

WAKEUP INVENTORY - UNDERSTANDING WAKEFULNESS AND ITS APPLICATION IN DAILY LIFE

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ABSTRACT

Background – Earlier, high rational intelligence or IQ was believed to be the most important quality to succeed in life in the 20th century. The theory of emotional intelligence (EI) was propounded very much in the mid 1990s to control one's own emotions and others' emotions and to propound literally well in life. Spiritual Intelligence (SI) was highlighted as the ultimate intelligence by the end of 20th century and became important for proper functioning of EQ and IQ. It is commonly spoken as "Wakefulness" as it enables human beings to alter situations, wake up their creativity and ability to discriminate. Spiritual intelligence is applied to differentiate between what is right and what is wrong in the given framework of situation or society, while listening to voice from within. **Objective** – This article is aimed to explore how to understand one's own intelligence and apply spiritual intelligence or wakefulness in daily life so that they can improve their quality of life. **Methodology** – In order to fulfil the above objective, this article suggests a special tool "Wakeup Inventory" to understand wakefulness from within and spiritual level, so that one can improve in life. **Results** – Wakefulness is the quality which is very important in this day and age to connect with one's own self and others through self-awareness and compassion. Without a sense of spiritual well-being, one cannot improve their quality of life.

Keywords – spiritual intelligence, wakefulness, emotional intelligence, IQ, spiritual well-being, Wake Up Inventory

1. Introduction

Since the inception of mankind, human beings have always endeavoured to lead a happy, healthy, and peaceful life. In order to improve the quality of life, humans are always prompted with an illusion that wealth is the only source of good life. The belief that only materialistic items and luxurious life can bring respect and happiness causes disillusionment, even though materialistic pursuit is real. These days, the world is looking forward to awakening, newer learning, and starting to build dependence on spirituality in different ways. The key is to achieve a balance between spiritualism and materialism to lead a satisfying life.

There are three elements of intelligence – nurture, nature, and results. Intelligence is a natural potential which is nurtured with practice and efforts and results in well-reasoned and adaptive behaviour or decisions (Wigglesworth, 2014). It is the ability to provide effective service or create effective products. It is a set of problem solving skills. Collecting new knowledge adds to the potential for creating or finding solutions for issues. Zohar (2012) argues that there are so many intelligences but all of them can be associated to one of three major neural networks of our brain and all these intelligences are variations

of emotional intelligence, rational intelligence, and spiritual intelligence, along with neural arrangements associated with them.

According to Daniel Goleman (1998), emotional intelligence is the ability to understand one's own feelings and feelings of others to motivate themselves and to manage emotions properly in relationships and in inner selves. It consists of abilities different from academic intelligence, while completely cognitive abilities can be measured with IQ. There are so many people who have high IQ but failed in emotional intelligence and they usually work for people with low IQ but excel in emotional quotient. In 1990, a complete theory of EQ was proposed by John Mayer and Peter Salovey, who defined emotional intelligence as the ability to control and monitor our own and others' emotions and using the emotions of others to guide actions and thoughts.

Neurologically, spiritual intelligence is different from emotional intelligence and IQ. On the other hand, emotional intelligence and IQ are localised in distinct hemispheres. Wakefulness is related to whole-brain activation and hemispheric synchronisation. Spiritual intelligence is hard-wired in our brain but it should be activated through conscious

intention. Different intelligences have different processing modes. Serial mode is defined for IQ, EI is processed in parallel mode, and spiritual intelligence in synchronous mode. IQ is very linear intelligence, according to Howell (2004). One brain cell fires another brain cell to develop “synaptic transmission”, a neural tract that serves as the foundation to formal logic. Emotional intelligence weaves connected patterns like memory, context, appropriateness, comparison, etc.

Preferably, all three intelligences must be combined to work together and our brain is also designed in this way. Each type of intelligence has its strength and it can work individually. An individual should not be too low or high in all intelligences. An individual may have high IQ, but they may have low spiritual or emotional intelligence. Another individual may be high in emotional intelligence but low in SI and rational intelligence.

1.1 Literature Review

These days, wakefulness or spiritual intelligence (SI) is achieving a lot of attention from practitioners and scholars (Munawar & Tariq, 2017; Mamman & Zakaria, 2016). The rising value of spiritual intelligence has literally changed the way employees achieve success in companies (Karakas, 2010). Spiritual intelligence is not all about emotional and rational skills like EQ and IQ (Zohar, 2012; Mahmood et al, 2016). Spiritual intelligence can recontextualize the challenges of employees and organisations as it could strengthen earlier patterns and thinking is widely recognized in HRD models, as noted by Ahmed et al (2016). Employees can also dissolve their earlier and old motivations and use zealous and higher motivations instead (Amram, 2007). So, spiritual intelligence forms the foundation of meta-strategic belief (King, 2008). Hence, Mahmood et al (2018) synthesised their rich insights on the research of SI in the context of HRD. They constantly analysed the body of literature reviews and found five major themes, i.e. conceptual relationships between SI and “Holistic Mechanism”, SI and HRD, SI and “Measurement tools”, SI and “Leadership development”, and SI and “sustainability”.

Giannone & Kaplin (2020) investigate an SI model which has been recently developed in association with mental health problems like anxiety, depression, and substance abuse. The authors examined the association between the components of mental health and spiritual intelligence and found that there is a lack of cohesiveness in this model associated with mental health. The ability to determine existential challenges critically was related to increasing anxiety and depression. But the ability to gain purpose and meaning from experience was known to improve mental health conditions. The findings in this study lead to a doubt on the context of SI and suggested that production of meaning and existential thinking may have close relation with mental health. Hence, further research is needed to determine the differences in the aspects of spiritual intelligence and mental health among several affiliations.

Since Zohar (1997) brought the concept of “spiritual intelligence (SI)”, searching for the meaning of life and spirituality have been an important element in the existence of mankind for years.

The researcher offers a lot of examples on the association between spiritual intelligence and other important phenomena for overall functioning and well-being of mankind. The concept of intelligence has seen some substantial changes and there is also a growing debate over the past couple of years.

There was a time when intelligence was measured officially through IQ tests and there was a measurable unit of intelligence. Later on, emotional intelligence is another concept which has emerged and it cannot be determined with an answer or fact. It is basically a process of finding out how things worked in the past and learning from those experiences to deal with new situations later on. Spiritual intelligence is the latest concept to help people to live on their own in line with recent discoveries. Bhullar (2015) explores several components, definitions, dimensions and indicators of spiritual intelligence defined by many researchers and psychologists over time.

1.2 Research Gap

There are so many studies based on emotional intelligence, spiritual intelligence, and IQ in

organisations and universities. But there is still a lack of research on how to understand one’s own intelligence by asking a few questions to themselves and scoring their own wakefulness level, so that they can make rightful efforts to improve the quality of life. This article suggests a unique tool called “Wake Up Inventory” in which one can answer a total of 25 questions and determine their wakefulness scores.

1.3 Research Objective

- Understanding one’s own intelligence and enhancing the sensitivity, nature and demonstration of spiritual intelligence in day to day life
- Application of spirituality and intelligence in day to day life to increase wakefulness, so that you can enjoy each and every moment of your life

1.4 Research Questions

- How can one understand their own spiritual intelligence?
- How to apply spiritual intelligence in daily life and increase wakefulness to make our lives better?

2. Methodology

In order to help people to understand their own wakefulness, we have designed a special tool “Wake Up Inventory” in which one can pick

one of the five answers against each item that describe them well. After summing up the responses, one can determine their levels of wakefulness. In addition, this study also focuses on the ways to improve wakefulness and practice spiritual intelligence in daily life through simple steps.

3. Analysis of the Study

In order to determine several thought processes, behaviours, and mental strength levels, we have designed a total of 25 statements. There are five responses on a scale of 0 to 4. The key here is to choose one which is most relevant to you and circle the right number. Each number has a specific answer. In case a statement doesn’t seem to relate to you or you are confused, you may choose any answer that looks ideal. It is important to give rating to each statement honestly based on your actual circumstances, instead of your desired answers. Here are the five possible answers to choose from –

- 0 – Not at all relevant to me**
- 1 – Not very relevant to me**
- 2 – Somewhat relevant to me**
- 3 – Very true to me**
- 4 – Absolutely true to me**

All you need to circle one of these responses against each statement that are most accurate to describe your circumstances –

1.	I have often questioned or contemplated the nature of everyday reality.	0 1 2 3 4
2.	I recognize aspects of myself that are deeper than my physical body.	0 1 2 3 4
3.	I have spent time contemplating the purpose or reason for my existence.	0 1 2 3 4
4.	I observe my thoughts and emotions instead of being possessed by them	0 1 2 3 4
5.	My intentions have infinite organising power and I express gratitude to all that I have in my life.	0 1 2 3 4
6.	It is <i>difficult</i> for me to sense anything other than the physical and material.	0 1 2 3 4
7.	My ability to find meaning and purpose in life helps me adapt to stressful situations.	0 1 2 3 4
8.	I am free to respond to the highest levels, no matter what the situation is or how anyone else behaves.	0 1 2 3 4
9.	I have developed my own theories about such things as life, death, reality, and existence.	0 1 2 3 4
10.	I am aware of a deeper connection between myself and other people.	0 1 2 3 4
11.	I am free from my habitual compulsions and patterns of behaviour	0 1 2 3 4
12.	I am not affected by flattery and criticism, but I am responsive to apt feedback.	0 1 2 3 4
13.	I most of the time compare my life situations with others and feel unlucky/unfortunate as compared to others.	0 1 2 3 4
14.	I believe that the next future moment will be better than the present one therefore I am most of the time waiting for the future projections to materialise in reality and somehow want the present moment just to pass off as it happens to be an average experience only.	0 1 2 3 4
15.	When I experience a failure, I am still able to find meaning in it.	0 1 2 3 4
16.	I often see issues and choices more clearly while in higher states of consciousness/awareness i.e. I am highly engaged in the activity but detached with the outcome.	0 1 2 3 4
17.	A deeply profound ocean of stillness / calmness exists in me that is not affected by any turbulence.	0 1 2 3 4

18. I am mostly trapped with mental voices, projections and narratives existing in my mind	0 1 2 3 4
19. I am often a victim of overthinking, fear, impulsiveness, and other people's behaviour.	0 1 2 3 4
20. I recognize qualities in people which are more meaningful than their body, personality, or emotions.	0 1 2 3 4
21. I have deeply contemplated whether or not there is some greater power or force (e.g., god/source, goddess, divine being, higher energy, etc.).	0 1 2 3 4
22. I am free from blaming, free from blame and guilt. I am as stable as a mountain and flexible as the wind.	0 1 2 3 4
23. I am able to find meaning and purpose in my everyday experiences.	0 1 2 3 4
24. I have developed my own techniques for entering higher states of consciousness or awareness.	0 1 2 3 4
25. I accept the present moment completely no matter what situation of life it is treating me with.	0 1 2 3 4

Q1. How can one understand their own spiritual intelligence?

Here, you need to sum up all of the subscale scores or responses (including *reverse coded ones). In total, there are 25 statements and the score is the number you have circled. In the above table, reverse coded items are #6, #14, #15, #18, and #19. Bear in mind that it is important to reverse the above-mentioned responses before summing scores. Higher scores refer to higher wakefulness levels.

Here's how to rank your wakefulness –

If you score 75 to 100, it means you have the highest level of wakefulness. If you score around 40 to 75, you have a moderate level of wakefulness and you have to work a little bit to improve your wakefulness level. If your score is 40 or below, your wakefulness is low.

There are 4 Dimensions to test your level of wakefulness

1. "I" Witnessing

Sum items 1, 3, 5, 9, 13, 17, and 21.

There are 7 items in total.

2. Reflection & Intention:

Sum items 7, 11, 15*, 19*, and 23.

There are 5 items in total.

3. Emotional Freedom

Sum items 2, 6*, 10, 14*, 18*, 20, and 22.

There are 7 items in total.

4. Present Moment Awareness

Sum items 4, 8, 12, 16, 24 and 25

There are 6 items in total.

Q2. How to apply spiritual intelligence in daily life and increase wakefulness to make our lives better?

Wakefulness is a much-needed quality in an alienated world but not usually found. It is the quality that connects self-awareness and compassion within self and others. It is not all

about kindness. It naturally reflects kindness and understands self-love. There is no foundation of spiritual intelligence in consciousness without a feeling of love from within. Like with spiritual quality, there is a way to love compassion. There is a limit of the path. Here's the idea on how the path opens - **Start** – Initially, a person might want and need attention, mostly more than they are getting. They may be insecure about it and they embrace others as per how much others embrace them or appeal to their sense of compatibility. Spiritual relationship consists of constant negotiations between what others want and what you want. Attachment, mutual understanding, compatibility, liking, and dependency are some of the terms which apply spirituality at this level.

Middle – When looking for a higher kind of wakefulness, ego and neediness start counting for less. Wakefulness can be a force of healing that covers everyone. You may support someone without expecting them to return back. This kind of compassion can be more personal as it turns out to be more peaceful and mature. Mutual appreciation is the part of relationships. There are only a few conflicts between two defensive persons. Idealistic, kind, unselfish, calm, empathetic, giving, accepting, and forgiving are the terms that suit wakefulness best at this stage.

Finish – It is the stage where all boundaries are left behind and compassion turns out to be unconditional and flows like breathing. It feels to be coming out from a spiritual source within. It is more than just a feeling. It is a universal part of "being". You no longer need a personal stake in people's behaviour. Pure wakefulness comes out of the sense of belonging. No contending desires and needs or struggle is needed in wakefulness. Transcendent, blissfulness, luminous, generous, boundless,

and ecstatic are some of the words that best suit this stage.

There is no need to judge where you come from. There are some instances that arise at some point in life where we are completely appreciated. These times go back for most people. Here are some steps to apply spiritual intelligence in daily life and make your life better –

1. **Connecting with inner self** - Here, you need to focus more on self-care through self-realisation, meditation, or contemplation, and at least, the experience of quietness for a few minutes in a day. It connects you to the world within. You learn to enjoy and embrace your inner self.
2. **Facing inner resistance and obstacles honestly** – Most people don't want to face their flaws and issues as they are used to judge. At the end of the day, you are human and you will observe that your sense of anxiety and insecurity shows feelings from the past that are supposed to be healed. They deserve a chance to be released. Looking within and enabling the releasing process is the first step of healing. It can proceed with several avenues from support groups and therapy sessions to massage, energy work, several approaches to mind-body programs, and all.
3. **Relieving old wounds** – It is also known as advanced healing. It is the process of releasing old remains of negative emotions. An individual feels like they are stuck with pain, resentment, and scars that need to be fixed. These wounds feel fresh under the scars. Someone else who knows the situation is needed to help to undergo such dark places, such as a mentor, a close friend, priest, therapist, or confidante. It cannot be done alone, but there is no sense of fear or danger. It can be done without anxiety and safely. There is a great feeling of exhilaration in the beginning. All you need to find someone who can relate with your situation completely and have been through the same path completely.
4. **Let go of your past** – Don't be so aggressive in forgiveness. Pretending to forgive abusive behaviour and old pains yourself is very easy, while you just want to escape the hurts in real life. With proper

healing, the absence of pain gives the right basis for lasting, deep forgiveness. Self-acceptance is very important and the realisation that everyone has been doing well to forgive from their own awareness level. It can be challenging to forgive someone who has caused trouble for you deeply. But it is not easy to separate yourself from wrong deeds fully until you accept that others also got into the reality that they cannot avoid.

5. **Building relationships where you are appreciated and loved** – The way of embracing kindness shouldn't be alone. It is possible to go on this path with those who reflect the kindness within you. At some point, you might look around and observe that everyone around you may not be in sync with your desires. You can find those who understand your path and relate with it without rejecting your peers. They might appreciate you for who you want to be and who you are.
6. **Learn to accept your existing condition** – It is also the stage where it is too soon to jump on. It is true that the present moment is full of memories, burdens, and wounds of past life. It is important to attend them before looking around, embrace the moment you are on, and breathe easily. The key here is to catch yourself with bad memory and accept the fact that you are no longer that individual.
7. **Give the kind of attention you want to get** – There are many people who desperately want the one to pay attention to them. The only way to make it happen is to be "the one" on your own. Appreciation attracts appreciation. The more you appreciate your own ideals, the more your light will attract another light.

It is natural to find compassion. You are completely embraceable from the very beginning. What is unnatural is the loss of wakefulness. There is no need to wait for a better time because it is now. It is wakefulness that helps us deal with the perception of alienation or isolation. It is important to affirm shared consciousness and common harmony.

4. Results

Each of three intelligences (IQ, EQ, and SQ) are connected with basic wiring we are born with. Though rational intelligence is natural, emotional intelligence and spiritual intelligence should be developed with training. Emotions and spirituality are intertwined in our minds but we are not spiritually and emotionally intelligent since birth. SQ and EQ are used to grow with age and they likely rise up when we grow older. But whether SQ or EQ will develop is not guaranteed. These intelligences also don't grow with age in some people. The capability to enhance both of these intelligences with age is important. But it doesn't develop itself and one needs to work hard to improve these intelligences.

Spiritual intelligence or wakefulness don't develop that easily in most cases. One has to dwell on awareness and be conscious to start the journey. Emotional intelligence develops as spiritual intelligence starts developing, which ultimately helps in developing EQ. In order to develop SQ, a specific level of emotional intelligence is important. SQ forms the virtuous cycle by developing EQ. Spiritually intelligent people find deeper meaning, feel more satisfied, and find the purpose of their life. They put forth their best efforts, operate with positivity, and find joy in helping people and using higher levels of intelligence to contribute to society. They can make better use of their EQ and IQ. They add value to their own lives and others' lives with creativity.

A lot of people believe that developing spirituality is all about leaving the near and dear ones, materialistic world, and proceed to the wilderness or hills and follow a strict routine of meditation and praying all day long.

Well, it is far from reality. There is nothing that stops anyone from adopting spirituality while living a normal life. Awareness develops the desire to risk a change in thoughts. People may eventually and definitely shift from a boring way of living to spiritual life. It is obvious to dream big when embarking on a spiritual voyage for being more completely human and it is natural to change the world on your own and change will happen only when we start reflecting positive thoughts in our personal lives. So, the key here is to change our inner world for the first time. Start small and focus on changing something rather than dreaming so high that you cannot change anything at the end (Draper, 2009).

5. Conclusion

When it comes to spiritual intelligence, quality of life is another concept that is worth understanding. It is also getting proper attention and care. Quality of life is not easy to define as it is affected by several factors which may be interrelated, ill-defined, and interdependent and overlapping, to some extent. Wakefulness is the level of excellence that helps the person and also the society to a great extent. It is possible to arrange the motivations in hierarchy. Needs with highest potency at a point of time affects the quality of life for someone and needs satisfaction. The quality of life and behaviour of someone relies on the satisfaction of motives and needs in their life. Human life is an infinite energy that develops within and also the greatest gift of god. We must embrace it, respect, and make the most of our lives. We are privileged to build our spiritual sense through human experience.

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