1. Awareness of own worldview 2. Awareness of Life Purpose (Mission) 3. Awareness of Values Hierarchy 4. Complexity of inner thought 5. Awareness of Ego self/Higher Self	2. Universal Awareness 6. Awareness of interconnectedness of life 7. Awareness of worldviews of others 8. Breadth of Time perception 9. Awareness of limitations / power of human perception 10. Awareness of Spiritual Laws 11. Experience of transcendent oneness
	3. Self/self Mastery 12. Commitment to spiritual growth 13. Keeping Higher Self in charge 14. Living your purpose and values 15. Sustaining faith 16. Seeking guidance from Higher Self <i>Calm, peaceful at all times</i>	4. Social Mastery/Spiritual Presence 17. Wise and effective teacher / mentor 18. Wise and effective leader / change agent 19. Makes Compassionate AND Wise decisions 20. A calming, healing presence 21. Being aligned with the ebb and flow of life <i>Compassionate and Wise Action</i>

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