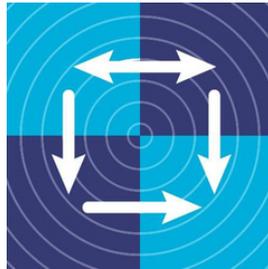




SQ21™ Spiritual Intelligence Assessment

Interpretive Report



Assessment prepared for

Sample Report

Friday, August 21, 2015

**Interpreted by
Sample Coach**

**Created by
Cindy Wigglesworth
Deep Change, Inc.
www.DeepChange.com**



Preface

Please read this introduction before reading your results as many questions are answered in these introductory pages.

Spiritual Intelligence

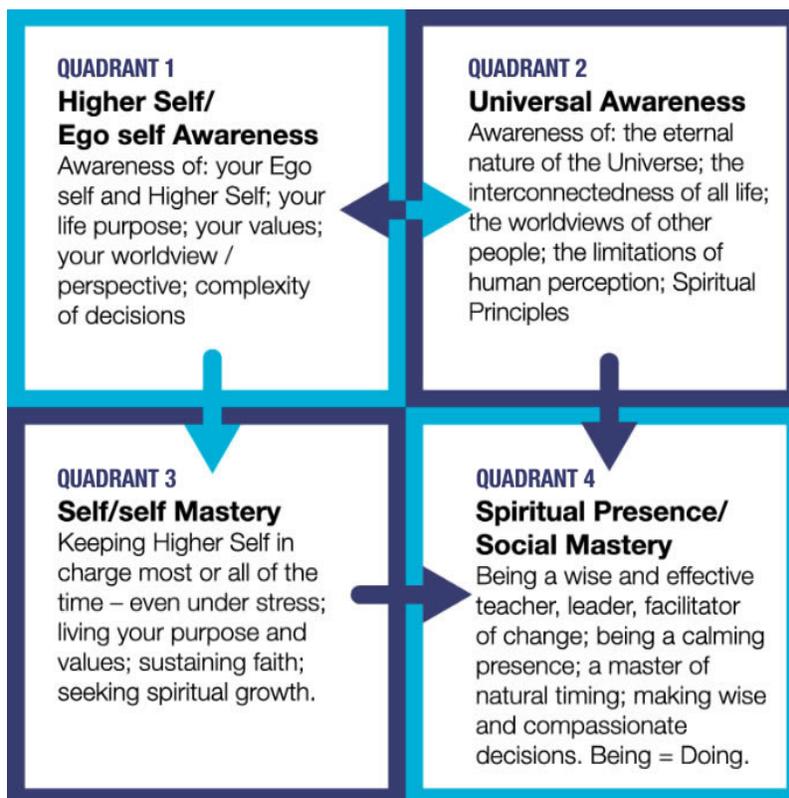
Spiritual Intelligence is defined as "The ability to act with Wisdom and Compassion while maintaining inner and outer peace (equanimity), regardless of the circumstances." Spiritual Intelligence exists as potential in each of us, but like any intelligence it must be developed. Developed intelligences can be demonstrated as "skills" or "competencies". The Deep Change Spiritual Intelligence Assessment measures twenty-one skills that we believe combine to create the ability to be wise and compassionate in our behaviors, while maintaining inner and outer peace - even under great stress.

Measuring Spiritual Intelligence

Based on your answers to our questionnaire you have been assessed relative to your current level of skills-development in these twenty-one spiritual intelligence skills. These skills are broken into four quadrants:

1. Higher Self / Ego self Awareness
2. Universal Awareness
3. Higher Self / Ego self Mastery
4. Spiritual Presence / Social Mastery

The Four Quadrants:





How Each Quadrant Interacts with Another

The first two quadrants are inner aspects of spiritual intelligence; therefore, they are hard for the outer world to see. You can know them about yourself. Other people can only infer your skills in these quadrants based on your behaviors. What others see most about you appears in Quadrants three and four. Our belief is that Quadrants 1 and 2 are interactive and reinforcing. For example, as you discover more about yourself, it is easier to learn about others. As you learn about the beliefs of others you learn more about yourself. Self/self Awareness (Quad 1) is the predecessor of Quad 3 - Self/self Mastery. The idea is that until you can hear the voice of your Higher Self and discern your life purpose and values, it is hard to live by these! Quad 4 is dependent upon skill development in the other 3 quadrants. If you have little self awareness, you will have little self-mastery. Without self-mastery it is hard to be wise, compassionate and peaceful. Similarly, if you cannot understand the beliefs (worldviews) of others, how can you interact with others in a way that is wise or compassionate?

A Faith-Neutral Assessment Instrument

This is a "faith neutral" instrument. Being "faith neutral" means that we do not rely on the language of any one faith tradition (religion or denomination). We seek to find generic words for concepts whenever possible. Because as individuals we come from so many viewpoints, one word is rarely enough to communicate clearly to everyone. Therefore synonyms become very important.

Please make use of the GLOSSARY (Appendix 1 of this report). If you find any particular words in the assessment tool or this report troublesome, look at Appendix 1. Read the short definition and note the list of synonyms. Then substitute a word you like better whenever you read a word we are using that bothers you. Bridging across our various belief systems takes an effort by all of us!

You Are in Charge of Your Spiritual Path

Deep Change will never dictate to you what you must believe or how you must act. We offer this instrument as a tool for self-reflection and a possible aid in your own journey. Ultimately you and you alone decide what you believe and which skills you want to develop. If you feel a skill is not important for you - that is fine!

How to Read This Report

There are no "minimum skill" requirements - you decide where you want to be on each skill. If you scored at level 3 in a skill, you may find that this level of skill development is sufficient. Spiritual growth is a personal choice and each of us must decide when we are ready and how far we want to grow.

There are 21 skills described by this assessment. We do not claim that this is an exhaustive list of all possible skills. These 21 skills do seem to represent the common threads among the major faith traditions, modern psychology, and among many philosophers and spiritual writers. There may be skills not listed in this report that are important in your faith tradition. And there may be some skills listed that you don't feel are important. We invite you to "adjust" the report accordingly. If you feel a skill is not important then you would not need to consider any "next steps" recommended in that section of the report. If your chosen faith tradition emphasizes a skill not listed in our assessment, then of course you should consider pursuing the development of that skill.

Most people will not develop ALL 21 skills to a high level. Eventually we hope to demonstrate by statistical analysis any minimum skills or levels needed to create a "tipping point" - the point at which the foundational skills are sufficiently developed to lead to Spiritually Intelligent behavior.



Skill Levels:

We have assessed your current skill levels by how you answered the questions. If you feel the results are wrong you may have answered the questions while not in a proper frame of mind. If you feel this is the case, you may retake the assessment at a discount by contacting your certified SQ21 coach, or if you do not have a coach, by contacting the creator of this instrument, Cindy Wigglesworth, at cindy@deepchange.com

Level 0

More than half the people who take the SQ21 receive at least one zero, so please do not worry! A zero can mean several things. Sometimes you answered a question incorrectly - a certified coach can walk you through the questions and help you determine if you just "clicked in the wrong place." Sometimes - and it is precious when we see this - we have answered the question correctly based on how we interpreted it. Often in these cases the interpretation we used shows us something really important about our own assumptions or areas in need of forgiveness or release. A conversation with a coach can clear up situations where we might have leapt to an interpretation of what the question means, and once we talk it through we may realize we would answer it differently today. In those cases the coach can talk you through the other questions related to that skill and help reach a more realistic score on that skill (e.g. you might actually be a 2, 3, or higher on that skill). And you might find there is a lingering and precious lesson for you about certain wounds from your past where you tend to leap to a conclusion about things and become upset. Many people report the most valuable parts of the report are where they got zeros. So please relax, observe the part of you that might be upset by this score, reassure that ego voice that all is well, and then talk to coach to find the potential gift in this score - and to be re-scored if appropriate. Please remember that this assessment is a developmental conversation - one that BEGINS with you taking the survey, continues with this report, and is ideally accompanied by a personal conversation with a certified coach. And of course, your interior conversation with your higher self is crucial for personal growth.

Levels 1 and 2

You have begun working on this skill and have accomplished some foundational competency. There is still significant room for growth.

Levels 3 and 4

You demonstrate significant proficiency in this skill. Serious effort has probably already been put into developing this skill. For many people level 4 is as high as they may ever choose to develop.

Level 5

Level 5 is the highest level we assess. It represents a significant accomplishment, usually requiring years of effort. Yet the spiritual journey is never "finished". Furthermore, like any skill, if we don't maintain it, we could become less effective. So, if you attain a level 5 score, keep up the spiritual practices which got you there so that you can deepen and sustain this skill.

More detailed descriptions of what each skill level looks like are from the person giving you your feedback report.

Next Steps

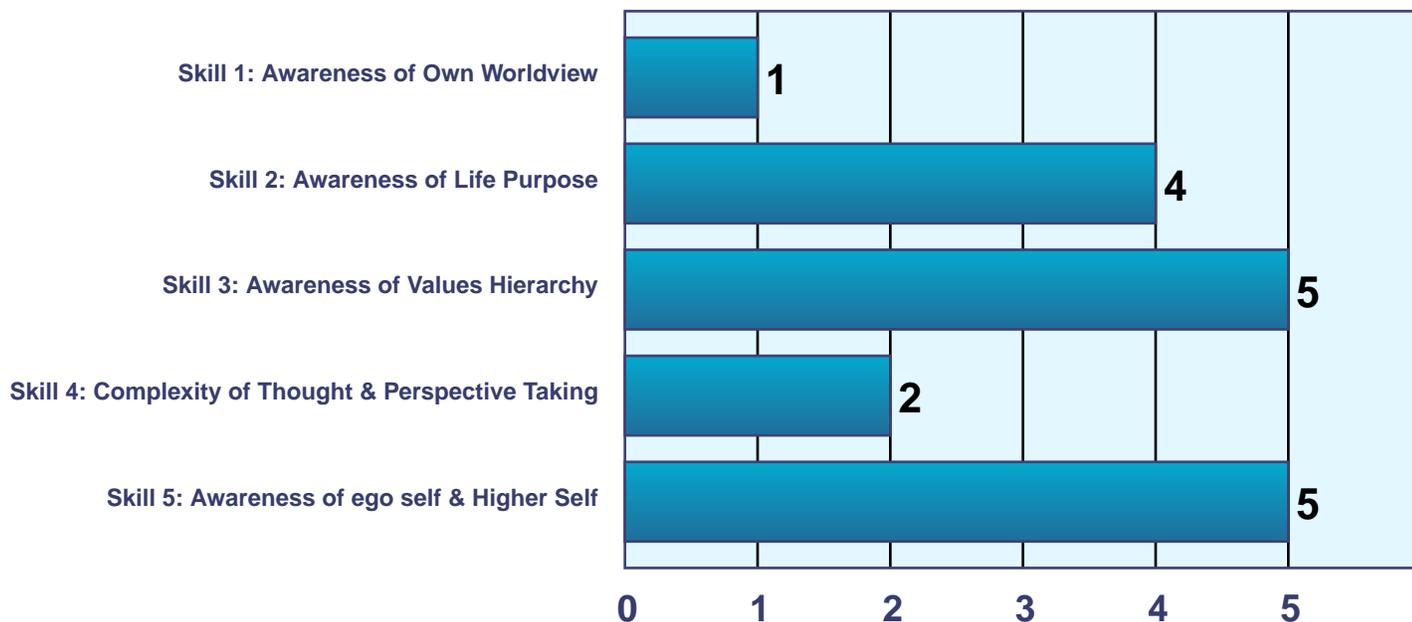
For each skill level we recommend one or more "next steps." These suggestions are always optional. Your coach may suggest ideas based on your specific situation. And you may find additional helpful ideas on the Deep Change website (www.DeepChange.com/resources) and in Cindy Wigglesworth's best-selling and award-winning book SQ21: The Twenty-One Skills of Spiritual Intelligence (available at <http://www.deepchange.com/sq21book> or via booksellers such as Amazon.com or bn.com).



Quadrant 1 Higher Self / Ego self Awareness Scores

Your Quadrant 1 Results:

There are five skills in Quadrant 1. The minimum score is zero. The maximum is five. Your scores in graphical form are displayed in the chart. Below the chart is a text description of your current skill levels and some "next step" suggestions if you choose to continue to develop in that skill.



Skill Development

Skill One: Awareness of Own Worldview (Level 1)

There is a possibility you misread this question: "I believe that my worldview is the only correct one." Next step: If you believe you have the only correct worldview then the next step for you is to consider whether holding this belief is serving to further Love in the world. If you misread the question then talk to a SQ21 certified coach to determine a more accurate level assessment for this skill.



Skill Two: Awareness of Life Purpose (Level 4)

You are aware of your personal strengths (gifts) and weaknesses. You can describe your mission/purpose as you understand it at this time. You compare your daily choices to your life purpose and you work hard to be sure they stay aligned. Congratulations! Next step: strengthen your connection with your Inner Wisdom so that staying aligned becomes easier and easier over time.

Skill Three: Awareness of Values Hierarchy (Level 5)

You can list and rank order your personal values. Your values ranking is guided by your sense of Wisdom and Compassion for all beings and for the ecosystem. This has made most decisions relatively easy. Your behaviors are aligned with your values even when the immediate result of living your values could be unpleasant. This is wonderful - you are "walking your talk" and serving the world as a servant leader. Next step: Given your wonderful progress, the Universe may bring you bigger challenges to handle. Try to see them as gifts and opportunities to serve. Maintain your spiritual practice so that your heart continues to expand and your faith is strong. This will help you be centered and wise in your choices and to enjoy the peace of mind that comes from living a high integrity life.

Skill Four: Complexity of Thought & Perspective Taking (Level 2)

You might have misread the question "I make decisions based only on guaranteed outcomes." Your answer was "sometimes", "often" or "consistently". Since outcomes are almost never guaranteed, we have to learn to make decisions in the face of uncertainty. If you misread the question, you can talk to a SQ21 certified coach to determine your proper level of current skills. Next step: Pay attention to decisions and see if their outcomes are really ever "guaranteed." How often does something happen that you didn't expect? How predictable are things? Sometimes we like to comfort ourselves by pretending things around us are predictable...but are they really? Observe yourself when you have to make decisions under situations of uncertain outcomes. Are you extremely reluctant to decide? Do you avoid making a decision? Consider that NOT making a decision is just as much a choice as MAKING a decision. We delude ourselves by thinking that by "doing nothing" we are not responsible for whatever happens. Yet by "doing nothing" we are still responsible - because we could have chosen otherwise. There is no escape from accountability. Consider therapy or counseling to get at the root of any avoidance issues or discomfort with uncertainty. We all have those feelings - but what we do with them determines our effectiveness in the world.

Skill Five: Awareness of ego self & Higher Self (Level 5)

You are aware of the influences of your childhood on the development of your personality and beliefs. You understand that there is a difference between the desires of your Ego and the desires of your Higher Self. You can observe the Ego part of your nature and can usually recognize what has caused your Ego to get agitated. You are aware of how your body feels when Ego is agitated. This is great...your body can be your ally in alerting you to when your Ego is upset. You have developed the ability to "tune into" the voice of your Higher Self (Inner Wisdom). You paid attention over time to the real issues of the Ego. This has allowed it feel heard, understood, and allowed it to commit to working with the Higher Self. This is wonderful! Next step: Nourish your Spirit by maintaining your spiritual practices. Keep that communication open with your Higher Self! And keep seeking to understand your Ego and its root beliefs and thoughts. On the occasions when Ego does get agitated, look closely at the Ego's interpretation of situations. Fear is the underlying feeling beyond anger. Ask



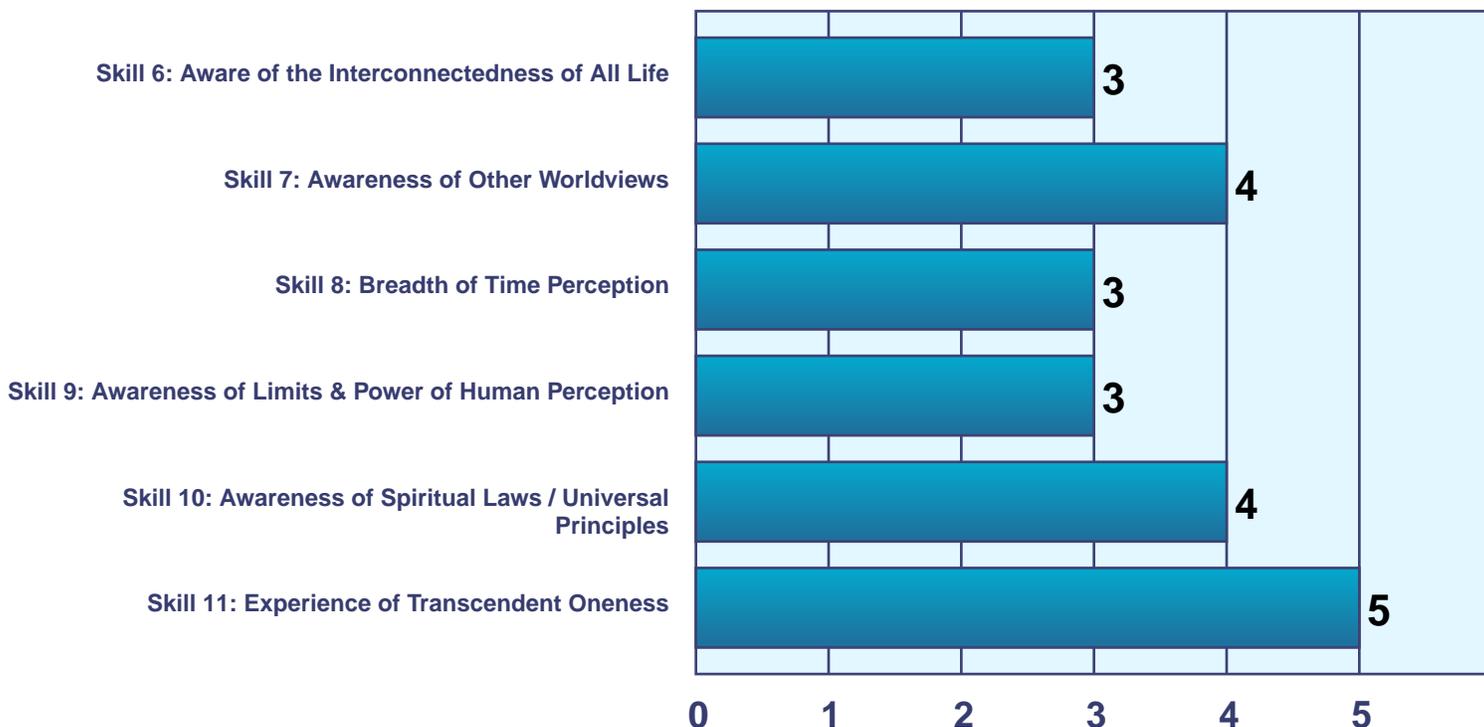
it "What are you afraid of?" and then "why are you afraid of that?" When it answers, ask again, "and why are you afraid of that?" and again "Why are you afraid of that?" Keep going as long as you can until you get to the deepest fear you can reach. Notice what beliefs and thoughts are behind the fear your Ego feels. Write these beliefs and thoughts down. Then write their antidotes - the truth as Higher Self sees it. Talk to your Ego self and let it know that it is heard and valued - but that it's not in charge. Ask it to strengthen itself through being of service to your Higher Self. Complete and joyful surrender of Ego to the Higher Self is the eventual result. Ego doesn't disappear in this situation - as it is needed to navigate the world. But it no longer competes for authority with the Higher Self. Rather it sees itself as gaining a secure place in your life through service to the Higher Self.



Quadrant 2 Universal Awareness Scores

Your Quadrant 2 Results:

There are six skills in Quadrant 2. The minimum score is zero. The maximum is five. Your scores in graphical form are displayed in the chart. Below the chart is a text description of your current skill levels and some "next step" suggestions if you choose to continue to develop in that skill.



Skill Development

Skill Six: Aware of the Interconnectedness of All Life (Level 3)

You are connected to the feelings of people and animals. You have a desire to see the Earth's ecosystems be healthy and are willing to help out by consciously considering your purchasing and recycling habits. Habitat destruction makes you sad. Next step: Beware of a tendency of this stage to make "enemies" out of corporations, governments, or other groups of people. Try to see the issue as one involving a great many factors - including poverty and overpopulation. There is tremendous complexity here - and we do not always know the right and best way to fix things. Relax and expand your mind and heart at the same time that you try to make the world a better place.



Skill Seven: Awareness of Other Worldviews (Level 4)

You are aware that there are many different perspectives on any situation or problem. You understand that each worldview is based on the life experiences and understanding of the person. We are all trying to reduce our suffering and increase our joy. You can have compassion for any worldview while still choosing one to act from based on your best understanding at this time. Next step: None of us are finished learning. Grow in humility while living your current worldview. Continue to study other worldviews. Use your imagination to try to literally "see through another person's eyes." What would it be like to grow up abused? Or with a severe physical or mental disability? Be open to continuously "revising" or expanding/improving your worldview as you learn a better or more expansive way to look at things. With continued effort you will eventually be to see everyone through the eyes of compassionate understanding - including terrorists and murderers.

Skill Eight: Breadth of Time Perception (Level 3)

You have spent time reflecting on your own development and the development of your parents or caregivers. You have enjoyed learning about human history from early civilizations to the present. This is wonderful. Awareness of our human growth patterns over time is very important. You have also enjoyed learning about the geologic and biologic history of Earth. You like thinking in expanded time frames that may cover millions of years. You sometimes or frequently experience the "maleability" of time...sometimes it feels as though it speeds up and other times it seems to slow down or "stop." You have developed both a broad conceptual comprehension of linear time, and a personal awareness of how each of us can experience time as somehow "fluid." Next step: Try living every day with two simultaneous awarenesses: 1. Time is enormous and one human life span is microscopic by comparison. 2. Your life is profoundly important and your choices really do matter. As you grasp this try to consider your daily decisions - from what soap to buy to where you work - from the perspective of the impact of your decisions on future generations. What is the best thing to do from the perspective of children who will be born 200 years from now?

Skill Nine: Awareness of Limits & Power of Human Perception (Level 3)

You understand the value and limitations of your 5 physical senses. You use intuition to supplement the information you get from your 5 senses. You also understand that you help to create the reality you experience with the power of your thoughts and intentions. Next step: Think deeply about your definition of what is "real". If 5 people witness a crime they see 5 different things...which one is correct? or all they all correct? Or none of them? How does perception and our hard-wiring inherently filter what we "see"? Brain science and philosophy would say we can never be completely accurate in our understanding of anything because of the filtering, sorting and interpreting which is inherent in how we process information. What is the implication of this?

Skill Ten: Awareness of Spiritual Laws / Universal Principles (Level 4)

Note: In this skill there is not a set list of specific principles a person MUST believe in to attain a certain level. A Spiritual Principle is defined as a law about how the world works which is not directly testable by physical means...yet is somewhat "provable" in the realm of experience. Spiritual Principles at their most basic teach how to be a good person and be accepted by God or achieve freedom from rebirth. At their more complex, Spiritual Principles teach how to find inner peace, compassion and wisdom in this life...understanding that this life and the next are interconnected. Spiritual Principles are founded on a belief in love, forgiveness, the value



of an ethical life, and awareness that we are profoundly interconnected and a belief that this life has meaning. Thus a rule which encourages hate, harming others or despair would not meet our criteria for a Spiritual Principle. Learning a Spiritual Principle is a combination of commitment to understand (heart), the effort to learn conceptually (head), and applying the skill. This skill is unusual in that the only way to “test and learn” a Spiritual Principle is to apply that principle in your own life and see if it works. Thus this skill bridges into Self/self Mastery. Yet awareness precedes action – so we are placing this skill in the Universal Awareness Quadrant.

You are familiar with the less action-oriented (more invisible, inward) spiritual teachings (principles) of your chosen faith tradition...such as "What I focus my thoughts on helps create the life I experience." You are "mostly" committed to deepening your understanding of spiritual principles by using them and noticing how they work. Next step: Pick one spiritual principle and throw yourself whole-heartedly in to living it for at least 30 days. If you are reluctant to do this...just notice the reluctance. What is holding you back? When you are ready - choose to fully trust the Universe for 30 days and apply your chosen principle without holding something back. See what happens. Explain it to a friend. As you continue to grow, focus on what percentage of the time you are living your life in alignment with spiritual principles. Strive for 100% alignment, while being gentle with yourself when you make a mistake. Keep your intention clear and your effort directed toward your goal. Over time the "striving" diminishes and living in alignment with spiritual principles becomes "who you are."

Skill Eleven: Experience of Transcendent Oneness (Level 5)

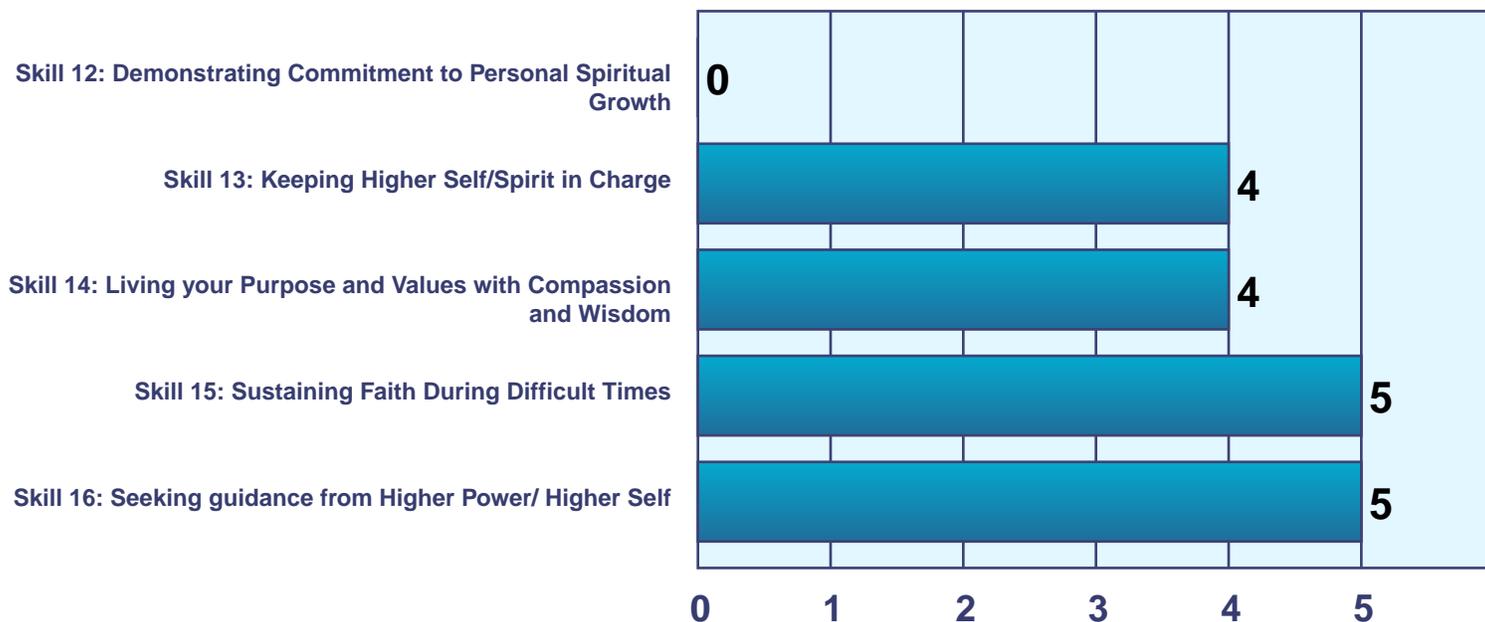
You have a deep and dependable connection with the Universe / your Higher Power. You can tap into the sense of unity consciousness (transcendent awareness, non-dual awareness) at will. This gives you strength for hard times, and access to compassion for all beings. You integrate this into your daily decision-making. Next step: Keep up the great work...maintain your spiritual practices. Seek to keep this unity consciousness "effortlessly present." It takes effort until it doesn't...then you and Spirit are one.



Quadrant 3 Self / self Mastery Scores

Your Quadrant 3 Results:

There are five skills in Quadrant 3. The minimum score is zero. The maximum is five. Your scores in graphical form are displayed in the chart. Below the chart is a text description of your current skill levels and some "next step" suggestions if you choose to continue to develop in that skill.



Skill Development

Skill Twelve: Demonstrating Commitment to Personal Spiritual Growth (Level 0)

PLEASE NOTE: This zero does NOT mean you are not committed to your spiritual growth! This is a frequently occurring zero - and there can be several causes for this, so please do not be upset by it. A possible cause is rushing and answering the question incorrectly or misunderstanding the words in the questions. There are 2 questions related to achieving a level 1 score. The next paragraph will show if you missed one or both of them. If you answered "never" or "rarely" to either the question about learning from people outside the faith tradition or belief system of your upbringing, OR from inside the belief system or faith tradition of your upbringing then you will receive a zero in order to flag this skill for a *potentially priceless* conversation with your coach. We have had hundreds of people find this to be a "most precious zero" as it causes them to consider how they are judging either the belief system of their upbringing, or the beliefs of others. Once a conversation with your coach takes place you may find that you can "re-score" this skill manually (the coach knows how to do this) and you may in fact have a significantly higher score - but with a sort of a "footnote". For example, you might be a "4" on this skill - but with a footnote to "watch out for allergies you might have to your faith tradition of upbringing - work on forgiveness in this domain." Only a conversation can tease this "precious zero" into its



full value. So please read the next paragraph with a mind for learning what MIGHT be going on - and then talk to coach to receive the full value of this segment of the report (and potentially do a manual rescore). Think of this a practice in observation of self as well - notice if your ego self gets upset with this score. And talk to that inner voice and tell it that "we are just fine - there is possibly some really great information here!". Please treat all zeros this way. This assessment is a developmental conversation - one that BEGINS with you taking the survey, continues with this report, and is ideally accompanied by a personal conversation with a certified coach.

You sometimes or frequently seek guidance from within the belief system in which you were raised. You either "rarely" or "never" seek guidance from people, philosophy, sacred texts or spiritual teachers from outside the belief system you were raised in. Next step: It is hard for us to know ourselves without comparing our own worldview and beliefs to others. This does not have to be threatening and you do not need to give up your faith to do this. Many people report a much deeper understanding of their chosen faith as they study philosophy, psychology and world religions. Do an internet search or look through the recommended booklist on the Deep Change website to help you get started. Ethics can be a great place to start...pick a problem you might be faced with - and test it against the various faith traditions and see what you learn. You might be amazed at how similar some teaching are across traditions. And sometimes what seems different because of word choice is really not that different when you get to the meaning of the words. Sometimes another tradition can give you an "oh wow!" moment of understanding about what your tradition teaches. The wisest of people in human history have been the humblest and most open to discussion of ideas.

Skill Thirteen: Keeping Higher Self/Spirit in Charge (Level 4)

You know that acting from the desires of your Ego self does not bring long term satisfaction. You want your Higher Self to be in charge. You are aware of when your Ego self has been triggered and you can shift from Ego to Higher Self most of the time. You understand that forgiving someone is NOT the same as "forgetting"...rather it is a choice to see things differently, to let the past go, and to move on with compassion for yourself and others. Congratulations! Next step: Notice the few occasions when Ego still takes over. Are these times of high stress? Times when you feel personally very threatened? Seek to understand and uproot the fear that causes your Ego to still be triggered in these infrequent occasions.

Skill Fourteen: Living your Purpose and Values with Compassion and Wisdom (Level 4)

You are willing to speak about your purpose/mission and values in appropriate settings - even with strangers or those who might have a different point of view. Your commitment to your mission and values is deep enough that it is driving your personal choices even when the costs are high. Next step: Many people never take the next step. Only you can know if you are called to live a life of this much integrity. If you are - consider IF you would be willing to die for your values/mission - IF that was the only way you could stay in alignment with what you believe. Hopefully you will never be called to make this choice!



Skill Fifteen: Sustaining Faith During Difficult Times (Level 5)

You have a profound trust in a loving Universe / Higher Power / Source. You sustain your faith even during times when you feel alone, or when bad things happen to you or those you love. Your sense of connection to this Higher Power has expanded beyond the limits of time as we experience in the body. You have confidence that your "soul" or "energy" will never be lost. The Ego's fears are calmed by this...it can surrender in joyful service to Spirit / Higher Self. You can be fully present, awake and unafraid. Next step: Continue to "be" that which you truly already are. Maintain your spiritual practices so that you can nourish this level of being.

Skill Sixteen: Seeking guidance from Higher Power/ Higher Self (Level 5)

Your inner guidance system is well-aligned with Spirit / Higher Power . You are still open to hearing from external authorities, and you are willing to challenge yourself when needed - so that you have remained humble, open to learning, all while feeling strongly guided. You have probably developed a "body-sense" about this so you can instantly feel when things are "out of line". Next step: Maintain your spiritual practices so that you can stay awake and mindful. Stay humble and continue to serve others.

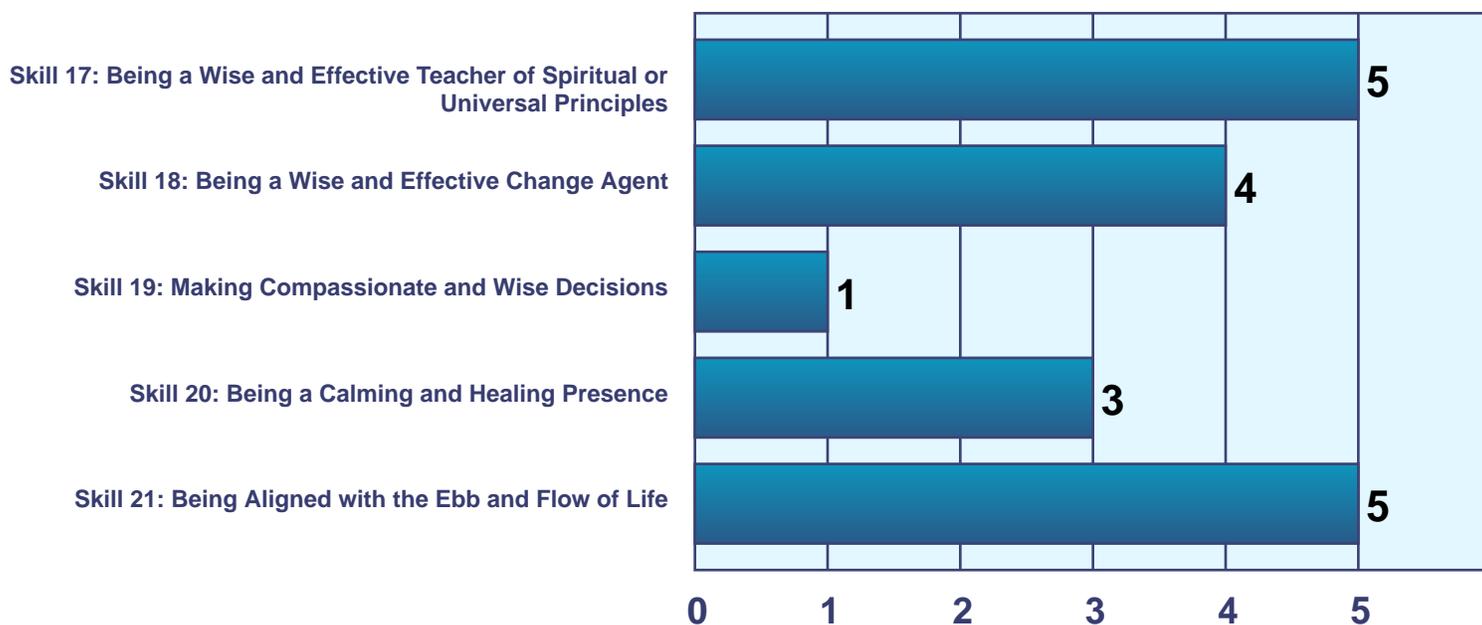


Quadrant 4 Social Mastery / Spiritual Presence

Your Quadrant 4 Results:

This is the hardest group of skills to get high scores in - since it is the quadrant which develops last and is dependent upon the other three quadrants. So please be patient with yourself if your scores in this quadrant are lower than in the other quadrants.

There are five skills in Quadrant 4. The minimum score is zero. The maximum is five. Your scores in graphical form are displayed in the chart. Below the chart is a text description of your current skill levels and some "next step" suggestions if you choose to continue to develop in that skill.



Skill Development

Skill Seventeen: Being a Wise and Effective Teacher of Spiritual or Universal Principles (Level 5)

You teach through words and actions. You role model wisdom and compassion and inner peace. You encourage people to think for themselves. You are a powerful role model because others see you as doing what you say ("walking your talk"). Who you are = what you do. You are "often" or "consistently" able to be compassionate, peaceful and wise even in times of great stress. This is wonderful! Next step: By finding and always staying connected to your deep inner center (Higher Self, Higher Power) you can face even the greatest suffering in the world and personal attacks by remaining peaceful on the inside and acting from Higher Self at all times.



Skill Eighteen: Being a Wise and Effective Change Agent (Level 4)

Change is an inevitable part of all our lives. A "change agent" is someone who helps groups or individuals navigate through work or personal changes in a way that results in good solutions. Being an effective change agent requires bringing a lot of different skills together: compassion for people's feelings - even if you would not react the same way; an ability to "stay in the process" rather than jumping to a quick fix; seeking win/win solutions; seeking to get to the real (root) problem rather than being distracted just by the surface (presenting) problem. The best change agents operate in an "ego-less" way...truly seeking the wisdom of the group. In a business setting you often need training in how to be an effective facilitator, tools to help groups dig deeply into root causes, how to solicit input from all stakeholders, and how to pilot new ideas. Not everyone enjoys or needs to play this role. If you choose not to pursue this skill, consider being the best team-member you can by keeping Higher Self in charge.

You understand how to hear both the thoughts and the feelings of the group and to help them work through these. You help the group seek win/win solutions that consider the view of all stakeholders. You know how to release your ego-attachment to your own ideas and let the group choose how to proceed and you are willing to play your part in implementation - even if the role is somewhat invisible, or the solution not the one you suggested. This is wonderful! Next step: Develop a philosophy about what a "failed" change effort "means". Does it mean you failed? Do you seek to learn from it? Could it be that the best outcome for right now was for the group NOT to succeed? Hold two things as simultaneously true: you can always learn how to be a better change agent...and what happened was perfect for right now.

Skill Nineteen: Making Compassionate and Wise Decisions (Level 1)

You are compassionate toward yourself when you make mistakes. You understand that being imperfect is part of being human. Next step: Develop the same compassion toward others who might be "behind you" on the spiritual path, or doing things you do not agree with. Have the humility to know that you cannot know what is right and best for another person. Even if they are making a mistake - it might be the perfect mistake for them to make for their own growth. There are many paths available to reach our common goals. Have compassion and understanding for their journey - and let it be theirs. Offer nonjudging help when asked for it, but do not push. Pushing comes from Ego and it creates an Ego counter-reaction (defense) in the other person. Give freely and with love and let Spirit do the rest!

Skill Twenty: Being a Calming and Healing Presence (Level 3)

You are able to calm others when they are upset. You rarely have feelings of hopelessness. This is great. You report that you are only "sometimes" calm enough on the inside that your decisions feel easy. Next step: Strengthen your sense of inner calm by noticing whenever it leaves you...observe what triggers anxiety, fear, sadness or anger to arise in its place. Look deeply into this trigger and try to see "differently"...see that you are ultimately always safe.



Skill Twenty-one: Being Aligned with the Ebb and Flow of Life (Level 5)

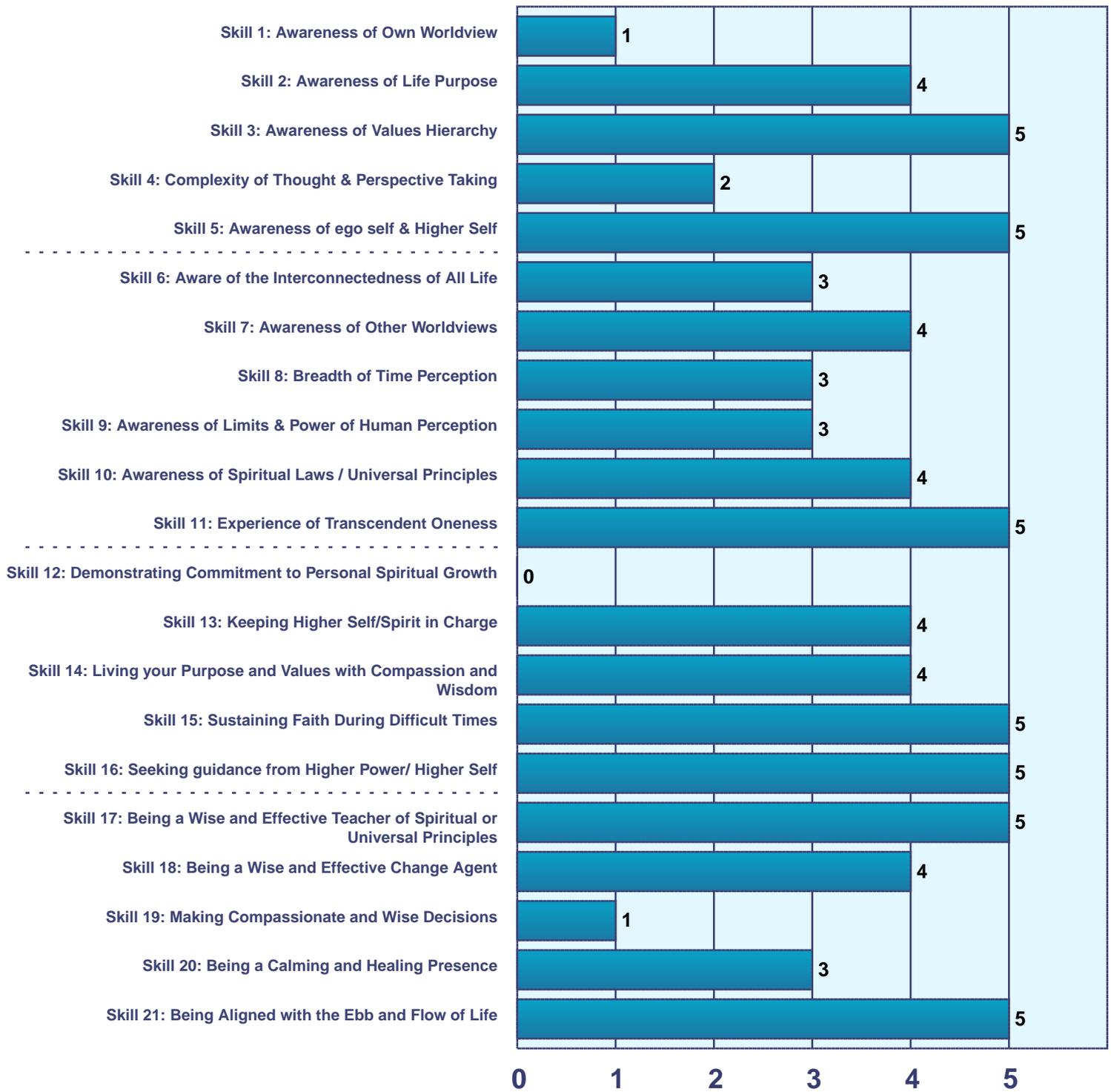
Your discernment skills are highly attuned. You know that synchronicities (blessings, grace-filled coincidences) are all around. Your life is filled with natural timing and effortless discernment. The dance and the dancer are one...your "being" and your "doing" are the same. Next step: Sustain yourself with your spiritual practices so that you can maintain this wonderful level of clarity.



You answered the question "I have described myself in this report as honestly and objectively as I can" with "Completely." Based on this your results on this self-assessment should be most useful. However, even given your significant effort to be objective, we recommend that you show this report to at least one or two other people who know you well and have seen you in a variety of situations. Ask them if this report "sounds like me." Ask them to be honest since that is the only way they can be helpful to you. Ask them to let you know if any skills seems to have been scored either too low or too high. This will help you verify your own ability to be objective about your behaviors. If you find any discrepancies, consider talking to a SQ21 certified coach to work through the feedback and discover why you perceive yourself differently and how to close the gap.



Combined Chart





Glossary

Belief System

A worldview that explains the origin of the universe, how to live a good life, and the meaning of life. Everyone participates in a belief system, whether it is a traditional religion, a secular worldview, or something else. Once made conscious, we can choose to adopt a belief system that fosters the growth of our spiritual intelligence.

Blessings / Synchronicities

Meaningful coincidences, accidents or things that are unexpected and helpful, assistance from the universe. Good things happen, teachers appear, etc. when the timing is right for us and when we are open to receiving these gifts.

Boundaries

Limits, guidelines (as in setting a limit on someone else's behavior toward you). We teach other people what is "not okay" with us by setting limits on how they treat us. These limits are typically called "boundaries" in psychology. One of the Ego's key jobs is to help us set healthy boundaries. Insufficient Ego development can lead to an inability to set proper boundaries with others. In this case basic healthy Ego development is needed before any further "surrendering of self" is advisable.

Centered

Feeling balanced, in touch with my Higher Self and/or Higher Power, grounded, stable, not easily upset. In sports, an athlete or dancer learns to operate "from their center" so that they are not easily knocked about and do not lose their balance. To "feel centered" is to have this sensation emotionally and spiritually. You might prefer the terms feeling strong, anchored, or connected.

Conflicting Points Of View / Conflicting Ideas

Two things which seem on the surface to disagree; in mystery or paradox two things which appear to be opposite are said to both be true. For example, "I am unique, beautiful and sacred beyond words" and "I am an infinitely small piece of history and insignificant." You can lean too far toward either truth and become unbalanced. The wisest, most complex thinkers can hold both things as true simultaneously.

Effortless Dance

The dance and the dancer are one. This is the state in which the Ego and Higher Self are working in complete harmony with each other. The Higher Self is in direct connection with your Higher Power (as you understand that term - using your preferred synonym), and the actions of the body are inspired directly by your Higher Power. The universal "dance" of creation is dancing itself through the dancer in a direct way requiring no effort. Although we can temporarily "peak experience" this state, it can also be more continuous or permanent. Synonyms: flow, being in the zone, inspiration, when we feel like we're truly alive.

Ego

The sense of being a separate, individual person and the components of identity which are, at first, most resistant to the highest values and widest concerns expressed in the Higher Power. The Ego maintains our personal safety, health, and well-being. Because the Ego may feel in competition with other people, or threatened by the external world, it can be very reactive, selfish, fearful, or angry. The Ego is an integral part of a human being, but it is not the only part. Spiritual development includes realizing that our identities include more than the Ego, undermining harmful Egoic patterns of thought, feeling, and behavior, and cultivating healthy Egoic patterns which support the Higher Self. Many mystical traditions seek a "non-dual" realization – the achievement of fundamental unity of the Ego, Higher Self, and Higher Power. "The world and I are one" is



an expression of this. Possible synonyms for Ego: personal self, personality self, separate self, small self, instinctive self, lower self. Further info: The term Ego originated from Freud's first English language translator. He translated the German word for "I" into the Latin word for "I" which is "Ego". For a description of various definitions of Ego, from psychology and religion, order the back issue of What is Enlightenment? magazine, the issue is called "What is Ego?"

Faith Tradition / Cultural Belief System

A religious or spiritual tradition, a specific denomination, or a worldview, which explains the source of "what is," how to live a good life, and the meaning of life. A set of beliefs, doctrines, rituals, sacred texts, teachings, etc. associated with a group of people. In Deep Change's view, atheists, agnostics, and secularists can and do participate in belief and practice systems which do not advocate belief without reason or belief in supernatural beings or phenomenon, yet which are still useful for developing spiritual intelligence. Traditional faith or religious traditions and such secular "wisdom traditions" are similar in that all of them can support the development of spiritual intelligence. Unless explicitly distinguished, secular wisdom traditions are included in Deep Change's use of the words "faith tradition" or "religious tradition." Possible synonyms: philosophy, spiritual beliefs, wisdom tradition.

Golden Rule

"Do unto others as you would have them do unto you" – or alternately "Do NOT do to another what you would not have done to you." This rule appears in some form in all the major religious traditions and in many philosophies.

Higher Power

Higher Power / Loving intelligent universe: The fundamental nature of reality. The energy and intelligence behind the manifest world – the flow of what is, the Tao. It is something "larger than me" which is noble or sacred. What you consider to be a description of "Higher Power" may not be what others would say, so tolerance for synonyms is important. Synonyms: all that is, everything, life itself, being, love, nature, the universe, or ultimate reality; and from some religious traditions: God, Goddess, Emptiness, Allah, YHWH, Jehovah, Ein Sof, Brahman, Spirit or Great Spirit, the Tao. For Buddhists, other options are the non-dual reality, unknowable creative source, or the realm of non-being.

Another way of describing this: A thing, power, or agency that carries us along, that is 'surrounding us, and that fills us and inspires us,' and that pulls us toward our highest values and widest breadth of concern.* The Higher Power is our external imperative toward integrity and goodness, including in our behaviors, and/or the object of greatest reverence or a sense of the sacred, and/or the creative power behind the manifest world. 'What life is all about.' You need not be able to relate to all of the synonyms listed above, the Higher Power can be different for different people. Additional possible synonyms: all that is, everything, life, life itself, being, grand scheme orienting principle, love, the whole, nature, the universe, loving intelligent universe, ultimate reality, consciousness, the unknowable source of all that is, the ground of pure being, non-dual reality, the universe's evolutionary impulse. For some people the best synonym is the "divine within" or my Highest Self. This can work with our concept of Higher Power so long as there is a truly ego-less, loving essence to this understanding.

*Note: adapted from Cupitt, Don. The New Religion of Life in Everyday Speech. London: SCM Press, 1999. Pg. 14.



Higher Self

The part of me which is unselfish, loving, and wise. The set of components of my personal sense of identity most aligned with the highest values and widest concerns of the Higher Power. The Higher Self is the personal reflection of the universal Higher Power. While the Higher Power is always “pulling” us toward our highest values and greatest compassion, Higher Self is always “pushing” us this way. The part of me connected to all living beings and to my Higher Power; the voice of inner wisdom and compassion, the part of me that is free of time and space and can access universal wisdom and truth, the part of me that knows that there is no real separation of “me” from “others”. Some possible synonyms: soul, inner wisdom, authentic self, spirit self, essence, eternal self, true self, Atman, Buddha nature.

Larger Reality

A more expansive view of what is real that includes that which human eyes may not be able to “see”. Typically people refer to intuition, spiritual insight, or inspiration as means to access this. Effort and investigation to see beyond the surface of things. Our human perceptual process is inherently flawed...we cannot perceive rightly on our own. We need the support of insight from meditation or other contemplative investigations, the wisdom of society and local community, and external guidance from mentors, teachers, and experts to help us see beyond surface appearances to a fuller understanding of things.

Meanings

Interpretations of something (what does it mean?), purpose or reasons (why is this happening?), and the consequences and/or choices for me as a result of this thing.

Mission

What you feel, believe or know that you are here to contribute to the world. Synonyms: life’s work, life purpose, call of life, calling, higher purpose, vocation, destiny, fate, reason for being, personal contribution to the world, long-term goals.

Objective

Neutral, detached, evaluating something without preconceptions or filters, unbiased.

Peak Experiences

There are many different types of peak experiences, but they are all temporary. Peak experiences often involve a moment of awe and wonder, an experience of being connected to, and part of everything, an expanded sense of self beyond the Ego, or a feeling of timelessness accompanied by joy. Peak experiences feel “different” from everyday perception. Some people report that colors are much more vivid and that everything – rocks, trees, clouds- seems “alive”. There is often a sense of profound peace and joy, and a sense of “everything is okay.” There is often a sense of deep compassion for and connection to all living things...a sense of being “at one” with everything. Sometimes people may feel transported outside of their body and sense themselves as consciousness or spirit independent of physical form. After a peak experience it can be a bit depressing or feel limiting to “snap back” into ordinary experiences.

Religion

A faith tradition, a specific set of teachings, beliefs, rituals, practices which belong to a group of people. These teachings and practices are designed to help the seeker connect with a divinity, ultimate reality, or the Higher Power. They will typically teach about how to live an ethical life. Usually there is a founder and a sacred text(s). Hinduism has no known founder but many sacred texts. Within a religion there may be subgroups, sometimes called denominations. For example, within Christianity there are Roman Catholics, Greek Orthodox, and Anglicans as just 3 of the hundreds of denominations. Similarly most of the major religions have subgroups.



Signals

A sign, something that changes and alerts me to a situation

Significant Others

People in our lives who are especially close to us. Typically this includes family members (parents, brothers/sisters, children), romantic partners and close friends.

Spirituality

An innate human need to be in connection with something larger than ourselves, something we consider to be sacred, noble, extremely virtuous, perhaps even divine. Spirituality contributes to a fulfilling life and manifests in two ways: 1. with a “vertical” desire to be in relationship with the Higher Power; 2. a “horizontal” desire to be of service to other people, creatures, or the planet.

Spiritual Laws

Spiritual Laws / Universal Truths / Spiritual Principles: Spiritual guidelines, rules, teachings or ideas that explain the right way to live, how human beings can achieve happiness and inner peace, how our inner life shapes our experiences, or how things work in the world. Examples: “As you give to others – so you will receive” or “What you believe is what you will create.” Spiritual Principles are different from the laws of physics in that we cannot – at this time – easily measure them in typical scientific ways. Yet we can experiment with them in our own lives and see if they appear to work as taught. For example: Do moral behaviors create better relationships and more inner peace? Deep Change teaches that there are basically two levels of these: 1. simpler ones like the Golden Rule or various ethical teachings which explain what to DO in the world. 2. more complex ones that explain how to BE in the world, such as “live in the ever- present moment of Now,” or “what I focus on expands.” Possible synonyms: sage advice, life lessons.

Spiritual Principles - Basic: Deep Change defines a “basic” spiritual principle as one that is outer world focused. “The Golden Rule” occurs in some variation in every major faith tradition and most philosophies: “Do unto others as you would have them do unto you.” Outer-world focused spiritual principles talk about ethical and right action and the consequences (good or bad) associated with doing or not doing certain things. The law of consequences, karma, or moral cause and effect says that somehow the universe “keeps track” of our intentions and actions and we will see consequences from these choices eventually. We generally teach the basic principles first since they are more concrete and can be taught beginning in early childhood. One common spiritual principle is some version of the Law of Consequences: The actions you take will eventually result in consequences to you (or your family) – good for good and bad for bad. Possible synonyms: karma, moral cause and effect, living in the world of your making. You may perceive this law as completely true, dependable, but completely impersonal – like gravity – it is just a natural law of the universe.

Spiritual Principles - Complex: Deep Change defines “complex” spiritual principles as those that are inner world focused and therefore harder to explain or teach. A common complex principle would be the belief that our thoughts help create our reality. This is obviously harder to demonstrate, and only the person doing the thinking can experiment and validate this principle for themselves. Do affirmations, visualizations, focusing on the Higher Power, positive thinking, or positive intentions work? Most spiritual teachers would say “yes” – but not always in a simple way. Many spiritual practitioners find that applying the principle of “What you think about you bring about” (however worded) does create amazing changes in their lives. Again, we say experiment if you want to and believe what you choose to believe. The skill here is that you work to understand the inner world and the “rules” that govern the connection between inner world and outer world.



Strengths

The things I have learned to do well and/or the things I seem to have a natural talent for.

Universal Truths

Spiritual Laws / Universal Truths / Spiritual Principles: Spiritual guidelines, rules, teachings or ideas that explain the right way to live, how human beings can achieve happiness and inner peace, how our inner life shapes our experiences, or how things work in the world. Examples: “As you give to others – so you will receive” or “What you believe is what you will create.” Spiritual Principles are different from the laws of physics in that we cannot – at this time – easily measure them in typical scientific ways. Yet we can experiment with them in our own lives and see if they appear to work as taught. For example: Do moral behaviors create better relationships and more inner peace? Deep Change teaches that there are basically two levels of these: 1. simpler ones like the Golden Rule or various ethical teachings which explain what to DO in the world. 2. more complex ones that explain how to BE in the world, such as “live in the ever-present moment of Now,” or “what I focus on expands.” Possible synonyms: sage advice, life lessons.

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Values

Things that are important to me. Words or phrases that are often used include: family, work, my health, success, relationships, integrity, duty, etc. A lived value is something we based our decisions upon. Values can sometimes conflict. For example, I may value both kindness and honesty. How do I decide what to say and how to say it? Can I be both honest and kind in this situation? Or do I need to say the hard truth or choose a white lie to be kind? High SQ demands that we have wrestled with these questions and can behave from our values in a variety of contexts.

Weaknesses

The things I don't do very well, haven't learned how to do yet, or have no natural talent for.



Worldview

This literally means “the way I see the world.” Any worldview is made up of what we believe is “right” or “wrong”, how we think things “should be,” and what we think is true and false. People may agree with all, some, or none of someone else’s worldview. Worldviews are shared by communities of people and based partly on geography, religion, age, culture, national citizenship, level of education, life experiences, and biological realities such as how our brains work.

Our Worldview profoundly affects our perception of reality. We filter all the data we receive through our senses and through our Worldview so that we can make sense of it. Our filters inherently “leave stuff out” (especially what we don’t understand or don’t want to see), so each worldview excludes some information. Worldviews also “add stuff” by interpreting and making meaning out of what is being observed. Thus, by leaving out and adding in each of us can reach amazingly different interpretations of the same events. Worldviews, once made conscious, can be adjusted to be as accurate as possible.

Synonyms: philosophy of life, belief system, personal filters, lens through which I see the world, my window on the world.