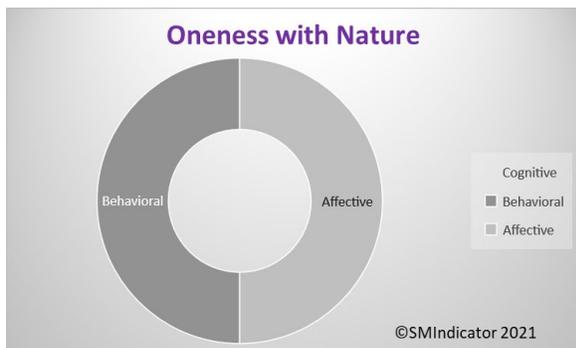




/SPIRITUAL INTELLIGENCE

The spiritual orientation to Nature, to ourselves and to others are key factors for a Sustainability Mindset, as they impact the quality of our actions.

**/WHAT IS ASSESSED HERE:
HOW YOU EXPERIENCE NATURE,
HOW YOU UNDERSTAND THE
HUMAN RELATIONSHIP WITH
NATURE, AND YOUR RELATED
FEELINGS AND BEHAVIORS.**



What this tells you:

This graph shows two dimensions, the behavioral and affective. This means that you connect emotionally with this aspect, and act upon it, perhaps without a full understanding of why it is important. You may find it interesting to deepen your understanding of this principle.

YOUR SMI RESPONSES INDICATE THAT you see yourself as a rational individual.

You have an intellectual approach to Nature and valuing efforts to build scientific and objective knowledge about it. This is certainly how our understanding of the natural world, including our bodies, has advanced over time.

At the same time, your choices in the instrument indicate that you tend to act in ways that

acknowledge a relationship characterized by respect and sensitivity toward other living things.

Have you ever considered how your behaviors connect with the predominantly mainstream worldview of human superiority and utilitarian approach to natural resources? How do you deal with this in your everyday decisions? Do you feel expectations or pressure to act in ways that contradict your values or beliefs?

Because you care: Your caring behaviors for other living things or the ecosystem may be the result of some special moments, when you stood in awe admiring nature, your heart perhaps filled with joy and some kind of wordless experience of beauty.

The combination of your choices in this questionnaire seem to show that those powerful moments created a disposition towards empathy, although you describe yourself as a rather rational being. It may be a way of blending into a context that rewards rational thinking and intellectual capabilities. But is that who you really are?

/CONSIDER THIS FOR A MOMENT:

You resonate with a worldview where humans are the most evolved and intelligent species, which certainly is reflected in many achievements and improvements of our quality of life.

This said, have you noticed that some improvements have come at a cost for the environment or society, and we are collectively paying that price? For example, soil erosion or waterways contamination due to products that provide chemical fertilizers of crops meant to enhance soil productivity.

The human-centric paradigm that we collectively adopted and believe has begun to show some shortcomings, inviting us to revisit our place and role in the larger ecosystem.

What are some undesirable consequences of human progress that you have personally experienced? What message may be in this for you?

We rely on and praise scientific progress, but in the history of science findings are always within the constraints of available instruments, paradigms or assumptions. Many myopic or biased conclusions have been revealed with the passage of time, the development of more precise measurement techniques and revolutionary thinking. Biomimicry, a discipline studying how Nature solves problems, has been highlighting the wisdom of billions of years of evolution, and suggesting that we may find more answers in Nature than through our human intellect.

In fact, indigenous people have demonstrated a more resilient lifestyle, based on an intuitive connection to Nature, something that you seem to have experienced yourself.

Sometimes we realize that our thinking, feeling, and acting are not fully aligned. When we notice it, we may feel discomfort and tension- something out of sync. A sustainability mindset is not just harmony with the ecosystem, but rather starts with harmony within us.

Is there something you need to revise, to feel more authentically who you are? What part of you is still clinging to an old paradigm, and why might that be so?

/HOW ABOUT YOU TRY:

Having had an experience of oneness with Nature, you have the possibility to reach back into it and honor it, integrating it into who you are. Research has indicated that the experience of oneness with Nature, albeit rare, has a direct connection to shaping a more sustainable society and planet.

How can you plan to have some of those moments? Your soul, your being will welcome it, and the nourishment may help heal the perhaps currently divided life.

It is impossible to guess your particular context, and your current priorities. But we invite you to give yourself an unusual gift: Spend an hour in Nature, on your own, without looking at your phone, and with no books, pets, or other people. If you have never experienced this, you are up for a very special treat!

Understanding that we are one with Nature, a species within species, is a powerful spiritual experience that can shape behaviors leading to a more harmonious relationship with each other and all beings.

