

The Science of Spirituality

What the Research Says

Reflection Prompt

What has your relationship to “spirituality” looked like — and where did that definition come from?

Were you taught to keep it separate from logic, science, or “serious” thinking? What might change if you saw them as partners rather than opposites?

Reflection Exercise: “Evidence in Your Own Life”

1. **Recall** a time you felt deeply connected — to yourself, others, or something greater.
2. **Note** what was happening in your body, thoughts, and emotions.
3. **Compare** this to one research finding from Lesson 1 (e.g., improved emotional regulation, resilience, health markers).
4. **Prompt:**
 - *What parallels do you notice between your lived experience and the research?*
 - *How does knowing there’s scientific validation change the way you value that experience?*

Optional Embodiment Anchor

Place your hand on your heart for three slow breaths, recalling that moment of connection, and let yourself feel its reality in your body.