

# American Vedic Association

## **IQ, EQ, SQ or All 3Q's?**

**3<sup>rd</sup> Tue: Feb. 21, 2017: IQ, EQ, SQ or All 3Q's?** will be discussed at the **American Vedic Association Bhagavad Gita as It Is Fellowship**: *The IQ test was conceived to identify learning rate. The EQ gives some hint at how emotionally stable an individual is. Yet it is spiritual intelligence that best characterizes how whole one is. Augment your SQ in this AVA fellowship.*

### **IQ, EQ, SQ or All 3Q's?**

It was in 1919 when the world was introduced to the **Stanford-Binet Intelligence Scale** which soon became the standard for measuring intelligence in the modern world. The letters IQ were soon adopted as a means for discussing one's "Intelligence Quotient." The generally accepted assumption was the higher one's IQ, the smarter a person was... which in turn implied the prestige of success, reliability and perhaps several other admirable qualities. For a long time, a high IQ score implied a type of social superiority.

By 1995 it had become evident that having keen memory, knowing how to identify patterns, or make quick calculations might be helpful in certain occupational duties, but these skills measured by the IQ test, were not necessarily the indicators of the type of prosperity that social scientists originally expected them to be. Had that been the case there would not be so many examples of smart people doing really stupid things such as the ten examples provided here: <http://science.howstuffworks.com/life/inside-the-mind/human-brain/10-smart-people-dumb-things4.htm>

### **Emotional IQ**

Soon it was apparent that machines, (computers) were capable of outscoring humans in the areas measured by the IQ test. It was also quite evident that computers have no imagination, are impersonal and are ruthlessly blunt about information. We accept the limitations of a machine when it functions with cold sterile like tendencies, but when people treat us like that the results are usually not favorable. Steve Jobs was an example of a brilliant individual with an IQ of 160 but his interpersonal skills were horrific. He was an engineering savant with a terrible reputation for being very demanding, unforgiving, difficult, contentious and even cruel to those who worked for him. This further confirmed that having a high IQ was not the way to measure the excellence of a person. Jobs did establish Apple as the leader in a cut-throat industry and when he passed away in 2011 people from all over the world mourned his death. But that was not because they knew the man Steve Jobs. It was because he provided a lot of people with the illusion of a Godly-like power when the I-Phone displaced the dog as mans best friend.

This type of phenomenon sent behavioral scientists out to find a more accurate way to identify the types of "character traits" that would better reflect the wholeness of an individual. That led to the concept of Emotional Quotient (EQ)... or what is more commonly referred to as Emotional Intelligence (EI). The EQ test measured how well

one could, i) identify ii) use iii) understand & iv) manage one's emotions in a "healthy" way.

The advantage of Emotional Intelligence is that it is a better identifier of the five personal traits that psychologists say reveal the most about the type of person we really are. Those characteristics are:

- 1. Extroversion** Extroversion reflects the degree to which people like to be the center of attention in social situations. Extroverts want that spotlight shown on them, while introverts shun the spotlight (though they typically have many friends and like engaging in smaller interactions).
- 2. Agreeableness** Agreeableness reflects how much people want others to like them. People with agreeable personalities really want others to like them, while disagreeable people do not necessarily care whether others like them. Agreeable people have difficulty delivering bad news, giving criticism, and standing up for themselves to others.
- 3. Conscientiousness** Conscientious people are driven to complete the tasks they start and to follow rules. We often notice conscientious people, because they are likely to finish the tasks we give them. It is easy to undervalue the people low in conscientiousness, because they need a lot of supervision. However, those low in conscientiousness may try creative solutions to problems, because they do not feel the need to follow rules.
- 4. Openness to Experience** Openness reflects people's willingness to consider new ideas. People who are open will try new ideas on for size, while those closed to experience will typically reject new ideas just because they are new.
- 5. Emotional Stability.** Emotional stability reflects the amount of energy flowing through the motivational system. That energy reflects itself in the emotional reactions that people have to successes and failures. Emotionally stable individuals are stoic. They are unfazed by circumstances. Emotionally unstable individuals experience significant highs and lows in their lives. This instability can cause difficulties in the workplace when people get angry or upset at others.

## Spiritual IQ

Psychology is helpful in terms of how we navigate thru the issues of life but understanding how the mind works doesn't address the needs of the soul. The majority of the population confirms that they believe life has a higher "spiritual" purpose than just striving for food, shelter, protection and sense pleasure. When we consider that aspect of who we are neither IQ or EQ address it. The question then becomes how does one measure Spiritual Intelligence, or is it even possible to do so? This can be a very tricky issue with so many vendors in the spiritual marketplace offering such a variety of faiths to choose from. However, there are some principles that apply to all these diverse belief systems. The Vedas provide three important milestones relevant to all of them. They are referred to as:

**Sambandha: (Re-Connection)** This is the stage where the living entity awakens to the realization that he has an eternal relationship with his creator.

**Abhidheya: (Process)** After realizing one has a relationship with God which has dwindled, this milestone refers to those who actually begin the process of restoring that lost relationship with the Supreme Lord thru devotional service.

**Prayojana: (Goal)** Prayojana refers to the various symptoms one experiences when someone fully transcends mundane worldly affairs and attain the highest truth via spontaneous, uninterrupted and unmotivated love for God.

So for those who might be wondering what their Spiritual Quotient would be based on the Vedic science of the soul, we offer the following simple ten question multiple choice Spiritual IQ test. Everyone is welcome to take the test and send back their answers

to [mdjagdas@gmail.com](mailto:mdjagdas@gmail.com). I will then send the complete answer sheet to those who took the spiritual IQ test so you can tabulate your results. This is really just an interesting way to learn more about the hidden treasures locked in the Vedas. SO the answer sheet will not only identify the correct answers, but it will also philosophically explain why the incorrect answers are wrong. Please keep in mind that those who are not familiar with Vedic teachings generally don't get more than two or three of the questions correct. So if you do better than that you can understand that you must be a returning student perhaps from a previous life and are now ready to go deeper into the Science of Self Realization according to the Ageless Vedic tradition.

### **SPIRITUAL IQ TEST:**

[http://jagannatha.com/wp-content/uploads/2017/02/SpiritualIQ\\_Test\\_2016.pdf](http://jagannatha.com/wp-content/uploads/2017/02/SpiritualIQ_Test_2016.pdf)

Send your answers to [mdjagdas@gmail.com](mailto:mdjagdas@gmail.com) to find out how well you did!

END OF FEATURE COMMENTARY

**Telephone: (805)640-0405 Venue: 687 West Villanova Road Ojai, California 93023 Time: 7:00 pm**  
**Always Free!**

#### Program Schedule

7:00pm - 7:20pm – Kirtan (Congregational Call & Response Chanting) – Instruments welcomed!

7:20pm - 8:15pm - Bhagavad Gita Fellowship Discussion (Sanskrit & Philosophy)

8:15pm - 8:30pm – Questions & Answers

8:30pm - 8:50pm - Krishna Prasad – (Sacred Vegetarian Congregational Meal)

8:50pm - Onwards... Informal devotional realizations and sharing, Inspirational videos

*Guests are welcome to arrive as early as 6:30pm.*

*Please call if you would like to assist in cooking, set up or other forms of community devotional service.*

*We always begin right at 7 pm, however, late arrivals are always welcome to join us.*

### **Kirtan Night Tuesdays**

**2nd & 4th Tuesdays 7pm Every Month: Kirtan/Discussion/Movie Time!**

Are the nights we invite people to take advantage of added opportunity for spiritual association to deepen our study of the books of A C Bhaktivedanta Swami, watch a movie on the path of bhakti yoga and engage in japa/kirtan (personal/congregational chanting). The Maha Mantra is the most uplifting and recommended sound vibration for this age. Musicians are encouraged to join us for this kirtan experience! There are many Vedic references which specifically recommend the chanting of the Hare Krishna maha-mantra as the most effective and advantageous means of reaching spiritual realization and counteracting all the problems of this age. Some of these verses are the following:

*“These sixteen words--Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare/Hare Rama, Hare Rama, Rama Rama, Hare Hare--are especially meant for counteracting the ill effects of the present age of quarrel and anxiety. (Kali-Santara Upanishad)”*

*“All mantras and all processes for self-realization are compressed into the Hare Krishna maha-mantra. (Narada-pancaratra)”*

### **Current Events:**

## Vedic Vegetarian Cooking Classes By An Expert

Those who have attended any AVA gathering already know about the wonderful vegetarian dinners we serve freely to everyone who shows up. Many want to know how to cook such great preparations which involve the proper use of the many healing herbs and spices Indian cuisines are so well known for. Now you can get the opportunity to learn some of those secrets to cook a delicious Indian vegetarian meal from an expert in this field. Brajarani Dasi will offer 4 wonderful classes on four consecutive Sundays for a ridiculously reasonable rate of \$80. Please contact Brajarani right away to reserve your spot at: Tel: (805) 640-0405 or Email : [brajaranid@hotmail.co.uk](mailto:brajaranid@hotmail.co.uk)

I look forward to seeing you all at the next AVA Fellowship gathering! Thank You!

mayesvara dasa ACBSP

**AKA:** William Roberts MBA/MIS, CCP

**Director:** *American Vedic Association*

*Destroy the Darkness of Ignorance With the Torchlight of Knowledge. -Bg 10.11*

**Proprietor:** *Jagannatha Enterprises*

*Distributing the Smile of Your Dear-Most Friend*

*One Who Knows Me Will Become Wise & His Endeavors will know Perfection. -Bg 15.20*

*Check out a unique line of devotional products at: [jagannatha.com](http://jagannatha.com)*

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