



**HOLISTIC HEALTH Series**

We often get to hear of someone "*being intelligent*". Fine. But what exactly is Intelligence?

The subject is explained to excellent effect in this issue of *Sattva*. The Research Note and Sadhguru's talk collectively explain the hierarchy of mental abilities comprising Intelligence and its role in enhancing clarity of perception, blissfulness and progress.

Warmly,  
[The Editorial Team](#)



[Video Case Study](#)  
Perception - The Art of Seeing



How relevant is the *experiential dimension* to one's life? Very much, as the Sadhguru says. He emphasises that experience increases our sensitivity to the world around us. He adds that life without experience is like living someone else's story. [More](#).



**Holistic Health Series**  
[The Phenomenon of Intelligence](#)

Intelligence thoroughly influences our lives in various ways, though most of us may be unable to articulate its workings.

As this note explains, Intelligence is the door that links the outer sensory world with our inner consciousness. It also serves as the platform for ethical standards of behaviour and living life in a way that is not in conflict with others'. [More](#)

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