Spiritual Intelligence to Serve Humanity

Brahmakumaries

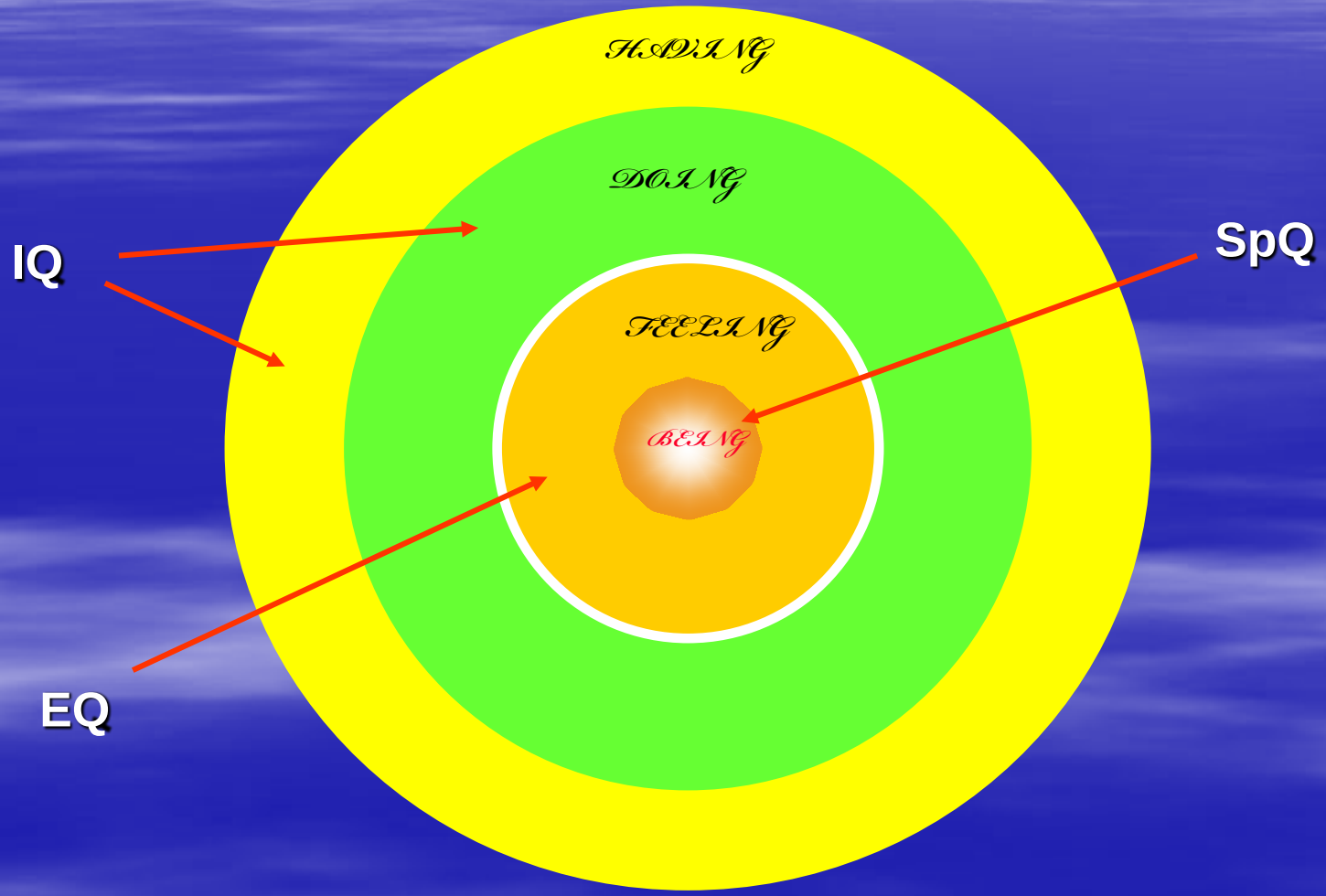
Presentation

Creating the context

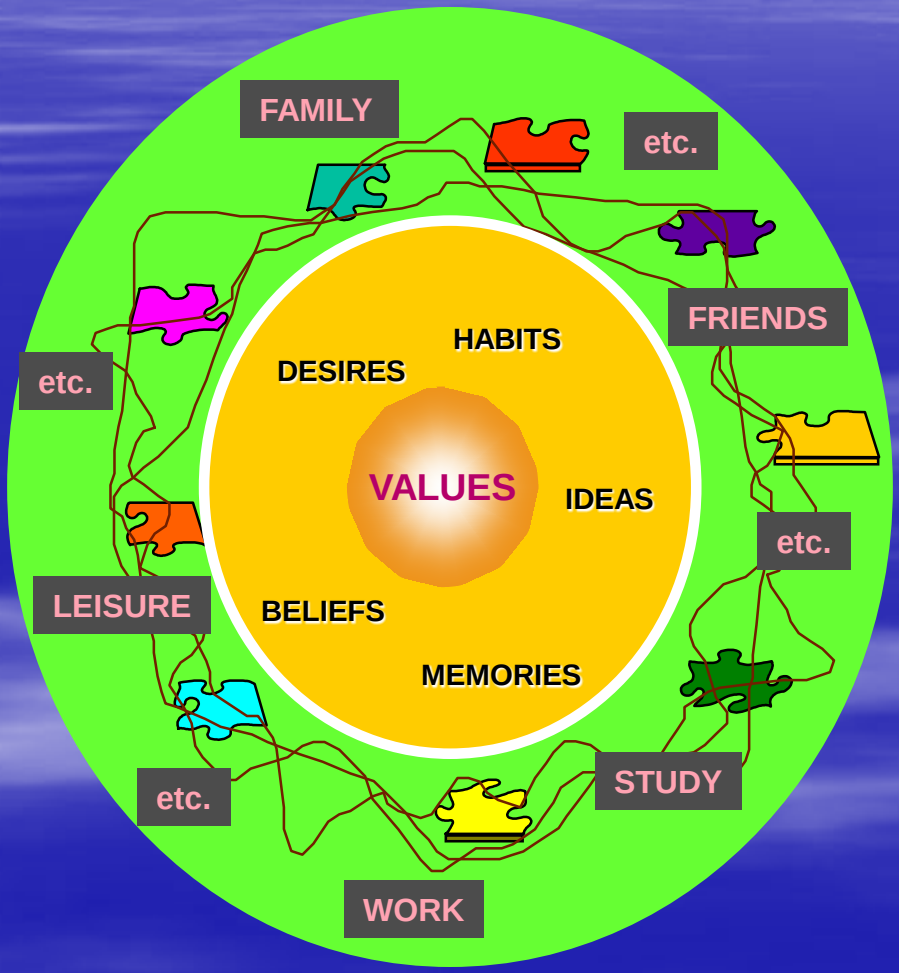
OUTSIDE

INSIDE

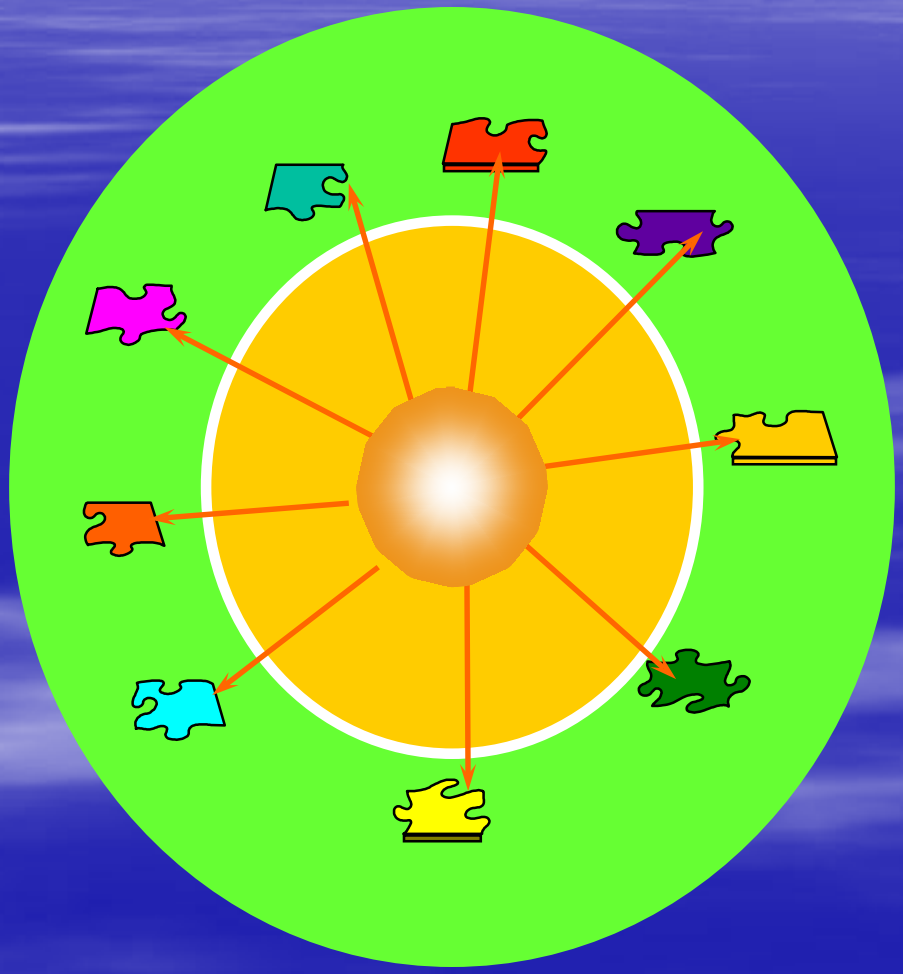
The four levels of life



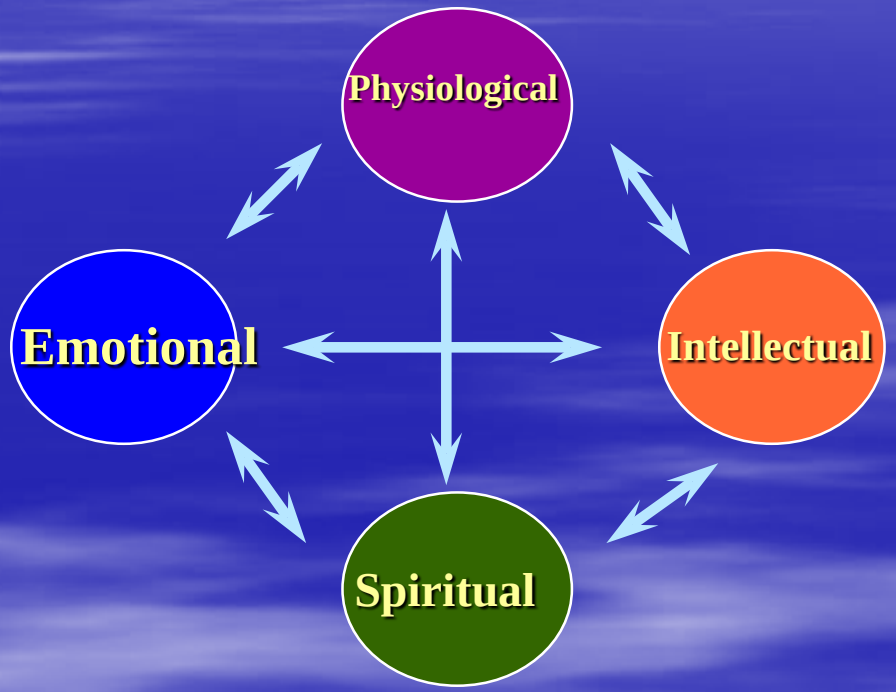
In other words...



The internal observer



Integral Well-being

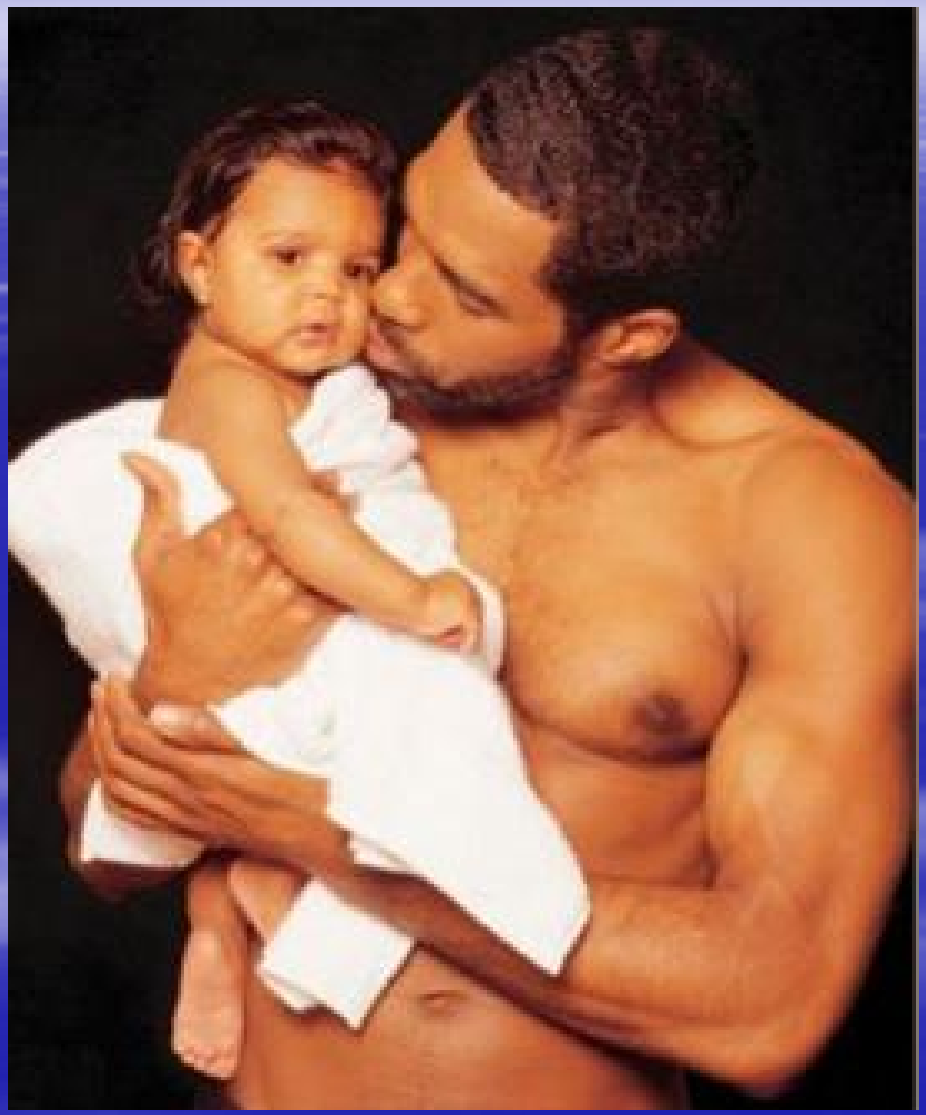


Question for pairs

- They say that we can be part of the problem or of the solution. The world is going through apparently hopeless situations in many aspects. There is a clear need to unite our skills and wills to do something to create a better world.
- Have you participated lately in some initiative at a personal, family, work or community level in which you felt truly useful, alive, energized or happy to be doing your part of the solution? How was it? With whom? What personal values did you use?

Question for the group

- What are the three main factors in becoming an agent of world benefit?



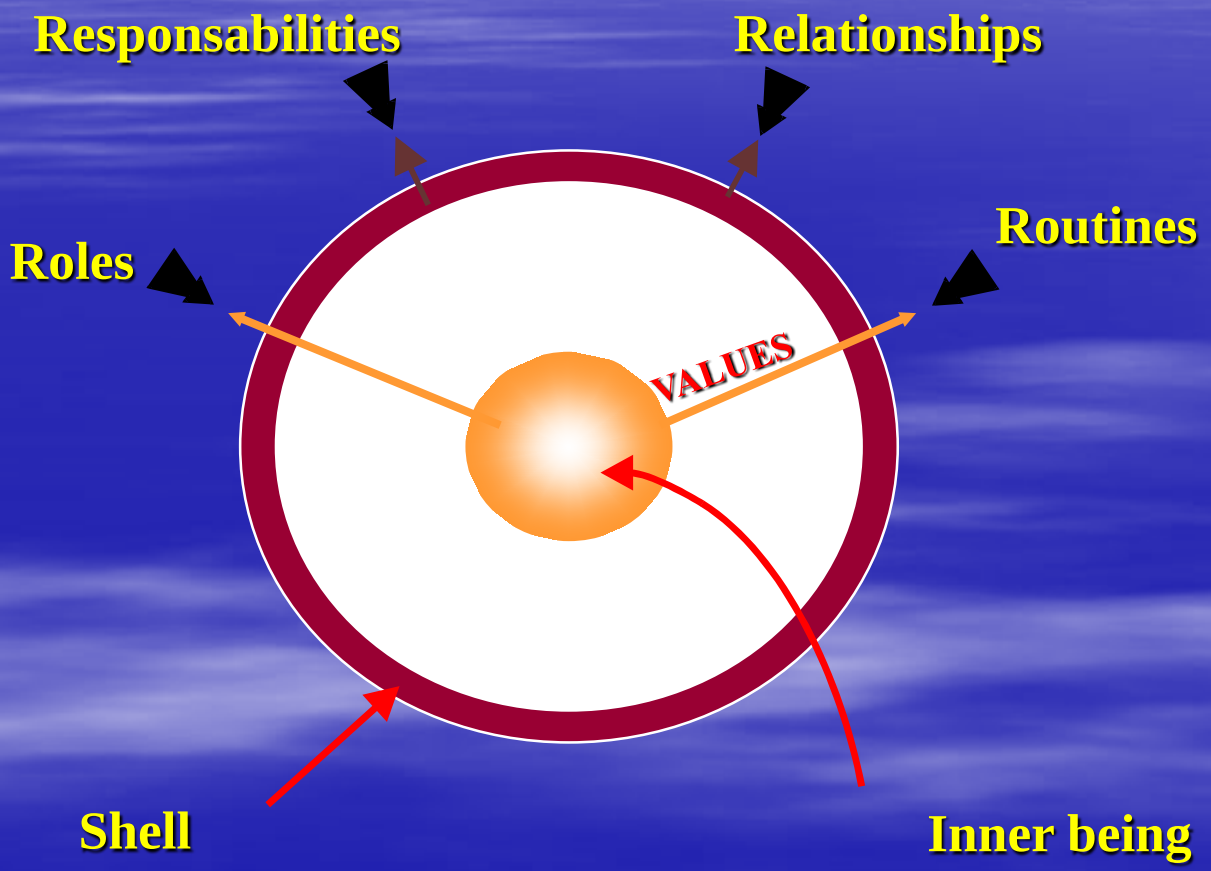
MOTIVATION-the key to enthusiasm

- There are two types:
  - EMOTIONAL – to escape from
    - Apathy
    - Routine
    - Boredom
  - SPIRITUAL – to find the motive
    - Why should I do it?
    - How does it help me or others in a positive way?
    - How to carry it out in a precise way?

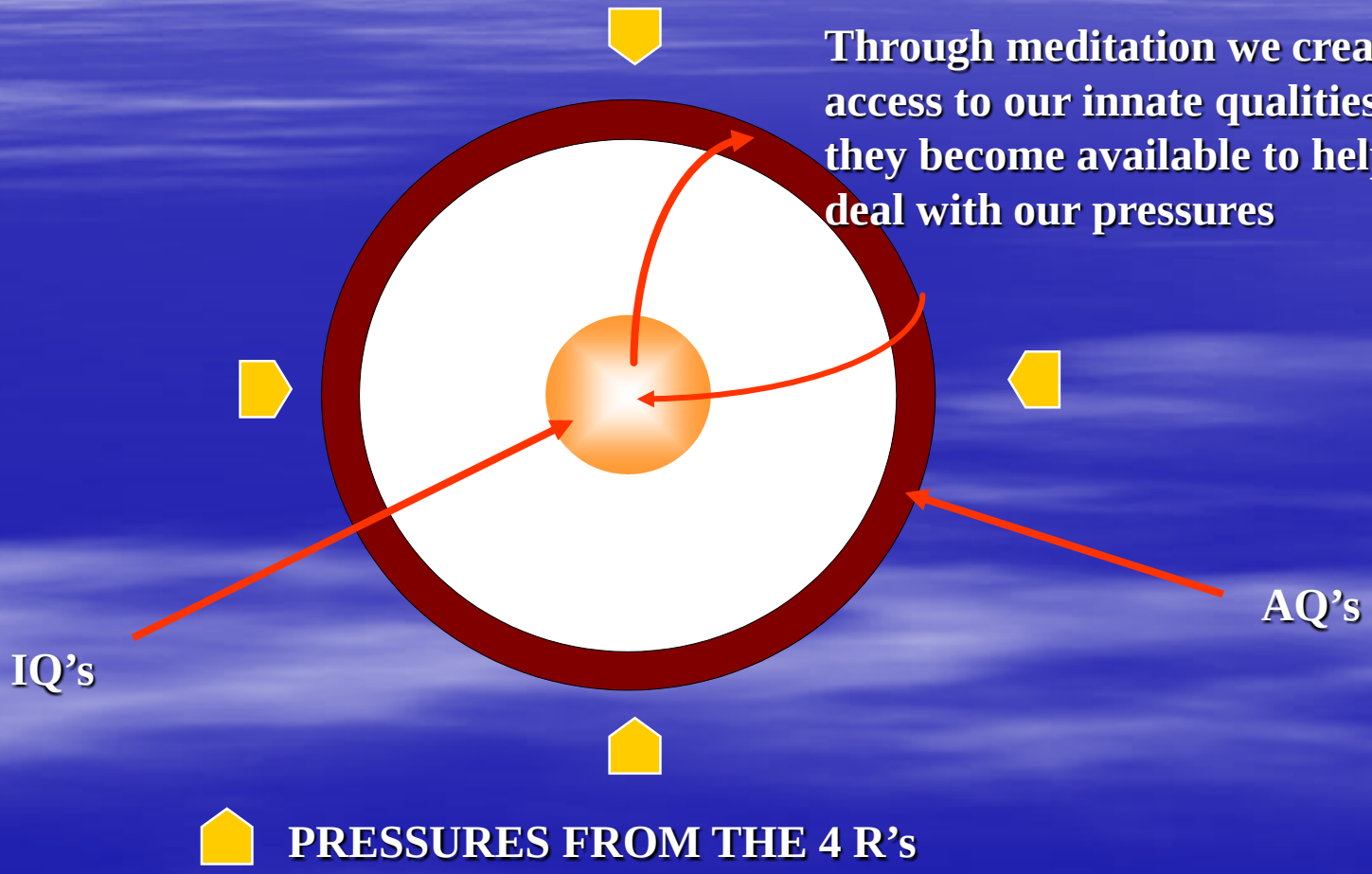
MOTIVATION – Advantages and Disadvantages

	EMOTIONAL	SPIRITUAL
ADVANTAGES	- Immediate Results - Visible Impact	- Deeper Results - Attitudinal Transformation - Long and medium-term Impact on processes
DISADVANTAGES	-Quickly loses its effect (soda-water) - Does not transform attitudes - No influence on long and medium-term processes	- Takes time to show results -The impact is not immediately visible - Can seem slow

Quality from the inside out



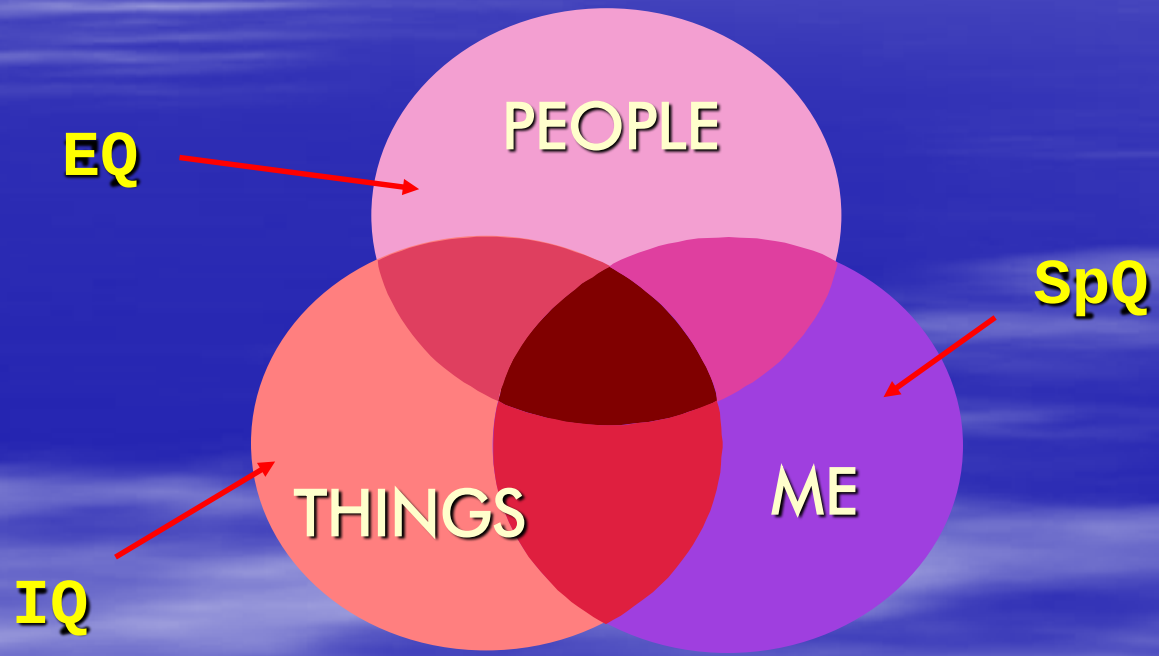
Bringing out our innate qualities

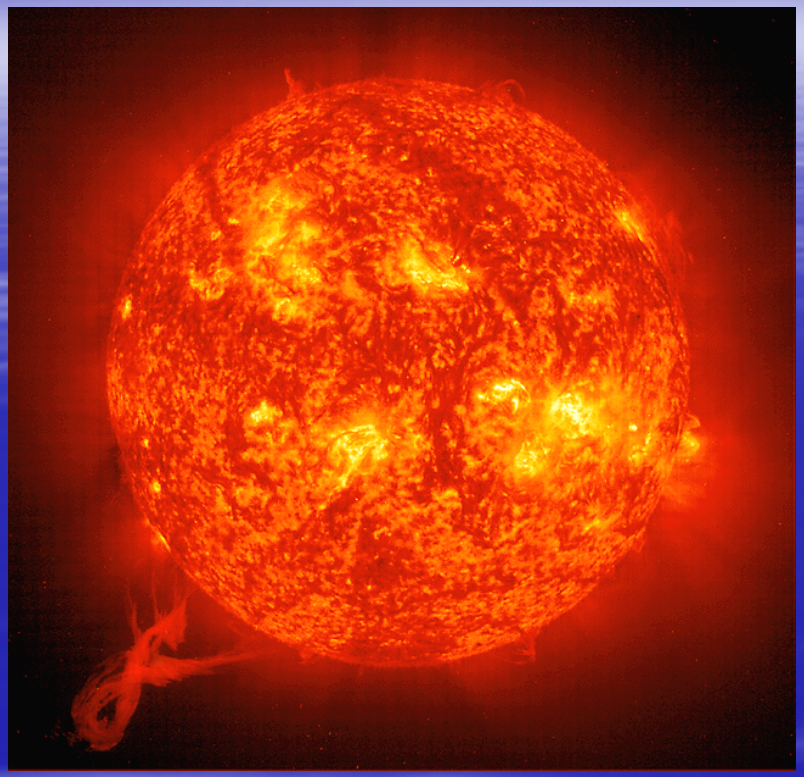


Inner reflection - the first steps

- 1) Stop what you are doing and dedicate time to know yourself
- 2) Sit comfortably
- 3) Observe what is happening around you at this moment - sounds, voices, movement
- 4) Observe that you are not only at the center of these physical aspects. You’re at the center of your 4 R's - observe them in a detached way.
- 5) Start the process of introversion to identify your IQ's
- 6) Meditates on each one of them in the form of a conversation with yourself.

The 3 Intelligences





HEAT

LIGHT

SOURCE OF PHYSICAL LIFE

LOVE

PEACE

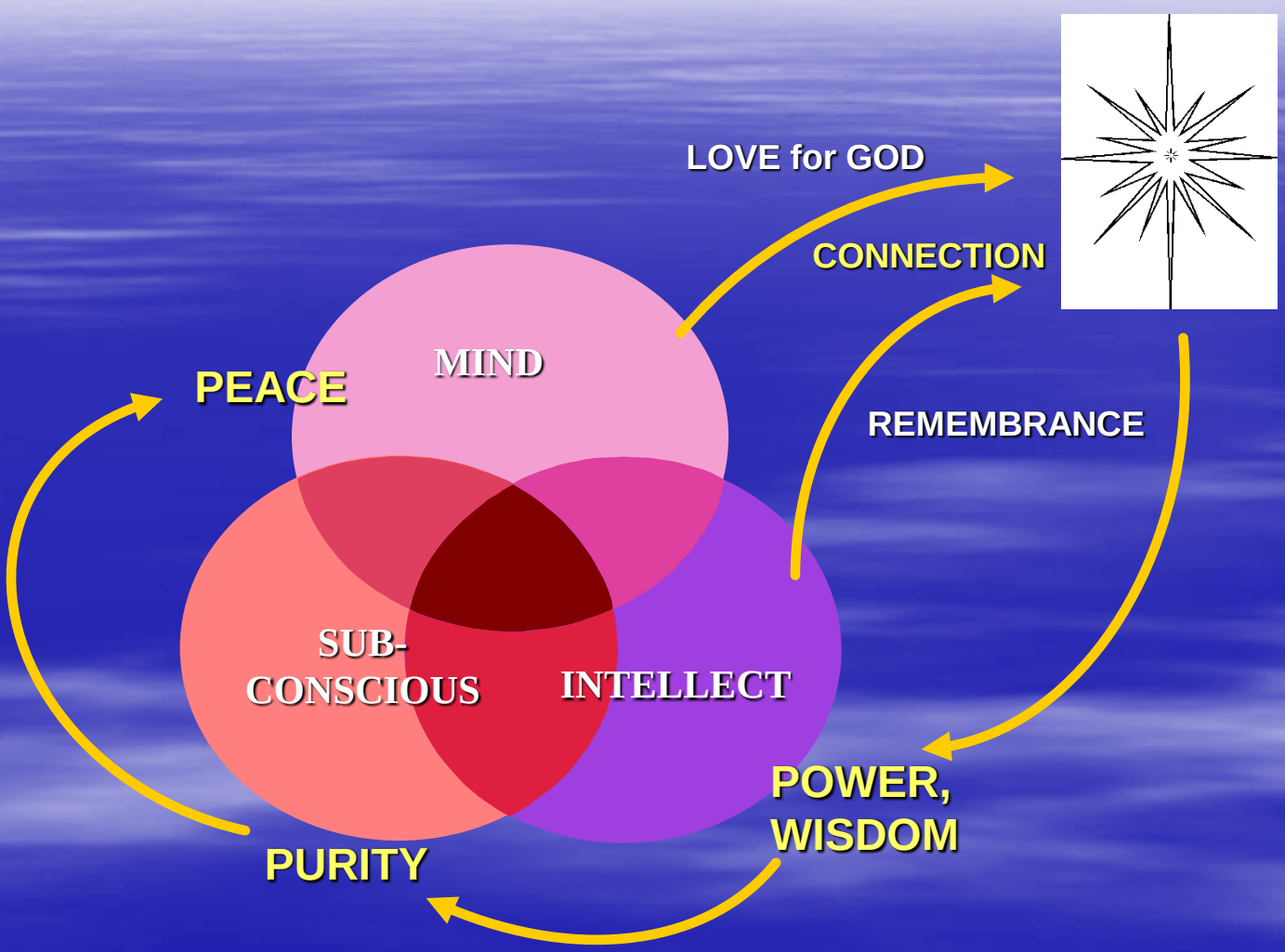
HAPPINESS

POWER

TRUTH

SOURCE OF
SPIRITUAL LIFE

Meditation and the inner process

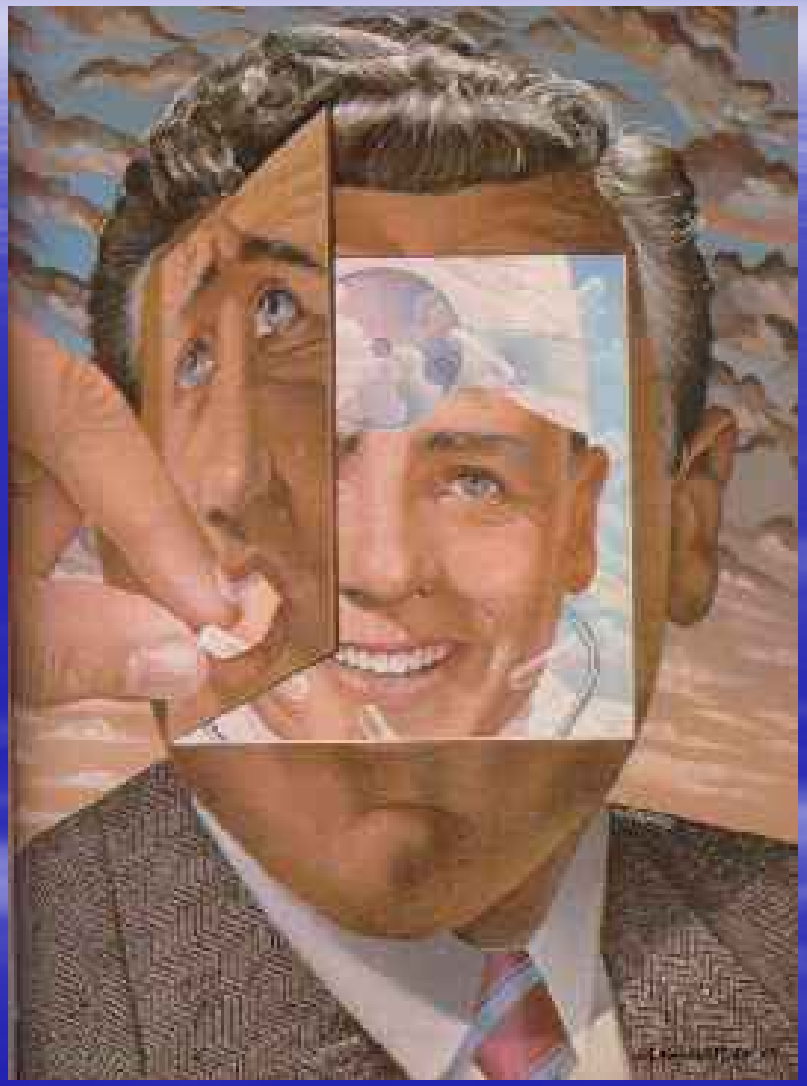


Balance

Imbalance

- To serve yourself
- To serve your relatives, friends and colleagues
- To serve the community
- To serve the world, nature

To serve yourself



To serve your relatives, friends and colleagues

To serve the community

Crystal no.1

Crystal from ordinary tap water from Tokyo in the original condition before the experiment.

Crystal no.1a

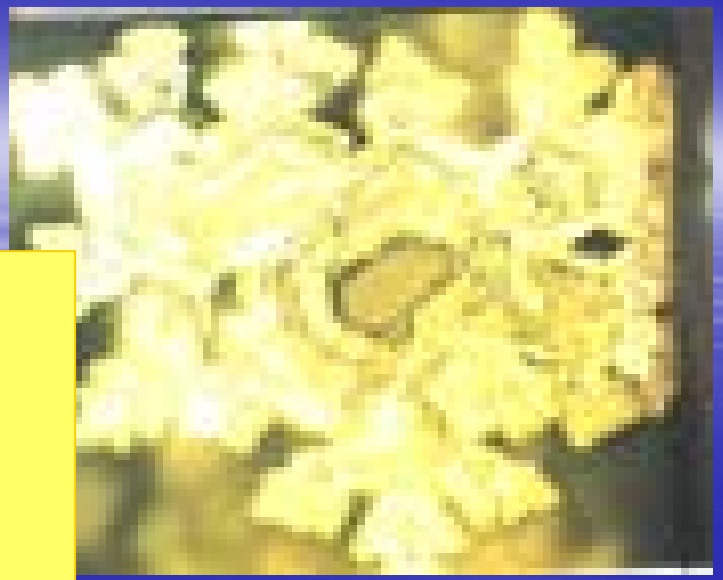
Crystal from same cup of water after 500 students across Japan, transmitted their feelings at the same time from all over the country, to the cup of tap water placed on an office table in Tokyo. They were told to send thoughts of love to clean the water.

Research and experiments in Water and Vibrations conducted by

Dr.Masaru Emoto, HADO Kyoikusha , Tokyo Japan

Crystal no. 2

Water crystal of Fujiwara dam before music or meditation



Crystal no. 2a

Crystal from Fujiwara dam after Bach's 'Air for the strings' was played in front of it. Different music played, created completely different shapes of crystals.

Crystal no. 2b

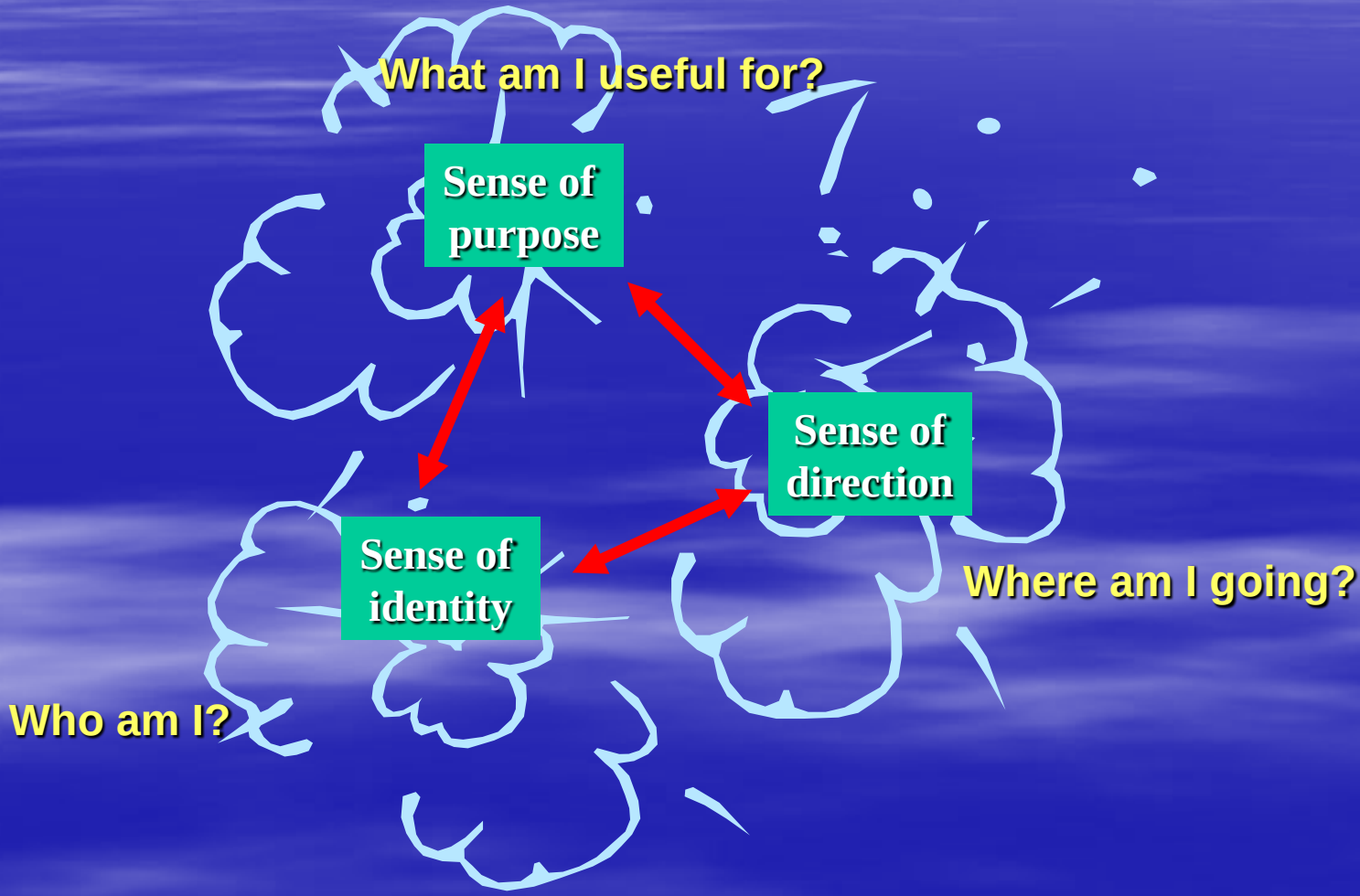
Water crystal after priest meditated for an hour in front of the Fujiwara dam.

To serve the world, nature

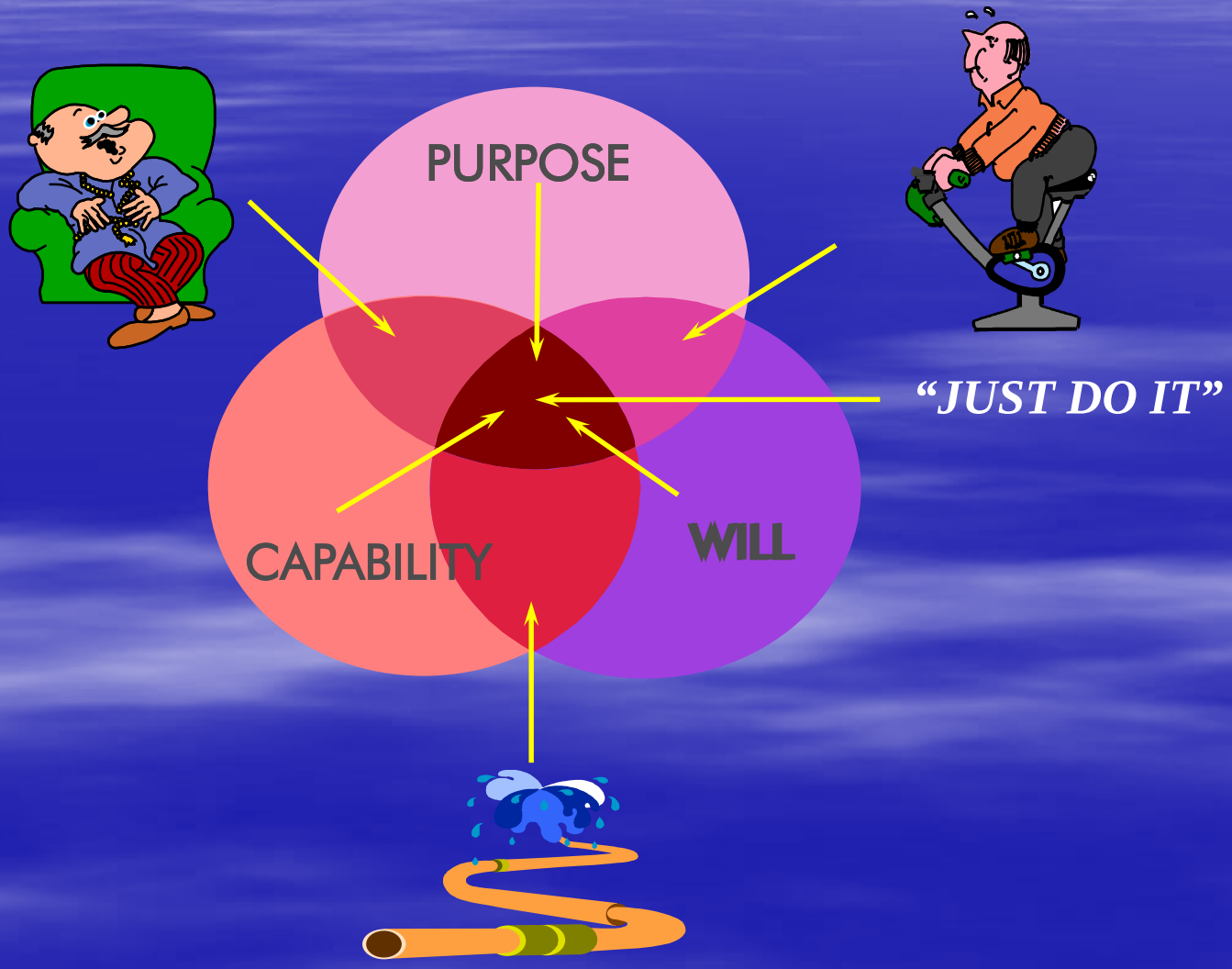
Questions about service

- What are the basic efforts for self-service?
- What are the aspects that I have to keep in mind to serve my intimate circle?
- How can I help my community?
- What contribution can I give to the world?

Stability in chaos



Self-transformación



Definition of purpose

- What is the name of the next chapter of my life?
- My primary role this new chapter is to ……. through ……..
- This means that in my:
  - Family, I will ……
  - Work, I will ……
  - Community, I will ……
  - Spiritual life or effort, I will ……