

Intelligence of Heart (WoH)

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Abstract

This article is an attempt based on common day experiences that something exists beyond the so called Intelligence of Brain (IoB) that helps us to act in situation. It also describes situations in which IoB enters into an open conflict with this so called new intelligence. This new thing has been traced to an extension of the well known Emotional Intelligence (EI) as well we make to classify the observable traits of the so called people.

The key term used in this article is Wisdom of Heart (WoH). It's a new term to denote this kind of people and its an extension of the common term EI. We classify these people under the head WoH people.

I shall begin with some real life incidents that happened to me.

Incident 1: one day I was traveling in a general compartment of a train. To be precise it was the 2.30PM train to Chennai from Trivandrum (In India). It was the time after Diwali holidays so the train was heavily crowded. A group of students had occupied a birth of the compartment and they were occupying the top seats too (intended for luggage), and there were ladies too. The students at the top had to climb down to share some food with their friends at bottom. All students climbed down with ease except one girl, who didn't know how to climb down. Her friends at bottom started to joke and laugh at her, Joined by some co passengers, Like "if you don't know to climb down why did you go up". Immediately after the laughing ceased, a girl from the bottom birth got up and walked down to the aisle (where normally people climb up/down). She gestured to her friend to climb down. Her friend on top told her that she was afraid, to which she gestured with her hand that "don't worry, If anything awkward happens I will take care". Reminds me of the old ICICI Bank ad' hum hai na' when a mother leaves her child at school but is worried to leave him alone. To which the teacher gestures with the same sign. Astonishingly the other girl climbed down with little or no help from the one

at bottom. I thought of standing up and applauding at the instant. But showed thumbs up sign to the other girl to which she nodded (Thankfully).

Back during my train journey I kept pondering over what type of intelligence had the girl used which made her rise meteorically like a hero , for some (at least one) during the situation. Was it her academic skills that mattered?

Incident 2: A couple of months back I was undertaking the same train. A local vendor (An old lady) was selling some eatables. After making her sale tired of the days' work she asked a passenger sitting at the window seat to kindly let her sit as she was feeling headache and she could breathe fresh air. He refused. A local passenger sitting at the aisle row (near to the window), Got up and offered his seat. He left at the direction of exit, towards the back side of the coach. I joined him , he told me that he didn't have the money nor the need to buy what the old lady was selling. But was thinking of how he can be of help to the vendor. It was much like a God sent opportunity for him, to help the old lady! When I returned to my seat I could find the vendor cracking joke with an old lady sitting next to her!

Incident 3: This happened during my first job. I was in sales, and our company was a hardcore sales organization. There was a particular friend of mine who had engineering as well Management Degree. Since we were in sales we would have parties after our month end on reaching our targets. Drinks were common in such parties. This particular friend (Say X) of mine would not take drinks during college days or not so far. To make our boss feel elated we told him that sir X has not taken drinks so far, but may be U can make him drink today. We all sat in a room for the routine and my boss announced that Mr X is joining us tonight for drinks. Though my friend resisted, in the end succumbed to what my boss demanded. We all thought our boss had won. He asked to place glasses as per the head count. Drinks were poured in each glasses. My boss declared that Mr X would start the party today by sipping first. We all told cheers raising our glasses. Then something unusual happened. My friend X dropped his glass on the table, looked straight into the eyes of my boss and told" boss, if none among us is not going to drink a peg more from these glasses again, I wont touch this glass any

more!” We all knew our boss had a terrible anger (he had told not to drop our glasses without drinking a sip after saying cheers), but instead he told us Mr X wont join us tonight for drinks. Lets us drink and enjoy. Mr X joined us for the party but did not take any drinks.

The next day at office I just asked my friend where did he get the courage to tell NO to my boss, who didn't have a second opinion / Suggestion at our office. My friend laughed at me and a bit hesitantly told me his story!

His mother took much pains to see him through his studies. His father was a drunkard. While he was a kid, he was the eldest (had two younger sisters) , his father would come home drunk and fight with his mother and beat her for not giving him the money to drink. His mother would silently suffer all these but took a promise from him while he was a kid. When he grew up he WONT drink. My friend then told me “tomorrow I may stand to loose my job / career. But I am not worried. I don't want to break the promise given to my mother”. Frankly I fumbled for words. I did not know how to answer him. That day when I went to my bosses cabin I knew I had a job in hand.

We have addressed the instances that happened. Well what was in these situations that mattered. I recall my childhood lessons were we studied a subject which had less than an hour a week. I am talking of moral science. It reminded me it is the most important subject , because you can forget all the subjects on your academics but not this, because it teaches you how to live. We all know of the intelligence of the brain and , we term ourselves as intelligent beings inheriting planet Earth. There are well known methods to measure intelligence of the brain like IQ tests and academic brilliance. But does brain alone has intelligence for us intelligent beings?

Recalling the incidents mentioned above in none of the cases it was a case of intelligence of the brain that mattered. It was something else that mattered that made them stand up in the situation, a deviation from the normal phase. I have brushed through the available resources, but all speak of intelligence of brain alone, but there is something beyond, Intelligence of something else, Intelligence of the HEART Wisdom of Heart (WoH). It can be associated with the term Emotional Intelligence (EI). It speaks of intelligence of the heart!. It's purely EI at work!

In the incidents mentioned above first of it was the lady in the train. It can be said here that her friend needed help / Support which she was able to provide, forgetting the situation. Her friend only needed the feeling / Confidence that someone was out there to support her which she was able to provide. She was able to act in the situation while others resisted.

In the second incident the man in the train he empathized with the old lady . Was thinking how he could be of help? That's why when the situation came he acted. He got a chance when the other person refused to yield ,That's what he told later ”much like a God sent opportunity”.

Moving to the third case It was much like a case of conflict with Intelligence of Brain (IoB) Vs WoH. His academics /Learning's /Career all which can be associated with IoB which must have told him to obey him to obey his boss, But it was on the other hand it was WoH which kept him reminded him of the promise made. It can be guessed well here that he must have encountered many situations before wherein he had to yield or in his words “Had to break the promise given” but it was a NO from his part. His situation was he had to lose many by earning the wrath of his boss, His career / Job security etc. But he said come whatever may he chose not to break the promise given to his mother. In future also if any kind of similar situations come he may do the same (I believe).

I have tried to observe these kind of people and have found the following traits common for these kind of people.

1. At Perfect Harmony with Themselves : This is a distinguishing feature of WoH people. WoH people are always at perfect harmony with themselves. They enjoy / indulge in solitude more than anyone else. They tend not to escape rather enjoy it. This can be more pronounced / observed during journey times. People try all sort of things like sleeping, Reading , Listening to music , Playing games, Doing work, operate laptop etc to escape the boredom. But WoH people on the other hand rather than escaping, indulge in it. They observe things around them , Watch nature etc and don't make others feel they are bored. They enjoy solitude rather than avoid it.
2. Talkers to themselves than to others: This is a striking feature of WoH people. They tend to be more speakers to themselves. It can be correlated with the point No 1 discussed i.e. At perfect harmony with themselves , as their way of escaping solitude. Rather than keeping others bothered, by this act they themselves find a way to keep engaged. Talking to themselves in fact increases their strength.
3. Empathetic: Empathy – what does it mean. Putting yourself in the shoes of the other. For that you will have to remove your shoes first and make sure that the other persons fit yours. who people know this act. They not only

sympathize with the person / situation , but act in the situation . Empathetic rather than sympathetic.

4. Authentic: Authenticity -- What is the word meaning. Does it have anything to do with the moral fabric of a person? It simply can be said as the power to be oneself. WoH people are authentic. Their direction and priorities are clear.

5. Honest : WoH people are honest. They stand up to any situation were they require to exhibit this trait.

6. Respect the other sex: WoH people respect and honour the opposite sex.

7. Observers : WoH people are keen observers . They are aware of the situations around them. They observe other people, things around them as well nature.

8. Thinkers : WoH people are good thinkers. They use the help of their brains in making judgments / conclusions.

9. Proactive : Proactive ness notes their ability to master situations. Rather than being a slave to situations they master the given situation. Proactive ness notes their ability to guess how a situation would unfold and hence act accordingly. Proactive rather than reactive.

10. Logical : WoH people have a definite reason / Logic for everything. They do things / arrive at judgments based on this logic.

11. Conscience Driven : WoH people judge based on their conscience , not based on people or situations. They have a moral element in all the things they do.

12. Respect life: WoH people respect and promote other forms of their fellow creatures (Visible)

Thus , We have seen how apart from intelligence of brain something else in our body too have intelligence to help us act in situations, Intelligence of heart (WoH). WoH

is important since it helps us act in situations where IoB fails miserably.

Dedication:

I wish to thankfully remember my good friend Mr KrishnaPrasad (dasarpknair@gmail.com) who has been a constant source of motivation and encouragement for getting this article published. He has also provided me the financial help to get this materialized. So I would like to dedicate this article to his belief in my capability..

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