



EXISTENTIAL INTELLIGENCE

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The Seven Dimensions of Meaning-Making

Existential intelligence, the capacity to grapple with life's profound questions, encompasses seven interconnected facets:

1. **Contemplative:** Engaging in deep reflection on existence, purpose, and consciousness, often through meditation or philosophical inquiry.
2. **Mortality:** Confronting the reality of death to inspire urgency, authenticity, and a focus on legacy.
3. **Quest For:** Relentlessly pursuing meaning, whether through art, science, or spirituality, to transcend mundane routines.
4. **Pondering:** Wrestling with paradoxes and mysteries, such as free will versus destiny, to expand intellectual and emotional horizons.
5. **Tolerance:** Embracing diverse beliefs about existence, fostering empathy in a pluralistic world.
6. **Spiritual:** Exploring connections beyond the material world through faith, mindfulness, to anchor life in universal truths.
7. **Wisdom:** Synthesizing insights into a coherent worldview, guiding ethical choices and nurturing inner peace.

Together, these dimensions empower individuals to navigate life's uncertainties with clarity and grace. Cultivating existential intelligence enriches relationships, fuels personal growth, and bridges humanity's shared search for significance in an enigmatic universe.

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