

Potential Uses of a Finalized SEAS
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Persons interested in accelerating their own spiritual development can use the SEAS to gain perspective on their current strengths and weaknesses, as well as ideas for where to focus in further growth. By using it repeatedly (e.g., once a year), persons can measure whether and how much they are changing. Here's an example of what part of an individual feedback report might look like:

Spiritual Evolution Assessment Scale™ (SEAS)
Feedback Report for Amy Person
October 15, 2006

Your responses indicate that you experience yourself as participating in a sense of group soul, and you are aware of the impact of your energy on the universal energy field. Your spiritual practice is already focused on mental discipline in order to take responsibility for your feelings, thoughts, and actions.

Given the number of years that you have already spent in meditation work, it is not surprising that you have developed a balance in your spiritual life. Your scores on the three factors are:

Understanding spiritual reality	64%
Your own spiritual development	61%
How you interact with others	66%

Your areas of greatest strength in moving forward in spiritual development are:

- Your ability to see all areas of your life as having potential for service.
- Your ability to be compassionate while remaining detached.
- Your understanding of when to speak and when to remain silent.

The areas where you might wish to focus most in your spiritual work are:

- Understanding the concept of harmlessness and how to apply it in everyday life.
- Understanding the role that fear plays in your life and how to manage it more effectively.
- Being able to apply the principle “energy follows thought.”

Any organization or trainer involved in spiritual training – e.g., colleges or universities, seminaries, study courses, seminars or workshops – can use the SEAS first to determine the needs of a group of students and any particular areas where they need curriculum support and then to measure change as a result of a particular course of training. Thus the SEAS can provide an initial needs assessment, an objective measure of student development, and also an assessment of the effectiveness of a particular training. Here is an example of what part of an organizational report might look like on a group of students before training:

an organizational report might look like on a group of students before training:

Spiritual Evolution Assessment Scale™ (SEAS)		
Report for students in course starting Sept 15:		
Distribution of Students	Percent	Average Years of Meditation
Group 1	32%	0.5
Group 2	38%	2.5
Group 3	15%	5.0
Group 4	12%	6.5
Group 5	3%	9.5

Of the 50 students registered to start September 15, 70% have had less than 2.5 years of meditation practice, while 15% have had over 6.5 years.

Average Scores	Mean	Standard Deviation
Overall	43.6	3.8
Factors		
Understand spiritual reality	40.1	2.7
Own spiritual development	47.4	2.4
Interacting with others	43.2	2.6

On average, the incoming students scored highest on concepts related to their own spiritual development and lower on an understanding of our spiritual reality and the implications for how they might interact with others. The standard deviations indicate that there is relatively little variability in how they responded to the three factors.

Average Scores	Mean	Standard Deviation
Knowledge of concepts	45.3	3.9
Application of concepts	31.9	4.3

On average, the incoming students have a stronger grasp of spiritual concepts as compared with their ability to apply those concepts in their daily lives. Top areas where students need curriculum support:

- The nature and purpose of spiritual laws
- Understanding and dealing with fear
- Understanding and applying the nature of energetic interconnectedness

Researchers studying spirituality can use the SEAS as a reliable and valid non-theist measure, which is conceptually independent of any specific religious tradition. The SEAS can also be an effective measure of spirituality for research studies wishing to correlate spiritual maturity with other behaviors. Because the SEAS has been designed for repeat administration, it can be given before and after activities or interventions in order to measure change in spiritual maturity. Here is an example of what part of a research report might look like:

Spiritual Evolution Assessment Scale™ (SEAS)		
Participants Taking the Spiritual Values Workshop:		
Pre: Sept. 8, 2006		
Post: Oct. 20, 2006		
	Pre	Post
Mean scores:		
Overall	43.6	55.5
Factors		
Understand spiritual reality	40.1	44.8
Own spiritual development	47.4	63.2
Interacting with others	43.2	58.5
Knowledge items	45.3	63.9
Application items	41.9	46.1
Standard deviations:	5.6	5.1
<p>Participants, on average, scored significantly higher on the SEAS after completing the Spiritual Values Workshop. The increase was primarily in concepts related to their own spiritual development and how to apply spiritual concepts in interacting with others. The improvement in knowledge of concepts was significantly higher than improvement in applying those concepts in daily life.</p>		
	Pre	Post
Distribution of Participants		
Group 1 (mean-1.5 SD)	32%	16%
Group 2 (mean - .5 SD)	38%	44%
Group 3 (mean +/- .5 SD)	15%	42%
Group 4 (mean + .5 SD)	12%	14%
Group 5 (mean + 1.5 SD)	3%	4%
<p>Before the workshop, 70% of participants scored over 0.5 SD below the SEAS mean and only 15% scored over 0.5 SD above the SEAS mean. After the workshop, 42% scored within 0.5 SD of the mean.</p>		
Change in number of participants by group:		
Pre: Number		Post: Number in Group
		1 2 3 4 5
1	20	6 14 - - -
2	25	- 5 20 - -
3	14	- - - 14 -
4	4	- - - 2 2
5	2	- - - - 2
Totals	65	6 19 20 16 4
<p>There was a significant shift in distribution of participants by group as a result of participating in the Spiritual Values Workshop.</p>		