



# Personality Transformation Through Spiritual Intelligence

**Dr. Ravinder Kour**

Associate Professor  
Department of Psychology,  
Government Degree College Basohli, Kathua, India

**Abstract :** Workplace now place nearly as much emphasis on personality development and motivation as they do on the structural requirements of the organisation . Personality development is crucial in the workplace as having the correct personality and social skills make it easier to collaborate with others and communicate with coworkers. Students are able to make more acquaintances and be more gregarious at educational institutions where they have a solid rapport with others. The pupils are well-presented and engage in interaction. One's personality, values, attitudes, behaviors, and overall perspective on life can all be influenced by spiritual intelligence, a higher degree of intelligence. It's the capacity to draw on spiritual wisdom to resolve day-to-day issues and receive direction from within. Some claim that the development of mature traits like wisdom, compassion, integrity, joy, love, creativity, and peace can be attributed to spiritual intelligence. Multiple methods of knowing and the connection of the inner life of mind and spirit with the outside life of working in the world are requirements for spiritual intelligence. Neha (2017) found that spiritual intelligence can be developed with practice, investigation, and questing. Its development may also be influenced by spiritual experiences, contingent on the integration method and circumstances. Amrai et.al (2011) found that personality traits are factors that have got a considerable role in people spiritual intelligence. By giving people a better understanding of their feelings and relationships as well as a more profound sense of meaning and purpose, spiritual intelligence can help people lead a successful life.

**Index Terms - Personality Development, Spiritual Intelligence, Successful Life**

## PERSONALITY DEVELOPMENT

Enhancing and developing one's inner and exterior self in order to improve one's life is known as personality development. Every person has a unique personality that may be cultivated and enhanced. This process involves increasing one's self-confidence, one's language and communication skills, broadening one's knowledge base, learning specific skills or hobbies, learning proper manners and etiquette, incorporating style and grace into one's appearance, speech, and walking, and generally enveloping oneself in positivity, vitality, and tranquility. Because it helps people make a positive impression on others, personality development is becoming more and more important. It also helps people build and maintain relationships, advance their careers, and meet their financial needs. In the end, personality development is really a tool that helps you become more aware of your strengths and abilities, which makes you a more resilient, content, and upbeat person. A robust personality development process yields numerous advantages for personality development. It is actually true that personality development has no drawbacks and only rewards. Effective personality development turns disagreements into dialogue, arguments into arguments, and conflicts into peace. The following list will provide a concise overview of the advantages of personality development for easy reading and understanding.

Developing one's personality is essential to leading a happy and healthy life. It includes improving one's character, emotional intelligence, communication abilities, and general outlook. The following are the main advantages of personality development for a healthy lifestyle:

### 1. Improved Mental Health

- **Increased Confidence:** Developing a positive personality can boost self-esteem, leading to greater confidence in daily interactions and decision-making.
- **Better Stress Management:** A well-developed personality helps in managing stress more effectively by promoting resilience, optimism, and emotional stability.
- **Emotional Balance:** Strengthening emotional intelligence allows individuals to understand and control their emotions, leading to healthier relationships and improved well-being.

### 2. Enhanced Relationships

- **Effective Communication:** Personality development improves verbal and non-verbal communication, fostering better understanding and cooperation with others.
- **Empathy and Compassion:** By learning to appreciate others' perspectives, individuals build more meaningful connections, promoting emotional health.
- **Conflict Resolution:** People with developed personalities tend to approach conflicts with patience, tolerance, and rational thinking, preventing emotional strain.

### 3. Physical Health Benefits

- **Positive Mindset:** A positive outlook on life, a result of personality development, is associated with lower levels of stress hormones like cortisol, which can contribute to better physical health.
- **Increased Motivation for Healthy Habits:** Personal growth can lead to improved discipline, encouraging healthier lifestyle choices such as regular exercise, balanced diet, and adequate sleep.
- **Reduced Risk of Chronic Diseases:** Personality traits like conscientiousness are linked to lower risk of chronic conditions such as heart disease and diabetes due to healthier habits.

### 4. Boosted Productivity and Success

- **Focus and Determination:** Personal development helps individuals set clear goals and stay focused, leading to greater success in both personal and professional life.
- **Time Management:** A well-developed personality encourages better planning and organization, reducing stress and improving work-life balance.
- **Increased Motivation:** Developing a growth mindset encourages continuous self-improvement and persistence in the face of challenges.

### 5. Better Self-Awareness and Growth

- **Self-Reflection:** Personality development encourages introspection, helping individuals understand their strengths and weaknesses, thus fostering continuous self-improvement.
- **Resilience to Setbacks:** A growth-oriented personality enhances the ability to bounce back from failures, enabling healthier coping mechanisms and long-term happiness.

### 6. *Cultivating Positivity and Gratitude*

- **Optimism:** By focusing on positive aspects of life, individuals with developed personalities tend to have a more optimistic view, which is linked to better physical and mental health.
- **Gratitude:** Practicing gratitude, a common component of personality development, enhances mental well-being and reduces anxiety and depression.

### 7. *Holistic Personal Growth*

- **Balanced Lifestyle:** Personality development helps individuals find a balance between career, family, social life, and personal time, leading to overall contentment and reduced stress.
- **Coping with Change:** A well-developed personality adapts to life's changes and challenges, encouraging resilience and mental strength in navigating new phases or transitions.

## SPIRITUAL INTELLIGENCE

Personality development not only shapes how you interact with the world but also plays a key role in maintaining physical and mental health. By cultivating a balanced, confident, and resilient personality, you can create a healthier, happier life overall. The secret to unlocking the enlightened state of body, mind, and soul is spiritual intelligence, which is necessary to attain overall development and acquire a true sense of self-worth and meaning. The idea of identity has always been fundamental to how people perceive themselves. Every human being has the fundamental question, "Who am I?" This also applied to all of these novels' protagonists. This question has been answered by scholars from a variety of academic fields. Scientists, anthropologists, theologians, philosophers, and sociologists have all attempted to provide some understanding. India's culture is deeply rooted in spirituality. Eliminating alienation can be achieved through spirituality. Spiritual intelligence is this understanding of one's own origins. The inner life of the mind and spirit is the focus of spiritual intelligence. It's how we give things significance and connect with something greater than ourselves. The core of spiritual intelligence (SI) is the relationship between man and his Creator. It is his capacity to: (1) identify life principles, which are laws of nature and the spirit; and (2) construct his life in conformity with these laws. SI is also referred to as "wisdom" or the application of knowledge in layman's terms. Reason and will are invoked by spiritual intelligence. A decision and analysis are part of the process. A person's "ability to recognize life principles" and align his lifestyle and decisions with these rules are key components of a successful existence. One of the many forms of intelligence that may be developed on one's own and supports psychological wellness and normal human growth is spiritual intelligence. It is true that our world is changing and that companies and human resources need to adapt to these changes in order to thrive. This knowledge, awareness, and comprehension enable one to face life with assurance.

Howard Gardener, a professor of cognition and education at Harvard University, developed the theory of multiple intelligences, from where the term "spiritual intelligence" got its start. Another psychologist, Robert A. Emmons, supported SI as a separate intelligence by using Gardener's criteria for defining intelligence. Spiritual intelligence, according to Emmons' *Psychology of Ultimate Concerns*, is the ability to transcend, have heightened consciousness, infuse everyday activities with a sense of the sacred, apply spiritual resources to real-world issues, and practice virtue (forgiveness, gratitude, humility, compassion, and wisdom). Spiritual intelligence, according to **Dr. Cynthia Davis**, is the highest form of knowledge. We utilize music to transcend the monotonous trudge of existence and to imagine untapped possibilities. We also use it to comprehend pain, find existential and temporal significance, and respond to fundamental philosophical issues about existence.

**Dr. Vaughan**, a clinical psychologist, relates SI to mind in these words:

Spiritual intelligence is more than just psychological growth. It suggests not only self-awareness but also an understanding of our connections to the transcendent, to one another, to the land, and to all living things. As a psychologist, I believe that spiritual intelligence connects the unique human psyche to the fundamental source of being by inspiring the soul, enlightening the mind, and opening the heart. A person who practices spiritual intelligence will be able to identify the difference between illusion and reality. In any culture, it can manifest as wisdom, service, and love. A person with spiritual intelligence might also find a secret source of happiness and love beneath the stress and chaos of daily life.

**Zohar and Marshall** use the lotus as a symbol to bridge the gap between Eastern and Western traditions. Intelligence is symbolized by the outside petals, emotions by the middle layer, and the spiritual self by the center. The outer petals are the first thing we see when we look at the lotus emblem. On the surface of existence, we become conscious of our thoughts. Knowing how we feel helps us think more clearly as we move inward to the middle layer. We journey inward to the lotus' center as we integrate our thoughts and feelings, and as we realize who we are, we become more effective. According to **Zohar and Marshall**, "spiritual intelligence allows us to evaluate which course of action or life path is more meaningful than another, and it allows us to place our actions and lives in a broader, richer, meaning-giving context."

Humans differ from other species on this planet in that they possess a higher degree of intelligence. It has been the psychologists' preferred area of study. IQ tests were developed in the 20th century to identify and gauge a person's level of intelligence. However, it was unable to measure the broad range of intellect. Spiritual intelligence is considered the pinnacle of intelligence in the twenty-first century. The complete complexity of human intelligence and the immense depth of the human spirit and imagination cannot be adequately explained by IQ or EQ alone or in combination. A computer with a high IQ is able to obey rules without making mistakes since they are aware of them. Animals frequently possess emotional intelligence (EQ) because they are aware of their surroundings and know how to react accordingly. However, neither computers nor animals question the rationale behind these regulations or circumstances. They play a limited game and operate inside constraints. Human creativity, rule-changing, and situational alteration are all made possible by SQ. It enables us to experiment with limits and play an endless game.

### **Impact of spiritual intelligence on personality development**

The following headings can be used to describe how spiritual intelligence affects personality development and life success:

#### **SELF AWARENESS**

A new understanding of man can be introduced to the world through spiritual intelligence. The fundamental essence of man is divine, according to Swami Vivekananda. Naturally, this is not a novel concept. Indian sages had known for centuries before the Christian era that man's real identity is not the body or the mind, but the spirit, or "Atman." The Chandogya Upanishad's simple formula, Tat Tvam Asi, or "That Thou Art," expresses the most profound truth about man, which lies at the core of his being. It conveys to man that he is more than his small body, which weighs 150 or 200 pounds, and that he is a profoundly divine entity that transcends his physical, neurological, and psychological dimensions. Man must come to grasp that fact. Tat Tvam Asi's truth. Because the ego's self-esteem is dependent on shifting conditions at the object pole of attention, it is brittle and unreliable. However, because the soul's self-esteem is based on the inherent qualities of feeling-awareness itself at the subject-pole of attention—qualities that are unaffected by anything at the object-pole of attention—it is stable, safe, and complete. The inherent attributes of feeling-awareness itself, such as wisdom, compassion, integrity, joy, love, creativity, and peace, are felt at the subject-pole of attention during moments of presence. Therefore, experiencing the soul rather than boosting the ego leads to lasting self-esteem.

SQ is consequently the practice of self-esteem since it is the intelligence of the soul. Spiritual intelligence enables us to be aware of our current emotions and use those preferences to inform our choices. It supports a grounded feeling of self-confidence and a realistic evaluation of our own skills. It makes it simple for us to manage our emotions so that they support rather than obstruct the work at hand, encouraging us to be diligent and postpone satisfaction in order to achieve our goals and to recover effectively from emotional suffering.

**Problem solving skill**

The notions of cognition, comprehension, and problem-solving are all part of spiritual intelligence; it also forces us to face our true selves and our capacity to overcome the challenges and pitfalls of everyday life and get a profound awareness of our lives in this regard. Given the numerous stressful situations we face in life, there are strategies for resolving these issues that can help shield us from these extreme strains and issues as well.

In addition to exposing us to the ideas of thinking, reasoning, and problem-solving, spiritual intelligence also forces us to face our true selves and the potential to overcome the challenges and pitfalls of everyday life and gain a profound understanding of our lives in this area. Our lives are filled with stressful situations, therefore finding solutions to these issues will help shield us from these severe strains and issues in the future.

**Acceptance**

We are accustomed to putting our trust in our spouse, our career, our financial situation, or the medical field. However, these factors are all subject to change and are frequently unpredictable. We firmly believe that life is inherently good since we are our actual selves. We acknowledge that all events are a part of the larger arc of goodness that is guiding each of us toward our greatest potential. This acceptance allows us to unwind and give ourselves over to everything life has to offer.

**Purpose in life**

One who gains spiritual intelligence, learns from life's events, and ultimately makes amends in order to comprehend the greater purpose of life. Their lives are made more hopeful by this reconciliation. You are free to act and engage without any "agenda" once you realize that you already possess the things you want from other people—love, happiness, and tranquility. You essentially operate with an authenticity that serves just to provide and has no desire for anything else. This paradoxically allows both people to 'be themselves', which is the most fundamental basis for any open, healthy, and peaceful relationship based on the dual spiritual ideals of respect and trust.

**Empathy**

Only Spiritual Intelligence is capable of recognizing people's emotions, understanding their viewpoints, and developing a relationship and sensitivity with a wide range of individuals. The ability to act wisely and kindly while maintaining both internal and external peace and respecting the situation is known as spiritual intelligence. This type of empathetic attitude helps in making good interpersonal relations.

**Intrinsic Motivation**

While some have found that inner variables are the most powerful motivators, the majority of us have trained to be motivated by extrinsic or external causes. We can intentionally motivate ourselves by drawing on our ideals. We may inspire ourselves with our thoughts, and we can even inspire ourselves now with recollections of the past. A distinct feeling of meaning and purpose, however, is the most profound motivation for every human being. Only when we have a thorough understanding of who we are, where we are, and what we have can this emerge. Here, spiritual intelligence merges with emotional intelligence. Only when we are in this condition of self-awareness can we recognize our purpose and understand the actual significance of things, events, or circumstances. Utilizing our innermost desires to motivate and direct us toward our objectives, to support our initiative and drive for growth, and to keep going when we encounter obstacles and challenges. It takes bravery to take necessary action. However, if we wish to reach the highest phases of adult development and become genuinely mature leaders—leaders prepared for the issues we face—we must cultivate spiritual intelligence.

**Interpersonal Relationship Skills**

Self-awareness (examining oneself helps one understand one's true identity), flexibility (the ability to see the world realistically as a place of diversity and variety; also refers to the person's ability to interact, understand, and adapt to developments and innovation), the ability to face and learn from failure and fears, the ability to examine the relationships between various things and think

collectively, and the ability to work are all characteristics and indicators of those who have spiritual intelligence awareness. It facilitates effective emotional management in relationships, accurate social situation and network reading, seamless interaction, and the use of these abilities to lead and convince, negotiate and resolve conflicts, as well as for cooperation and teamwork. It makes people more socially adaptive. Conscientious people are well-organized, have a strategy, and control their impulses. Spiritual intelligence gives us the ability to see others as similar to ourselves, which increases our ability to get along with others and prevents ego conflicts, which can obstruct effective communication. People's ability to get along with others or their compatibility with others is measured. It is a propensity to be amiable and understanding in social settings, reflecting individual variations in concern for social peace and collaboration. In addition to a positive outlook on human nature, agreeable qualities include empathy, compassion, friendliness, generosity, and helpfulness. In addition to being less likely to experience social rejection, agreeable people have a tendency to think that most people are decent, honest, and trustworthy.

The connection between spiritual intelligence and how it affects personality development has been the subject of numerous studies. When it comes to managing our surroundings, whether it be socially, professionally, or personally, personality development is essential. We typically think of ourselves as either a body-mind complex or a physical body. To think of oneself as a conscious soul free from body and mind, or *Aham Brahmasmi*, and free from the three bodies or five coverings is very challenging. Everyone may overcome any challenge with ease when they are in a strong and positive state of mind. If not, the circumstance takes control of one's inner state of mind and one becomes constrained by it. In his message, Swami Vivekananda placed the most emphasis on the divinity of man because he knew that men are divine and that since truth liberates, the only way to be free is to perceive the truth of one's divinity. This allows men and women to develop a supportive value system and reciprocate care and nurturing for the benefit and advancement of humankind. Although they may be somewhat helpful to a person or society, the ideas that humans are sexual, economic, tool-making, or social animals are constrictive. As Freud would have us believe, we will become sexual beings if we think of ourselves as sexual animals. We will pursue money if we think of ourselves as economically motivated machines. We will become social slaves if we believe we are social animals. However, we will experience freedom and happiness if we believe that we are ever-free, joyous divinities.

### Simple ideas for putting spiritual intelligence into practice

Spiritual Intelligence (SI) can be integrated into daily life by putting the following ideas into practice:

**Practice Mindfulness:** Focus on being fully present in each moment. Whether you're having a conversation, eating, or working, mindfulness allows you to experience life more deeply and reduce stress.

**Cultivate Compassion and Empathy:** Respond to others with understanding and kindness. Whether you're interacting with family, friends, or strangers, practicing empathy helps you connect on a deeper level and fosters harmony in relationships.

**Engage in Self-Reflection:** Take time to reflect on your thoughts, actions, and emotions. By examining your inner world, you can make more conscious choices and align your actions with your values.

**Embrace Gratitude:** Regularly express thanks for the blessings in your life. This can be done through a gratitude journal or simply by pausing each day to recognize what you're grateful for. Gratitude shifts your mindset toward abundance and joy.

**Foster Forgiveness:** Let go of grudges and practice forgiving both yourself and others. Forgiveness releases emotional burdens and promotes peace within your heart.

**Live with Purpose:** Align your actions with your deeper values and sense of purpose. This could involve pursuing meaningful work, nurturing relationships, or contributing to causes that resonate with your beliefs.

**Seek Connection:** Feel a sense of interconnectedness with the world, nature, or a higher power. Take moments throughout your day to appreciate the beauty of life and to foster a sense of unity.

**Practice Detachment from Ego:** Recognize and transcend the ego's need for validation or material gain. Focus on the greater good and personal growth, which leads to a more humble and peaceful existence.

**Regulate Emotions:** Become more aware of your emotions and practice managing them wisely. Instead of reacting impulsively, choose responses that are thoughtful, calm, and grounded in your spiritual beliefs.

**Serve Others:** Engage in acts of service and kindness. Helping others, whether through volunteer work or simple daily acts, cultivates spiritual growth and brings a sense of fulfillment.

By incorporating these practices into your daily routine, spiritual intelligence can guide you to live more intentionally, compassionately, and with a deeper sense of connection to yourself and others.

**CONCLUSION**

Spiritual intelligence improves both physical and mental health. In any situation, a spiritually intelligent person exhibits mental well being as well as internal and external compassion and reconciliation (Wigglesworth, 2006). It includes having a sense of meaning and mission in life and values, having a sense of holiness in life, having a more balanced perception of values, and believing in the improvement of the world. This intelligence is a set of abilities, capacities, and spiritual resources that contribute to adaptability and, as a result, people's mental health (King, 2008; Zohar & Marshall, 2000). Those with high spiritual intelligence have the ability to sublimate and a strong tendency toward awareness. They are able to devote a portion of their daily activities to spiritual practice and demonstrate virtues such as generosity, thankfulness, humility, sympathy, and wisdom. As a result, spiritual intelligence represents the ability to see the whole beyond its parts. This ability aids people on their spiritual journey. It may assist them in seeing the world beyond their own selfish expectations and corresponding complaints. Spiritual intelligence is a method of assigning meaning and feeling connected to a power greater than ourselves. As a result, there is an unavoidable need to instill spiritual intelligence in students.

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