

ENHANCE YOUR EMOTIONAL INTELLIGENCE

A BETTER LIFE
THROUGH
MEDITATION

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Intelligence Quotient, or IQ, was once considered de facto for measuring people's intelligence and their likelihood for excelling in life. Not anymore.

Many psychologists and behavioral scientists believe that Emotional Intelligence, or EQ, is more important than IQ. EQ is the ability to be aware of one's emotions and manage or control them properly.

This intelligence has become increasingly important as it defines how a person manages challenges and complex relationships in a diverse, globalized and connected world.

Daniel Goleman, who is a pioneer in the field of EQ, has said this intelligence starts with the ability to become self-aware of one's emotions. Self-awareness can then help us to manage our emotions properly and also understand others' emotions properly. Goleman suggests that we can create healthy social life only if we are self-aware of our emotions.

Self-awareness of emotions is not an inborn skill, nor something we could learn easily. Sometimes we are aware of our emotions, but most of the time we are not. Most of us are in reactive mode when we deal with complex situations and people. We let our emotions – good or bad

– dictate our decisions and behaviors.

Anger is a common experience of how we handle our emotions. When we get angry, we think and react according to how we feel about the situation. We rarely ask ourselves why we are angry in the first place. As time passes, we develop a different perspective or angle to the problem that made us angry.

Rather than being reactive or realizing things over time, EQ helps us to manage our emotions appropriately and in a timely manner as they arise within us.

HOW CAN MEDITATION HELP?

For ages, meditation has been a common practice in the East. Along with yoga – another popular Eastern practice – meditation is now practiced by a growing number of people in the West. One of the main reasons of its growing popularity is its benefits in enhancing mental and physical health. Medical science has already proved its effectiveness in lowering blood pressure, heart rate and stress-related hormones.

Furthermore, its calming effects on our minds increases our ability to be aware of our thoughts, feelings and emotions, which makes it an effective tool for EQ.



EMOTIONAL INTELLIGENCE

Emotional intelligence (EQ) is now widely promoted in businesses and organizations. EQ is the ability to be aware of and manage one's emotions. Experts say that an organization's ability to handle its EQ largely determines its success or failure. The practice of meditation at an organizational level could make EQ more effective, as mental focus flourishes the basic elements of EQ, such as self-awareness and empathy.

