

THREE KINDS OF INTELLIGENCE

1. MENTAL INTELLIGENCE

Mind-Brain-Thought Process of the Human (Intellectual) Self

We are very familiar with Mental Intelligence and can measure it accurately. It covers all cognitive activity of the rational mind - thoughts, ideas, concepts, paradigms, theories. It is a highly-developed faculty in humans even though it varies a lot between individuals. It has enabled us to go to the moon and back, develop amazing medical procedures to cure disease and to develop sophisticated models of the world through science and mathematics, among a million other wonderful achievements that have benefitted mankind.

Because our Emotional Intelligence is much weaker and less developed, we frequently allow the power of our raw, unchecked emotions to over-ride our mental intelligence. The result is mental structures like bigotry, prejudice, unreasonable attitudes, inflexibility of mind, false beliefs, denial, and so on. We often believe what we want to believe, not what makes sense.

2. EMOTIONAL INTELLIGENCE

Heart-Feelings-Emotions of the Human (Feeling) Self

A good working definition of an emotion is that it is *a thought attached to a feeling*. Our Emotional Intelligence handles our emotional responses to the life experience and helps us to sort out what thoughts are attached to the feelings. It guides our emotional responses to life - whether fear driven, love driven, guilt driven, pleasure driven, etc. It tells us when we are in denial, lying and out of integrity. It enables us to relate to each other at the heart level with compassion, empathy, tolerance, humility, forgiveness, etc. Without emotional intelligence, we would either be like robots - machines that can think but can't feel, or sociopaths unable to control our emotions.

Because people are taught to value Mental Intelligence more and to deny their feelings, Emotional Intelligence is quite underdeveloped in humans. Our lives are driven far more by unconscious emotional responses than by rational thought. The results are seldom other than negative (e.g. the current crisis).

3. SPIRITUAL INTELLIGENCE

Body-Soul-Higher-Self with Direct Connection to the World of Spirit

The Higher (Knowing) Self. Our Spiritual Intelligence is the most subtle of the three and operates below our level of awareness. It knows the truth of who we are, and it connects us to the world of Spirit and Universal Intelligence (God). Our body is the antennae for our Spiritual Intelligence. Our Spiritual Intelligence guides us on our spiritual journey, always moving us in the direction of growth and healing. It is our internal spiritual compass. It keeps us on track with our Divine Plan.

It finds its outer expression in our everyday lives as religious or spiritual practice, the search for meaning beyond this reality, contemplation and meditation, prayer, etc. It is not bound by time and space. It comes into play when we ask for help and open up to receiving help from the spiritual realm. The tools and processes of Radical Forgiveness provide a perfect way to ask, even if we are skeptical about the whole idea. Without Spiritual Intelligence, forgiveness would not be achieved.