Benefits of SQ

Enables one to live more balanced life.
The Hierarchy of Human Intelligences

SQ
Acting with inner wisdom guided by compass

EQ
Managing ourselves and our relationships

IQ
Math & verbal intelligences (think SAT's)

PQ
Body awareness and skillful use

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SOUL TALK: Institutes’ Renewed Spiritual Focus

IIM Kashipur is starting a course for PGDM students called ‘Self Incorporation’ wherein the spiritual books like Bhagavad Gita and Upanishads are being taught to the students. The course is currently being taught by Dharmendra KG from IIM-B.

Last month, IIMB rolled out a compulsory credit course titled ‘The Science of Spirituality’ as part of its executive MBA programme for practicing managers.

IIM-C has seen a spurt in interest among students for an elective called ‘Leadership Excellence – Insights into Indian Ethics’, in its flagship MBA programme.

In business, we tend to be ruthless and short-term. Some of these Dharma is most urgently needed in the world of business and

BEING ON A SPIRITUAL PATH DOES NOT PREVENT YOU FROM FACING TIMES OF DARKNESS. BUT IT TEACHES YOU HOW TO USE THE DARKNESS AS A TOOL TO GROW.

Spirituality is not a Religion, being spiritual just means you are in touch with your own divine self.

Ancestral Voices Esoteric African Knowledge 2
In balancing life, what is the role/contribution of
Money
Friends
Health
Job
Education
Hobbies
Family
Spirituality

What is spirituality?
Is it visible in a person? How, where?
Is it the same as religion?
....
It is one source which helps us balance better, keeps our Balance sheet also better
Let us see ...
the quality of being concerned with the human spirit or soul as opposed to material or physical things.

"the shift in priorities allows us to embrace our spirituality in a more profound way"
The meaning of spirituality has developed and expanded over time, and various connotations can be found alongside each other
Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all.
if you cultivate your body, mind, emotions and energies to a certain level of maturity, something else blossoms within you – that is what is spirituality. When your rationale is immature, it doubts everything. When your rationale matures, it sees everything in a completely different light.
Secular spirituality
Description
Secular spirituality is the adherence to a spiritual philosophy without adherence to a religion. Secular spirituality emphasizes the personal growth and inner peace of the individual, rather than a relationship with the divine.
The Four Quotients for Complete Personality

For leading a successful happy life, a complete and healthy personality is necessary. The basic dynamics involved are represented in the form of universally accepted four quotients denoted as “PIES” which means:

• Physical Quotient (PQ): a healthy Physique
• Intelligence Quotient (IQ): sharp Intelligence
• Emotional Quotient (EQ): sound Emotion
• Spiritual Quotient (SQ): strong Spiritual Knowledge