

What is Emotional Intelligence?

Emotional intelligence is the ability to sense, understand, and effectively apply the power and the acumen of emotions, as a source of energy, information, and connection.

4 Levels of Emotional Intelligence

- Emotional Literacy
- Emotional Fitness
- Emotional Depth
- Emotional Alchemy

Level 1: Emotional Literacy

- **“Reading”**- ability to demonstrate empathy for others.
- **“Writing”**- ability to express and communicate one’s own feelings.
- **Reducing the urges to engage in the 4 D’s with our emotions**- not Denying them, Defending them, Diminishing them or Distracting from them.

Emotional Literacy (Cont.)

- Understanding that emotions are not ‘good’ or ‘bad,’ ‘right’ or ‘wrong’. They are ‘constricting’ or ‘expansive.’
 - Example: fear, anger & jealousy are constricting, forcing us to deal with the issue at hand, while love, passion, and joy open up a much wider spectrum of choices
 - Emotions are neutral. It is the way in which we express them that makes them positive or negative.

Emotional Literacy (Cont.)

- The more we befriend our emotions, the easier it is to understand their gifts and transmute their energy into higher resonance.
 - Welcome all emotions
 - Seek to understand what the message is behind the emotion. What are the underlying needs/values/longings/desires and beliefs.
 - Use these understandings to empower your choices.

Emotional Fitness

- Emotional Fitness is becoming more conscious and integrating our emotions into our life skills- our character: trust, self-esteem, confidence, respect, fairness, mutuality, etc.- giving them more depth and greater strength.
- “Character” in this sense means how frequently we adhere to our principles.
- Actions build character.

Emotional Depth:

Integrating All Aspects of Self

- Rising above most (deeper emotional) energies of fear, anger and jealousy as we heal, honor and manage ‘Veils of Past Pain,’ and the emotions that arise on a day-to-day basis.
- ‘Veils of Past Pain’ create sub-personalities.
- Integration of all aspects of self (sub-personality integration).
- Integrity’s main function is to create the space for all different aspects of self to come together without judgment and to work together as one.

Emotional Depth:

Connection to Source

- In your integrated depth, you hear the voice of your soul and spirit calling you home.
- Diving deeper in your integrity, your Goodness, Beauty, magnificence, majesty and sense of greatness- Reclaiming your magical child- This is where the keys to your spirituality await you and destiny reveals itself. Connecting to Source.

Emotional Alchemy

From the study of the brain, scientists have proven that when we feel an emotion, the brain secretes certain hormones and chemicals- and that each emotion has a different “chemical signature.” Therefore, when the emotions are mixed together, they produce different chemicals and simultaneously produce an alchemical reaction within us.

Emotional Alchemy

- Having the ability to raise the frequency of your emotional resonance.
- Coming in to choice around your emotional state in ANY GIVEN MOMENT.
- Having the ability to uplift the emotional states and resonance of those around you.
- This is an accelerated slope where we are beginning to actively, consciously create our futures, where we achieve a rarefied state of intuitive flow and spiritual self-mastery!

Emotional Alchemy (Cont.)

- Adding a drop of joy to transmute emotions!
 - Fear -> Concern -> Compassion
 - Anger -> Courage -> Passion
 - Jealousy -> Discipline -> Grace
- How to add a drop of joy?
 - Conjure up a joyful memory. When you remember and relive a joyful moment, your body will automatically recreate the chemistry of that experience.

Every possible emotional overlap in Inside Out

Joy and Sadness make melancholy. But what do the other emotions add up to?



The 6 Secrets to Cultivate Emotional Intelligence

The key is self-reflection

- What’s going on in me?**
 - Thoughts, Stories, Beliefs
 - Feelings, Emotions
 - Needs, Values, Longings, Desires
- Where can I own responsibility for co-creating this situation?**
- How can I make life more wonderful in this situation?**

6 Essential EQ Skills:

Develop the ability to:

1. Effectively listen and reflect back what you heard.
2. Empathize with yourself and others: identifying feelings & needs.
3. Play fair: have value for mutuality and equanimity. The desire and willingness to work together and create win/wins!
4. Take responsibility for the consequences of your actions.
5. Discover, honor and manage your Veils of Past Pain and Sub-personalities.
6. Uplift your emotional resonance through a connection to a higher power and gratitude.

EQ Skill #1

Ability to effectively listen and reflect back what you heard.

- Active listening
- Mirroring
- Embodied empathy
- Clarifying misunderstandings
- Verifying that the message received matches the intention of the message being delivered

EQ Skill #2

Ability to empathize with yourself and others: Identifying feelings & needs

- Compassionate understanding for one's own feelings and needs.
- Compassionate understanding for the feelings and needs of others.
- Ability to express these in a way in which the other feels heard and understood.

EQ Skill #3

Ability to play fair: Having value for mutuality and equanimity. Having the desire & willingness to work together and create win/win/wins!

- Expanded sense of ‘self’ to include ‘others.’
- Not settling for less than a win/win/wins (I win, you win and the world around us wins.)
- Making life more wonderful for everyone!
- Going from life skills (conflict resolution) to life mastery (peace, grace, abundance & character strength development as a way of life).

EQ Skill #4

Ability to take responsibility for the consequences of your actions.

- Self reflection: What is my role in co-creating this situation?
- What was the impact on me?
- What was the impact on others?
- How can I clean up my part in this situation?
What would restorative justice look like here?

EQ Skill #5

Ability to discover, honor and manage your Veils of Past Pain and sub-personalities.

- Recognize when you've got reactive, and/or subconscious automatic responses running and look to see what is underneath it.
- Seek to understand, honor and manage your 'Veils of Past Pain.'
- Come to understand and celebrate the many aspect of your full self.

EQ Skill #6

Ability to uplift your emotional resonance through a connection to a higher power & gratitude.

- Practices for connection with Source/Higher Power
- Shared prayer
- Gratitude practices
- Meditation / Breathwork
- Emotional Alchemy: Adding a drop of joy

Questions for Reflection

On a scale of 1-10, how would I rate the people on my list in each of the following areas? (0 = not at all, 10 = amazingly well!)

1. Does this person effectively listen and reflect back what is communicated to them?
2. Does this person express empathy for the feelings of needs of those around him/her?
3. Does this person play fair? Does s/he have value for mutuality and equanimity & a commitment to finding win/wins?
4. Does this person take responsibility for the consequences of his/her actions?
5. Is this person aware of his/her emotional & subconscious patterns and does s/he seek to manage to minimize the impact on others?
6. Can you count on this person to uplift the emotional resonance of him or herself as well as those around him/her?