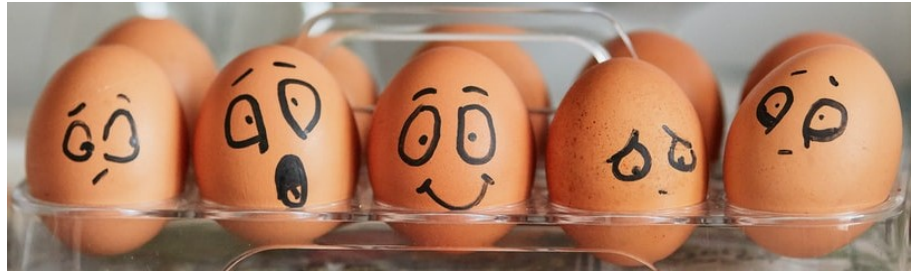


Touchstones Theme: Emotional Intelligence

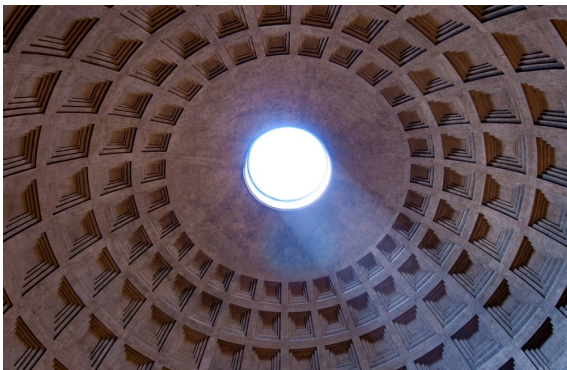
“Heretic” is a loaded term. It has been slapped on any belief or practice that doesn't conform to the dominant spiritual belief of an era. If you are calling a spiritual path heretical, remember that yours was once considered as such when it first started.

Ignorance of other spiritual paths combined with fear can give rise to religious persecution and violence. Major wisdom traditions around the world teach humility, love, and forbearance.



...We must cultivate all 3 intelligences for our overall health: critical intelligence, emotional intelligence, and spiritual intelligence. If one falls to the wayside, it slows the growth of the other two. *Haemin Sunim*

A first step in spiritual progress is to find the empty place, the hole in the fabric of meaning and culture through which the infinite and mysterious can enter. That emptiness may be a lull in time, a moment of reflection, a day off, or an uninvited reverie. ...Emotionally it may be a painful loss or breakdown. Intellectually it could be an open question, a doubt, or a new way of thinking.



...On a rainy day long ago, I stared at the stone floor of the Pantheon, getting wet from the drizzle that sprinkled in from the hole in the roof. I had seen pictures of divine grace as drops of rain, and now for the first time I saw how grace pours into us—when we are foolish enough to leave a hole in our intelligence or smart enough to install a well-oiled door in the top of our heads. *Thomas Moore*

Join us in exploring Emotional Intelligence

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