



# 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?

