

A blueprint to discover and implement your soul's mission and goals

BRINGING **SPIRITUALITY** — INTO — **BUSINESS**

KNOW YOURSELF, GROW YOURSELF,
LIVE LIFE EMPOWERED

DONALEE GASTREICH

Bringing Spirituality into Business

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TABLE OF CONTENTS

Acknowledgments

Introduction

Section I: Educate

Chapter 1: What Is Spirituality?

Chapter 2: Why Bring Spirituality into Business?

Chapter 3: Know Yourself

Chapter 4: Grow Yourself

Chapter 5: Living Life Empowered

Chapter 6: Awareness

Section II: Engage

Chapter 7: Assessing Where You Are

Chapter 8: Choices—Design or Default

Chapter 9: Awareness Is Your Superpower

Chapter 10: Who Are You Being?

Chapter 11: Bringing All of You to the Party

Chapter 12: Physical Body Intelligence System (PQ)

Chapter 13: Mental Intelligence System (IQ)

Chapter 14: Emotional Intelligence System (EQ)

Chapter 15: Spiritual Intelligence System (SQ)

Chapter 16: Wisdom

Chapter 17: Workplace Wellness

Chapter 18: Empowerment Through Engagement

Chapter 19: Critical Thinking and Complex Problem Solving

Section III: Empower

Chapter 20: Shining Light on Your Shadows

Chapter 21: Value of a Vision

Chapter 22: Tools to Aid You

Chapter 23: Practices to Empower You

Chapter 24: Expanding Through Curiosity

Chapter 25: Habits

Chapter 26: Your Greatness

Chapter 27: Business Awareness

Chapter 28: Meaning and Purpose

Chapter 29: Pure Potential

Conclusion

TABLE OF CONTENTS

Acknowledgments

Introduction

Section I: Educate

Chapter 1: What Is Spirituality?

Chapter 2: Why Bring Spirituality into Business?

Chapter 3: Know Yourself

Chapter 4: Grow Yourself

Chapter 5: Living Life Empowered

Chapter 6: Awareness

Section II: Engage

Chapter 7: Assessing Where You Are

Chapter 8: Choices—Design or Default

Chapter 9: Awareness Is Your Superpower

Chapter 10: Who Are You Being?

Chapter 11: Bringing All of You to the Party

Chapter 12: Physical Body Intelligence System (PQ)

Chapter 13: Mental Intelligence System (IQ)

Chapter 14: Emotional Intelligence System (EQ)

Chapter 15: Spiritual Intelligence System (SQ)

Chapter 16: Wisdom

Chapter 17: Workplace Wellness

Chapter 18: Empowerment Through Engagement

Chapter 19: Critical Thinking and Complex Problem Solving

Section III: Empower

Chapter 20: Shining Light on Your Shadows

Chapter 21: Value of a Vision

Chapter 22: Tools to Aid You

Chapter 23: Practices to Empower You

Chapter 24: Expanding Through Curiosity

Chapter 25: Habits

Chapter 26: Your Greatness

Chapter 27: Business Awareness

Chapter 28: Meaning and Purpose

Chapter 29: Pure Potential

Conclusion

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Thank you to all the resources that have aided my journey and contributed to the material in this book.

INTRODUCTION

It is with exceptional pleasure and excitement that I share with you my greatest learnings in life. My oldest son asked me if I had one thing, one life lesson, to share with others, what would it be? I answered by telling him that I learned the value of other people in my life—that everyone comes into your life for a reason, a season, or a purpose, and that we are here to invite them in with open arms, without knowing why, and allow their purpose, reason, and value to unfold over time. I learned that other people increase my life by adding value, love, connection, and wisdom. They bring advancements, both ones I'd been seeking and those I had no clue were possible. It's through our connections with others that we truly prosper and grow beyond measure. Little did I know that this question stayed with me and became the basis and reason for this book. This book is filled with many of the lessons and learnings my life has unfolded.

Prior to knowing the value of others, I had a much different approach. As a single mom with three young boys (and all that comes with that—homework, sports, friends, etc.), a career, and a household to run, I had a system for everything. I loved meeting new people, but with an already busy life, I quickly tried to fit them in or out. I would ask a series of questions to see how I might fit them in, and when there was no evident way for seeing them more often and really getting to know them, I simply let them go. I would look to see if they had kids the same ages as mine or if their kids played the same sports that mine did. I would ask where they worked and what they did there to see if they might need my services. I would find out what part of town they lived in so I would know if it would be easy to see one another. Looking back, it seemed like I had 50 questions I drilled them with to fit them in or toss them out. No more. I now know that everyone has a message, meaning, or a magnificent contribution to my life.

Bringing Spirituality into Business is a compilation of my life's learnings and lessons that have brought much increase, advancement, and joy to my life and others. Little did I know the value in that one question asked of me so long ago. Every human being is here to grow, to prosper, and to become more of who they are. You are here to increase, advance, and prosper, and it's my intention that this be your result in reading and engaging in the words and invitations that follow.

Through the years, I've concluded that life is comprised of mastering one skill, one practice, and one process. We try to make it complicated and difficult, but it's really much simpler than we can fathom. The one skill is Awareness and the A in the ABCs to master you and your results. The one practice is Being, which gives us the B in the ABCs. And the one process is Curiosity, which concludes the ABCs.

Bringing Spirituality into Business is my contribution to the world, to humanity, to you, to aid you in living an empowered life. This book is a collection of what it took me decades to realize, shift, and align with to allow myself to recognize my worth, value, and purpose. My life lacked meaning, purpose, and direction before I did the work to heal the wounded and hurt aspects within.

The real joy in life comes when you know yourself, when you embrace all that makes you you—all your quirks, secrets, fears, and uniqueness. When you stop avoiding the dark shadow aspects of yourself and painful memories, you'll begin to fully merge all of yourself together as a whole and complete being with acceptance, love, and gratitude. As you do, you will unlock greater gifts and potentials you never knew you had. You see, to resist anything, is like putting the brakes on life and slowing or stopping your growth and your life from blossoming.

As you love and accept all parts of you, you step into your greatness and will live your life empowered.

Bringing Spirituality into Business is your guide to know yourself, grow yourself, and live life empowered. You'll learn the ABCs to master you and your results, with every step broken down into bite-size chunks for you to understand, work with, utilize, and integrate into your life.

Allow *Bringing Spirituality into Business* to be your owner's manual to living your best life possible, to connecting the dots, stepping into your greatness, and finding purpose and greater meaning in life. Allow it to be the pathway home to happiness, peace, and abundance. It is a collection of all the wisdom spirit brought to me and through me along my journey, and it is what I am here to share with you now. May it prosper you in ways you've never imagined.

Allow yourself time to go through the book because at the end of each chapter is an invitation to go deeper into what that chapter brings. Going deeper requires reflection, contemplation, and inquiry. It's in the Invitations at the end of each chapter where the magic happens. If you are reading this in the workplace, form a structure of support around reading together as a department, division, team, or group. If you don't work or work alone, form a book club with friends and family or join a book club via the website. It's in your weekly meetings that you'll be able to share, discuss, incorporate, and apply the messages and invitation in each chapter. Plan and make time for these weekly meetings and form them in a way that allows every voice to be heard and all to be empowered. It's in your weekly meetings that you will expand your awareness to see more within yourself, your abilities, and your

weaknesses; you'll notice new ideas, insights, and intuitions. It's in your weekly work that you will learn to know yourself and how you're hardwired to connect with your Inner Wisdom in order to understand your intuition and to be able to trust it. It's in your weekly work where you will be growing yourself and beginning to live life empowered.

How to get the most out of *Bringing Spirituality into Business*:

- Allow time for the Invitation at the end of each chapter.
- Organize your group or book club or join one via the website link below.
- Meet weekly to share your insights, questions, and growth.
- Share and celebrate yourself and others along the way.
- Keep a journal or purchase the Companion Workbook to get even more out of this work and go deeper into knowing yourself.
- Do the Pre-Start Assessment found in the Companion Workbook or on the website linked below. This will provide you a tool to measure your progress and results.

·
Have fun—you are about to learn more about yourself!

More support can be found at <https://complete-solutionsllc.com/Bringing-Spirituality-into-Business/>.

Support available on the website includes:

- Pre-Start Assessment
- Companion Workbook
- Weekly Book Club Support Group
- Winner's Circle – Group Support Beyond the Book
- Inquire/Schedule Business Training
- Inquire/Schedule Speaking Engagement
- Finish Assessment

Visit <https://complete-solutionsllc.com/Bringing-Spirituality-into-Business/>

Your special gift

Chapter 15 - SQ

Spiritual Intelligence

Chapter 15: Spiritual Intelligence System (SQ)

You may think that spirituality is a separate part of your life, something that is intangible and reserved for retreats or quiet moments spent in meditation, prayer, or deep contemplation. If this is your thought, I wish to challenge it. I wish to invite you to see that the entirety of your life, all the rich, complex, and juicy parts of your life as well as the boring and mundane aspects, is spiritual.

You are a soul experiencing consciousness expressed through a human story. Every part of your human story is vital and spiritual. Doing laundry is no less spiritual than meditating and watching the sunrise. Your contribution to the world is spiritual. This is why Bringing Spirituality into Business is so important. You are here to tune into the same wisdom and intelligence that wrote you into being.

Spiritual growth is simply connecting with your inner being and consciousness. SQ has three pillars that often intertwine and overlap: relationships, values, and life purpose. Spiritual growth is not a destination or accomplishment, but a way of life. The path of spiritual growth is a path of lifelong learning, growth from the inside out. It's based on faith and trusting, healing, letting go, and learning.

*The spiritual journey is the unlearning of fear...and the acceptance of love.
~ Marianne Williamson*

During my spiritual growth and healing journey, I found myself stepping outside my comfort zone to try new things. I joined Meetup groups in my area and signed up to experience new things, people, and places. One Meetup was to hike at the Garden of the Gods in the Shawnee National Forest, about three hours from my home. It was a weekend trip with camping overnight and two hikes. I had the option of bringing a tent or renting a cabin. Something about this Meetup was calling me. I thought about it often, as if knowing this would be a powerful and impactful trip. Days before the event, it was canceled due to low participation. I wasn't going to let this stop me. I packed up my car with food, a sleeping bag, and overnight things, and I went alone. It was a nice, easy drive. About 15 miles from the destination, police officers were

stopping traffic to inform drivers to be aware of runners on the narrow road ahead. I chatted for nearly ten minutes with Deputy Dennison. We seemed to have a connection. We giggled and shared a bit, and I told him I was headed to the Garden of the Gods for an experience of my lifetime.

I arrived and began to explore the history of the area, including the rock formations that were over 10,000 years old. I took it all in and meditated on top of the largest, highest rock formation overlooking the forest and seeing for what felt like miles in all directions. After a few hours exploring and enjoying the Garden of the Gods, I journeyed back to my car to grab a bite to eat before I wandered onto one of the many trails. I decided to go on the shortest trail that looped around the Garden of the Gods, mostly because those coming off the trail were commenting on how difficult it was to see the trail. It was late October in the Midwest, and everything was blanketed by a layer of leaves. I grabbed my backpack, with my cell phone, toilet paper, and an extra bottle of water, and off I went. Quickly, I, too, noticed how hard it was to follow the path. I overheard a group nearby, who were part of the Sierra Club out of SIUE. I quickly jumped trails and decided to follow them, as they had become my safe bet for following a trail. As they stopped for lunch, I went on ahead.

It wasn't long before I could not see the trail nor hear their voices. I was literally lost in the forest. I tried to find my way back to them but to no avail. After what felt like an hour without a plan or any sense of direction, I paused to weigh my options. I knew I needed to meditate and seek inner guidance, but I didn't want to sit on the forest floor and get chiggers. The memory of the chiggers I had gotten earlier that year was fresh in my mind. The thought of meditating while standing up was not something I had done before. I noticed all sorts of stories in my head; I was having a battle with my psyche, and I really needed to focus. As I meditated, I realized I had three options: Plan A, follow my inner guidance and allow it to direct my steps out of here; Plan B, GPS my way out via Google Maps and walk myself back to my car; or Plan C, call 911. I elected for the first one. I walked up a huge ravine, truly feeling guided and on my way back to my car. I walked for almost an hour when, all of sudden, I came across a barbed wire fence. I'll admit, I freaked for a bit, thinking that beyond the fence might be a bobcat, snakes, or even bears. You see, I had not seen nor even heard a bird or bug. I heard nothing at all except the leaves crunching beneath my feet and the small twigs breaking as I stepped on them. Never before had I experienced such silence. This barbed wire fence was the first sense of fear I had experienced thus far.

The fear caused me to pause. I used this moment to relieve my full bladder and tied some toilet paper to the fencing, in case I found myself back here later, then I would know I'd been here before. Crossing over that barbed wire fence was met with such uncertainty, so I quickly moved on to Plan B. I had never used Google Maps for walking, but my kids had shown it to me while visiting just months before. I got to a high point in the terrain to connect with Google Maps, found the parking area where my car was, and proceeded to walk in that direction, up and down the mountain terrain. I paused at the bottom before the next upward climb as it looked like a steep climb. In that pause, I realized my grip on the phone had been hiding an important message: "no signal." Not only had I lost the GPS signal, but I now only had 22 percent battery life. This left me feeling like Plan C was my only option. By now, the angle of the sun made it feel like darkness was settling in on the forest floor. Daylight was waning, and if I did not find a way out, I would need to spend the night here alone, unprotected with no water, food, or warmth.

I wasn't dying, so calling 911 felt wrong and yet my only option. Again climbing to the highest point I could see, I called 911. I spoke, they talked, I answered while they continued talking over me and asking me questions. I quickly realized they were not hearing my replies. How could this be? I could hear them loud and clear. They asked if I needed help, if this was an emergency, who I was, where I was...all of which I was answering. Then, after a few minutes, the call ended. They had hung up on me. NO! I felt a pit in my stomach. But a minute or so later, a text message came through from a 911 dispatcher. They said they got my location from the GPS signal but were unable to hear me. I now answered all those questions via text. They said they were able to get my GPS location, and I appeared to be deep in the Shawnee National Forest just east of Derby Road, and they would send an officer to coax or guide me out. I still heard nothing—no road traffic or anything. I asked for clarity what direction I should start walking. Luckily, I had downloaded a compass app on my phone; I calibrated the compass and began walking in the direction I was told when, lo and behold, after about 40 minutes, I ended up right back at the barbed wire fence. Looking down the fence line about 30 feet from me, I could see the toilet paper I had tied there hours ago.

The same fear came over me. I texted 911 dispatch and told them of the barbed wire fence. He asked me to call back again to allow them to get my GPS location.

Well, on the other side of that fence is what they called Derby Road; it was a rescue path, filled with ruts, overgrown weeds, and like nothing I would call a road. It wasn't but another 30 minutes when an officer showed up. It was a 45-minute drive back to my car. I had been traveling further and further away from where I needed to be. I knew I needed a lot of reflection time and that many lessons would be learned from this experience. In my immediate reflection, I could see how quickly I let uncertainty and fear demolish my faith and trust, taking me off the path from listening to my inner guidance. Why didn't I get quiet and go within for more guidance when I reached the barbed wire fencing? Why was I so quick to jump to Plan B? This was showing me my level of spiritual trust and how quickly I had lost my faith.

Well, I didn't spend the night. I couldn't wait to get back home. So, I headed out of town only to get pulled over before I could get onto a major highway. I was super clear that I had to take back my power and not be a victim here. I was certain and firm in knowing I was not getting a ticket. In fact, I wasn't even going to reach for my purse to get out my driver's license, as that felt like ownership of guilt. I pulled over and waited for the officer to approach my car. Guess who it was? Deputy Dennison. He said, "Please tell me you weren't that lost lady in the forest today." I timidly raised my hand and proclaimed, "That was me." He laughed and asked me if I remembered what I had told him that morning. I replied, "No, what did I tell you?" With a smile on his face that went from ear to ear, he said, "You told me you were headed to the Garden of the Gods for an experience of your lifetime, and I think you got it." He did not write me a ticket; instead, he gave me a map and told me to save the 70 mph for the four-lane interstate ahead. I tried my best to enjoy the drive home and save the processing for the next day, as I knew I had learned many lessons this day, all of it for my spiritual growth.

I win or I learn, but I never lose.

Remember, you are not a human being having a spiritual experience; you are a spiritual being here having a human experience. Science, philosophy, medicine, physics—nearly all branches of research—have attempted to explain consciousness, spirituality, and this One Power and Presence we experience but to no avail. Consciousness is still the biggest puzzle to all realms of research.

Thanks to the research and contributions of philosophers and scientists David Chalmers and Thomas Nagel, who reject the idea that consciousness is produced by the brain but who share an alternative view, that consciousness is a fundamental quality of the universe. The brain is a receiver and transmitter of consciousness, not the producer of it.

William James, the father of Western psychology, in 1902 defined spiritual experiences as states of higher consciousness, which are induced by efforts to understand the general principles or structure of the world through one's inner experience. At the core of his view of spirituality is what we might call "connectedness," which refers to the fact that individual goals can be truly realized only in the context of the whole—one's relationship to the world and to others. Expert meditators demonstrate more harmonious brain waves, which could be indicative of greater synchrony or connectivity within and across different neural areas. In short, spirituality, similar to love, has physiological effects in the brain and body, and EEG provides a window on these changes. Wow, right?

What's more, research suggests that you can do more than just measure this kind of activity. You can train your brain to behave in a more aware way by engaging in activities that facilitate greater connection or neural synchronization. Higher synchronization is found in following the practices of meditation, prayer, yoga, qigong, and tai chi.

One way of interpreting this is that neuronal synchronization enhances your brain's harmony or integrity, achieving a state in which the brain works in a more congruent way, adopting a more global perspective. I experience this as a greater knowing—a connecting of the dots, so to speak. Other findings point to the psychological consequences of this state; greater neuronal synchronization tends to enable a greater ability to make moral judgments and problem solve creatively. It's as if answers to problems simply come to you; an inner knowing of sorts and the answer to your problems are shown to you, like your logic and reason unite in harmony to give you answers.

There is no passion to be found playing small—in settling for a life that is less than the one you are capable of living. ~ Nelson Mandela

Another perspective is that more scientific exploration of such experiences could reveal the mechanisms enabling us all to achieve these states even in the most mundane moments, such as waiting in traffic. This has been my experience and that of those I work with.

The experience is far greater than one can imagine.

Spiritual intelligence is your ability to access higher meanings, values, abiding purposes, and subconscious aspects of the self and to embed these meanings, values, and purposes in living richer and more creative lives. Imagine *Bringing Spirituality into Business* into your workplace and actually loving your work, finding meaning and value in what you do and who you connect with. Take this a step further and imagine full brain activity and functioning to promote higher states of creativity, productivity, and higher levels of decision-making and problem solving.

Through years of meditation, we all come to the truth: the same truth, the same awareness, the same knowing. You are pure consciousness. You are the awareness that knows of your experience. You are the awareness that senses, feels, and views the experience and the beauty and richness within all experiences. You are all things, everything, and you are nothing. Yes, this is mind-blowing from our usual three-dimensional reality.

Planet Earth is evolving at the quickest pace ever recorded. You, too, are evolving faster than ever before. This is why it is important to take control and guide your evolution by your design and not leave it to happen by default. But know, with certainty, that this is your choice. Nothing and no one can force your evolution. You are the master of you. You have been given free will. This is what *Bringing Spirituality into Business* will show you. You master and control all aspects of yourself and all aspects of your life. You have dominion over the earth, and this means you and your intelligence systems.

Your SQ reminds you that you are here to thrive and increase. Your actions and behaviors are either showing you how beautifully you are living or how you are slowly dying. It's in this intelligence that possibility and future potential arise to take you on a journey of showing you more of life, more of your talents, gifts, and abilities. This intelligence takes you into wonder, curiosity, and so much more.

So often, humans get comfortable and settle into a routine. This can be good or not so good. Don't become unconscious in your routines. Be present, whether you're doing laundry, cooking, or hiking in nature. Don't lose the wonder and curiosity in your routines. Routines can be pleasurable, powerful, and promote your growth and well-being. Routines can also be limiting and destructive to your well-being. Routines are just habits you've practiced often.

Remember, good habits are as addictive as bad habits but much more rewarding.

Most of the dissatisfaction and depression that humans experience is due to a loss of meaning and purpose in their life. You have access to higher meaning and purpose. Just knowing this prompts you to wonder and curiosity—wonder, as in, what if there was another way to see this? Wonder opens the door to your Spiritual intelligence. This wonder prompts curiosity and acts to engage it and bring it fully on board. In the wonder, your curiosity begins to explore better-feeling thoughts and emotions. Trust me—it will aid you in your awareness and understanding of the other three intelligence systems.

When emotional intelligence merges with spiritual intelligence, human nature is transformed. ~ Deepak Chopra

You are a multifaceted, multidimensional being. Simply being aware of this will allow you to begin living into greater possibility and potential. It will allow you to spot new opportunities, see more synchronicities lining up, and recognize answers to your questions coming into your reality without any effort or research on your part. Unlocking your SQ brings far more than can be shared here. So, don't limit yourself. Unlocking your SQ opens the doorway to your inner genius, your higher self, your soul/spirit, and taps into infinite intelligence.

In my experience at the Garden of the Gods, where I went to have an experience of my lifetime, I was given that experience. I had an experience I will never forget. One that taught me to trust. One that changed me forever. One that taught me that tuning in to this higher wisdom and guidance needs to be done and practiced over and over, especially when fear shows itself, especially when doubt and our humanness come forth and question our trust and believing, and especially in those uncharted, unexplored areas of life when we don't know and we truly know we don't

know. This is when our Spiritual intelligence will serve us best.

Your Spiritual intelligence feeds you. **It fuels you with wonder, knowing, guidance, and pauses.** Let's look at each of the ways your SQ feeds you.

WONDER

A power is found in wonder. It's my hope that you find this power. Wonder is having the ability to marvel about the world you live in—in amazement, admiration, and curiosity.

Wonder helps to put your place in the world into perspective. It not only allows you to see beauty in a bird, but it reminds you that the human experience is finite but that you are also part of something much greater and infinite in nature.

It's a powerful thing that can inspire a deeper sense of connection, belonging, and purpose. A sense of wonder allows you to sit back at the end of the day and marvel at the magic of what may seem like a mundane slice of your weekly routine. It also allows you to look ahead and feel hopeful and optimistic about the future. And it allows you to take delight in the small, simple experiences in daily life, like witnessing the changing autumn leaves or noticing how much you can get done in the one minute your coffee is reheating in the microwave, the knock on the door of an unexpected guest, discovering a love for gardening, or breathing in the fresh air on the first warm day of spring.

It's all too easy to cling to known outcomes. It's all too easy to cling to stories of doom and gloom. You can cling to the diagnosis of your medical condition. You can cling to the pain of your suffering and your struggles, or you can cling to hope and possibility, letting wonder lead the way.

Let wisdom and wonder lead your way.

KNOWING

Knowing shows up in many ways. Your intuition is probably one way you are already aware of but may not have yet cultivated and strengthened. To strengthen your intuition, you will need to work with it, just like strengthening a muscle or a new habit. I recommend you build an intimate relationship with your intuition. You'll reap the rewards as you do and thank yourself later.

However, knowing is not limited to your intuition. Clair senses are seen as spiritual gifts that only come fully onboard and are activated when one is ready, willing, and able to use them. Until then, they lie dormant in the background of all that you are. Many people never develop these gifts, and that is okay too. So don't push or force them; this type of energy actually works against you.

Spiritual energies work without effort; they work with surrender, acceptance, and a natural flow.

Like radio waves, spiritual information is constantly being broadcast around us, so it's really a matter of learning how to tune in to it. To interpret what spirit is broadcasting, you use your five senses just like you do in your day-to-day life. And just as you may feel that some of your senses are more reliable than others for making everyday judgments, you have senses, or clair senses, that are stronger for connecting with spirit energies.

The six clair senses are:

- Clairvoyance is clear seeing.
- Clairaudience is clear hearing.
- Clairsentience is clear feeling.
- Clairalience is clear smelling.
- Clairgustance is clear tasting.
- Claircognizance is clear knowing.

We can't talk about knowing without discussing the **inner knowings** of the Universal Laws so often overlooked by our man-made laws and expectations. Universal means every particle feels, or is affected by it, and the gauge of the effect is dependent on the particle's mass or energy. There are twelve Universal Laws, and as they are mentioned, you may notice a resonance within you to a distant memory. They are the law of oneness, vibration, attraction, compensation, polarity, correspondence, inspired action, cause and effect, relativity, gender, perpetual transmutation of energy, and rhythm. These twelve Universal Laws are rewarding when implemented in business because they ignite your own inner knowing and truth, but also because they take the place of some of the more traditional approaches to today's business trainings.

One example is to teach the law of oneness in place of all the diversity, equity, inclusion, and belonging (DEIB) training going on in the business world today. This would activate the inner memory of truth within each and every individual and possibly make DEIB trainings obsolete and unnecessary. The law of oneness states that everyone and everything are interconnected. This law states that we are all connected through creation. Every single atom inside of you is connected in some way, shape, or form to the rest of the universe you move through. You and I are part of a collective consciousness. Others carry strengths and talents you don't, and you actually need others to be fully resourced and empowered.

This fundamental law helps you understand your connectedness on a different level. When you help someone else out, you feel good. On some spiritual level, you are that person. When you hurt someone else, you are hurting yourself. I am you and you are me. Not only are you connected to others and they to you, when you know this, you'll be shown the qualities they bring forth and be filled with gratitude and appreciation.

When this knowing becomes fully activated and brought online, you naturally look to engage and connect with others. You see your own value and worth. You see the value in others and look to connect to engage with what they came to bring. Through your connection with others, it can activate gifts in you that you were previously unaware of.

In business, this matters. Knowing that each and every individual brings a valuable contribution to the organization produces the greatest reward for all. It's a game changer. It brings harmony, teamwork, respect, and greater innovation when it resides in the awareness of all. It brings out individual greatness. Individual talent, expertise, and creative gifts are allowed to be expressed, shared, and utilized. It brings purposeful engagement and builds character, confidence, and the courage to be authentically who you are.

GUIDANCE

Have you ever gotten a nudge to call someone only to find out that when you did, they were thinking of you too or they really needed to talk with you at this particular moment? It's like divine timing.

Have you ever lost your keys or something of value and asked for guidance in finding them? I have. I even put it to the test. I hope you will too. I misplaced my extra key fob and wanted to sell the car but didn't want to sell it without giving the new owner both fobs. I asked for guidance but never really felt I received the answer. Every once in a while, I would go on a mission looking in all the obvious places in my home, only to come up empty again. Finally, I decided to meditate and wait for the guidance. I stayed in meditation until I had a clear knowing of where to go to find my fob. I was prepared to stay in meditation for hours if necessary. I was there for over 30 minutes before I felt the urge to move. I got up and found myself using my hands to move mulch around in my flower beds around my patio. My mind wanted to tell a story about it... Yes, I must have set my fob down when planting the flowers in the spring. But before I could even finish the story in my mind, I was guided to go inside. I walked in through the sliding door in the kitchen and opened the pantry door. As I did, I could see the fob and green key holder as clear as day in my mind's eye. Eerie. It was as if I saw nothing in the pantry, but my mind's eye saw the fob I was seeking. From there, I followed this guidance to open a draw in my kitchen, and there it was, plain as day. Right on top. In a drawer I had looked in many times before. In fact, it was in a drawer I get into every week—the drawer where I keep scissors, tape, pens, paper, baggies, aluminum foil, and plastic wrap. How did this happen?

Usually when I intend to be guided to resolve an issue, argument, or challenge, I find the guidance comes. Sometimes I find myself in actions to resolve it without the mental knowing or awareness. Other times it comes as a clear mental knowing. Still other times, the energetic charge of the struggle just falls away and dissolves. When you are open to receive guidance, it will come. Whether you sit in meditation to receive it or go about your day, intending to hold space for the insight and guidance is all that's required. When it shows up, you know it. It's clear and it feels like you just got a free download.

One thing is for sure: when you ask for guidance, you have to expand your awareness to be receptive to receiving it. It may feel like expanding your capacity to receive or holding space for the information to come in and land. Many ask and then get back to being busy. Most ask but aren't receptive to receiving. This is why awareness is a prerequisite to all learning, growth, and development.

PAUSES

Pauses are probably more helpful, meaningful, and impactful than all the doing. The fact is, you probably are not super comfortable in the pauses—the quiet moments of life. Our humanness likes to be busy. Our egos have us filling every little void with something. When bored, that empty little pause gets consumed with scrolling through social media, indulging in Netflix, or gaming online with others. How do you fill those empty moments of your day?

Unless you plan, schedule, and create pauses, they probably aren't going to happen for you. The power of taking a pause is well researched. Not only does pausing promote relaxation, a break from the noise and *doing* also refreshes and reenergizes you for hours. The power of a pause gives your nervous system a chance to regain balance. It promotes well-being, focus, clarity, and productivity. I used to be awkwardly uncomfortable with the silence and had a need to fill it with conversation, action, or doing something. Maybe you do too. The first step to shift this uncomfortable feeling is to *observe* it: Explore why it makes you uncomfortable. Sit in the stillness. Be with the silence. Feel it. Notice what you are afraid of. Notice how it makes you feel. Notice the sensations in your body. As you do, you will learn more about yourself.

Once you are comfortable and regularly take pauses, you'll be able to hear your inner guidance talk to you, to tell you when to pause and when to stop forcing and struggling, allowing your inner knowing to serve you. You will need to experience this for yourself. And, wow, what an experience it is.

Remember, SQ is your ability to access higher meanings, values, purposes, and subconscious aspects of the self and to embed these meanings, values, and purposes in living richer and more creative lives. It's in these powerful pauses that all this happens.

Here are seven common benefits of the pause:

- Improved self-restraint
- Improved emotional intelligence
- Prompts you to remember to mindfully breathe deeply
- Balances the emotional and rational parts of your brain to reduce stress
- Redirection of intrusive, negative, and anxious thoughts
- Improved ability to discern and make optimal decisions
- Empowerment so you focus on what's best in you and for you

Will you intentionally plan and schedule regular and frequent pauses in your day? I bet you will now.

INVITATION

Adopt some practical ways to develop and strengthen your SQ.

Practices to get in touch with your inner voice of knowing and guidance through a pause include:

1. Create intentional pauses in your life and schedule.
2. Practice deep listening.
3. Don't neglect self-care.
4. Try journaling.
5. Experience the benefits of meditation time.
6. Develop an intimate relationship with intuition.
7. Get curious about fleeting moments of insight.
8. Mind your physical and mental health.

Commit to at least one practice and record your awareness during the week to share with your circle of support.

SEE YOU IN THE BOOK CLUB.

Thank You

I hope you enjoyed this
sneak preview of
Chapter 15 - SQ
Your Spiritual Intelligence

Next I INVITE you
into the BOOK CLUB
as we go deeper into
this material.