**Zoom Chat: 15/2/21 Emotional & Spiritual Intelligence**

18:01:59 From Paul: SMN : <https://scientificandmedical.net/groups/members-dialogue/forum/discussions/15th-february-2021-emotional-spiritual-intelligence/>

18:29:44 From Ghislaine Young : what you miss you dismiss, interesting! also incompetent incompetence,

18:31:02 From Paul: SMN to Barbara Jikai Gabrys(Privately) : Please put PowerPoint and notes here too <https://scientificandmedical.net/groups/members-dialogue/forum/discussions/8th-february-2021-theme-respecting-our-land-and-water-resources/>

18:31:21 From Ghislaine Young : correction meant to say unconscious incompetence ie not knowing what don’t know...

18:34:46 From Yohance A P Osborne : It makes you wonder to what extent it is an evolutionary advantage/disadvantage as human beings' inability to notice everything in the moment.

18:37:11 From Barbara Jikai Gabrys : I beg to disagree - IQ is not fixed, and can increase with time. There is some evidence that meditation can increase IQ if practiced diligently...

18:37:35 From Yohance A P Osborne : I thought so too Barbara, on the dynamics of IQ.

19:07:01 From Yohance A P Osborne : Spot on in my book in that final line.

19:07:49 From Ghislaine Young : great presentation thank you! very thought and emotion provoking!

19:08:00 From Yohance A P Osborne : How could we train ourselves to face the greatest obstacles to inner peace?

19:08:24 From Linda Carroll : Thank you so much.

19:08:32 From Silvia : Just reading that final statement, from the Dala Lame sums it all up. Thank you Leila

19:08:40 From Yohance A P Osborne : Fantastic Leila!

19:08:52 From Lorna Rook : please can u share ref page again

19:08:55 From Verena Davis : Could you please leave the Dalai Lamas quote on screen.

19:09:07 From Judy Hanmer : Brilliant. Thank you Leila.

19:09:12 From Sue : Thank you so much. You have made Goldman's book so much clearer with the added and significant component of spirituality.

19:09:17 From Lorna Rook : thank you lovely presentation ,

19:10:16 From Tuvi Orbach : Hi Leila -thank you for your brilliant presentation 🙏🏽, Tuvi

19:10:48 From monika : Thanks so much for your excellent presentation!

19:11:26 From Barbara Jikai Gabrys : Thank you Leila - definitely thought provoking, splendid presentation

19:12:28 From Linda Carroll : I relate to that - thank you John.

19:14:43 From Paul: SMN : https://scientificandmedical.net/groups/members-dialogue/forum/discussions/15th-february-2021-emotional-spiritual-intelligence/

19:15:36 From Verena Davis : Thank you so much Leila, much to digest,

19:15:56 From Verena Davis : Thank you Paul.

19:17:18 From Barbara Jikai Gabrys : Here is the handout

19:17:47 From Barbara Jikai Gabrys : To know yourself is to forget yourself (Dogen, great Zen master)

19:18:09 From Verena Davis : Barbara, I saw on Facebook a company advertising a filter to remove microfibres from the washing water which can be fitted to washing machines but I was too slow to capture the details.

19:19:31 From Barbara Jikai Gabrys : Hi Verena I'll investigate and hopefully will have something concrete by next week

19:19:57 From Chrissy Philp to Paul: SMN(Privately) : Hello Paul please let Leila know about blueprint if you think it's appropriate. I practiced Buddhism before I found it!

19:20:26 From Linda Carroll : Peter Fenwick on Sundays!

19:20:57 From Jeannet Weurman : Thank you so much. :-)

19:21:35 From Verena Davis : A hopeful development Barbara.

19:21:36 From Linda Carroll : Thank you so much and blessings to you both - Leila and Paul. And to everyone.

19:21:48 From Rowena Fairbairn : Take care and enjoy your search for inner peace - turn off TV?!

19:21:59 From Yohance A P Osborne : Bye bye!