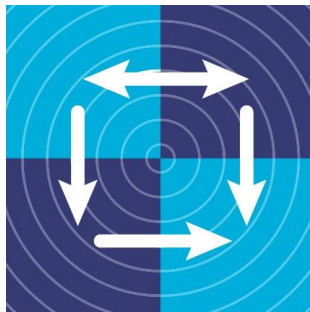




Spiritual Intelligence Assessment

Interpretive Report



Assessment prepared for

Sample Report

Friday, November 18, 2011

**Interpreted by
Certified SQ21 Coach**



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 SQi 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 SQi 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** mean you have begun working on this skill and have accomplished some foundational competency. There is still significant room for growth.

• **Levels 3 and 4** 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** 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 result we describe your current skill level and recommend one or more "next steps." These suggestions are always optional. You may find additional helpful ideas on the Deep Change website, (www.DeepChange.com), in published materials (see Deep Change suggested reading list) or by attending our *Spiritual Intelligence At Work*™ classes.

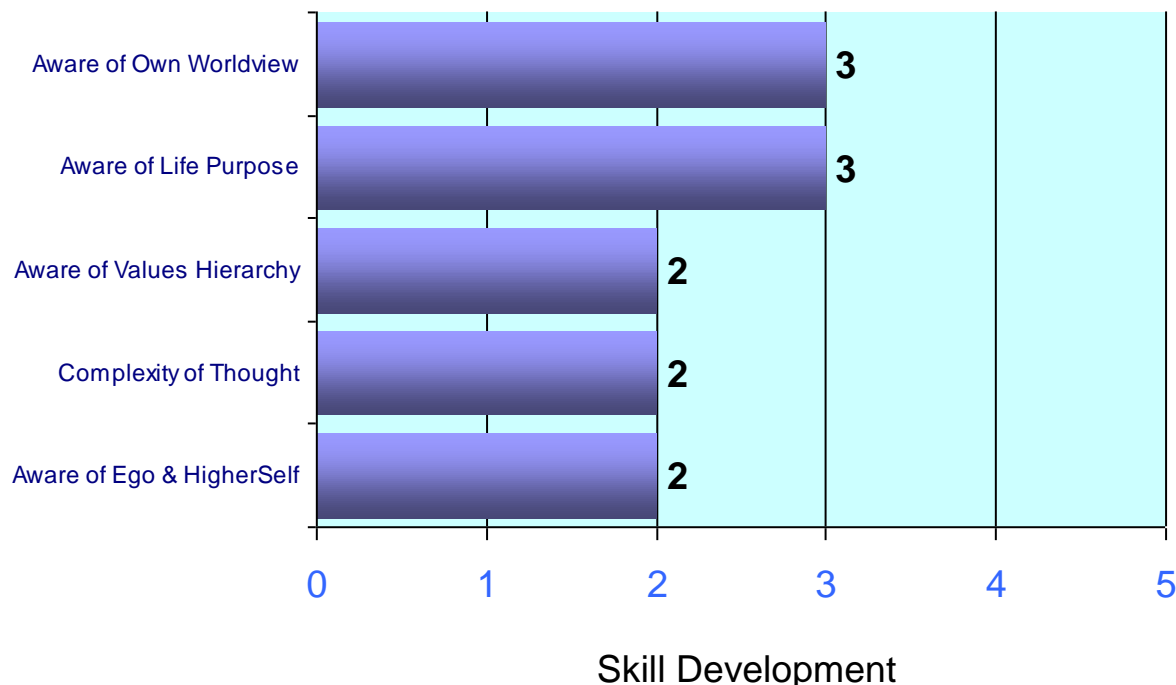


Quadrant 1

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 One: Awareness of Own Worldview (Level 3)

You can explain your own worldview to others. You understand that other people's worldviews can be different from yours but are not necessarily wrong. You are "somewhat" sure that everyone has a worldview and that every worldview is incomplete or limited. Next step: This is an area for you to think more deeply about so that you may solidify this skill level before moving forward. Consider traveling to another country to see life through the eyes of another culture. Or spend a significant quantity of time with people from a different religion or culture. As you learn about the belief systems of others you will be learning about yourself. Over time you may find a compassionate realization that we are all strongly shaped by our experiences - including our upbringing - to believe what we believe.

Skill Two: Awareness of Personal Life Purpose, Mission or Vision (Level 3)

You have reflected on and can describe your mission or life purpose. You can see how it is or is not supported by your strengths and weaknesses. This is a fabulous foundation! Next step: The step is learning how to make your purpose/mission come alive everyday. Begin this by examining your daily behaviors and decisions in the light of your mission: are your actions and decisions leading you in the direction of your highest purpose? Learn to discern when you are moving "off track" and then consciously choose to get back "on track."

**Skill Three: Awareness of Personal Values Hierarchy (Level 2)**

You understand the importance of having personal values and you can list your own. You know what matters to you. This is a great foundation for healthy decision-making. Next step: Write your list down and look at it. Spend some quiet time considering whether your Values are aligned with the highest truth you understand and with compassion for all living things. Listening to your Higher Self/Inner Wisdom will help you identify your most important core values. Edit the list if you get a better idea about what matters to you. Once you feel your list is aligned with your Highest Self and they reflect a compassion for yourself and all living beings, then begin evaluating your daily actions and decisions in light of your values. What percentage of the time are you "walking your talk"? How can you move closer to 100%?

Skill Four: Complexity of Inner Thought Process (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 SQi certified coach 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 and Higher Self (Level 2)

You are aware of some or most of the impacts that your upbringing (family and culture) had on the development of your personality and beliefs. You are aware that you have an occasional "inner debate" between two basic inner voices. You are "somewhat" aware that the desires of your Ego and of your Higher Self (Inner Wisdom) are different. Next step: Notice that Ego speaks from anger or fear. Sometimes when our Ego gets strongly agitated it can feel like we are not in control of our own behavior! Notice when your Ego side gets activated. Notice what happens in your body. Does your pulse rise? Do you clench your teeth or fists? Do muscles tighten? Does your stomach tense? Your body can be your ally in becoming more aware of Ego! You may notice that certain people or certain types of situations cause the Ego to get agitated. Become very aware of patterns so you can finish this sentence: "My Ego tends to get upset when...." Think back to over your life. How is this upsetness related to other situations from your childhood or early adulthood? Learn to have a conversation with yourself when your Ego is upset (or better yet in a quiet moment later on). Ask your Ego self "What are you afraid of?" "What are you angry about?" "What would you like me to do about this situation." This dialogue helps you to create a little bit of distance through awareness so that you are OBSERVING your Ego self rather than just automatically acting based on its prompting. Write down the answers you get from Ego. Then ask yourself "What might be a more Wise and Compassionate response to this situation?" (or more simply, "What would Love do?") Breathe deeply to calm your body and then ask the question again. Listen for the inner wisdom that arises from Higher Self. Notice the differences in how each part of ourselves interprets a situation.

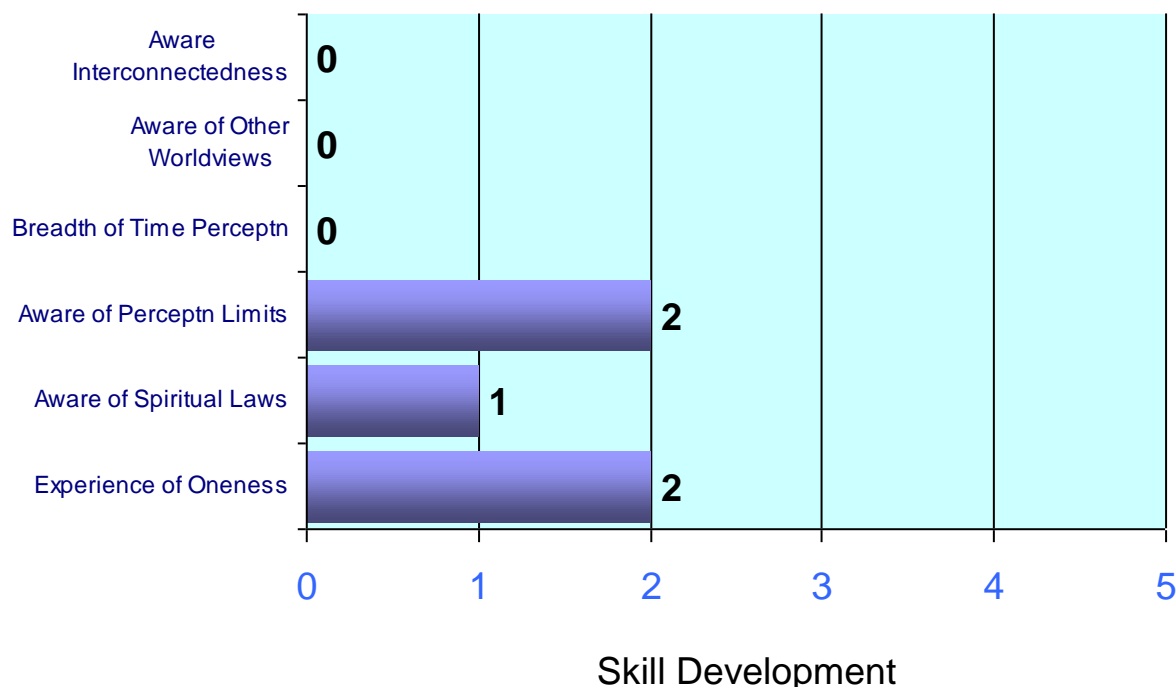


Quadrant 2

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 Six: Feeling Interconnected with All Life (Level 0)

You either frequently try to think about something else when you see someone grieving or feel that you can only rarely keep an open-heart when someone is in pain. Next step: Consider that this is an understandable defense to feeling the pain of others. Someone else's pain is tempting to hide from...since we may feel that we can't make it better. We also tend to believe that we can only handle so much suffering, and we already have enough in our own lives...so we set up walls to connecting with other people's feelings. So the underlying motive is fear that we cannot handle the pain (grief) of another person. We may even fear our own emotions and try to repress them. Fear is an emotion of our Ego self. And the fear is usually based on a false belief. Grief in and of itself is just an emotion. Emotions can arise and dissipate if we do not resist them or cling to them. Compassionate connection with ourselves and with other humans means we have to have the courage to not look at our emotions and theirs. Even if we cannot "fix" things we can hold someone hand, express our care for them, and just be there. We can also pray for those who suffer. You need the strength of your own emotional self-awareness first...then you can develop the strength to be present to the pain of others. A good first step to increase your emotional self-awareness is to work on a good emotional vocabulary. Create a list of "feelings" (or take the list from Deep Change website) and each day write in a journal the emotions you felt during the day. Building your emotional self-awareness will help you have compassion for yourself. You will realize that emotions arise and then leave. You can learn how to handle them. If you have concerns about being able to handle your own feelings we strongly encourage you to do this emotional self-awareness work with a trained therapist.

**Skill Seven: Awareness of the Worldviews of Others (Level 0)**

You may have difficulty listening to other people's points of view. This may limit your effectiveness in your work and your ability to build trusting open relationships. Next step: Consider taking a debate class where you will have to argue both sides of a point. This can help you see that in most arguments each side has a legitimate point. You might also want to discuss with a coach or counselor how to listen to others so that you really understand their point of view.

Skill Eight: Breadth of Time Awareness (Level 0)

You haven't yet spent much time reflecting on your development and/or your parents or caregivers. Next step: awareness of our own growth patterns over time is very important. It expands our sense of compassion... we see that our parents changed over time as we did. This helps us see that we are ALL in a process of change. Nothing is constant. Some people continue to grow and change all their lives. Some people who we thought were rigidly stuck may have a life-changing experience and suddenly change dramatically. Reflect on how people are helped or hindered in their growth and development. None of us are the same today as we were yesterday or 5 years ago. As you grasp the inevitability of time moving forward in individual lives, and how we change, move on to considering human history. Read something like Spiral Dynamics by Beck and Cowan to expand your thinking to include the change of groups of people over time. We have to really understand linear time as we experience it and how history unfolds before we can move into more transcendent concepts of time.

Skill Nine: Awareness of Limitations of Human Perception (Level 2)

You sometimes use your Intuition to supplement your 5 physical senses. But you don't totally trust it yet. Next step: consider taking a workshop or purchasing a book on how to develop your intuition. Like any skill it has to be practiced to get good at it. Give it a try! It could be fun and helpful!

Skill Ten: Awareness of Spiritual Principles (Level 1)

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 committed to living a spiritual life but are without a faith tradition or spiritual culture to guide you in the early steps of your journey. Next step: Most people find that the early part of the spiritual journey is best begun by studying with experts in a tradition (faith tradition or secular tradition). Pick a tradition and study it and practice it. After spending some time learning from external authorities you will begin to hear your inner authority strengthening. You will agree or disagree with what you are taught. The challenge will then be to humbly discern when you are resisting information you need vs. when your Inner Wisdom is telling you that something is not your true path.

**Skill Eleven: Experience with Mystical, Peak, or "Unitive" Experiences (Level 2)**

You frequently experience a sense of "timelessness" when you are totally immersed in what you are doing. These moments of "flow" are when your "being " and your "doing" are merged. You have rarely or occasionally had "peak experiences" that make you feel lighter, happier and more connected. These moments occur spontaneously. Next step: Notice when you have a peak experience. Do these happen in any pattern? For example, for many people these are inspired by nature, by art, or by being toally present to the joy of a child. Increase your exposure to things which trigger your peak experiences. Consider spiritual practices from the mystical side of your faith tradition if you would like to increase the frequency of these moments of "non-dual" or unity consciousness (I and the Universe are one).

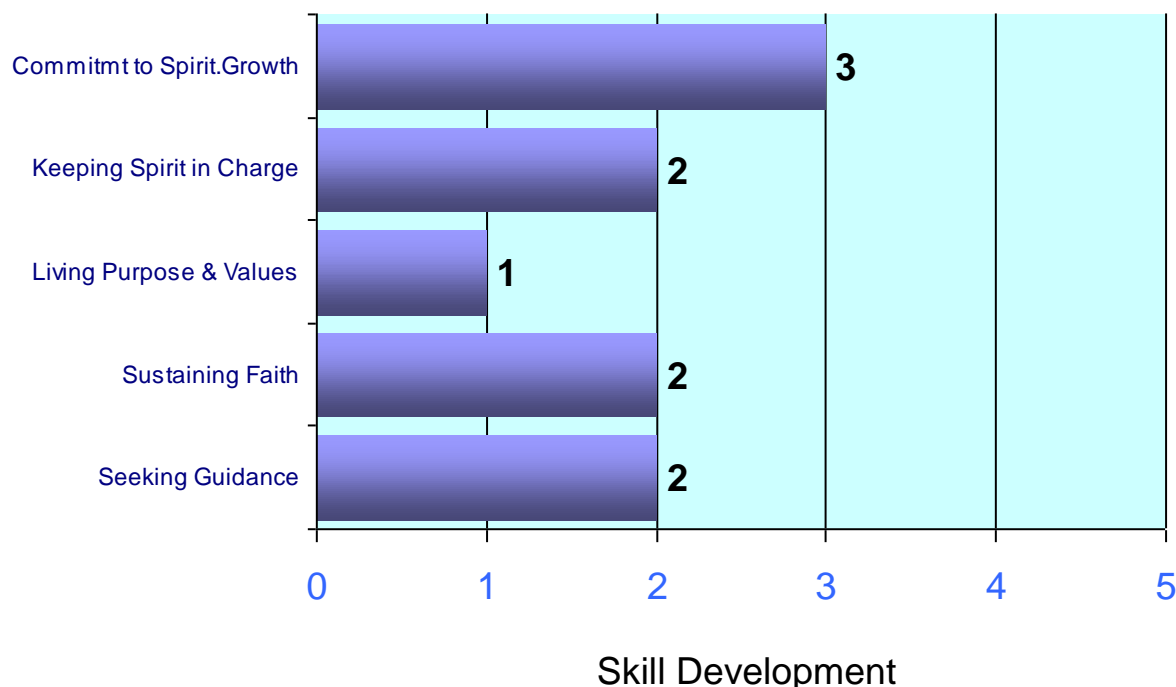


Quadrant 3

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 Twelve: Demonstrating Commitment to Personal Spiritual Growth (Level 3)

You are open to learning from those inside and outside the belief system in which you were raised. You ask your Higher Power or Higher Self to help you grow spiritually. You are frequently involved in group learning activities (such as classes, retreats). Yet you are only "sometimes" involved in activities done alone such as reading, listening to tapes, prayer, meditation or chanting. Next step: consider why you might be avoiding more quiet time. Is there a way to increase your personal reflective time?

Skill Thirteen: Keeping Higher Self/ Spirit in the Drivers Seat (Level 2)

You know that anger does not get you the best results. You are mostly aware of when your Ego self has been activated and you are acting based on fear or anger. You want to find a better way to handle things. Next step: through your faith tradition, therapy, coaching or through a class learn the steps to shift from Ego to Higher Self...from anger or fear to love and forgiveness. Study what forgiveness really means (it is not about forgetting the wrongs done to you) and work on forgiving anyone you still bear anger towards.

**Skill Fourteen: Aligning Purpose and Values with Compassion and Wisdom (Level 1)**

You are sometimes or frequently comfortable talking about your purpose / mission and your values with people you trust. You are reluctant to discuss these with people who might have a different set of values or a different sense of purpose. Next step: Ask yourself, "What am I afraid of?" Write down all the "bad things" you think might happen if you mention these things.

Skill Fifteen: Sustaining Faith Even During Dark Nights of the Soul (Level 2)

You have confidence in a Higher Power / Source - not just as a matter of belief but also as a matter of experience based on your relationship with your Higher Power. You are able to sustain an "attitude of gratitude" in most circumstances. Next step: Continue to strengthen your relationship with your Higher Power so that it can sustain you even when you are angry or grieving or distressed. Relationships are strengthened through a commitment of time and energy. How much time do you spend each day focused on your relationship with your Higher Power?

Skill Sixteen: Seeking Guidance from Universal Consciousness (Level 2)

You are willing to seek guidance from sacred texts or experts and from people you know and respect. You also ask your Higher Self / Higher Power for help. This is a good balance of internal and external sources. Next step: Are you able to consider and possibly reject the advice you get from external sources? Are you willing to engage external experts in a discussion? As you develop your own knowledge base, as you work consciously to choose what is the highest and best action to take in a situation, you will learn and grow. Do not be overly committed to any person or expert's worldview...that is turning over your own responsibility to think and choose to someone else. At the same time, be willing to test your own beliefs by engaging in discussion with others. Humility is the key. Listen to your own inner guidance. Listen to external guidance. Wrestle with it for a while and ask your Higher Power to help you know what is the wisest action.



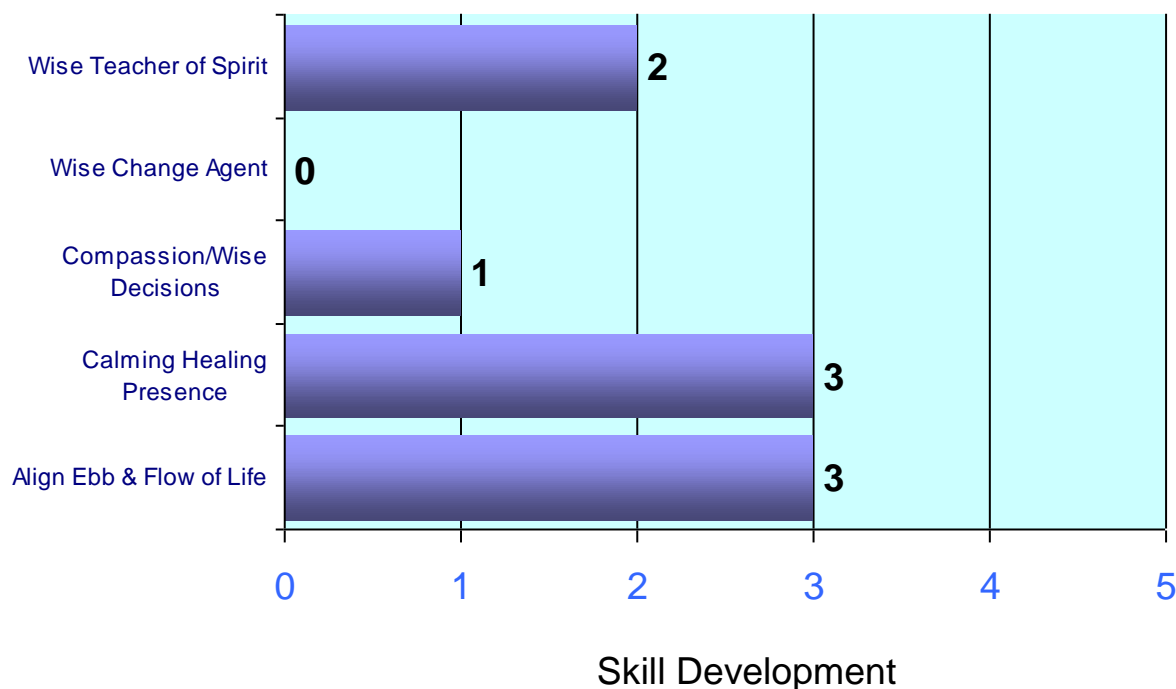
Quadrant 4

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 Seventeen: A Wise and Effective Teacher of Spiritual Principles (Level 2)

You enjoy teaching people about spiritual principles. You generally do not teach so that you can control people's behavior (although it might be a temptation!). You sometimes teach others by being a role model - demonstrating wisdom and compassion (Higher Self). Next step: Strengthen your own ability to operate from your Higher Self so that you can be an even better role model. Then reflect on the best teachers you have known...did they encourage you to think for yourself? Encouraging others to experiment with spiritual principles and see if it works is a less aggressive and more effective means of teaching. Experience creates stronger faith than belief alone!

**Skill Eighteen: A Wise and Effective Change Agent (Level 0)**

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.

Being an effective change agent requires bringing a lot of different skills together: Detecting and feeling 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. Not everyone enjoys this role. If you would like to pursue developing this skill, begin by reading in this field. We recommend starting with any of William Bridges' books on Transitions.

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/Healing Presence (Level 3)

You are able to calm others and frequently feel inner calmness yourself. But you sometimes feel hopeless when you can't relieve someone else's suffering. This is understandable since you care about people and want to be able to make things better. Next step: Consider that none of us can remove all the unpleasantness from life. You cannot keep sad things from happening. Nor can you force others to take a positive attitude toward their experience. This may be the perfect experience for them at this time. Strengthen your trust in a loving Universe / Higher Power and let go of that which you cannot control. You may feel the sadness...but don't cling to it. Let it arise and then let it leave. Maintain trust. Allow joy in your life.

Skill Twenty-one: Being Aligned with Natural Timing (Level 3)

You can sometimes feel when things are "right" ...when should act vs. when you should wait. Your discernment skills are becoming better attuned. You sometimes or frequently ask for guidance to discern what is best. Next step: Ask Spirit / Higher Self to help you continue to grow in understanding and ability to discern what is best. Practice this discernment on more decisions in your life so that you can eventually be guided by natural timing in all things. Pay special attention to your body as it can act as a wonderful guide. When are you unexpectedly tired? When do you feel lighter? Hold one idea or action plan in your mind for a while and see how it "feels" to your body.

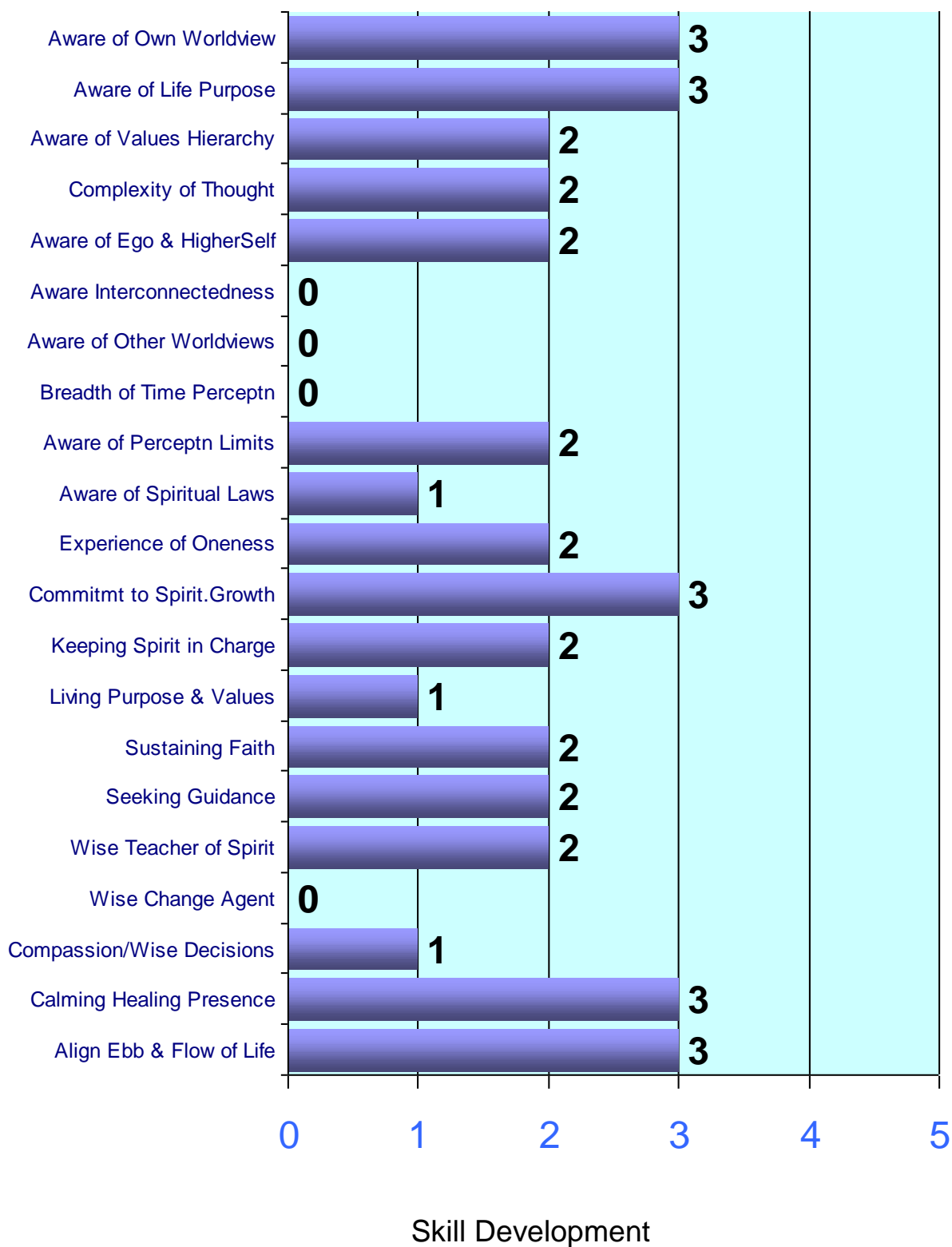


You answered the question "I have described myself in this report as honestly and objectively as I can" with "Mostly." If you answered this question correctly then your results on this self-assessment should be meaningful. You are probably aware of how hard it is to be truly objective about your own behaviors...and that is good! You have humility about your own ability to be "objective." Review this report and consider how it "feels"...does it seem accurate? Is this how you know yourself to be? It would probably be helpful for you to show the report to at least one other person who knows you well and sees you in a variety of situations. Ask him/her if this report "sounds like me." Ask her/him to be honest since that is the only way to be helpful to you. Ask him/her to let you know if any skills seems to have been scored either too low or too high. If you find any discrepancies, consider talking to a SQi certified coach to work through the feedback and discover why you perceive yourself differently and how to close the gap.



Combined Chart

Summary of All Skills





Appendix 1 Partial Glossary of Terms

Blessings: Good things happen, teachers appear, etc. when the timing is right for us and when we are open to receiving these gifts. Possible synonyms: grace-filled coincidences, synchronicities.

Boundaries: limits, guidelines. 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.

Centered: feeling **balanced**, in touch with my Higher Self and/or Higher Power. 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**.

Ego self: The spiritual use of the word “ego” is slightly different from the use in psychology. Ego is not a bad thing per se – it is a necessary part of us. Healthy development requires that we individuate and learn to operate successfully as a separate self in the world. Once we attain a sense of separateness and competency, then the challenge is to transcend that part of us. Transcend it does not mean to deny, suppress or destroy it...but rather to help it “grow up” and act in service to our Higher Self and/or Higher Power. In the mystical traditions of each of the major faith traditions the ultimate realization of the spiritual path is “non-dual” realization – or the achievement of perfect union within the self, and with the Higher Power. “The Beloved and I are one” is an expression of this. Yet our experience of life begins as dual (two) selves: first the ego, then the awakening of our higher nature. Eventual transcendence of duality first requires recognition of the “illusion of duality” and working within the illusion in order to transcend it. Possible synonyms for ego: personal self, personality self, separate self, selfish self, limited self, earthly self, human self, animal self, instinctive self, childish self, lower self.

Faith Tradition: a set of beliefs, doctrine, rituals, sacred texts, teachings, etc. associated with a group of people. Possible synonyms: religion, denomination, faith beliefs, philosophy, spiritual beliefs, wisdom tradition.

Higher Power: the creative power behind the manifest world. Possible synonyms: God, Allah, Brahman, Jesus Christ, Yhwh, Ein Sof, the Dao/Tao, Holy Spirit, Spirit, Goddess, Gaia, Nature, the Universe, Consciousness, Source, Creator, for scientists - the Quantum Field. **SPECIAL NOTE:** **Buddhism** as a non-theistic religion does not have a personal view of a creator deity. The creative source of life is deemed unknowable. Possible synonyms for Buddhists: the source of Buddha nature, non-dual reality; the unknowable creative source; the realm of non-being; the nature of the Universe that allows for the possibility of nirvana and merging of the self into non-being; all that is.

Higher Self: the part of me connected to all living beings and to my Higher Power; the voice of Inner Wisdom and Compassion; the unselfish part of me; 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”. Possible synonyms: Spirit Self; eternal Self; the light of the Divine within me; Christ consciousness; Buddha nature; Soul.

Intuition: knowing something without knowing HOW you know it. Possible synonyms: hunch; gut feeling; body-sense; direct knowing; inner wisdom; voice of Spirit; voice of Higher Self.

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, divine justice, heaven and hell. You may perceive this law as completely true, dependable, but completely impersonal – like gravity – it is just a natural law of the Universe. Or you may perceive this law as being operated by a personal Higher Power who keeps track of our good and bad actions.

Mission: What you feel, believe or know that you are here on earth to do in this lifetime. Synonyms: calling; higher purpose; life purpose; soul purpose; vocation; destiny, fate.



Peak Experiences: an experience of wonder, of being connected to and part of everything, an expanded sense of self beyond the ego. 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 Spirit independent of physical form. After a peak experience it can be a bit depressing or feel limiting to “snap back” into ordinary experiences.

Significant Others: people you are close to whose happiness or sadness quickly affects you, such as spouse, children, relatives, friends.

Spiritual Principles: spiritual rules, moral teachings or ideas about what is most important and 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 seem to create a better relationship? More inner peace?

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. A common English/Christian translation of The Golden Rule is “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 or divine justice or karma says that somehow the Universe “keeps track” of our intentions and actions and we will see consequences from these choices eventually – either in heaven or hell, or in the type of rebirth we receive, or in achieving freedom from rebirth. We generally teach the basic principles first since they are more concrete and can be taught beginning in early childhood.

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 prove, and only the person doing the thinking can experiment and validate this principle for themselves. Do affirmations, visualizations, focusing on the divine, 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” (or other wording of same concept) 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.

Values: Descriptions of things which are important to me. Possible personal values include: God / my faith / spirituality; family; friends; work; health; respect; integrity; honesty; success; accomplishment; fame; power; compassion; wisdom; peace; joy; fun; creativity... The list of possible descriptors is almost endless. Deep Change believes it is an important skill to be able to list your values, and rank order them from most important to least important.

Worldview: This literally means “the way I see the world.” My worldview is made up of what I believe is “right” or “wrong”, and how I think things “should be.” Our worldview is based on religion, culture, life experiences, and some biological realities such as how our brains work. We filter all the data we receive through our senses AND through our belief system so that we can make sense of it. Our filters inherent “leave stuff out”...so each worldview is excluding some information. Worldviews also “add stuff” by adding meaning and interpretations to what is being observed. So by leaving out and adding we each can create amazingly different interpretations of the same events! Possible synonyms: philosophy of life, belief system, personal filters, lens through which I see the world, my window on the world.