

A notebook with a red cover is open, showing a blank left page and a ruled right page. A black pen lies diagonally across the right page. Two silver paper clips are on the left page. The background is a dark blue gradient.

Workbook

WORLDVIEW AND INTELLIGENCE

7HH.IS

AQAL

Stages of development

- Ego centric
- Ethnic centric,
group family
- World centric

Your worldview

"How do you see the world?"

"How do others see the world?"

What are lines and stages?

- According to AQAL, the lines are present in all people, and they grow through levels
- The stages are our interpretations of the world

Multi Intelligence Developmental lines

- Cognitive
- Moral
- Emotional
- Spiritual
- Somatic
- Music
- Mathematic

Cognitive

- Take a perspective
- Who am I?
- Where do I come from?

Emotional

- How do you register your own emotions?
- How do you register others' emotions?

Relationship

- A relationship is a mutual agreement to learn and grow
- To serve each other and to contribute to the world

Moral

1. Start to care about others
2. Start to care for the world



Spiritual Intelligence

- What are your core values in this situation?

Self Help

Self awareness

Benefits of meditation

CONNECTING TO SELF
AND OTHERS

INNER PEACE

HIGHER SELF



Discuss or journal

- How are you feeling?
- What are you thinking?
- What are you hopeful for?
- What has triggered you?

