

Appendix 2

Comparison of *Habits of Mind* and *Spiritual Qualities*

How well do the spiritual qualities (Grof 1993) correspond to and provide foundational support to the Habits of mind (Costa and Kallick 2000)?

Qualities of Spiritual Maturity	Habits of Mind
<p>Faith, trust, and inner security</p> <p>The ability to live without anxiety or doubt. An inner security free of fear and deprivation.</p>	<p>Persisting</p> <p><i>Stick to it!</i> Persevering in task through to completion; remaining focused, comfortable with ambiguity and obstacles. Having faith in one's abilities to find a solution.</p>
<p>Physical, emotional, mental and spiritual clarity</p> <p>Physical clarity has to do with attention to the body's health and real needs. Mental and emotional clarity have to do with awareness, discernment and lucidity. Spiritual clarity has to do with wholeness, simplicity and sensitivity.</p>	<p>Thinking and communicating with clarity and precision</p> <p><i>Be clear!</i> Striving for accurate communication in both written and oral form; avoiding over generalizations, distortions and deletions. Aim for clarity, precise language, universal labels and analogies.</p>
<p>Serenity</p> <p>A state of equanimity, inner tranquillity and peacefulness in the face of challenge and change.</p>	<p>Managing impulsivity</p> <p><i>Take your Time!</i> Thinking before acting; remaining calm thoughtful and deliberative. Form a vision.</p>
<p>Living in the present moment</p> <p>The ability to live in the present rather escaping to the past or the future. The ability to constantly 'let go'.</p>	<p>Gathering data through all senses</p> <p><i>Use your natural pathways!</i> Gathering data through all the sensory pathways--gustatory, olfactory, tactile, kinesthetic, auditory and visual.</p>
<p>Love, compassion and service</p> <p>Love and compassion are often associated with the beginning of a true spiritual life. Love dissolves confusion and fear and elicits kindness, openness and respect. Unless we love and trust ourselves, we cannot love others. Compassion goes beyond a personal form of love to a love of all creation.</p>	<p>Listening with understanding and empathy</p> <p><i>Understand Others!</i> Devoting mental energy to another person's thoughts and ideas; holding in abeyance one's own thoughts in order to perceive another's point of view and emotions.</p>

Qualities of Spiritual Maturity	Habits of Mind
<p>Personal freedom</p> <p>Letting go of attachments and living questions and problems into answers and opportunities without drama, escape, or avoidance.</p>	<p>Thinking flexibly</p> <p><i>Look at it Another Way!</i> Being able to change perspectives (their own and others, big picture, and particular), generate alternatives, consider options</p>
<p>A sense of wonder, mystery, and reverence</p> <p>A direct experience of the cosmos which is unitive, inclusive, and expansive. A sense of being aware of the profound interconnectedness of all creation.</p>	<p>Responding with wonderment and awe</p> <p><i>Have fun figuring it out!</i> Finding the world awesome, mysterious and being intrigued with phenomena and beauty.</p>
<p>Honesty and authenticity</p> <p>No longer lying to ourselves and others about what we are doing and what the consequences are. To live as we really are without delusion about the reality of the past, the present, our selfhood and behaviours.</p>	<p>Thinking about thinking (metacognition)</p> <p><i>Know your knowing!</i> Being aware of one's own thoughts, strategies, feelings and actions and their effects on others.</p>
<p>Responsibility and discipline</p> <p>Becoming accountable for ourselves without feeling excessively responsible for others. Dependable and creative completion of our responsibilities and a disciplined approach to personal growth.</p>	<p>Taking responsible risks</p> <p><i>Venture out!</i> Being adventuresome; living on the edge of one's competence - using intuition, drawing on past knowledge and meeting new challenges. Taking educated risks based on knowledge.</p>
<p>Connection with the earth, nature and everyday life</p> <p>Even though we may find great inspiration in sacred systems or transcendent experiences, we recognise the sacredness of daily activities, other people, other life forms, inanimate matter, and nature. "It's no good being an angel if you're no earthly use."</p>	<p>Striving for accuracy</p> <p><i>Check it again!</i> A desire for exactness, mastery, fidelity and craftsmanship.</p>
<p>Hope, happiness, joy, and humour</p> <p>Hope and happiness are states of well-being and contentment emanating from a deep feeling of inner wealth irrespective of outer events or experiences. Joy and humour spring from a warm heart and a sense of the 'cosmic game'.</p>	<p>Finding humor</p> <p><i>Laugh a little!</i> Finding the whimsical, incongruous and unexpected. Being able to laugh at oneself. Being playful with ideas and perceiving situations from original and interesting perspectives.</p>

Qualities of Spiritual Maturity	16 Habits of Mind
<p>A sense of purpose and place in space and time</p> <p>A sense of the unique and necessary place and personal contribution of each individual being in the world. "Where does my deep gladness meet the world's deep need?"</p>	<p>Questioning and posing problems</p> <p><i>How do you know?</i> Having a questioning attitude; knowing what data are needed and developing questioning strategies to produce those data. Finding problems to solve and questions to ask.</p>
<p>Tolerance and patience</p> <p>The ability to embrace self and 'the other' in spite of perceived weakness or difference. To even move beyond tolerance to acceptance and celebration of difference and diversity. Patience means to take events and experiences as they come without complaint or expectation. It also means all things have a natural time and place to be.</p>	<p>Thinking interdependently</p> <p><i>Work together!</i> Being able to work in and learn from others in reciprocal situations. . Listening, consensus seeking, giving up an idea to work with someone else's, empathy, compassion, group leadership, knowing how to support group efforts, altruism, open to feedback.</p>
<p>Wisdom and understanding</p> <p>Deep insight, possible at any age, expressed through everyday action.</p>	<p>Applying past knowledge to new situations</p> <p><i>Use what you Learn!</i> Accessing prior knowledge; transferring knowledge beyond the situation in which it was learned.</p>
<p>Gratitude, humility and willingness</p> <p>Gratitude is the recognition of the little miracles that occur everyday. Humility is the ability to move beyond arrogance and grandiosity toward an honest acceptance of ourselves with all our perceived limitations and faults.</p>	<p>Remaining open to continuous learning</p> <p><i>Learn from experiences!</i> Having humility and pride when admitting we don't know; resisting complacency.</p>
<p>Expressing the creative soul</p> <p><i>Creativity is a way of expressing the soul and allowing the energy to flow through us into what we do. It is a celebration and an act of life.</i></p> <p>(My entry)</p>	<p>Creating, imagining, innovating</p> <p><i>Try a different way!</i> Generating new and novel ideas, fluency, originality, imagine oneself as the object or the situation, explore limits of possibility.</p>

References:

Costa, A and Kallick, B (2000) *Habits of Mind: A Developmental Series*. Alexandria, VA: Association for Supervision and Curriculum Development

Grof, C (1993) *The Thirst for Wholeness; attachment addiction and the spiritual path*, Harper San Francisco