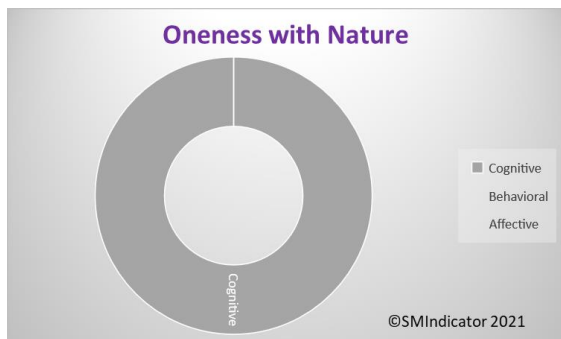




# /SPIRITUAL INTELLIGENCE

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 only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.**

**YOUR SMI RESPONSES INDICATE THAT** you think of Nature as an experience that offers more wisdom than we can intellectually grasp.

Interestingly, at the same time your behaviors seem to be based on a worldview in which humans are the most evolved and intelligent species, a superiority that seems to grant humanity a utilitarian approach to natural resources.

**/THINK ABOUT HOW YOU CAN  
LEVERAGE YOUR STRENGTHS AND  
MANAGE SOME OF THE  
LIMITATIONS WHICH MAY BE  
HOLDING YOU BACK:**

The evolution of science has shown that findings are made 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.

To complete the picture of how you experience the human relationship with Nature, you indicate some emotional distance, as if you might not have any specific feelings towards the natural world.

Do you really experience it in this way? Or is it, perhaps, that you find yourself so consumed by life's demands that there are little/no opportunities to pause, relax, and simply be with yourself in a natural environment?

**/THOUGHTS TO PONDER WHEN YOU  
CONSIDER THE SM:**

Certainly many achievements and improvements of our quality of life have shown the power of the human mind. Yet we are increasingly aware that some betterments have come at a cost for the environment or society, and we are collectively paying the price, for example, soil erosion or waterway contamination from chemical crop

fertilizers 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?

According to a 2018 United Nations study, over 55% of the world's population lives in urban areas, a proportion that is expected to increase to 68% by 2050. As a result, for many of us, the disconnection from Nature is rather "natural." Hectic life in large cities makes it difficult for us to remember that we are more than individuals moving through traffic and buildings. The common associations with the word "Nature" may be vacation time, a park or a documentary. What about our food? Our body? The materials of every object we use? This disconnection from Nature leads to a utilitarian relationship: Nature is reduced to instrumental resources for human needs and wants.

What consequences do you see from having a utilitarian relationship with Nature?

We need to re-connect with Nature and re-establish the experience of oneness that has been lost, causing not only spiritual alienation but also the artificial separation from the ecosystem. It has been found related not only to spiritual alienation, but is the root cause for many unsustainability behaviors.

When we understand something we start caring for it. Understanding that we are one with Nature is a sensorial, intuitive experience. It is not something to be learned, but rather something that we allow to occur, and which makes us remember the sense of oneness we have always known, but had forgotten.

## /HOW ABOUT YOU TRY:

Sometimes we realize that our thinking, feeling and acting are not 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 it starts within ourselves.

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.*

