

A blue-tinted background image showing a woman with blonde hair, wearing glasses on her head, standing in a library or study. She is looking slightly to the right. Bookshelves filled with books are visible behind her.

Dr. Lisa Miller
Spirituality Mind Body Institute
Columbia University
drlisamiller@gmail.com



Passing the Torch





Opinion

Building Spiritual Capital



By David Brooks

May 22, 2015



Share full article



354

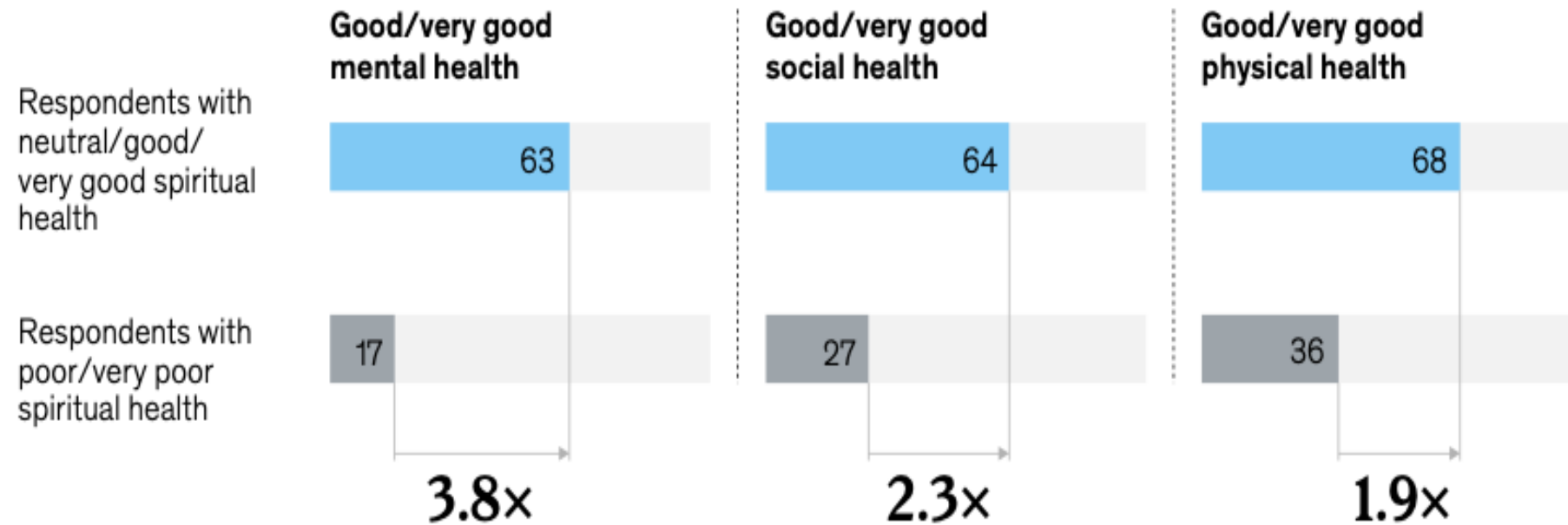
Lisa Miller is a [professor of psychology and education](#) at Teachers College, Columbia University. One day she entered a subway car and saw that half of it was crowded but the other half was empty, except for a homeless man who had some fast food on his lap and who was screaming at anybody who came close.

At one stop, a grandmother and granddaughter, about 8, entered the car. They were elegantly dressed, wearing pastel dresses and gloves with lace trim. The homeless man spotted them and screamed, “Hey! Do you want to sit with me?” They looked at each other, nodded and replied in unison, “Thank you” and, unlike everybody else, sat directly next to him.



Among Gen Z, there is a positive association between spiritual health and other dimensions of health.

Health status by category, by status of spiritual health, Gen Z respondents, %

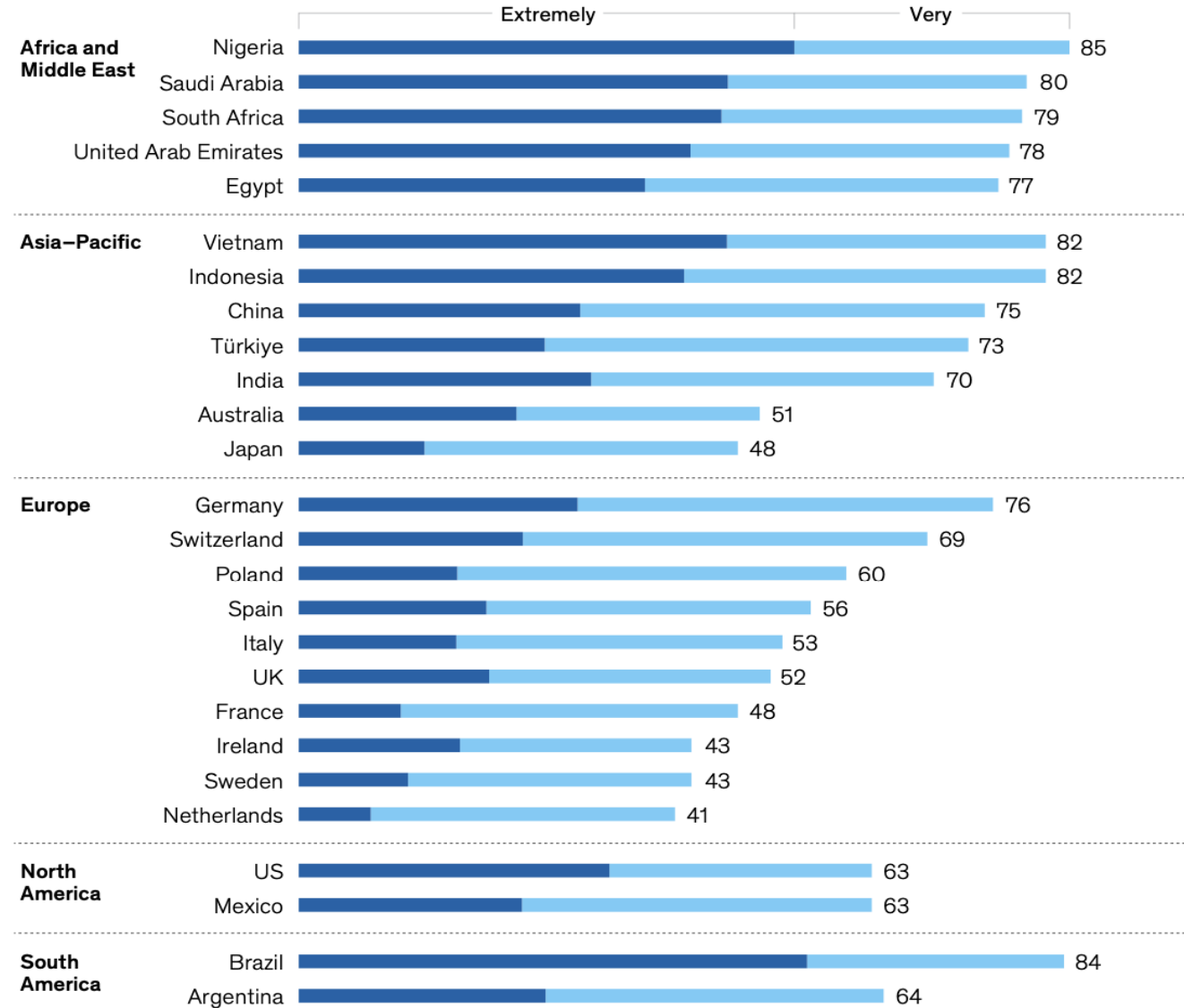


Source: McKinsey Health Institute Global Gen Z Brain Health Survey (2022), Gen Z oversample (includes respondents aged 13–24); weighted by gender, age, and education level. Dates fielded: Aug 26–Nov 2, 2022; n = 16,635

McKinsey & Company

The importance of spiritual health among respondents varied from 41 to 85 percent, depending on where the respondents reside.

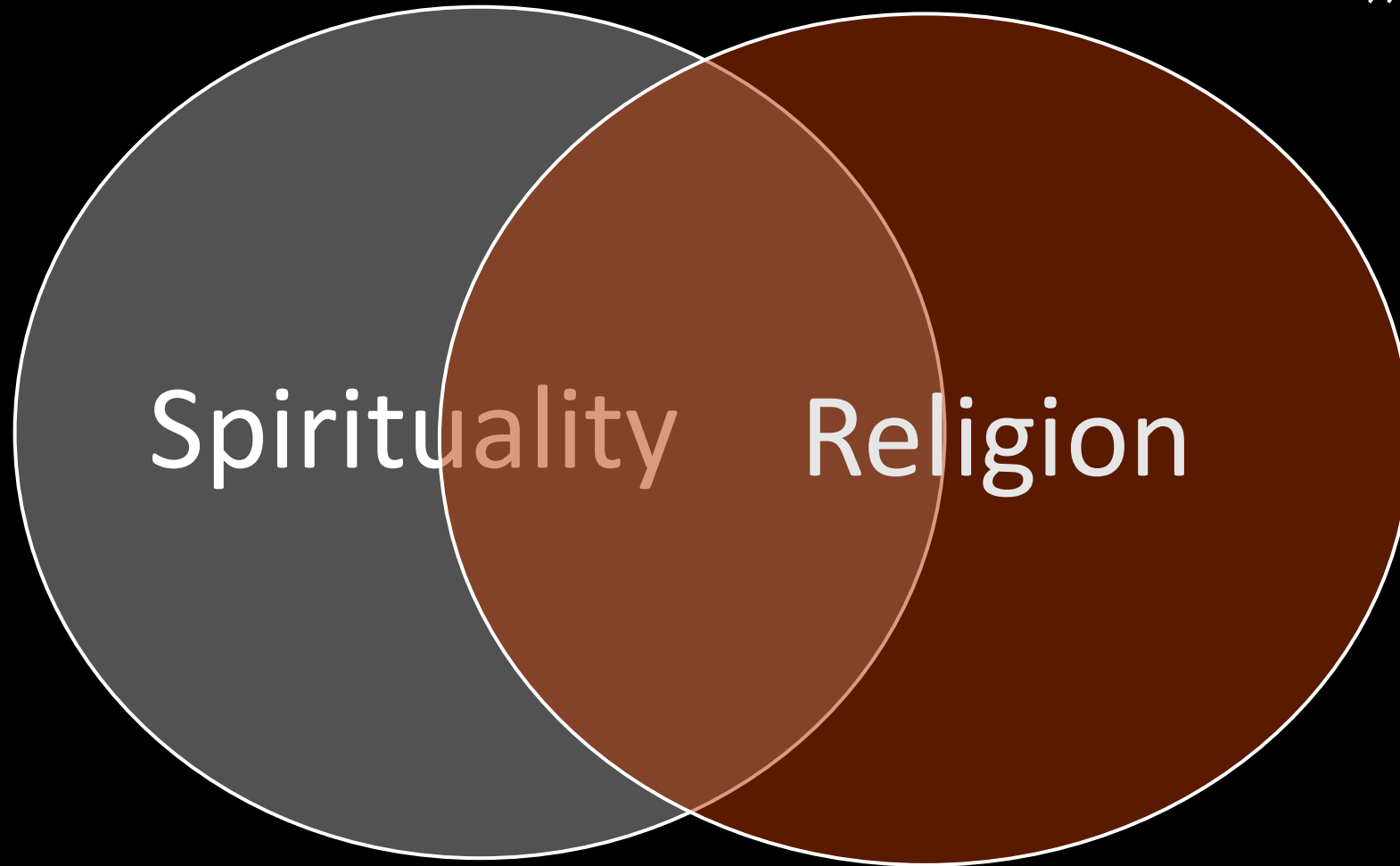
Share of respondents who said spiritual health is 'very important' or 'extremely important' to them, %



Source: McKinsey Health Institute Global Gen Z Brain Health Survey (2022), Gen Z oversample (includes respondents aged 13–24); weighted by gender, age, and socioeconomics. Dates fielded: Aug 26–Nov 2, 2022; n = 41,960



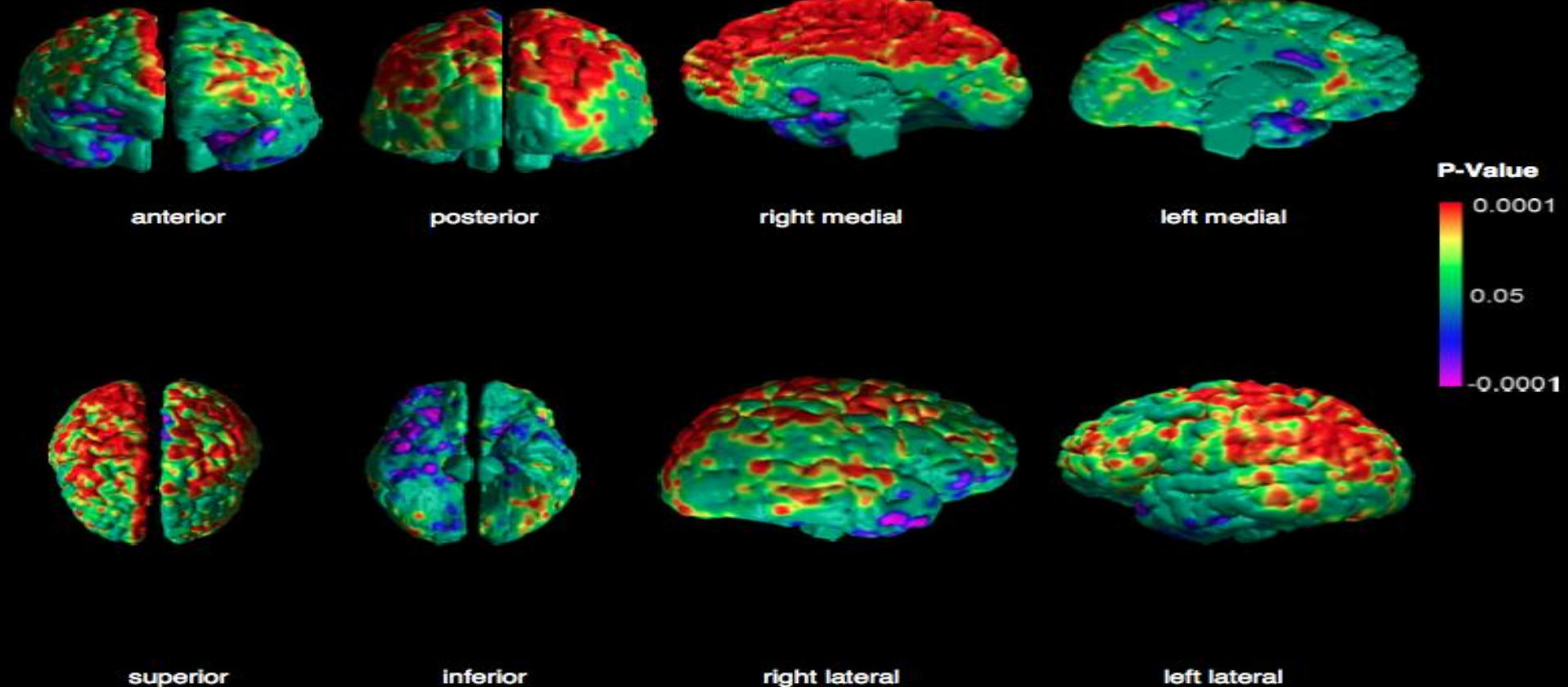
Spirituality & Religion



AWAKENED BRAIN; Open System

CorticalThicknes (n=118): Religisoity NonGRF

age_sex_Risk_Religiosity

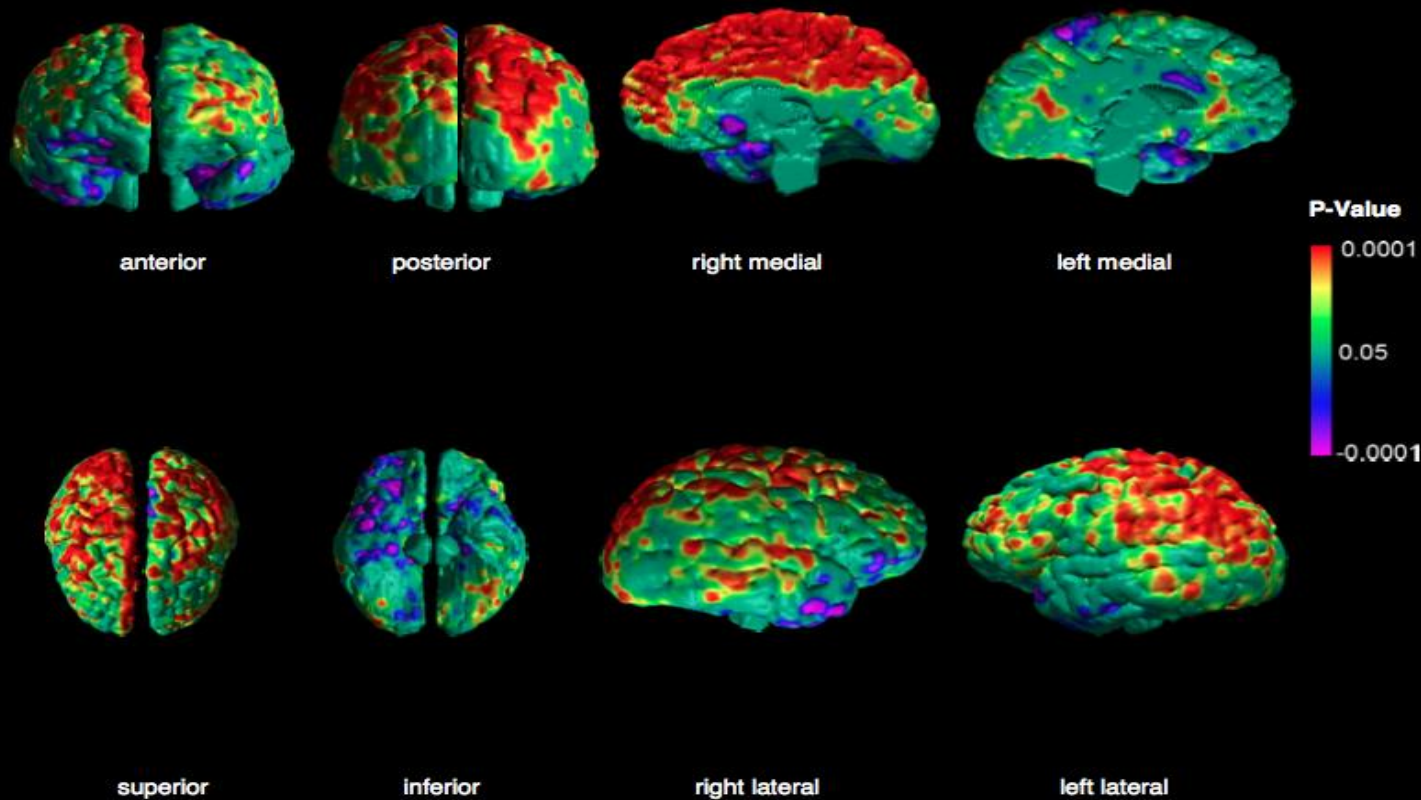






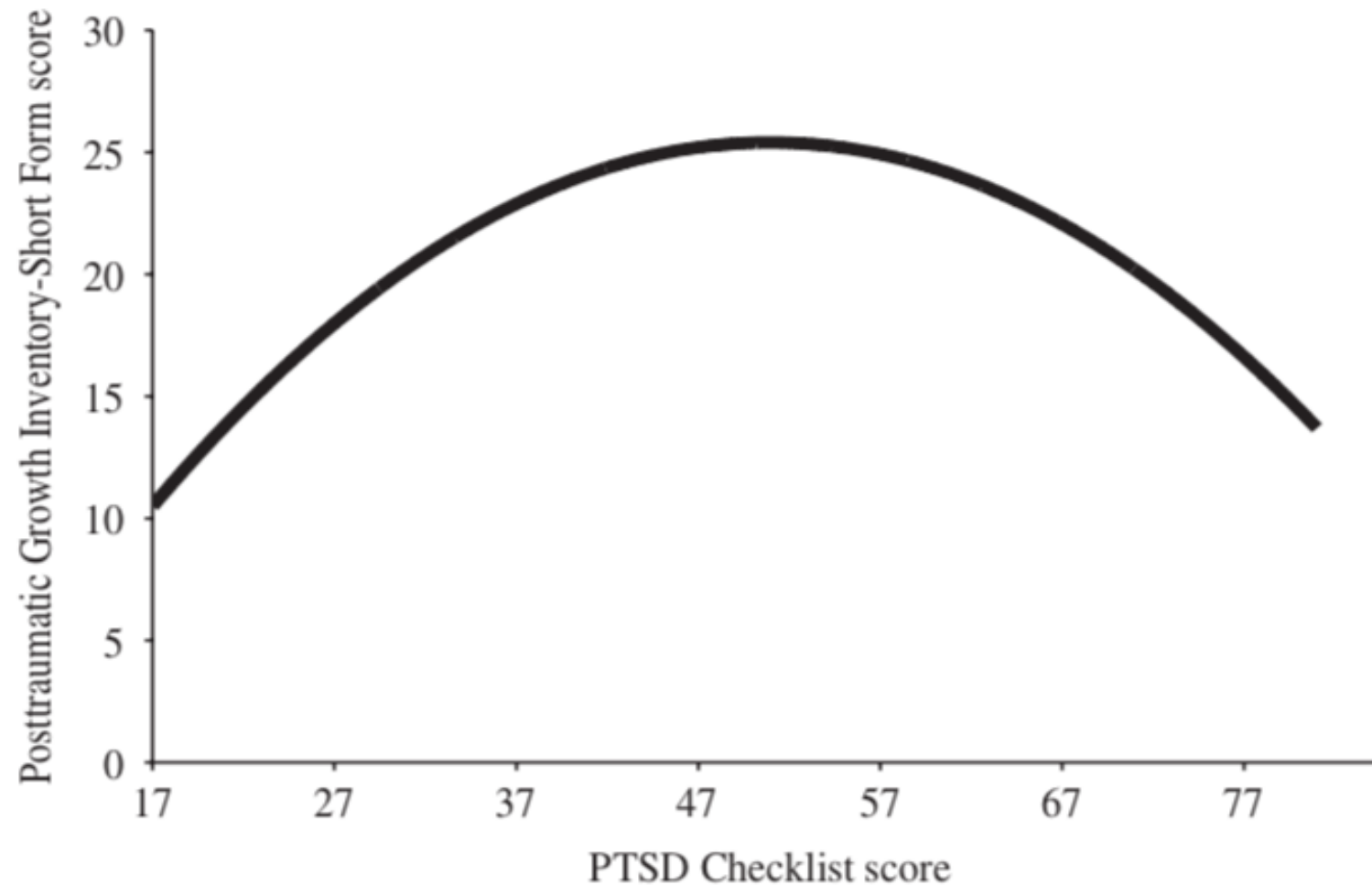
Cortical Thickness (n=118): Religiosity NonGRF

age_sex_Risk_Religiosity



- 80% protective against substance dependence and abuse
- 60% protective against Major Depressive Disorder
“Build Muscle”
- 70% protective against risk taking
- 50-80% decreased relative risk for suicidality

TRAUMA: BEYOND RECOVERY TO RENEWAL



Isolation, Anxiety, Depression & Addiction



CULTURAL SITUATION

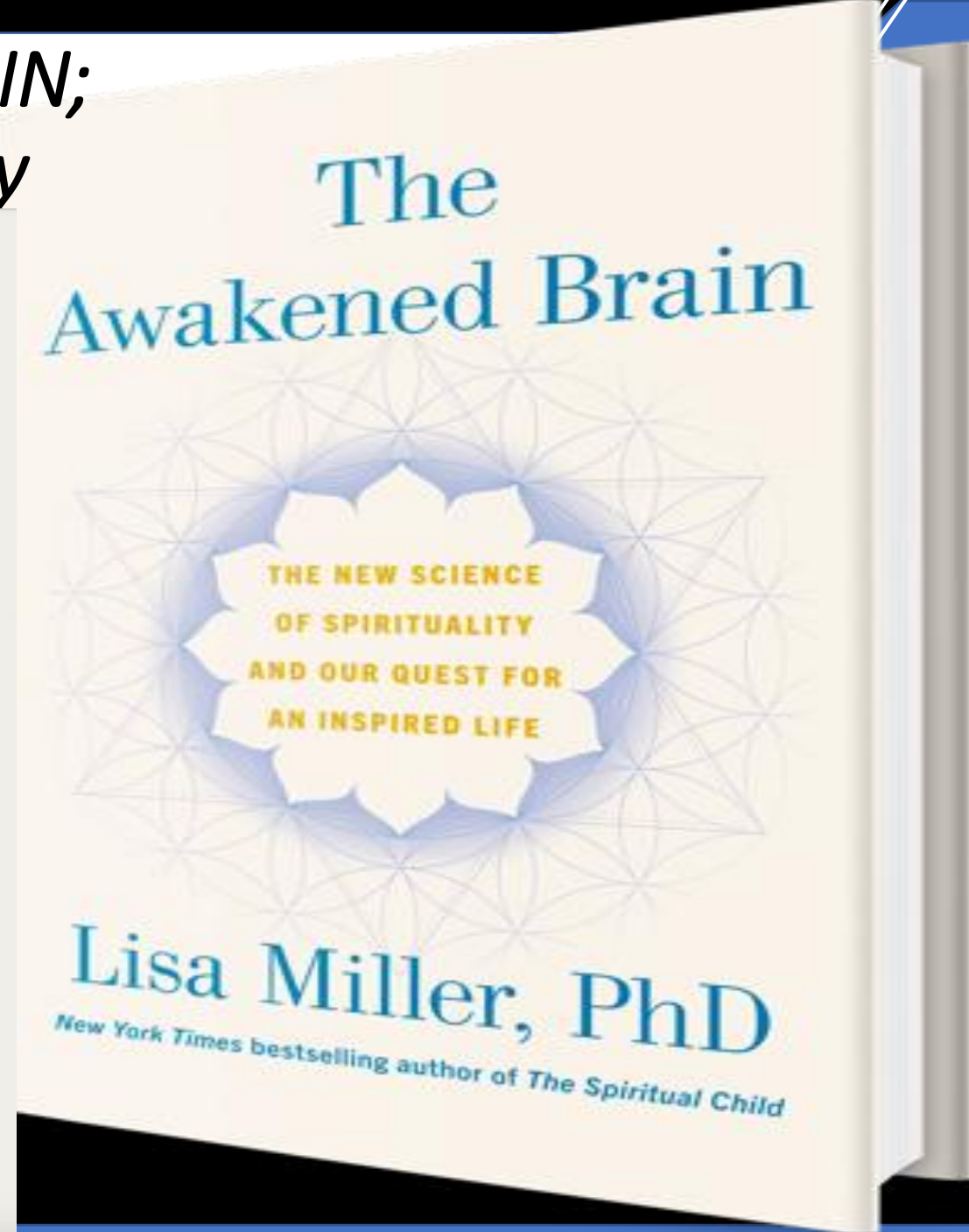
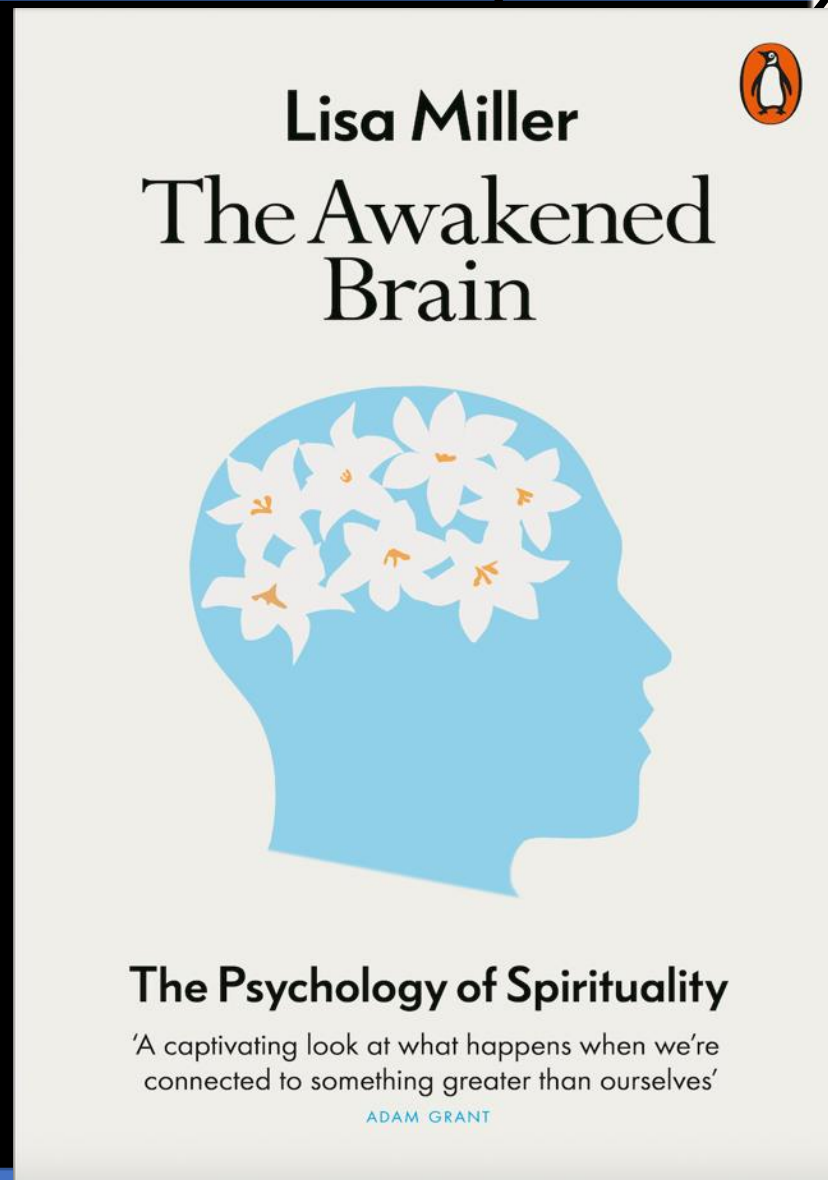








THE AWAKENED BRAIN; Science on Spirituality



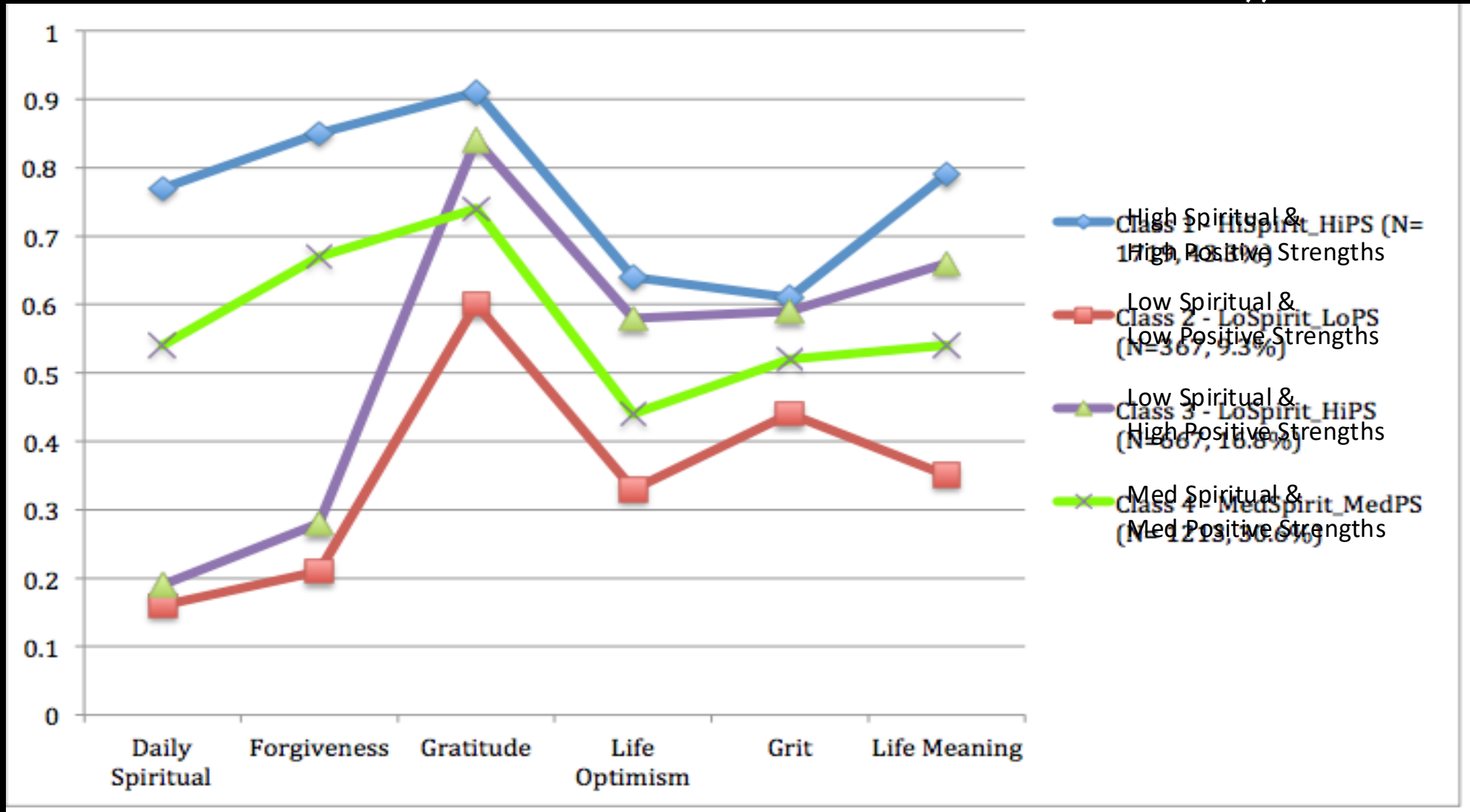
DIFFERENT SETS OF CIRCUITS IN OUR BRAIN

ACHIEVING AWARENESS STRATEGY TACTICS SOURCED DATA ADDITIVE	AWAKENED AWARENESS INTUITIVE GUT INSTINCT/ JUST KNOW DEEP KNOWING MYSTICAL
CLOSED SYSTEM HISTORICAL DATA PARAMETERS OF SOURCED DATA “ON PAPER”	OPEN SYSTEM MULTIPLE FORMS INFORMATION INFORMATION BEYOND THAT LOGGED OR PREVIOUSLY IDENTIFIED
ZERO SUM GAME ADDITIVE, SUBTRACTING WIN-LOOSE	INFINITE MULTIPLICATIVE, EXPONENTIATING WIN-WIN

THREE BRIDGES OF SPIRITUAL GROWTH

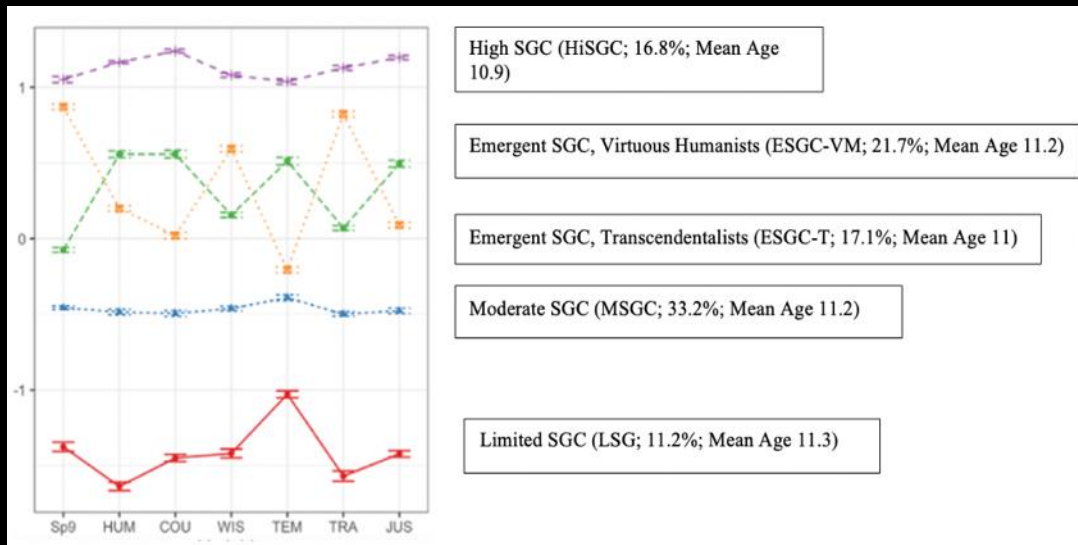


Meaningful Performance; Spiritually Grounded Character Strengths



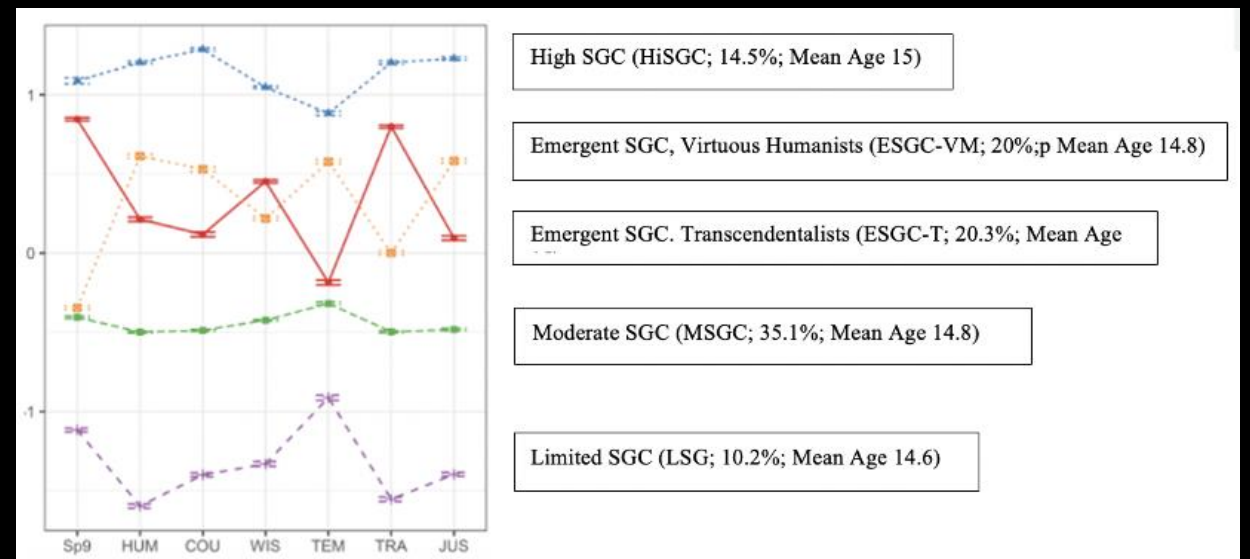
Spirituality & Character Formation; Childhood & Adolescence

Age 8-12



Spirituality (9)
Humanity
Courage
Wisdom
Temperance
Transcendence
Justice

Age 13-17



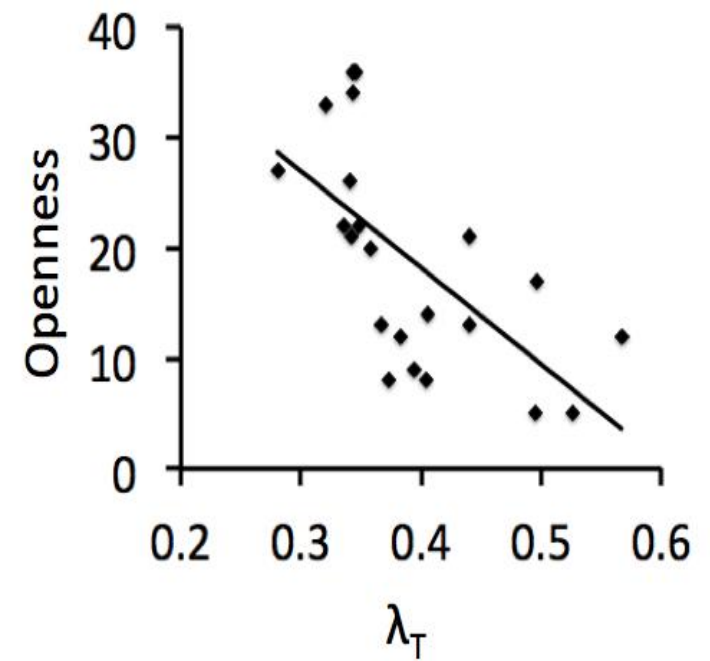
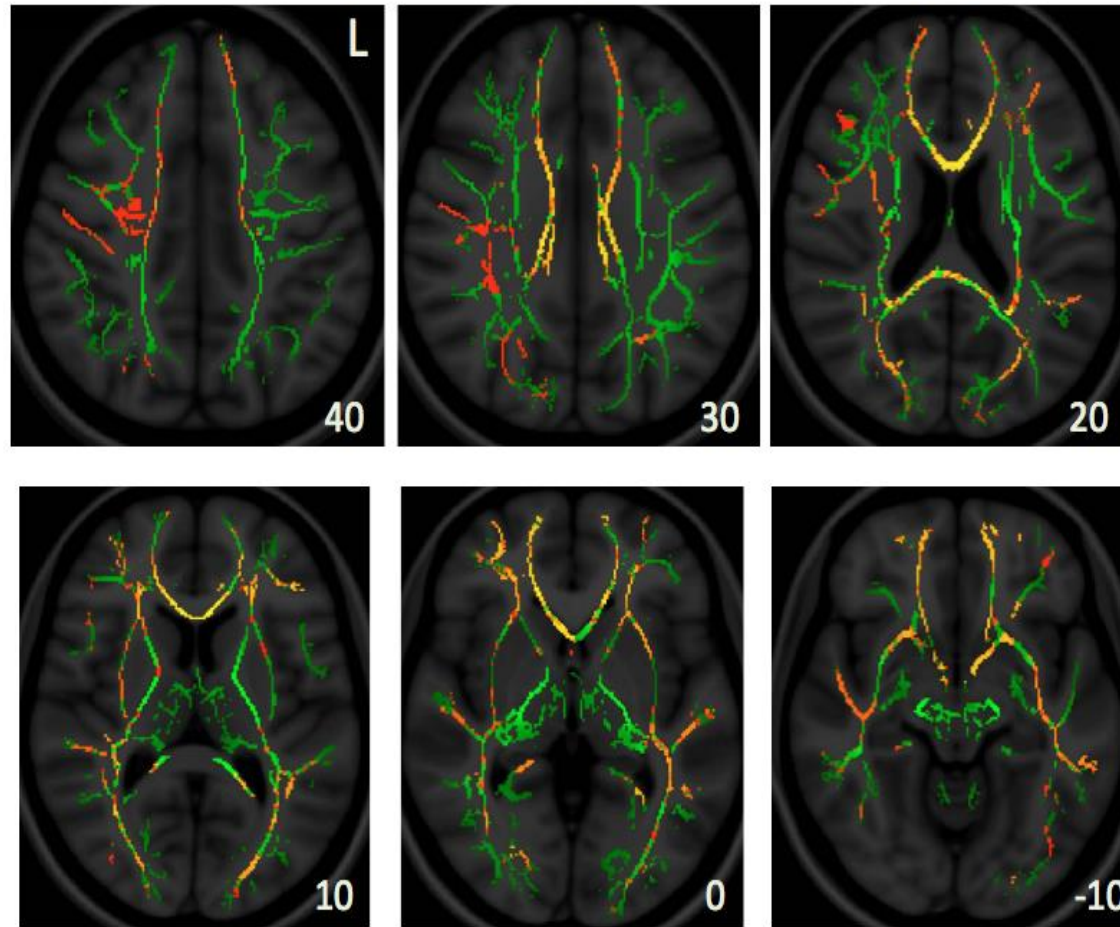
Spirituality (9)
Humanity
Courage
Wisdom
Temperance
Transcendence
Justice

LIFE WITH & WITHOUT A SPIRITUAL CORE; Higher Purpose and Ethical Bondedness

Developmental Task	With Spiritual Core	Without Spiritual Core
Self is	Inherent Worth	Abilities based
Identity	Meaning & Purpose	Acquiring Success
Work	Calling & Contribution	Talents & Gains
Relationships	Sacred, Share Love, & Grow	Pleasing, Meet Needs
Path	Buoyed Up and Guided	Unsure, Instrumental
Place in World	Always Connected	Ultimately Alone
Existential Reality	Purposeful World	Random World
Nature of Reality	Love, Life-giving	Unknown
Good Events	Blessings	Deserved, Luck

QUEST: AUGMENTED AWARENESS

Improved Perception & Decision Making



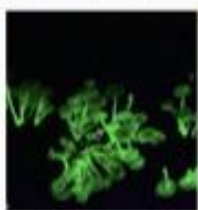
Interbeing: Awakened and Achieving Awareness



UNCLASSIFIED // F000

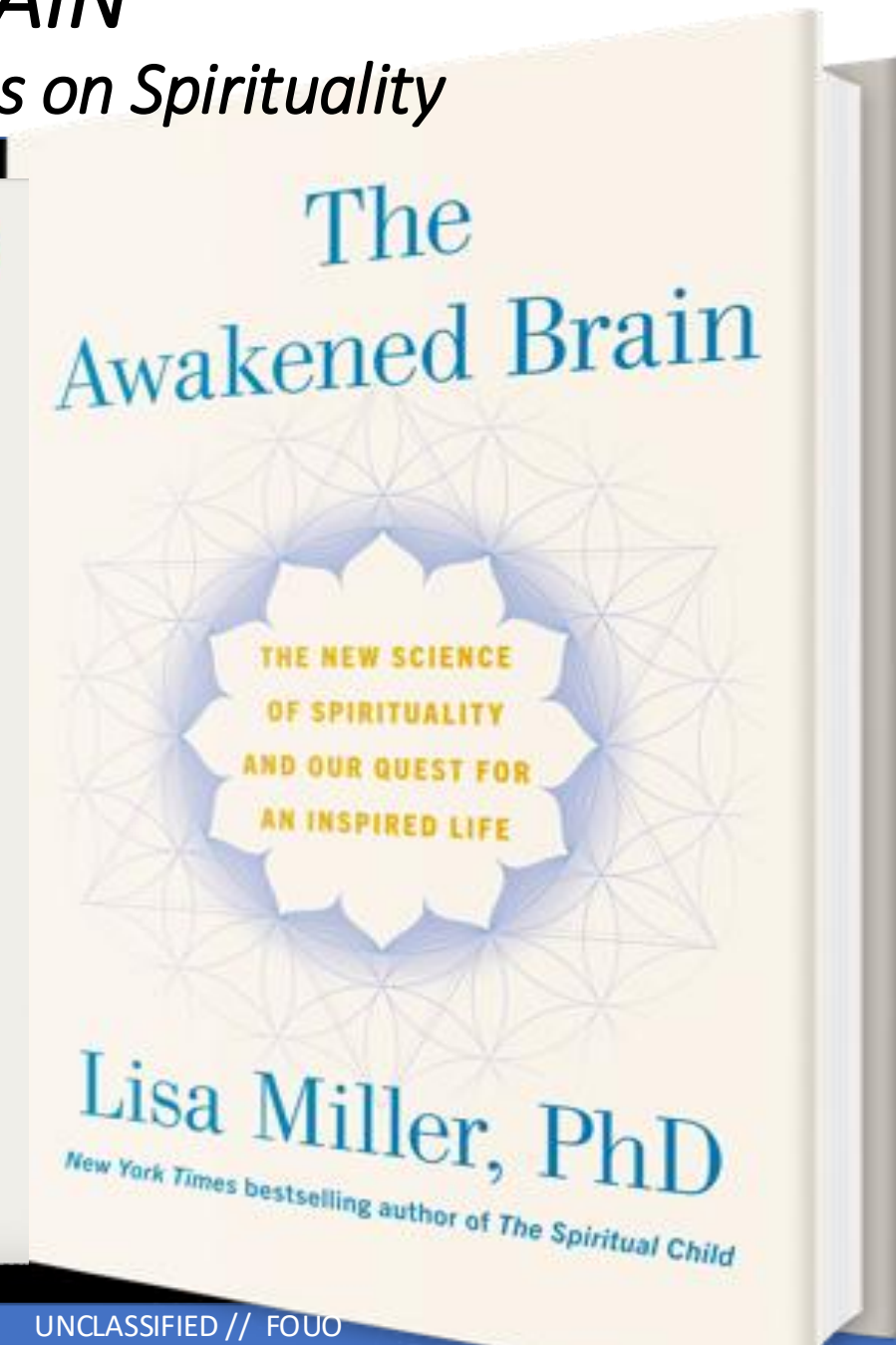
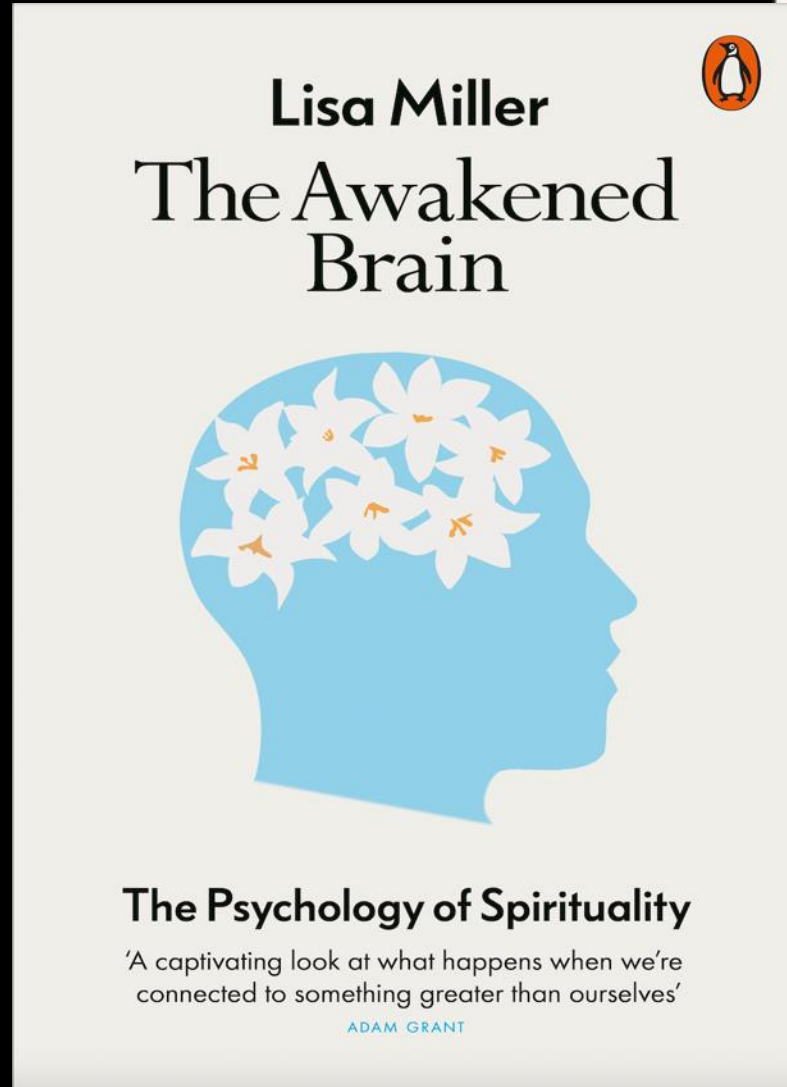






THE AWAKENED BRAIN

Science, Practice & Stories on Spirituality



Natural Spirituality

FIRST DECADE



Natural Spirituality

- Spiritual Compass
- Enthusiastic for Prayer, Ceremony
- Relationship with Living Beings
- Family as a Spiritual Event
- Comfortably Engage Life/Death
- Spiritual Agency- Good Work, Giving
- Dream and Mystical Experience

Support & Build Natural Spiritual Awareness

- Sacred Language- Transcendence
- Practice of Direct Connection
- Transparency into Adult Spiritual Life
- Lived Spiritual Values- The NOD

Building Spiritual Awareness

Family as a Spiritual Reality- Classroom

Relationships as Spiritual Events

Nature as a Teacher- Authentic Relationship

Own Language & Multi-Lingual

Spiritual Activism & Spiritual Values

US Army: Spiritual Readiness Initiative (SRI)



Army chief of chaplains hosts spiritual readiness event at Fort Drum

By Mike Strasser, Fort Drum Garrison Public Affairs | August 27, 2021



Chaplain's Initiative Aims to Strengthen Spiritual Readiness

By Antonietta Rico, Army Resilience Directorate | September 3, 2021



of Chaplains Promotes Spiritual Readiness Initiative at

arlisi | September 12, 2022



Spiritual Readiness Initiative: U.S. Army Chief of Chaplains visits USARPAC

By Sgt. 1st Class Monik Phan | U.S. Army Pacific | May 11, 2022 | 0

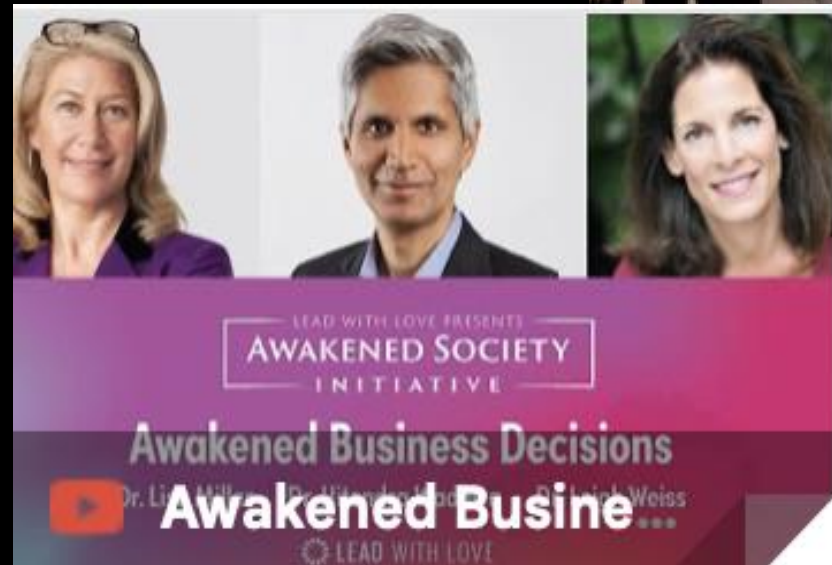


Maj. Gen. Thomas L. Solhjem, U.S. Army chief of chaplains, speaks to U.S. Army Pacific soldiers May 2 during the Spiritual Readiness Initiative training at Schofield Barracks, Hawaii. The SRI was introduced while Solhjem and Sgt. Maj. Ralph Martinez, U.S. Army Chaplain Corps regimental sergeant major, conducted their battlefield circulation meetings with Commanders, spouses and UMTs.

COLUMBIA & HARVARD BUSINESS SCHOOLS

Awakened Decisions

- Awakened Attention
- Awakened Connection
- Awakened Heart



A Spiritual Response to Suffering; Awakening Awareness

abc NEWS

LOG IN

REET JOURNAL.

cases, deaths double California shark attack Tornado fatality Latest: 538 midterm fc Video Podcasts Latest Headlines

ets Opinion Books & Arts Real Estate Life & Wor

ABC NEWS PRIME "THE AWAKENED BRAIN"

AUTHOR ON HOW SPIRITUALITY IMPROVES MENTAL WELLNESS

BONDS

The Mental-Health Benefits of Spiritual Thinking

Spirituality can boost our mood and help protect against depression, says psychologist and author Lisa Miller

Lisa Miller is a clinical psychologist and director of the Spirituality Mind Body Institute at Teachers College, Columbia University.

PENTA OWN INVEST GIVE COLLECT EXPERIENCE

20 Minutes With: Columbian Psychology Professor Lisa Miller

By Karen Hube Oct. 4, 2021 1:20 pm ET Order Reprints

McKinsey & Company

Author Talks: How spiritual health fosters human resilience

November 23, 2021 | Interview

Are science and spirituality really at odds?

GH 10 WOMEN CHANGING THE WAY WE SEE THE WORLD

4 of 10

The Spiritual Scientist

Lisa Miller, 50, founder of the Spirituality Mind Body Institute and author of *The Spiritual Child*; *The New Science of Parenting for Health and Lifelong Thriving*

"I couldn't wait to be this age. After 50, women develop a depth of wisdom – we are poised to ask questions that benefit society, and this can be seen through a scientific lens. It means we are better able to guide our families, lead at work, and offer something of true meaning to the world. In this part of my career, I'm helping to open up a more spiritual society based on science."

Wardrobe: *Rena Blouse*, BABATON, \$98; *Esther Espadrille*, L.K.BENNETT, \$275; *Eye Tailsman Necklace*, RACHEL ROY, \$24

TAEA THALE

Collaborative for Spirituality in Education K-12



[Home](#) [About Us](#) [How We Work](#) [Blog](#) [Conference 2022](#) [Awakened Schools](#) [NCSE Events](#) [Contact Us](#) 

Welcome to the Collaborative for Spirituality in Education

THANK YOU,
to all who attended in-person or virtually,
The 2022 Conference on Spirituality in Education:
AWAKENED SCHOOLS
The Spiritual Core in Whole Child Education

[VIEW CONFERENCE PROGRAMS & VIDEOS](#)



Please join us! Workshops 2026 & 2027!
Dr. Lisa Miller's events, collaborations, and opportunities.



THE AWAKENED BRAIN

Lisa Miller
The Awakened
Brain



The Psychology of Spirituality

'A captivating look at what happens when we're connected to something greater than ourselves'

ADAM GRANT

The Awakened Brain

THE NEW SCIENCE
OF SPIRITUALITY
AND OUR QUEST FOR
AN INSPIRED LIFE

Lisa Miller, PhD

New York Times bestselling author of *The Spiritual Child*

[美] 丽莎·米勒 著 李春梅 译

关于联结、疗愈
与提升复原力

Lisa Miller

The New Science
of Spirituality and Our Quest
for an Inspired Life

内在觉醒 THE AWAKENED BRAIN

内在觉醒

关于联结、疗愈与提升复原力

人生路上，我们或许
会身陷荆棘之丛，误入荒漠之地，
但总有一条治愈之道，带领我们
与世界重新联结，成为更完整的人。

“积极心理学之父”
马丁·塞利格曼
——倾情推荐

上海社会科学院出版社
SHANGHAI ACADEMY OF SOCIAL SCIENCES PRESS