

A low-angle shot of a lush green forest. Sunlight filters through the dense canopy of leaves, creating a bright, ethereal glow and visible rays of light. The trees are tall and their trunks are visible, reaching towards the top of the frame. The overall atmosphere is peaceful and natural.

Mastering Spiritual Intelligence

A 12 week program designed to strengthen your Spiritual Intelligence skills and connect them to your day to day.

Mastering Spiritual Intelligence

Why this program?

We are all born spiritual, but we are not born spiritually intelligent. Spiritual Intelligence takes work and practice. In the same way a child may be born with musical talent, but unless he learns the skill of playing an instrument and practices his art consistently, he will not grow up to be a great musician.

Defined as “**the ability to behave with wisdom and compassion whilst maintaining inner and outer peace regardless of the circumstances**”, Spiritual Intelligence sounds like desirable accomplishment. But how can we achieve the extraordinary heights of a Mandela or a Gandhi? How can we walk in their footsteps?

SQ21 –The 21 Skills of Spiritual Intelligence, was created with a conscious effort to make it a faith friendly, faith neutral and atheist friendly **road map** for anyone who is seeking to develop their Spiritual Intelligence, move beyond the confines of the ego-self and be a wise and effective change agent in this world.

Mastering Spiritual Intelligence

What is included in the package?

- **The SQ21 Assessment** so you can start exploring your Spiritual Intelligence and get a clear measurement of where you are on each skill based on your answers.
- **The SQ21 Report**, a 20+ page document that will outline your unique SQ profile and explain simple and clear possible next steps to intentionally develop your skills.
- **12 x 90 minutes sessions** so you can go deeper into your spiritual journey and connect the skills to your day to day life.
- The **Heart Mastery – Beginner Full Course**, so you can learn simple techniques to align heart and mind and act from a state of inner coherence.
- A **free session with Cedric Bertelli**, so you can permanently resolve unwanted emotional patterns.
- **Customised tools, exercises and proven practices** to strengthen your spiritual presence

Mastering Spiritual Intelligence

What is included in the package?

Free gifts:

- A copy of **The 21 skills of Spiritual Intelligence**, the seminal book by Cindy Wigglesworth so you can refer back to her original writing.
- A copy of **A course in Miracles – Workbook for Students**, a 365 days mind training so you can align with a higher level of consciousness.
- A **secret gift** you will receive through the post with your welcome pack

Mastering Spiritual Intelligence

Spiritual awakening has to do with transcending this sense of separation and difference and waking up to the vitality and brilliance of the universe.

-Albert Flynn DeSilver

There is force in the universe, which, if we permit it, will flow through us and produce miraculous results.

-Mahatma Gandhi

It always seems impossible until it's done.

-Nelson Mandela

Mastering Spiritual Intelligence

What are the benefits?

- It is estimated that on average **we loose 10-30% of every day to Ego-driven drama**. That's between 5 weeks to 4 months every year. Between 7 and 21 years of an adult life time. What could be done with that time instead? And more importantly how can we minimize - if not eliminate - this waste of time and energy?
- **Creativity, learning and problem solving** are highly inhibited when we are in turmoil, as we are unable to access our neo-cortex. Learning how to quickly shift back into a calmer, wiser and less reactive space, **can hugely increase our creative power and ability to find solutions**.
- The degree to which we feel separate is the degree to which we suffer. As we learn to **distinguish between Ego Self and Higher Self** and to **keep Higher Self in charge** we progressively fall out of the illusion of separation. Releasing this illusion can greatly reduce our underlying existential suffering.

Mastering Spiritual Intelligence

What are the benefits?

- The more we develop our **awareness of the interconnectedness of all life**, the more we strengthen our ability to **become a wise and effective change agent**. And as it becomes clear to ourselves and others that we are not just self-serving, our power to influence others and impact reality will increase exponentially.
- The Global Peace Index 2019 published by the Institute for Economics and Peace, reveals how 'peace is dynamically associated with economic development'. It's easy to see that **peace drives economic growth** on a national and global scale. But we have not yet made the connection that the same is true at the group and individual level. Developing our Spiritual Intelligence has a direct impact on **our ability to build wealth and our bottom line**.

The 21 Skills of Spiritual Intelligence

Quadrant 1

- Skill 1: Awareness of own Worldview
- Skill 2: Awareness of Life Purpose
- Skill 3: Awareness of Values Hierarchy
- Skill 4: Complexity of Thought & Perspective Taking
- Skill 5: Awareness of Ego Self & Higher Self

Quadrant 3

- Skill 6: Awareness of the Interconnectedness of all Life
- Skill 7: Awareness of Other Worldviews
- Skill 8: Breadth of Time Perception
- Skill 9: Awareness of Limits and Power of Human Perception
- Skill 10: Awareness of Spiritual Laws / Universal Principles
- Skill 11: Experience of Transcendent Oneness

Quadrant 2

- Skill 12: Demonstrating Commitment to Spiritual Growth
- Skill 13: Keeping Higher Self / Spirit in Charge
- Skill 14: Living your Purpose and Values with Compassion and Wisdom
- Skill 15: Sustaining Faith during Difficult Times
- Skill 16: Seeking Guidance from Higher Power / Higher Self

Quadrant 4

- Skill 17: Being a Wise and Effective Teacher of Spiritual Principles
- Skill 18: Being a Wise and Effective Change Agent
- Skill 19: Making Compassionate and Wise Decisions
- Skill 20: Being a Calming and Healing Presence
- Skill 21: Being Aligned with the Ebb and Flow of Life

Simon is the founder of ANIMA, a Consciousness Coach, a Transformation Partner and a Speaker.

As a Coach he is a member of the ICF and he is certified in Creative Consciousness, Clean Language & Metaphors and Spiritual Intelligence.

In July 2018 he was named in the Coaching Top 50 by CV Magazine. In May 2019 he was chosen from a pool of worldwide candidates to be one of the 100 winners of the CEO Today Management Consulting Awards 2019. His “Introduction to the 21 Skills of Spiritual Intelligence” held at the Prague Conference Centre during ICF Converge 2019 was received with warmth and inspired many into action.

He holds degrees in German, Spanish and Literature from the University of Pisa, Italy and a BA (Hons) at the Guildhall School of Music and Drama. As an actor he won awards in both London and Rome.

His mission as a coach and teacher is to co-create the expansion and higher for this unfolding world by holding a space of truth and light in which others can come forth. In the words of Nelson Mandela, ‘It always seems impossible until it’s done.’

Simon Blackhall



Cedric Bertelli

Cedric Bertelli is the founder and director of the Emotional Health Institute.

He is of French origin and has lived in the San Francisco Bay Area for over ten years. He began to study emotional functioning in 2009.

Since 2011 he has been perfecting a revolutionary process for Emotional Resolution (EmRes).

EmRes allows people to permanently resolve unwanted emotional patterns.

In addition to working with clients individually, Cedric trains mental health professionals and educators across the United States on Emotional Resolution.



Mastering Spiritual Intelligence

Investment

£4997

Third party financing options are available on our website

Our satisfaction guarantee

If you find that you are not getting value within the first 3 sessions, simply let us know and **we will refund you 100% of your investment**, no questions asked.

Please note that access to the session with Cedric and the Heart Mastery Course becomes available from session 4.

Spiritual Intelligence Ambassador Program

After your first 3 sessions, having verified the value of the program, you will become eligible to become a member of the Spiritual Intelligence Ambassador Program.

Currently, as an Ambassador anyone who comes in your name will receive a 10% discount on the full price. You will receive 10% of the purchase price as a token of gratitude.



Are you ready for your journey?

info@animaconsciousness.com

+44(0)2039178694

www.animaconsciousness.com