

Cultivating Spiritual Intelligence

Dr Ed Bauman

BaumanWellness.com



Alaska Center for
Spiritual Living



3 Key Questions

1. **What is the relationship between Creator and his Creation**
2. **How can I access and sustain Spiritual Intelligence**
3. **How can I and the world be healed?**



Spiritual Intelligence

Spiritual Intelligence *is the ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the situation.*

- C.Wigglesworth

Spiritual Intelligence (SI) is an innate gift that is often obscured by the drama and trauma of living in a competitive, commercial, techno-centric world.

SI is experienced in stillness, as one opens to infinite intelligence and timeless spiritual wisdom.



Taoism Flow

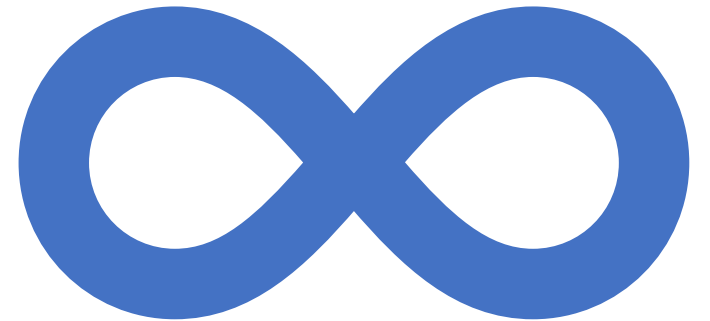
“Heaven abides so that we have virtue.
Earth abides so that we have Qi. When
virtue flows and Qi is blended, there is life”
– Lingshu

The Tao is that which cannot be named.. It
is lived as balance.

Supreme Being (SB) is not named because
it is unknowable.

Wu Wei – Creative quietude, freedom that
flows from us when our ego yields to the
Tao

Nature based metaphors. Symbol = water





Sufi Mysticism

- All day I think about it, then at night I say it
- Where did I come from, and what am I supposed to be doing?
- I have no idea
- **My soul is from elsewhere**
- I am sure of that, and I intend to end up there
- - **Rumi (1207-1273)**

Judaism Torah

The Lord God formed man from
the dust of the earth.

He blew into his nostrils the
breath of life

And man became a living Being.

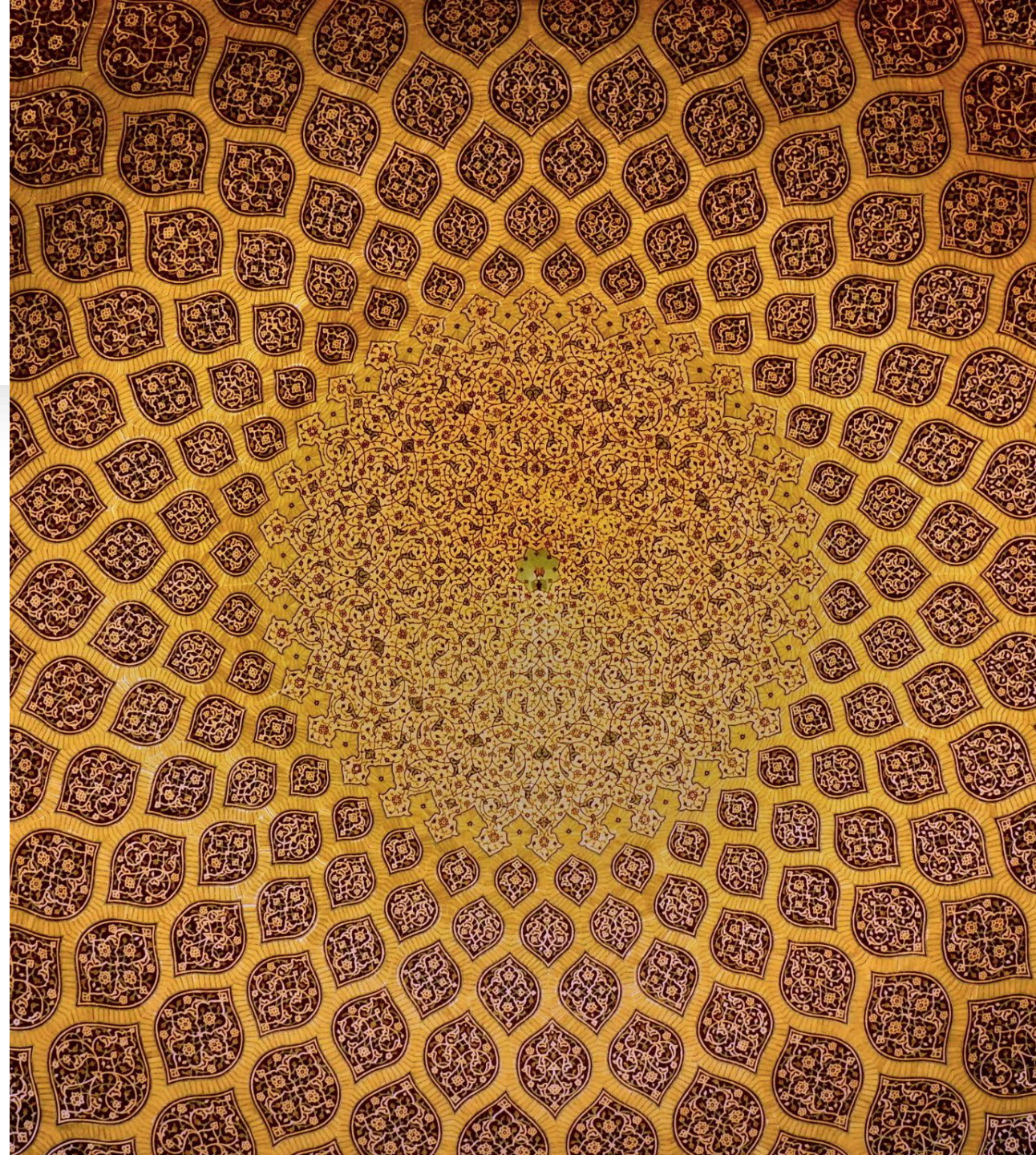
- **Genesis: 2:7**



Islam Devotion

It is He who hath made everything.
And first created Man of clay
And then formed into proper shape
And breathed of His Spirit into him
And given us the senses of hearing,
seeing
And hearts, to understand.

- **Quran, Surah 32:7,9**



Christianity Trinity

For by Him, All things created
That are in Heaven and on Earth
Visible and Invisible
And He is before all things,
And by Him, all things exist

- - Bible (KJV) Colassians 1:16-17



Hindu Divine Love

Love is one of the great universal forces; it exists by itself. Its movement is free and independent of the objects in which and through which it manifests.

It manifests wherever there is receptivity, wherever there is some opening for it.

What we call love and think of as a personal or individual thing is only our capacity to receive and manifest this **universal force**.

Men suddenly fall in love; they see their love come, grow and then fade, or endure longer in those fitted for more lasting movement. A Love Supreme gives itself and asks for nothing.

Our sense of love as a personal experience is an illusion. It is a wave from the everlasting sea of universal love. Distortions we see in its apparent workings belong to its instruments.

The Mother: Sri Aurobindo Society



Baha'i Faith Unity

Having created the world and all that liveth and moveth therein

He, through the direct operation of His unconstrained and sovereign Will

Chose to confer upon man the unique distinction and capacity to know Him and to love Him

A capacity regarded as the generating impulse and the primary purpose underlying the whole of creation.

- **Gleanings of Baha'u'llah p. 65 (1817-1892)**



Science of Mind Co-Creation

There is a **Universal Wholeness** seeking expression through everything.

We call it simply Life.

Our highest satisfaction comes from a sense of conscious union with this invisible Life.

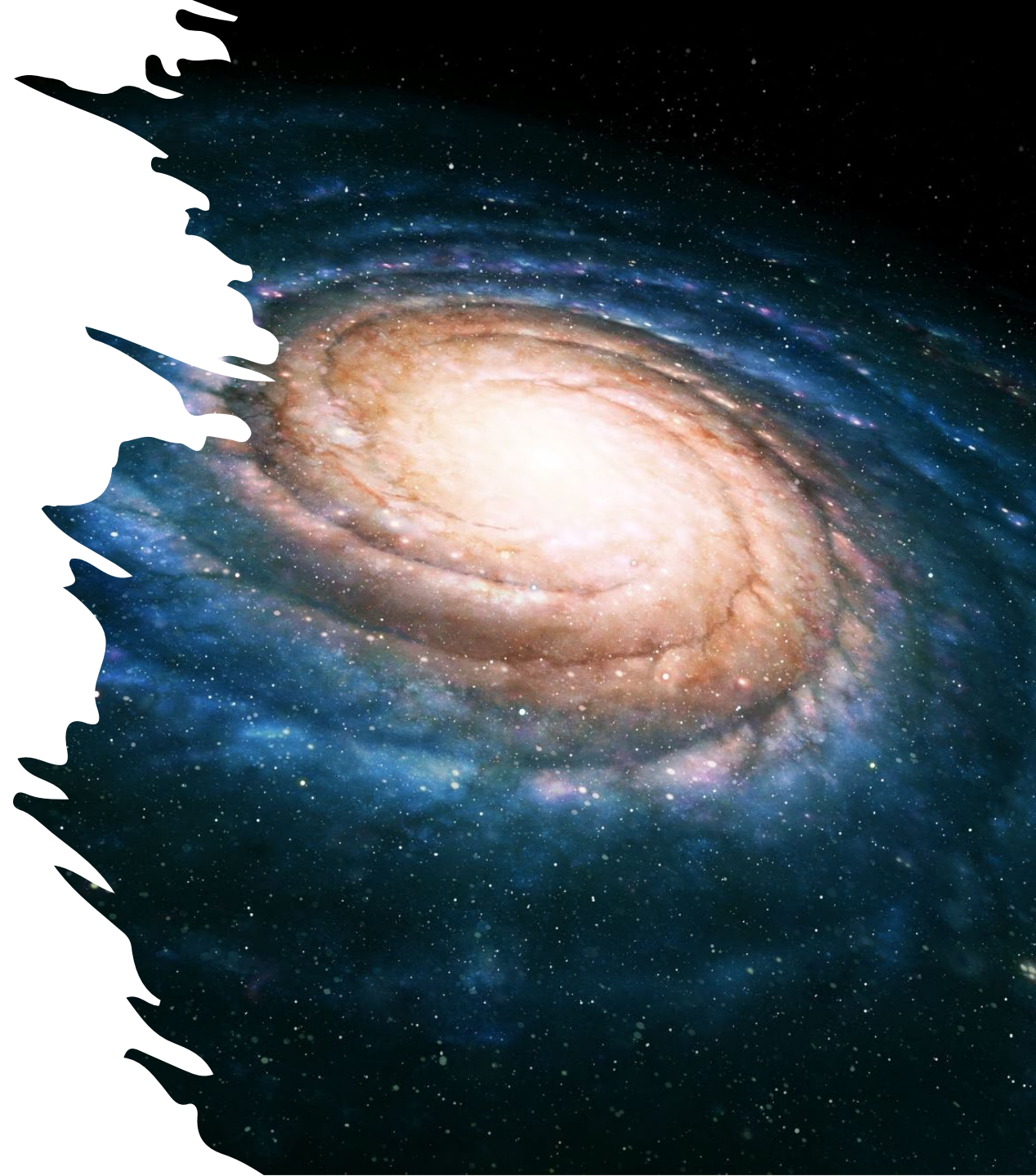
God is Life, not some life, but all Life.

God is pure, filling all space.

This pure Spirit animates every breath.

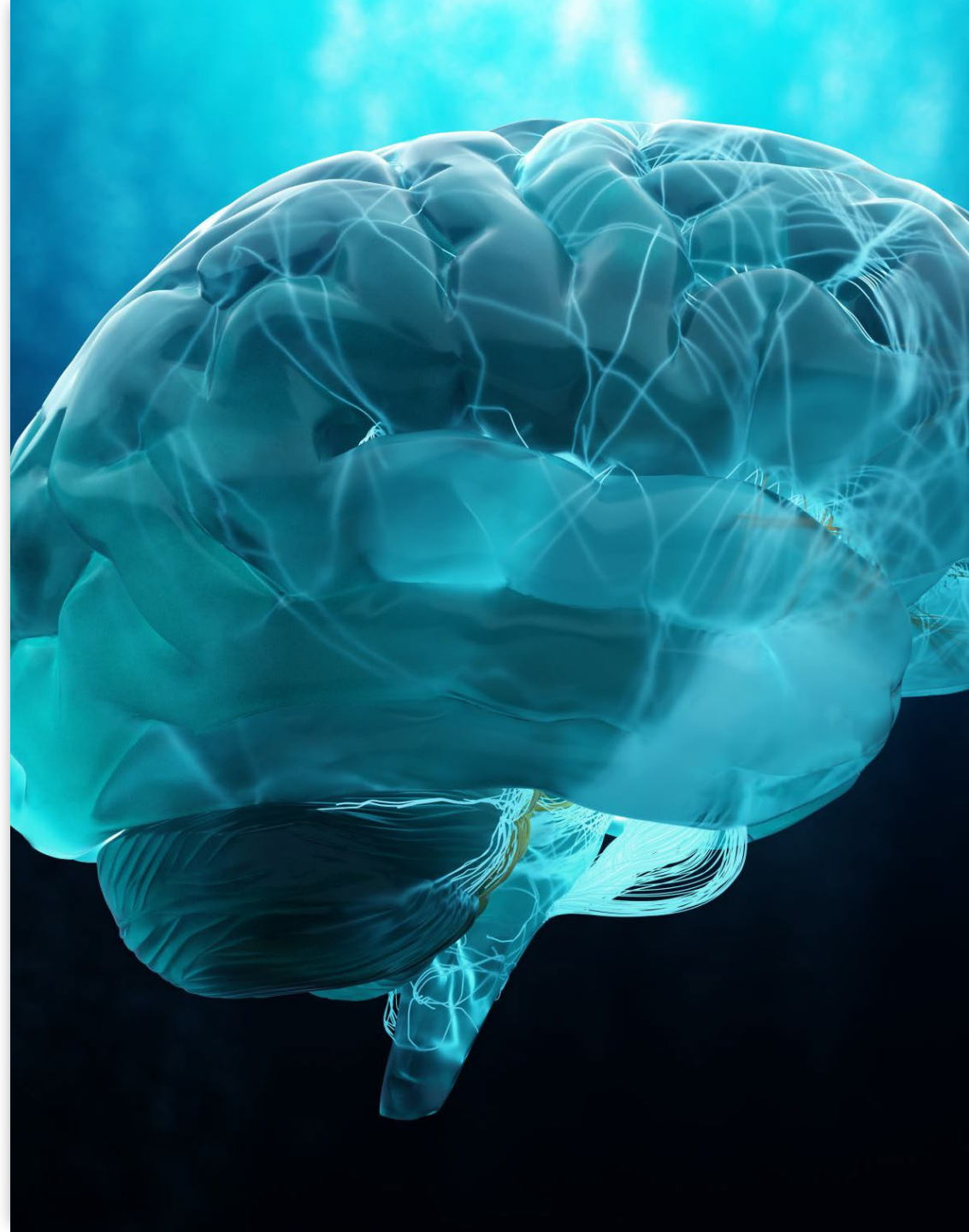
The real I and the real We are emanations of a real God, connected and unified.

- **Ernest Holmes (1887-1960)**



Artificial Intelligence

- For thousands of years, we have gained the power to control the world outside us but not to control the world inside.
- The danger is that we may invest too much in developing AI and too little in developing human consciousness.
- Power concentrates and can feed the natural distractibility and profane appetites of humans.
- Ignorance by itself supports conflict, fake news and bigotry.
- If you combine societal ignorance with authoritarian power, this is a recipe for chaos.



Toltec 4 Agreements

- **Be Impeccable with your word:** Speak with Integrity. Say only what you mean. Avoid using the word to speak against yourself or others. Use the power of your word in the direction of truth and love.
- **Don't take anything personally:** Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
- **Don't make assumptions.** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- **Always do your best.** Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstances, simply do your best, and you will avoid self-judgement, self-abuse and regret.

After Life

Truly the recompense of the life to come is better for those who have believed and feared God.

- Islam, Qur'an, Surah 12:57

After its association with the body draws to a close, the soul will continue to progress in an eternal journey towards perfection.

- Bahá'u'lláh



Wisdom Path

SI is a way of appreciating a grand plan for humankind and deepening to appreciate karmic issues being played out.

How can I express love for my self, for all life, and achieve peace, if only in the present moment?



The Whole Enchilada

Holy individuals throughout history have consistently pointed out that the independent self perceives reality incorrectly.

They argue that parts can only recognize other parts, further fragmenting understanding.

Whole people see things in their entirety, creating wholeness, accepting what is as SO.

Our Holy Family

- God, humans, creatures, nature, ancestors, + ...



Majesty

Dante insisted that we only must look up to activate **SI**, which is why the stars and sky, treetops and mountains instantly convey awe and a sense of the beyond.

With eyes attuned to see and ears to hear, the echoes of wisdom that run through the depths of life can be gleaned in a phrase, a myth, dream, or song.

Though we travel the world over to find beauty, we must carry it with us, or we find it not. –
Ralph Waldo Emerson



Inquiry

- How do you access Spiritual Intelligence? What's it feel like?
- What tradition has led you to asking about the nature of god, man, suffering and redemption?
- What are the obstacles to cultivating spiritual intelligence?
- Share instances of when SI guided you to safety, to service, to Source?





Why Meditate?

Meditation

His Holiness, Dalai Lama suggests a meditation on the **kindness of others**. Meditations on love and compassion expand our ability to benefit others.

When **meditating on the kindness**, we feel how our state of being connects with and uplift everyone else's.

The **Dalai Lama** says that if you really want to be happy, **remember and cherish others**.

Taking care of others alleviates loneliness and activates compassion and wisdom - **SI in Action**.



Power Down

Spiritual Intelligence is ours when we step away from our devices and attune to the whispers of eternity.

SI presents us with a transcendent experience of joy, creativity, knowing when we welcome a muse to compose a song or witness beauty.

Our highest intuition (**SI**) is activated by listening, learning, remembering, bathing in the light of creation, not being triggered by resisting darkness.



SI Integrates

Spirit
Soul
Heart
Mind
Body
Struggle
Creation



I Am There

*James Dillet
Freeman
1947*

Do you need Me ?

I am there.

You cannot see Me, yet I am the light
you see by.

You cannot hear Me, yet I speak
through your voice.

You cannot feel Me, yet I am the power
at work in your hands.

I am at work, though you do not
understand My ways.

I am at work, though you do not
understand My works.

I am not strange visions. I am not
mysteries.

**Only in absolute stillness, beyond self,
can you know Me as I AM**

As a feeling and as Faith.

Song

- ① We are opening up in sweet surrender
To the infinite healing of our Love (x2)
We are opening, We are opening (x2)
- ② We are opening up in sweet surrender
To the spiritual knowing of our Soul. (x2)
We are opening, We are opening (x2)
- ③ We are opening up in sweet surrender
To the generous blessings of our Lord (2x)
We are opening, We are opening (x2)



3 Key Answers

1. **What is the relationship between Creator and his Creation**
2. **How can I access and sustain Spiritual Intelligence**
3. **How can I and the world be healed?**



Call to Action

The principal cause of suffering is the corruption of human morals and the prevalence of prejudice, suspicion, hatred, untrustworthiness, selfishness and tyranny among men.

It is not merely material well-being that people need.

What we desperately need is to know how to live—we need to know who we are, for what purpose we exist, and how we should act towards one another.

Once a person, family or community seeks the answer to these questions they need to be accompanied to gradually apply these answers to everyday behavior.

The power to transform the world is affected by love, love originating from the relationship with the divine, love ablaze among members of a community, love extended without restriction to every human being. – **Baha'i Faith, UHJ - 9 Year Plan (2024)**

Faith

We have Faith in the meta-process

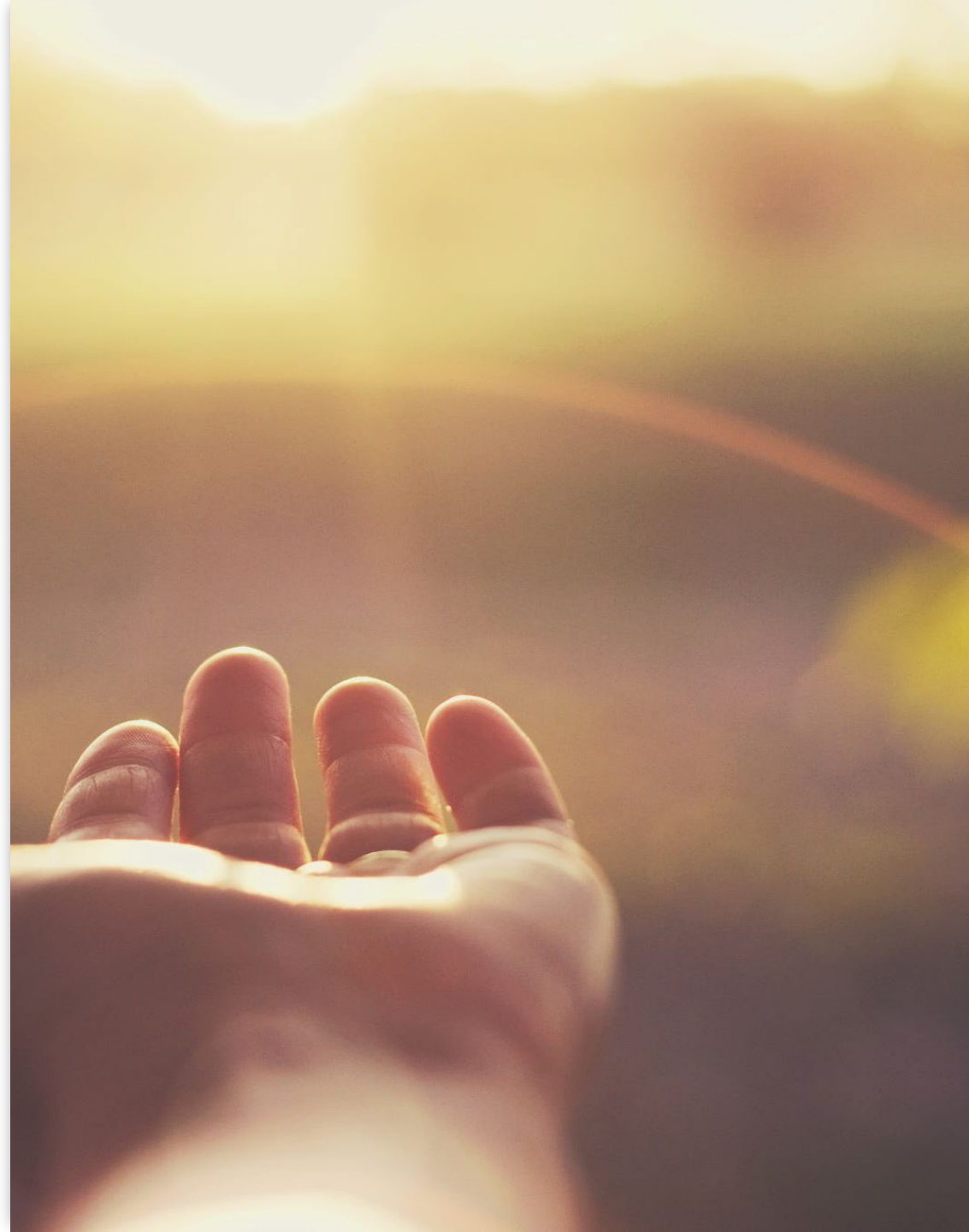
We are on a path to peace

We aim to resolve conflict within and around us.

We give thanks to God for all LIFE

We activate, fine tune and apply SI

"So powerful is the Light of UNITY that it can illuminate the whole earth." - Baha'u'llah



Thanks for Being You with US



Affirmations

We know who we are

We are spiritual family

We know why we are here

We practice LOVE

We cultivate Spiritual Intelligence

**We conclude by expressing
together**

AND SO IT IS!