

Spiritual Intelligence IN THE AGE OF AI

For the days you need quiet more
than answers

AIANDSPIRITUALITY.ORG



Welcome

I started aiandspirituality.org because I believe technological progress and inner development can grow together.

We can build extraordinary things and learn to be still.

We can use powerful machines and remain deeply human.

For me, that means holding two practices together:

Doing and meditating.

AIandSpirituality.org explores artificial intelligence, consciousness, meditation, meaning, creativity, work, and what it means to remain human as our tools become more intelligent.

I don't have all the answers. I'm interested in the questions.

So take this one with you:

As AI becomes better at helping me do things, how can I become better at knowing what is worth doing?

The next time you open an AI tool, pause for one breath before you type. That breath may be small. But it is yours.

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Read on to find reflections, practices, and prompts for using technology without losing touch with yourself.

1. What is Spiritual Intelligence?

I wouldn't call it spiritual intelligence so much as intelligence that has become clear.

Intelligence is part of being human. When our intellect can clearly distinguish between what is permanent and what is constantly changing, it becomes luminous—and, in that sense, spiritual.

A simple example. You have an argument with someone at work. Nothing dramatic—no swearing, just a disagreement. Hours later, you are still replaying it in your head. Your mind keeps saying, I was right. They were wrong. I should have said this. They should have said that.

Ordinary intelligence can keep analyzing the situation indefinitely.

Spiritual intelligence asks something different:

Does this matter? Is there something I need to learn or do differently next time? If yes, do it. Then let it go.

Everything is changing anyway. Why spend your intellectual energy endlessly revisiting something that cannot be changed?

Spiritual intelligence is the ability to recognize what deserves your attention—and what does not. It is using your mind with greater clarity, conserving your energy, and directing it toward what brings greater understanding, peace, and benefit to yourself and others

Is AI Making This More Urgent?

Very much so.

I see this from the inside.

I work in finance and technology, and part of my job, literally, my mandate : is to get people using AI more. More adoption. More productivity.

I do it enthusiastically. These tools are extraordinary.

Then I sit to meditate, and I watch my own mind do exactly what the machines do: predict, grab, autocomplete.

AI is making enormous amounts of intellectual work easier. Writing emails, creating dashboards, generating animations, analyzing information, accounting—you have an idea and AI says, “I got you” Sometimes it even generates the ideas. That is extraordinary. But it also raises an important question:

If machines increasingly do the thinking and creating for us, how do we keep our own intelligence sharp?

There is another side to this. AI is making digital life more engaging at exactly the same time that social media is becoming more addictive. We can spend hours scrolling while asking AI to do our work for us.

Do you see the paradox?

2. Is AI Making This More Urgent?

We have more tools than ever to save time, yet more ways than ever to lose it.

This is why I believe developing our inner intelligence is becoming essential. We need to remain awake, discerning, creative, and capable of experiencing life directly—not simply consuming what machines and algorithms put in front of us.

AI can become incredibly powerful.

So must our ability to choose what is worth doing.



3. Five Practices for Staying Conscious While Using AI

1. Acknowledge when you are using AI

Whenever you use AI for a task, simply notice it.
Tell yourself: "I am using AI for this."
No judgment. Just awareness.

That small act keeps you conscious of the relationship rather than slipping into unconscious dependence.

2. Protect your deepest privacy

If you are discussing something deeply vulnerable or personal with an AI system, think carefully about whether you need to share it.

Where appropriate, delete sensitive chats and review the platform's privacy and data settings. Use options that prevent your conversations from being used for model improvement when available.

Technology should serve you. Your most intimate inner life deserves particular care.



3. Five Practices for Staying Conscious While Using AI

3. Meditate

No matter how fascinating the external world becomes, meditation is not optional if you want to remain inwardly awake.

AI can give you information. It can generate possibilities. It can entertain and assist you.

Meditation gives you the opportunity to simply be.

4. Engage in service

Use your intelligence for something beyond yourself.

Listen to a grieving friend. Take someone to the doctor. Help a neighbor. Look after someone's child when they need support. Volunteer. Make someone's difficult day a little easier.

It doesn't have to be grand.

Small acts of service shift our attention from me to we.

5. Pause before asking AI

Before giving a thought or task to AI, take a moment.

Think about it yourself. Write down what you think. Reflect on the problem. Then ask AI.

This simple pause keeps your mind active and makes AI your assistant rather than your replacement.

4. *Seven AI Prompts for Self-Inquiry*

In the spirit of ātma-vicāra - self-inquiry in the Vedāntic tradition - the deeper question is not simply “What am I thinking?”

It is: “Who am I?”

Copy, paste the prompts, and answer honestly.

One rule before you start:

AI is a mirror, not an oracle. And a mirror is not a therapist.

If something heavy comes up, take it to a human you trust

It is not your teacher and has no spiritual authority. Use it to notice your thoughts, identities, assumptions, and reactions so you can investigate them yourself.

1. What am I experiencing?

Prompt:

I'm going to describe what I'm experiencing right now. Don't advise me. Help me separate my direct experience—thoughts, emotions, and sensations—from the stories and interpretations I'm adding to it.

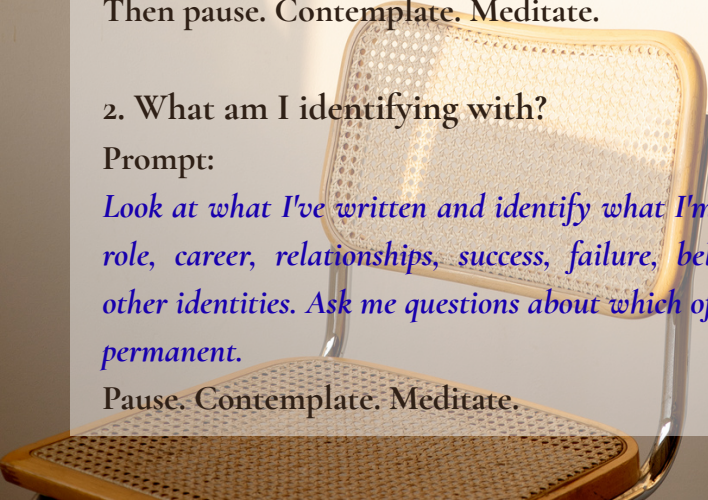
Then pause. Contemplate. Meditate.

2. What am I identifying with?

Prompt:

Look at what I've written and identify what I'm calling “me”—my role, career, relationships, success, failure, beliefs, emotions, or other identities. Ask me questions about which of these are actually permanent.

Pause. Contemplate. Meditate.



4. Seven AI Prompts for Self-Inquiry

3. Can I observe it?

Prompt:

I am going to describe what I am experiencing right now. Don't advise me. Help me investigate what I can observe: my body, sensations, emotions, thoughts, and identities. Ask me whether I can observe each one without trying to change it. Ask five questions, one at a time

Pause. Contemplate. Meditate.

4. Who is the “I”?

Start with one statement:

“I am afraid I'll fail.”

Then use:

Prompt:

Help me investigate the “I” in this sentence through five questions, one at a time. Don't interpret or advise or answer. Move from “What am I experiencing?” toward “Who is experiencing it?”

After reading the answer, Pause. Contemplate. Meditate.

5. Try Neti Neti

Use the traditional Vedāntic approach of neti neti—“not this, not this.”

Prompt:

Guide me through a short five-question self-inquiry using neti neti. Ask me about my body, sensations, emotions, thoughts, memories, roles, and beliefs. Don't give me answers. This is an investigation, not a lesson.

4. Seven AI Prompts for Self-Inquiry

6. Investigate the Seeker

Even the person trying to “find myself” can become an object of inquiry.

Prompt:

I notice that I'm trying to understand myself. Help me investigate the seeker. What does it want to find? What does it believe will happen when it finds it? Ask five questions, one at a time. Don't give me answers.

7. Leave the Question Open

Eventually, stop looking for explanations.

Prompt:

Help me sit with the question “Who am I?” Ask one brief question at a time. Don't answer the question, explain it, or give me spiritual teachings. If there is no conceptual answer, let the question remain open.

Then stop. You don't have to solve the question. Sit with it.



5. *About me*

Honestly, I'm a little shy about putting myself out there. So for now, I don't use my real name or photograph here.

Maybe that will change.

For now, I'd rather let the ideas come first and the person behind them stay a little in the background. If you're asking yourself some of the same questions, welcome. I'm glad you're here.

Once again Welcome to AI & Spirituality.
aiandspirituality.org

One small request. Hit reply to the email that brought you this guide, and tell me one thing you noticed. I read every reply, and those replies shape what I write next.

