Abstract

It is known from the works of Maslow, Coleman and other researchers that, during spiritual evolution, spiritual practitioners undergo changes in their mental, emotional and spiritual composition. Successful spiritual practitioners dissolve their ego structure, develop profound empathy and compassion toward others, and wish to generously and selflessly serve humanity. This transformation is accompanied by profound inner joy and peace, by an increase of intelligence and wisdom, and by an increase in spiritual standing. Enlightenment is a state characterized by very specific changes in body, mind and soul as described in holy scriptures.

Compassion Index

• Q34 Many people outside of my immediate family asked me for help this week.
• Q46 Many people outside of my immediate family asked me for spiritual guidance this week.

Soul Index

• Q12 I see or feel images, such as saints, angels, or others.
• Q13 I see light other than when meditating or healing.
• Q21 I see light while I meditate.
• Q22 I see / feel images or objects while I meditate.

Body Index

• Q30 I have a feeling of well-being.
• Q31 I am physically strong.
• Q34 I have sexual desire.

Mind Index

• Q20 I lose all perception while I meditate.
• Q24 My thinking is clear.
• Q25 People often comment on my intelligence.
• Q26 My thoughts are positive most of the time.

Emotion Index

• Q37 I am fearful or anxious.
• Q38 I am irritable or angry.
• Q39 I am worried.
• Q40 I am depressed.

Intuition Index

• Q6 Wisdom guides me in matters of living my life and making everyday decisions.
• Q7 I am inspired when I need to resolve an issue in my relationships.
• Q9 I have a feeling of openness in my chest.
• Q10 I feel an inner peace.

Conclusion

• The Enlightenment scale can measure the changes in Body, Mind, Heart and Soul.
• The scale is both sensitive and specific enough for scientific purposes.
• The scale is a useful tool to document the effect of CAM interventions (which originated from various spiritual practices).

Contact

Dr. Zhi Gang Sha Web site: www.DrSha.com  
Research Web site: www.sharesearchfoundation.org

Email: sharesearchfoundation@yahoo.ca

Tel: 604-294-3911 (need Canada phone code first)
Fax: 831-303-5477 (need USA phone code first)