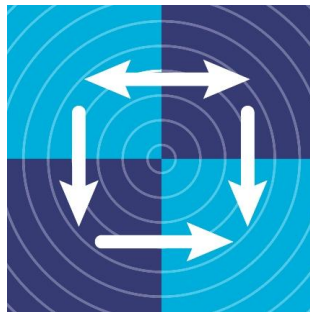




Spiritual Intelligence Assessment

Interpretive Report



Assessment prepared for

Sample Report

Thursday, December 19, 2013

**Interpreted by
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Deep Change, Inc.
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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** 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**

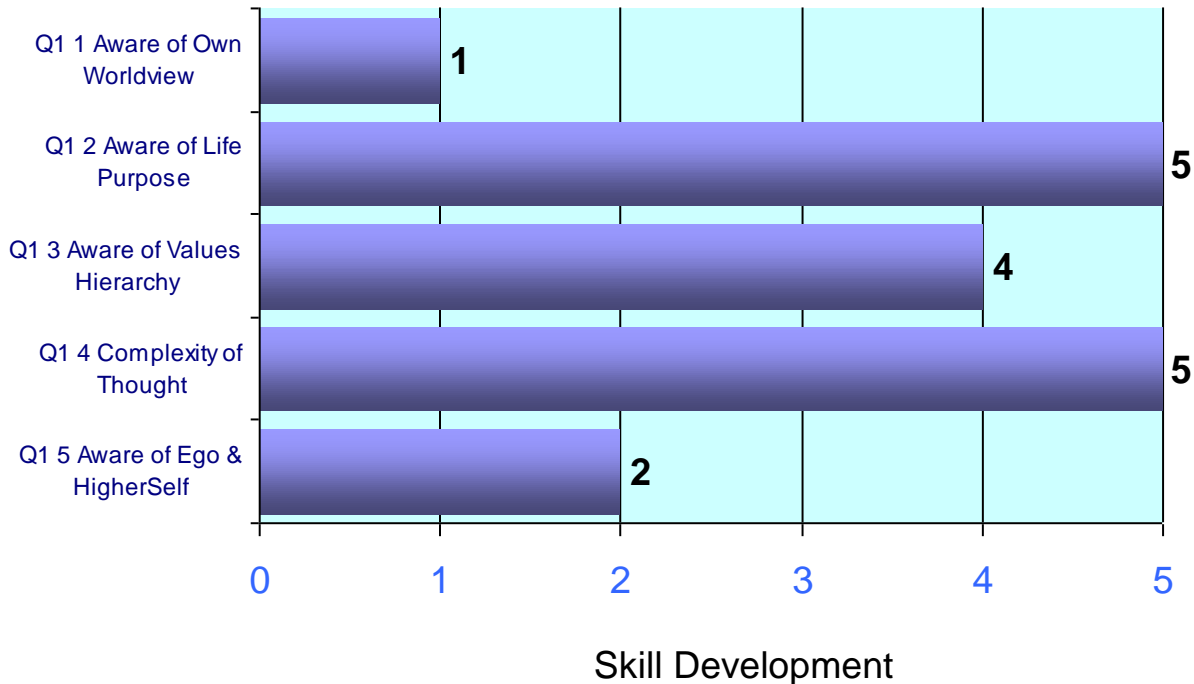
○ For each result we describe your current skill level and recommend one or more "next steps." These suggestions are always optional. You may find additional helpful ideas on the Deep Change website, (www.DeepChange.com), in published materials (see Deep Change suggested reading list) or by attending 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 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 Personal Life Purpose, Mission or Vision (Level 5)

You know your strengths (gifts) and weaknesses and your life mission/purpose. You have worked on keeping your actions, Inner Wisdom and life purpose (mission) aligned for long enough that you are able to resist temptations and diversions fairly easily. This is wonderful! Next step: Keep it up! Now that you've grown to this level the Universe may present greater challenges. Try to see challenges as a gift and an opportunity to serve the world. Maintain your spiritual practices so that you are able to stay centered and "on purpose."

**Skill Three: Awareness of Personal Values Hierarchy (Level 4)**

Your values are aligned with your Higher Self. You can list your own personal values and rank them by order of importance. This makes decisions so much easier! And you are generally able to live according to your values. This is wonderful! Next step: Review all your decisions in the light of your values ranking. Consciously choose to live according to your values and their ranking...even when the immediate consequences might be unpleasant. Update your values ranking if you find it is not really aligned with your behaviors. Reflect on the revised list. Is it what you want it to be? Listening to your inner voice of Wisdom and Compassion (your Higher Self) will make this easier. Nourish your connection with your Higher Self to make this process of living your values easier.

Skill Four: Complexity of Inner Thought Process (Level 5)

You are not likely to hide behind "rules." You understand that outcomes are rarely guaranteed and decisions must be made even when there isn't enough data. You are able to think through highly complex problems and hold apparent conflicting views as simultaneously true. You can find pleasure in this broad perspective and enjoy stretching your mind. Working within the complexity and ambiguity in life situations is normal for you. This is wonderful! Next step: Bring your heart fully into the decision-making process. Your mind is well-developed and reaching for Wisdom. To attain Wisdom your thinking must be informed by Compassion for the suffering, needs, and joys of others affected by your decisions.

Skill Five: Awareness of Ego self and Higher Self (Level 2)

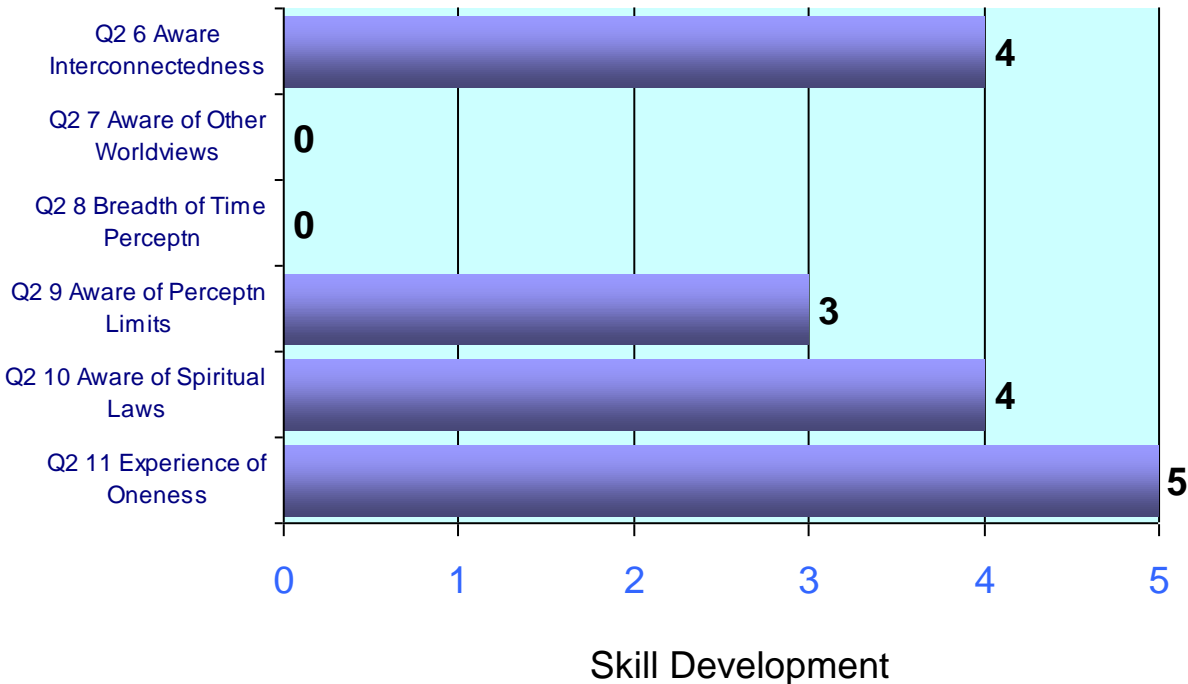
You are aware of some or most of the impacts that your upbringing (family and culture) had on the development of your personality and beliefs. You are aware that you have an occasional "inner debate" between two basic inner voices. You have observed that the desires of your Ego and of your Higher Self (Inner Wisdom) are different. The 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! Next step: Notice when your Ego side gets activated. Notice what happens in your body. Does your pulse rise? Do you clench your teeth or fist? 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...."



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 4)

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. You understand the tremendous complexity of ecosystems and social systems. What looks "bad" can yield "good" and vice versa. Sometimes things have to get worse before they can get better. Next step: consider the role of Consciousness/Thought/Intention in creating the world of the future. What consciousness do you need to hold in your mind and heart to help change the world?

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 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 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 with Mystical, Peak, or "Unitive" Experiences (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.

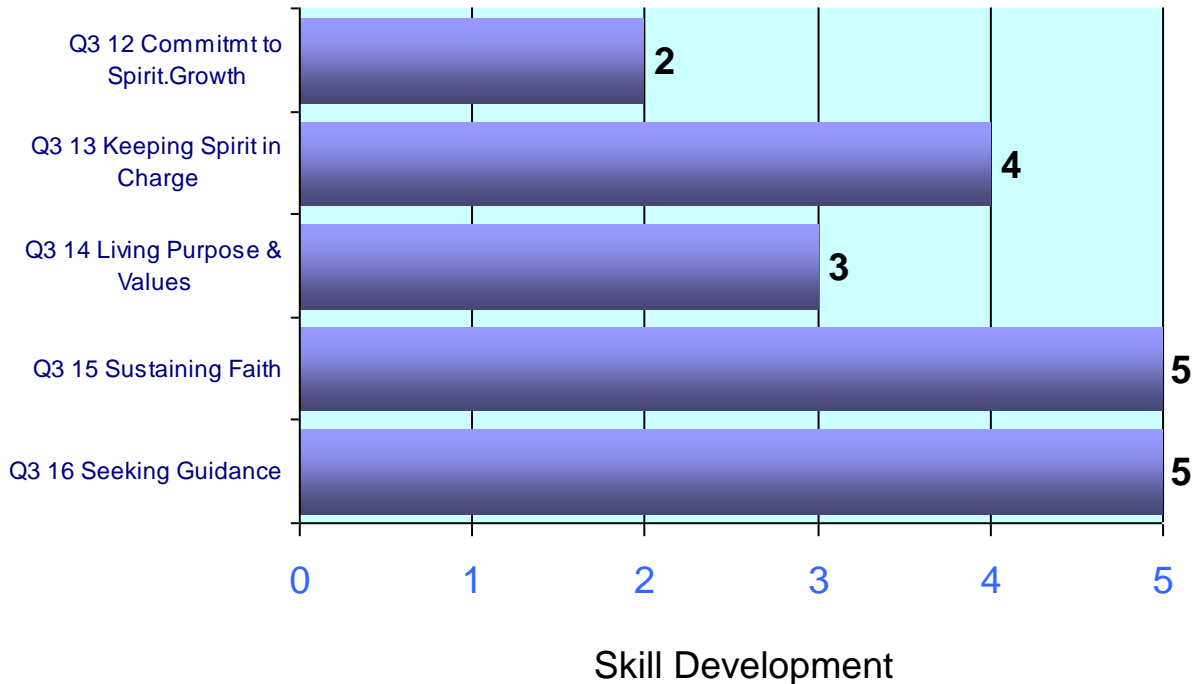


Quadrant 3

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 Twelve: Demonstrating Commitment to Personal Spiritual Growth (Level 2)

You are open to learning from other people and philosophy, sacred texts or spiritual writings...both those inside and outside the tradition you were in which you were raised. You also regularly ask Spirit / Higher Self for help in growing spiritually. This is great! Next step: Get more involved in spiritual learning activities. Ideally have some activities which are quiet, reflective activities (such as reading, prayer, chanting) and some that are in groups (such as retreats, workshops or study groups). A balance of inner and outer world learning keeps all parts of us growing.

Skill Thirteen: Keeping Higher Self/ Spirit in the Drivers Seat (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: Aligning Purpose and Values with Compassion and Wisdom (Level 3)**

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. Next step: Let your actions mirror what you say even when the costs are high - such as possible job impact or loss of support from friends/family.

Skill Fifteen: Sustaining Faith Even During Dark Nights of the Soul (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 Universal Consciousness (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.

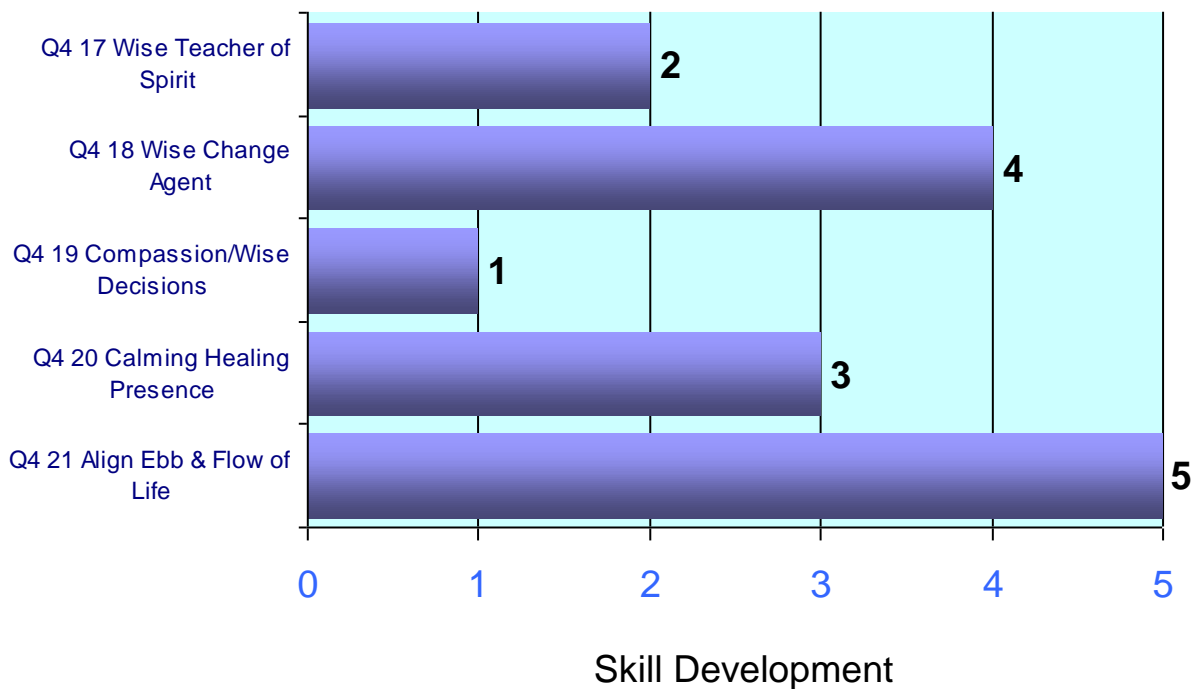


Quadrant 4 Social Mastery / Spiritual Presence

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

You can teach others by talking and by being a role model - frequently demonstrating wisdom and compassion (Higher Self). Next step: Teach by encouraging others to experiment with spiritual principles and learn for themselves. Experience creates stronger faith than belief alone!

**Skill Eighteen: 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/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 Natural Timing (Level 5)

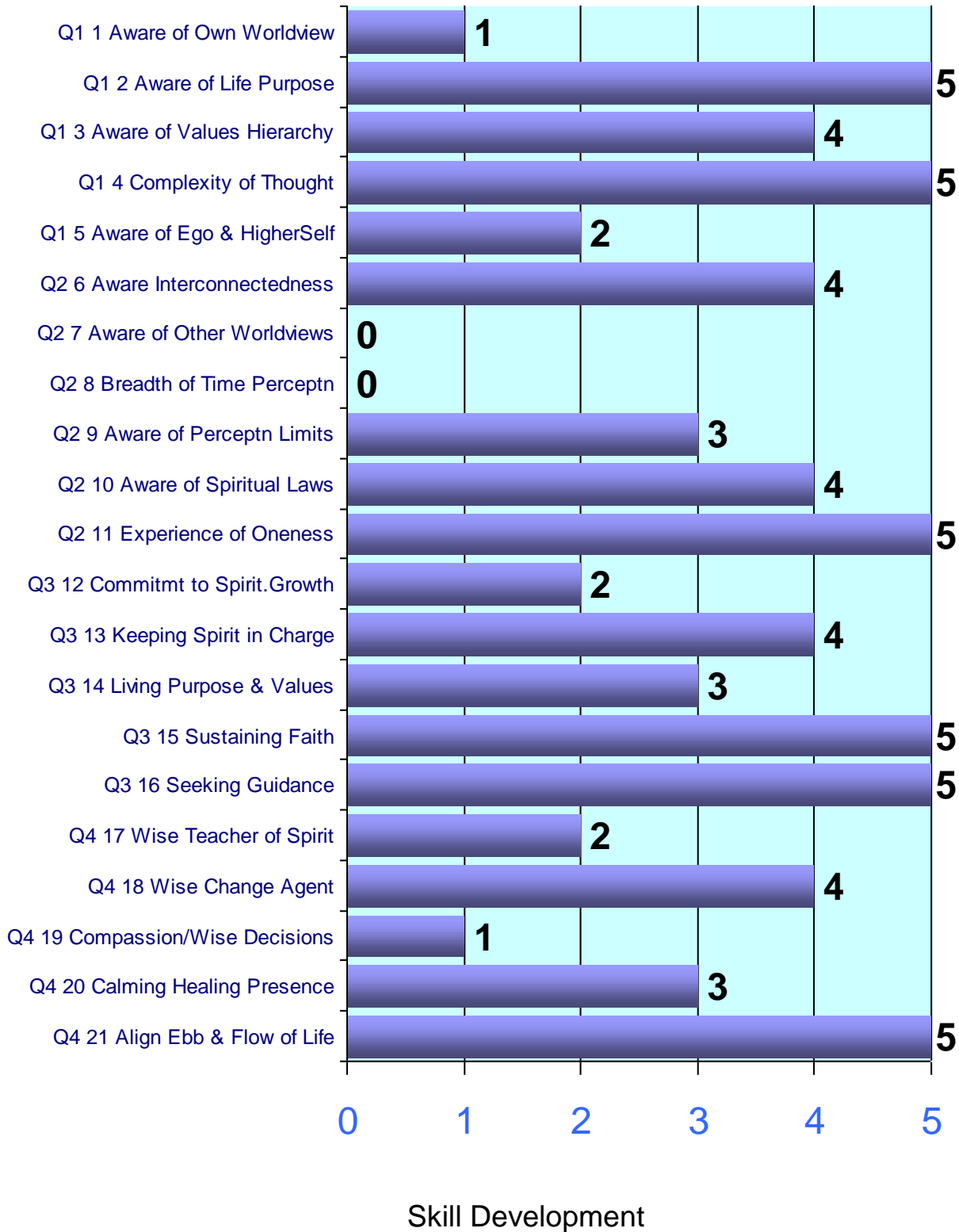
Your discernment skills are highly attuned. You know that synchronicities (blessings, grace-filled coincidences) are all around. Your life is filled with natural timing and effortless discernment. The dance and the dancer are one...your "being" and your "doing" are the same. Next step: Sustain yourself 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 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.