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Kernels of Truth

Volume 1

12 Ways to Increase Your
Spiritual Practice

Essays on Everyday Spirituality

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You can live a life of fulfillment, health, happiness and prosperity. That is a Spirit-filled life.

Spirit is not something you try to bring into your life. It is already within you actually trying to come out. It relies on our recognition of it. We can and should recognize it in our everyday living.

These essays will help us to recognize the Spirit that surrounds us and resides within us.

Give yourself a daily gift of connecting with Spirit in this way.

— *Tina Montalto*

Intelligence vs. Intellect

Intelligence, Intellect. Often interchangeable words. But not in the study of Metaphysics. One is our connection with Spirit. The other, sometimes a tether that keeps us very much Human. Let's not confuse our Spiritual Intelligence with our Human Intellect.

Spirit has many descriptive names in New Thought. Divine Mind, First Cause, God, Universal Intelligence. Universal Intelligence is the everywhere-present all-knowingness of Spirit. Universal Intelligence knows all things and everything because it knows only itself, which is everything.

Because we are individualized centers of Spirit, we have that Intelligence too. Our Intelligence is our connection to Divine Mind. We are consciously and subconsciously connected to Universal Consciousness and Subconsciousness. When we think, we are connecting with Universal Consciousness. When we use our intuition, for example, we are connecting with Universal Subconsciousness. We have a “knowing” inside of us we need to take heed of. When we have

decisions that need to be made, we can connect with Universal Intelligence and know that our decisions will be correct. When we do a [Spiritual Mind Treatment](#), we are consciously connecting with Spirit, that all-knowingness of the Universe that can guide us in whatever conditions we need to address. The Intelligence that keeps the planets in alignment, that keeps the Earth rotating, that keeps the Sun shining is at our disposal.

Then there is the Intellect. Intellect is our human reasoning, limited to our five senses and our interpretation of our surroundings.

We need our intellect. It performs a very important job. It allows us to observe what is happening in our lives and deduce the Cause — which is what we are habitually thinking and feeling. Once we know the cause, we are at liberty to change our thinking (the cause) to something better for us.

The sticky part comes when we only use our intellect and not our Intelligence (which is what the human race has been doing in its evolution up until now). When we only use our intellect, we get the “I’ll believe it when I see it” attitude toward life. It becomes a tether that keeps us from soaring to our highest Spiritual Growth. It keeps us limited to living a life of perception only. Reacting instead of acting.

When has the “I’ll believe it when I see it” attitude ever created something or made something happen? Did the first carpenter who made the first chair say, “I’ll believe

there is such a thing as a chair when I see one”? Did Thomas Edison say “I’ll believe there is such a thing as the electric light bulb, when I see it”? Nothing would ever have been invented with an attitude like that. I will go as far as to say every inventor, every artist has tapped into the Creative Mind of Spirit at those moments. We can all tap into Creative Mind. Universal Intelligence knows all potentiality.

We are at a very exciting time in our evolution. We are moving beyond our Human Intellect. We are connecting with our Spiritual Intelligence as we come to believe there is more to Life than just what we experience with our senses.

Continue your Growth, trust in your Divine Nature, be open to the guidance of Spirit.