

## The Psychology Of Spirituality An Introduction

"The primary aim of this book is to examine the ways in which aspects of religion and spirituality are linked to emotional attachment processes and close relationships. My approach is heavily influenced by John Bowlby's attachment theory and the enormous amount of research it has generated in developmental, social, and clinical psychology. A major aim of this book is to demonstrate the utility of approaching religion and spirituality from the perspective of a mainstream theory in developmental, social, and clinical psychology. This book will educate readers who are not yet familiar with attachment theory and the attachment-theoretical approach to religion and spirituality"--

This book, the first of a groundbreaking series, provides a solid theoretical and empirical grounding from the psychology of religion and spirituality to the emerging field of workplace spirituality. Leading researchers in the psychology of religion have contributed up-to-date reviews within their areas of expertise to help guide the emergence of this exciting new discipline. Each chapter is written with the workplace researcher in mind. Not only is the relevant literature from the psychology of religion reviewed, but it is also made relevant to the workplace setting. The religious and spiritual aspects of such topics as meaning making, emotional resilience, sense of calling, coping with stress, occupational health and well-being, and leadership, among others are discussed within the context of work life. Surely researchers interested in workplace spirituality will keep this book, as well as others in the series, within arm's reach for years to come.

At a time when religious fundamentalism is having a huge impact upon the world, this book helps us to understand how people acquire, conceptualise and practise religion at both personal and social levels. At a time when religious fundamentalism is having a huge impact upon the world, this book helps us to understand how people acquire, conceptualise and practise religion at both personal and social levels. Explores religion both as a social phenomenon and as a form of inner experience. Explains why people believe what they do. Looks at the effects of religious and spiritual belief upon behaviour, and upon physical and psychological health. Outlines the various approaches to religious and spiritual experience. Surveys all relevant research.

Postmaterial spiritual psychology posits that consciousness can contribute to the unfolding of material events and that the human brain can detect broad, non-material communications. In this regard, this emerging field of postmaterial psychology marks a stark departure from psychology's traditional quantum measurements and tenets.

Paloutzian (experimental and social psychology, Westmont College) and Park (psychology, U. of Connecticut) provide a 33-chapter handbook on the psychology of religion and spirituality, for social and clinical psychologists, pastoral counselors, and students and researchers in psychology and religious studies. Psychologists and a few religious studies specialists from the US and

some countries in Europe address the foundations, including definitions, core issues, measurement assessment, research methods, psychodynamic psychology and religion, and evolutionary psychology as a foundation for the psychology of religion; religious and spiritual development across the lifespan; and the neural and cognitive bases of religion and connections to emotion, personality, culture, and social behavior. They discuss religious practices and rituals, conversion experiences, prayer, spiritual struggles, fundamentalism, forgiveness, values, and morality, and implications for individual and collective well-being in terms of health, mental health, coping, psychotherapy, workplace spirituality research, terrorism, and other areas. New topics in this edition include cross-cultural issues, spiritual goals, emotional values, and mindfulness. Most chapters have been redesigned or rewritten, with 25 new and eight revised chapters. The main themes of the book are more integrated, and the introductory and concluding chapters argue that the application of religious meaning systems and the multilevel interdisciplinary paradigm can allow reconceptualization of the field and expand research. Annotation ©2013 Book News, Inc., Portland, OR (booknews.com).

Examines the psychological aspects of spirituality, explains the three stages of spiritual life, and offers practical advice on expanding and developing one's religious life

Many therapists and counselors find themselves struggling to connect the research on the psychology of religion and spirituality to their clinical practice. This book will address this issue, providing a valuable resource for clinicians that will help translate basic research findings into useful clinical practice strategies. The editors and chapter authors, all talented and respected scholar-clinicians, offer a practical and functional understanding of the empirical literature on the psychology of religion and spirituality of, while at the same time outlining clinical implications, assessments, and strategies for counseling and psychotherapy. Chapters cover such topics as religious and spiritual identity, its development, and its relationship with one's personality; client God images; spiritually transcendent experiences; forgiveness and reconciliation; and religion and spirituality in couples and families. Each concludes with clinical application questions and suggestions for further reading. This book is a must-read for all those wishing to ground their clinical work in an empirical understanding of the role that religion and spirituality plays in the lives of their clients.

Spirituality is increasingly accepted as integral to human psychology, vital for physical and mental health. The Psychology of Spirituality is an accessible book that introduces the relationship between spirituality and psychology. The author sets out what spirituality is, the values it represents and how it can contribute to mental health and wellbeing. He then illustrates how knowledge of spirituality can provide a deeper understanding of people's problems and can help them develop resilience and aid recovery. With reference to a new holistic or 'psycho-spiritual' paradigm, the book then covers stages of spiritual development: from

having natural spiritual awareness in early childhood to the waning of interest in later childhood; largely conforming to group mentality in adolescence before discovering individuality; and then the final journey towards full personal and emotional maturity. Finally, the author outlines practical advice on how to explore and make use of spirituality, covering a range of spiritual skills and practices, including meditation and contemplation. Each chapter includes case examples and exercises to explore the ideas covered. This book will be compelling reading for psychologists, psychiatrists, chaplains, healthcare professionals, students, and anyone wanting to understand better the role of spirituality and psychology in the lives of all.

This book presents cutting-edge research and theory in the emerging field of the indigenous psychology of religion. Its authors examine the influence of colonization and illustrate the use of novel research methodologies utilised in studies with communities in India, Korea, China, Indonesia, America, and Poland. Whereas Western psychology has traditionally viewed religion through an institutional lens and from a Euro-American perspective, this book aims to facilitate an understanding of indigenous spiritualities on their own terms and from the indigenous people's lived experience. In doing so, the contributors seek to support indigenous communities in the recovery of their voice, original vision, and ancient practices, and to follow their yearning as echoed in T.S. Eliot's words: "In my beginning is my end." The book is replete with examples of this recovery of indigeneity in, for example, Chinese notions of harmony and resilience; cultural differences in hearing the voice of the divine; the influence of animism on Christians in Korea; and in savoring the bereavement of loved ones. This novel collection presents fresh insights for students and scholars of the psychology of religion, indigenous studies, cultural psychology, and anthropology.

What does it mean to be enlightened or spiritually awakened? In *The Leap*, Steve Taylor shows that this state is much more common than is generally believed. He shows that ordinary people — from all walks of life — can and do regularly “wake up” to a more intense reality, even if they know nothing about spiritual practices and paths. Wakefulness is a more expansive and harmonious state of being that can be cultivated or that can arise accidentally. It may also be a process we are undergoing collectively. Drawing on his years of research as a psychologist and on his own experiences, Taylor provides what is perhaps the clearest psychological study of the state of wakefulness ever published. Above all, he reminds us that it is our most natural state — accessible to us all, anytime, anyplace.

This compendium of introductory essays invites scholars and clinicians to better understand people of various faiths from around the world. It is intended to correct the tendency among scientists to study religious behavior without accounting for its human dimension. For example: a psychologist describes a religious ceremony in a certain community as a "sociological phenomenon." Such a technical description is likely to strike members of that community as an attempt by science to explain away their beliefs. This is counterproductive. In order to work effectively and empathetically with people of faith, psychologists should seek an intimate knowledge of how religion operates in the hearts and minds of living, breathing human beings. With this goal in mind, editors Timothy Sisemore and Joshua Knabb have made one of the world's

major religions the subject of a separate chapter. In addition, they have arranged for each chapter to be written by a psychologist who practices—or is culturally connected with—that religion. This marks the book's unique contribution to the field: it is the product of people who have lived the world's religions, not merely studied them. By taking such a respectful approach, the book promotes an appreciation for the ways that religious belief animates, inspires, and instructs its adherents. Moreover, the indigenous point-of-view of these essays will help scholars identify their own biases when researching religious groups, allowing them to produce more accurate and holistic analyses. Psychologists understand that religion and spirituality provide meaning and purpose to billions of people around the globe. But the actual experience of these beliefs eludes the grasp of the reductionistic methods of science. With this resource at their side, psychologists in academic and clinical settings will be equipped to understand religious experience from the bottom-up, and honor the beliefs and practices of the people they are trying to help.

Papers and presentations from conferences held by the International Network on Personal Meaning. Articles are included from luminaries such as Howard Gardner, Harold Koenig, Sal Maddi, Jordan Peterson, Donald Meichenbaum, Crystal Park, Paul Wong, Kirk Schneider, and Bernard Weiner. Freshly edited and typeset, this book contains a broad range of essays on meaning and spirituality. The Positive Psychology of Meaning and Spirituality contains a number of must-have essays on topics from suffering, death, and grieving to meaning, spirituality, and virtues.

The anniversary edition of this beloved bestseller is celebrated in Prefaces by Oprah Winfrey and Maya Angelou and contains a new Foreword by the author, website links, and a new Study Guide to help readers find even deeper meaning and fulfillment. The Seat of the Soul encourages you become the authority in your own life. It will change the way you see the world, interact with other people, and understand your own actions and motivations. Beginning with evolution, Gary Zukav takes you on a penetrating exploration of the new phase humanity has entered: we are evolving from a species that understands power as the ability to manipulate and control—external power—into a species that understands power as the alignment of the personality with the soul—authentic power. Our evolution requires each of us to make the values of the soul our own: harmony, cooperation, sharing, and reverence for Life. Using his scientist's eye and philosopher's heart, Zukav shows us how to participate fully in this evolution, enlivening our everyday activities and all of our relationships with meaning and purpose. The Seat of the Soul has sold millions of copies around the globe, and as it changes lives, more and more people begin to live by the values of the spirit. Indeed, a new world is emerging, and this book brings its message to you.

From a leading researcher and practitioner, this volume provides an innovative framework for understanding the role of spirituality in people's lives and its relevance to the work done in psychotherapy. It offers fresh, practical ideas for creating a spiritual dialogue with clients, assessing spirituality as a part of their problems and solutions, and helping them draw on spiritual resources in times of stress. Written from a nonsectarian perspective, the book encompasses both traditional and nontraditional forms of spirituality. It is grounded in current findings from psychotherapy research and the psychology of religion, and includes a wealth of evocative case material.

This volume makes a powerful case for the inclusion of ultimate concerns - spiritual and

religious themes in personal strivings - in an attempt to build a motivational theory of personality. The book first reviews the growing body of empirical and clinical literature on goal seeking and its relationship to subjective well-being, life satisfaction, and personality description. Emmons then sets forth an innovative framework for the assessment and measurement of ultimate concerns.

The Science of Spirituality is a ground-breaking book that integrates the individual systems of science, psychology, philosophy, spirituality and religion into a unified system that describes the multi-dimensional nature of man and the universe. It provides a more comprehensive description of reality than conventional science can offer and fully explains the mechanisms behind an array of paranormal phenomena that mainstream science chooses to ignore. It explains the science behind religious, spiritual and new-age belief systems, and sheds light on some common misconceptions. The Science of Spirituality systematically describes the mechanisms behind a diverse range of subject matter including: consciousness, sleep and dreams, reincarnation, religion, creation, evolution, space and time, higher dimensions, heaven and hell, ghosts, angels and demons, out of body experiences, near death experiences, clairvoyance, psychic abilities, personal development, meditation and the meaning of life.

Taking an historical perspective, the author identifies the current American obsession with spirituality as a third "Great Awakening," identifying a shadow culture of seekers who bear much in common with three centuries of American spirituality.

Awareness Is Freedom: The Adventure of Psychology and Spirituality proposes a unique combination of spiritual and psychological concepts that together lead to greater self-awareness and wellbeing. It is structured as eight lessons, each focusing on different aspects of psychology and spirituality, to support readers in their personal journey of self-growth. The psychological and spiritual theories described in the book are backed up by scientific findings that enhance the legitimacy and power of its message. The book also includes practical exercises which allow the reader to apply the ideas in an enjoyable way that will lead to self-improvement and greater satisfaction in life.

Despite the growing literature on spirituality and its positive impact on well-being in health psychology, education, occupational psychology and leisure studies, it has been less examined in sport studies. Meaning and Spirituality in Sport and Exercise:

Psychological Perspectives examines the many forms of spirituality in sport from a psychological perspective, from moments of transcendence and finding deeper meaning and value to prayer before an important competition or in adversity, such as a career-threatening injury. Based on the latest research and the Nesti's experience in applied sport psychology service delivery, this book covers a range of novel topics linking spirituality to athlete development, injury, exercise motivation, and ageing athletes, and offers applied, practical guidance for sport psychologists working with spiritual athletes. Offering a unique contribution to the study of spirituality in sport, and to sport psychology practice, this book is vital reading for any upper-level student or academic working in sport and exercise psychology, religion and sport, or the philosophy of sport, and any practising sport psychologist.

This is an accessible book that introduces the relationship between spirituality and psychology. The author sets out what spirituality is, the values it represents and how it contributes to mental health and wellbeing. He then illustrates how knowledge of

spirituality can provide deeper understanding of people's problems and can help aid recovery.

Does religion positively affect well-being? What leads to fundamentalism? Do religious beliefs make us more moral? The Psychology of Religion explores the often contradictory ideas people have about religion and religious faiths, spirituality, fundamentalism, and atheism. The book examines whether we choose to be religious, or whether it is down to factors such as genes, environment, personality, cognition, and emotion. It analyses religion's effects on morality, health, and social behavior and asks whether religion will survive in our modern society. Offering a balanced view, The Psychology of Religion shows that both religiosity and atheism have their own psychological costs and benefits, with some of them becoming more salient in certain environments.

A multidisciplinary team of scholars shows how spiritual and religious practices actually do power psychological, physical, and social benefits, producing stronger individuals and healthier societies. \* Case studies and personal vignettes illustrate key points and discoveries

The bestselling author of "Minding the Body, Mending the Mind" reveals the interconnected loop of the mind, body, and spirit in a pioneering book that will teach women how to maximize their health and well-being as well as discover the extraordinary power that comes with each stage of the feminine life cycle.

Human beings are fundamentally relational—we develop, heal, and grow through relationships. Integrating insights from psychology and theology, Todd W. Hall and M. Elizabeth Lewis Hall present a definitive model of spiritual transformation based on a relational paradigm, showing how transformation works practically in the context of relationships and community.

Understanding the Psychological Soul of Spirituality is a comprehensive exploration of spiritual constructs based on an empirical, evidence-based paradigm for understanding and addressing spirituality. In a field where there is no current consensus on spirituality, this book provides a much-needed psychologically based definition and ontology that assists helping professionals in formulating their professional identities; developing effective and appropriate training models; furthering their understanding of what spirituality is and is not, from a psychological perspective; and more effectively addressing spiritual issues to support clients. The authors provide a review of current issues in the area of spirituality, also called the numinous, and provide perspectives that address these concerns in ways that promote a fully scientific understanding of the construct. Ultimately the book provides a concise definition of the numinous that places it squarely in the social sciences. Chapters outline the clear value of the numinous for psychology and detail its relevance for professionals' training.

This book examines what people mean when they say they are "spiritual". It looks at the semantics of "spirituality", the visibility of reasons for "spiritual" preference in biographies, in psychological dispositions, in cultural differences between Germany and the US, and in gender differences. It also examines the kind of biographical consequences that are associated with "spirituality". The book reports the results of an online-questionnaire filled out by 773 respondents in Germany and 1113 in the US, personal interviews with a selected group of more than 100 persons, and an experiment. Based on the data collected, it reports results that are relevant for a

number of scientific and practical disciplines. It makes a contribution to the semantics of everyday religious language and to the cross-cultural study of religion and to many related fields as well, because “spirituality” is evaluated in relation to personality, mysticism, well-being, religious styles, generativity, attachment, biography and atheism. The book draws attention to the – new and ever changing – ways in which people give names to their ultimate concern and symbolize their experiences of transcendence. Many counseling clients find comfort and meaning in their spiritual lives, in the context of religious affiliation or the diverse viewpoints of the “spiritual but not religious.” But counselors and psychotherapists often lack training for work in this territory and may be wary of opening the door. *The Interplay of Psychology and Spirituality* is an exploration of the subtle, fluid relationship between psychology and spirituality that offers valuable perspectives and suggestions for embracing spirituality and religion in the helping professions. Drawing on Jungian, transpersonal, and integral perspectives, Hepburn highlights personal and cultural styles, spirituality as a therapeutic resource, and the potential for psychospiritual growth. She also emphasizes the importance of focusing on metaphors, stories, and direct experience rather than beliefs. Thoughtful attention is given to potential psychospiritual problems, ethical dilemmas, and diagnostic challenges. There are also frequent opportunities for personal reflection. Unique features of the book include consideration of the potential relationship of spirituality to therapeutic themes such as attachment, trauma, subpersonalities, and somatic experience, as well as application of the concepts in the stories of nine fictional characters based on the Enneagram. Thoughtful and thought provoking, *The Interplay of Psychology and Spirituality* is a valuable resource for helping professionals, spiritual directors, and for general readers with a particular interest in the subject.

*The Psychology of Religion and Spirituality: From the Inside Out*, by Timothy Sisemore, provides an introduction to the field of the psychology of religion and spirituality utilizing a mixed method approach allowing persons of faith (and one who is an atheist) to give voice to their experience to supplement the quantitative research that has been done in the field. This text honors the value of religion and spirituality in the lives of the majority of humans while acknowledging the weakness and problems that come with faith as well.

Postmaterial spiritual psychology posits that consciousness can contribute to the unfolding of material events and that the human brain can detect broad, non-material communications. In this regard, this emerging field of postmaterial psychology marks a stark departure from psychology's traditional quantum measurements and tenets. *The Oxford Handbook of Psychology and Spirituality* codifies the leading empirical evidence in the support and application of postmaterial psychological science. Sections in this volume include: - personality and social psychology factors and implications - spiritual development and culture - spiritual dialogue, prayer, and intention in Western mental health - Eastern traditions and psychology - physical health and spirituality - positive psychology - scientific advances and applications related to spiritual psychology With chapters from leading scholars in psychology, medicine, physics, and biology, *The Oxford Handbook of Psychology and Spirituality* is an interdisciplinary reference for a rapidly emerging approach to contemporary science. This overarching work provides both a foundation and a roadmap for what is truly a new ideological age.

An intriguing exploration of the great transition between life and the after-life.

A groundbreaking exploration of the neuroscience of spirituality and a bold new paradigm for health, healing, and resilience—from a New York Times bestselling author and award-winning researcher “A new revolution of health and well-being and a testament to, and celebration of, the power within.”—Deepak Chopra, MD Whether it’s meditation or a walk in nature, reading a sacred text or saying a prayer, there are many ways to tap into a heightened awareness of the world around you and your place in it. In *The Awakened Brain*, psychologist Dr. Lisa Miller shows you how. Weaving her own deeply personal journey of awakening with her groundbreaking research, Dr. Miller’s book reveals that humans are universally equipped with a capacity for spirituality, and that our brains become more resilient and robust as a result of it. For leaders in business and government, truth-seekers, parents, healers, educators, and any person confronting life’s biggest questions, *The Awakened Brain* combines cutting-edge science (from MRI studies to genetic research, epidemiology, and more) with on-the-ground application for people of all ages and from all walks of life, illuminating the surprising science of spirituality and how to engage it in our lives:

- The awakened decision is the better decision. With an awakened perception, we are more creative, collaborative, ethical, and innovative.
- The awakened brain is the healthier brain. An engaged spiritual life enhances grit, optimism, and resilience while providing insulation against addiction, trauma, and depression.
- The awakened life is the inspired life. Loss, uncertainty, and even trauma are the gateways by which we are invited to move beyond merely coping with hardship to transcend into a life of renewal, healing, joy, and fulfillment. Absorbing, uplifting, and ultimately enlightening, *The Awakened Brain* is a conversation-starting saga of scientific discovery packed with counterintuitive findings and practical advice on concrete ways to access your innate spirituality and build a life of meaning and contribution.

Over a century ago, psychologists who were fascinated with religion began to study and write about it. Theologians and religious practitioners have responded to this literature, producing a fascinating dialogue that deals with our fundamental understandings about the human person and our place in the world. This book provides an introduction to the important conversations that have developed out of these interchanges. The dialogue between psychology and religion is difficult to study for a number of reasons. First, it requires knowledge of both psychology and religion. People with a background in psychology often lack a solid understanding of the religious traditions they wish to study, and theologians may not be up to date on the latest developments in psychology. Second, it requires conceptual tools to organize the material and understand the basic problems involved in any attempt to connect the science of psychology with religion. These concepts can be found in many places, for instance in the writings of philosophers of science, but they are complex and often hard to follow for those without a proper theological and philosophical background. Finally, authors who write on the topic come to the study of psychology and religion from a variety of academic and personal backgrounds. This makes for wonderful diversity in conversations, but it makes understanding and mastery of the material quite difficult.

Constructed around a series of late night conversations around a camp fire between Cheryl Simone and Sadhguru Vasudev on an Island in the middle of a Western North Carolina lake near her mountain home, *Midnights with the Mystic* is the most thorough exposition of the teachings of India's most sought after

mystic. Sadhguru challenges us to embrace the possibility that to each of us is available a higher realm of reality, a peak of consciousness; an entrée into the realm of freedom and bliss. Simone, an Atlanta real estate developer, was the typical baby boomer in search of an authentic spiritual experience. Professionally successful, yet spiritually arid, she discovered a way into what she was looking for in the teachings of Sadhguru. Concrete and down-to-earth, *Midnights with the Mystic* both provides readers with an introduction to profound spiritual teaching and a personal glimpse of a charismatic guru.

This book is written for those who ask difficult questions: What is the nature of human reality? What is the purpose of human life? What is love? What is reality? What is the secret of happiness? Do we have free will? Is transcendence real? Through case histories, in-depth analyses, and practical examples, the book offers new ways of addressing these and other important questions. 'The Psychology of Spirituality' demonstrates that life can, in fact, be good, happy and fruitful, and that we human beings are, indeed, noble beings only if we knew. This two-volume handbook presents the most comprehensive coverage of the current state of the psychology of religion and spirituality.

*Psychology, Religion, and Spirituality* provides readers with a critical overview of what psychology tells us about religion and spirituality. It is concise without being simplistic, and the first such broad overview to be published for some years.

Fraser Watts recognizes that 'religion' is complex and multi-faceted, taking different forms in different people and contexts. The book presents a broad view of psychology; whatever kind of psychology you are interested in, you will find it covered here, from biological to social, and from experimental to psychoanalytic. It focuses particularly on the varied concepts that psychologists have employed to make sense of religion and subjects them to critical examination. The book is also concerned with practical applications, helping those engaged in religious ministry. It will be of interest to undergraduates and general readers, as well as specialists in religious studies, psychology, and philosophy of religion.

Gorsuch seeks to provide a thoughtful introduction to relating spirituality and psychology in a postmodern era. Psychology provides an empirical base for many of the discussions. In addition he develops two methods of dialoging or integrating psychology and spirituality.

At the threshold of the 21st Century many people are faced with a spiritual dilemma, where neither secularism nor religion seem adequate. *The Psychology of Mature Spirituality* addresses this dilemma. In each of the book's three sections - integrity, wisdom, and transcendence - distinguished contributors describe and analyse a mature form of spirituality that will be a hallmark of future years. This timely volume will appeal to those involved in psychology, psychoanalysis and religious studies.

Drawing on a wealth of new evidence, pioneering research psychologist David DeSteno shows why religious practices and rituals are so beneficial to those who follow them—and to anyone, regardless of their faith (or lack thereof). Scientists

are beginning to discover what believers have known for a long time: the rewards that a religious life can provide. For millennia, people have turned to priests, rabbis, imams, shamans, and others to help them deal with issues of grief and loss, birth and death, morality and meaning. In this absorbing work, DeSteno reveals how numerous religious practices from around the world improve emotional and physical well-being. With empathy and rigor, DeSteno chronicles religious rites and traditions from cradle to grave. He explains how the Japanese rituals surrounding childbirth help strengthen parental bonds with children. He describes how the Apache Sunrise Ceremony makes teenage girls better able to face the rigors of womanhood. He shows how Buddhist meditation reduces hostility and increases compassion. He demonstrates how the Jewish practice of sitting shiva comforts the bereaved. And much more. DeSteno details how belief itself enhances physical and mental health. But you don't need to be religious to benefit from the trove of wisdom that religion has to offer. Many items in religion's "toolbox" can help the body and mind whether or not one believes. How God Works offers advice on how to incorporate many of these practices to help all of us live more meaningful, successful, and satisfying lives.

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