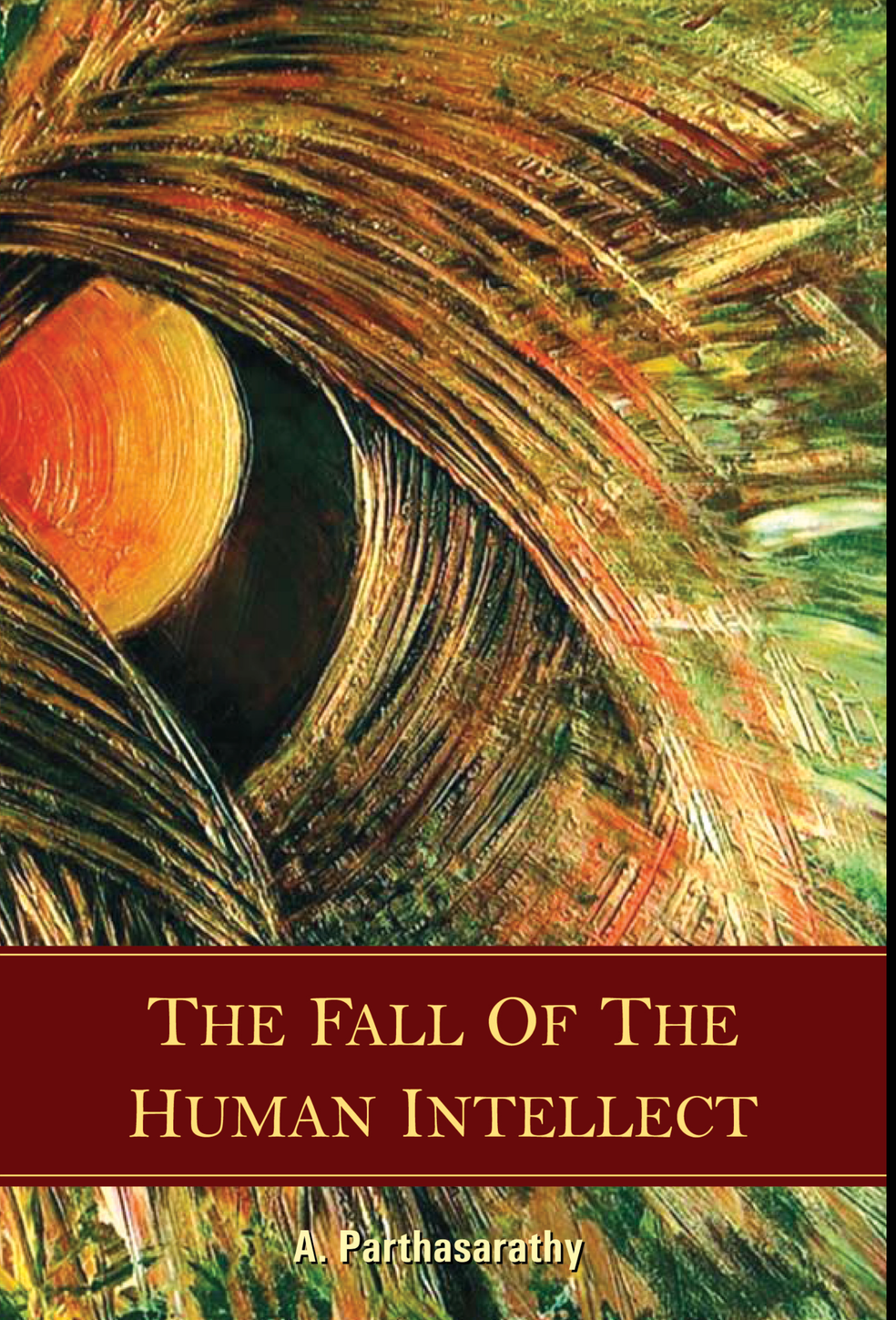

12 Dec – Reflection Questions

i. Three Cs to Success

   How can we inspire cooperation in others?

ii. Intellect vs Intelligence

   What is the appropriate balance between gaining *intelligence* and developing *intellect*?

Ch.5 – Three Cs to Success

- Concentration
- Consistency
- Cooperation

- Each requires intellect
  - Strengthen intellect *How?*
  - Diminish mind's natural turbulence *How?*

"Concentration is the technique exercised by the intellect to hold the mind on the present occupation without allowing it to slip into the past or future."

Ch.5 – Concentration

- Not merely mental absorption – Universally applicable

- Improves efficacy of action
  - E.g. Greg Norman chokes at 1996 Masters

"I'm probably the only guy in the world who thinks, 'I don't know if I can hold it,' ... I didn't sleep a wink."

Greg Norman.

Ch.5 – Concentration

- Not merely mental absorption – Universally applicable

- Improves efficacy of action
  - E.g. Greg Norman chokes at 1996 Masters

- Enhances the quality of the present experience
  - "*By compelling the senses to focus themselves on the here and now, battle can cause a man to take his leave of them.*" (Kaplan)

"Consistency is the skill of directing your action towards the ideal, goal set to achieve."

Ch.5 – Consistency

- What causes unproductive action?
- With consistency, every action gains strength
- Otherwise efforts are scattered, ineffectual

"It is difficult to be an achiever in life without the spirit of cooperation."

Ch.5 – Cooperation

- Recognizing that nothing can be achieved by oneself
- Inspiring others' cooperation means developing it oneself
- Knowledge gained naturally expresses as action

?

Ch.6 – Intellect vs Intelligence

"The intellect is the faculty to think, to reason, to judge, to decide on the pros and cons of life."

"Intelligence is … information, knowledge from external sources."

FHI, Ch.6

Intelligence	Intellect
Knowledge	Wisdom
Does not change emotions	Redirects emotions
Does not change behavior	Gives freedom to choose
Lecture to others	Self-reflection
Infomation	Transformation
Tuition	Intuition
2-dimensional	3-dimensional

Ch.6 – Intellect is not Intelligence

- What can happens if we conflate the two in others?

Ch.6 – Intellect is not Intelligence

- What can happens if we conflate the two in others?
  - False expectations
  - Wrong relationship
  - E.g. Abusive guru-culture

- What can happens if we conflate the two in ourself?

Ch.6 – Intelligence Does not Develop Intellect

- Possessing information does not improve reasoning

- Owning instruments does not make a musician

- Many have the same education
- One stands out as a trailblazer

Ch.6 – Need to Develop Intellect

- Like any skill, critical thinking needs study & practice

- Two disciplines:
  - Take nothing for granted
  - Question everything

- Why does fake news work?

Ch.6 – Need to Develop Intellect

- Depth of study vs. Breadth of study

- Read, stop, re-read
  Define terms
  Identify assertions
  Look for reasons & evidence (for & against)
  Identify consequences

?

The Fall of the Human Intellect

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