SIXFOLD SPIRITUAL INTELLIGENCE SCALE (SFSIS)

A self-report sixfold Spiritual Intelligence Scale was developed by Khera and Amandeep (2002), especially for the school students of Chandigarh (U.T). The scale consists of the following six dimensions:

1. **Connecting with the Inner Self (CIS)**
   Do we live in a way that is consistent with the promptings of our inner nature?

   “The mass of men lead lives of quiet desperation” said Thoreau in Walden. The vast majority of us have, at some time or other, experienced moments of cruel lucidity when we have seen ourselves living out situations where our actions have become meaningless rituals unconnected with any larger scheme of spirit or value. In Existential philosophy, the state of perception of this absurdity is termed Angst and a large body of literature based on this philosophical position has developed, which depicts men and women confronted by this perception.

2. **Connecting with Others (CWO)**
   A human being is a gregarious animal and is caught up in the nexus of a complex tracery of social and familial bonds. In fact, we cannot retain our sanity when we are deprived of these bonds for long. But, paradoxically, such interactions have the potential to unravel our psychological being. “Hell is other people”, sums up a character tersely, in Jean-paul Sartre’s “Huis Clos”. It appears that it would require a rare wisdom to strike the fine balance between detachment and involvement that would be necessary in organizing our relationships.

3. **Connecting with the Cosmos (CWC)**
   There is an ancient tradition in philosophy, discovered in sources as diverse as the Upanishads or Plato, running like a scarlet thread to our own day. This is Monism—the belief that there is but one primal Reality, fragmented by the finiteness of human perception into an illusory myriad of unconnected
things. This transcendent unity that binds all life has gone beyond being a mystic principle and is beginning to reveal itself in our own day as a web that connects all living things. But it is the fragility of this web that should cause concern to us and waken us to the possibility of how in the absence of a reverence for all life, its strands could be so easily broken.

4. **Seeking Inner Peace (SIP)**

It seems an unfortunate corollary of material progress that the conditions that contribute to improved living standards and a greater control over one’s own destiny should exact a toll from its beneficiaries. For, somewhere in the frenetic lifestyles of the megalopolises of industrial societies, we seem to have lost a vital key—a certain balance, an inner harmony or to use that ineffable word, peace—which came with enviable naturalness to our forefathers. “Getting up and spending, we lay waste our powers”, complained Wordsworth. It becomes a pressing necessity, therefore, to restore this harmony.

5. **Broadening of Vision (BOV)**

“The future is not what it used to be”, Paul Valery ruefully reflected once. Change has come upon us rather suddenly, without giving us time to prepare for it. The social upheaval of the two world wars & the technological revolution that came in their wake have shrunk the world to the dimensions of what McLuhan, in a memorable phrase, described as the “Global Village”. The consequence has been that we are living under a virtual siege of values and belief systems. If we are not to be stultified by this welter of creeds, it becomes necessary to rise immediately above denominational loyalties and evolve an outlook that can accommodate an eclectic synthesis of faiths.

6. **Creating Abundance (CA)**

“Lord thy glory fills the heavens, Earth is with its fullness stored”, goes one of the most beautiful songs in the hymn book. It is a hosanna to Creation and the flowering abundance it has endowed the world in which we find ourselves. There cannot be a timelier reminder to human spirit in these days
of deprivation, to school itself to seek, recognize and celebrate this abundance.

**Distributions of Items in the sixfold Spiritual Intelligence Scale**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Subscale</th>
<th>No. of Statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>CIS</td>
<td>9</td>
</tr>
<tr>
<td>2</td>
<td>CWO</td>
<td>11</td>
</tr>
<tr>
<td>3</td>
<td>CWC</td>
<td>8</td>
</tr>
<tr>
<td>4</td>
<td>SIP</td>
<td>11</td>
</tr>
<tr>
<td>5</td>
<td>BOV</td>
<td>7</td>
</tr>
<tr>
<td>6</td>
<td>CA</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td><strong>51</strong></td>
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</tbody>
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**Directions for Administration**

The Spiritual Intelligence Scale can be administered to a group or an individual. It is a self-administered test. There is no time limit and the respondents can fill out the responses at their own speed. By using numerical ranking 1 to 5, the respondent should make his/her answer in the box provided at the beginning of each statement. The respondent should fill the required demographic information. Sometimes, an examinee may hesitate to give his/her name. In such cases, the examiner should establish rapport with him/her and ensure him/her of confidentiality. The Examiner should read the instructions aloud and ensure that the respondent has understood the directions properly.

The respondent should be asked to answer each item honestly. The motive of the scale administration should not be disclosed to the examinee, as
it may create a bias in answering. The examiner should check whether all items have been answered. If any are found unanswered, the respondent should be asked to complete them.

**Scoring Procedure**

The spiritual intelligence scale can be scored by attributing the values to “always”, “often”, “sometimes”, “occasionally”, “never”, as 5,4,3,2,1 respectively for the positive statements. For negative statements, the above responses are awarded values in the reverse order—i.e. 1,2,3,4,5 respectively.

**Positive Items**

1,2,3,4,7,8,9,11,12,14,15,16,18,19,20,21,23,24,26,28,29,30,31,32,33,35,38,39,41,43,45,47,48,50,51.

**Negative Items**

5,6,10,13,17,22,25,27,34,36,37,40,42,44,46,49.

The minimum and maximum scores on positive items are 35 and 175 respectively. On negative items minimum score is 16 and the maximum score is 80. The maximum score that one can obtain is 255 and minimum is 51 on the SQ scale.
Cross validated sixfold Spiritual Intelligence Scale (SFSIS)

Please fill in the following information:
Name: Age:
Sex: Educational Qualification:
Place:

INSTRUCTIONS

We are all born with Spiritual Intelligence, live with it and use it. It can never be taken away from us. Yet we have not formally defined it and do not have a conscious choice when we use it. The following items deal with possible Spiritual experiences or practices. Please mark the extent to which you experience or practice each item below. Your answers will be treated in strictest confidence. Therefore feel free to give honest replies.

For giving responses write the number according to the following table in the boxes provided against each statement in the scale.

<table>
<thead>
<tr>
<th>Never</th>
<th>Occasionally</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<table>
<thead>
<tr>
<th>Area</th>
<th>CIP</th>
<th>CWO</th>
<th>CWC</th>
<th>SIP</th>
<th>BOV</th>
<th>CA</th>
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</thead>
<tbody>
<tr>
<td>Score</td>
<td></td>
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<td></td>
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<td></td>
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</tbody>
</table>

☐ 1. I consciously examine my thoughts, words and actions and follow a programme of self-improvement.
☐ 2. When my friend comes to me with a problem about a certain sensitive issue, I suggest various solutions and let him choose his way.
☐ 3. I take time out to enjoy my present.
☐ 4. I live life with joy and optimism.
☐ 5. Finding time to be on my own is difficult for me due to pressures of work.
☐ 6. When I am faced with an adverse situation in my life, I feel it is destiny and I cannot do anything.
☐ 7. I put events in a larger context to understand their significance.
8. I have intuitive flashes of insight that enable me to come up with solutions to problems.

9. I believe there is enough abundance for everyone in the universe.

10. I am confronted with ethical dilemmas.

11. I try to nurture a deep sense of personal identity in myself.

12. In general, about today's life I feel that there are many good and value-led human beings who inspire a lot of hope.

13. When I am under stress, I shout at everyone and don't care about anything.

14. I feel a sense of awe and wonder at creation.

15. I like to help people.

16. I open myself to blessings and abundance and allow them to flow to me.

17. When I need somebody's help, I do not mind asking him even though he might be passing through a difficult time himself.

18. When I am faced with a situation where I have to choose between social acceptance and my own spiritual integrity, I can stand alone against others in the society.

19. I feel that every event is meaningfully connected to others even when we cannot easily know how.

20. I am flexible and adapt to meet the needs of the situation.

21. I can accept it when a friend of mine does not understand or share my spiritual path at the moment.

22. I believe material wealth interferes with spiritual growth.

23. I can easily harmonize my own needs with the needs of those around me.

24. I discover and dissolve obstacles to my spiritual growth.

25. When I seek opinion or guidance from someone else and something goes wrong, I start blaming him for giving me the wrong advice.

26. I express and receive love and forgiveness in my relationships with others.
27. Remorse for the past wrongs comes back to haunt me.
28. My inner life is as important to me as my outer life.
29. When I am upset about something or someone, I find myself able to locate it in a panoramic perspective which cheers me up.
30. I see all religions as having valuable truths and seek to understand the commonalities in these patterns.
31. When I am entrusted with a new responsibility about which I have no experience, I know I can tap inner resources and meet challenges.
32. When a friend needs my help for which I have to take sometime out of my busy schedule, I readily help him.
33. I act responsibly to live in harmony with the web of life.
34. I try to cultivate contacts with the influential and the rich.
35. I have the willingness to find out the reasons behind the beliefs and customs which I have learnt from my family.
36. When a friend points out that I have said something wrong in a get-together, I become nervous and leave the place.
37. When I hear a great speaker or see a beautiful work of art, I am temporarily uplifted.
38. I work on building stronger ties with my community.
39. I feel myself as a part of the family on earth.
40. My personal ego is too important for me to do what best serves the needs of people close to me.
41. I try to encourage the questioning spirit of students and children.
42. I cannot accept life and people as they are and feel the necessity to change them.
43. I try to retain dignity, the ability to act independently and to take responsibility in different life situations.
44. When I am participating in a debate or a discussion, I firmly believe that what I am saying is correct and others are wrong.
45. I feel I owe so much to plant and animal life forms for my existence.
46. In a situation requiring compromise, I overlook my personal self-esteem.

47. I feel grateful for being alive.

48. When I am in a situation where I can get a thing easily by some unethical means but against my inner voice, I refrain from it and act according to my conscience.

49. When I harm or hurt other living beings, I believe it does not affect me in any way.

50. My attitude towards my colleagues and peers is that we all are equal.

51. I feel an overwhelming sense of oneness with nature, its inanimate and animate kingdoms and of being in tune with life.