

The Science of Spirituality

Based on the work of Dr. Lisa Miller, Author of *The Spiritual Child*

Director of the Spiritual Mind Body Institute at Teacher's College, Columbia University

“Natural spirituality is a direct sense of listening to the heartbeat of the living universe, of being one with that seen and unseen world, open and at ease in that connection.”

We are all one and connected, but only when we notice it, only when we become aware.

One-third of spirituality is innate, and two-thirds is cultivated.

So when you invite these campers into presence, you are giving them a huge gift.

You are helping them cultivate a strong spiritual core.

With puberty, there is a surge of spiritual hunger, a hunger of the head (what is the nature of life, what is good, etc.) and a hunger of the heart (to feel loved, accepted, etc.)

We know that there is nothing more protective against here and now suffering (depression, anxiety, suicide, etc) than having a strong spiritual core

This means that this year it is more important than ever!

Camp is a complete immersion in unconditional love, connection and oneness with nature, in community based on lived Jewish values.

If this spiritual core is set up in the younger years, it's 90% likely that they will keep it throughout their adult life.

Puberty-22 is the most formative for building a strong spiritual core

Spirituality and character strengths include

- Persistence
- Optimism
- Resilience
- Ethics
- Commitment
- Forgiveness

What a gift that we can build this in our campers through awareness!

A SPIRITUAL CORE SHAPES DEVELOPMENT:

MEANING, PURPOSE, CALLING AND CONNECTION

DEVELOPMENTAL TASK

Self is
Identity
Work
Relationships
Path
Place in the World
Existential Reality
Good Events
Bad Events

WITH SPIRITUAL CORE

Inherent Worth
Meaning & Purpose
Calling & Contribution
Sacred, Share Love & Grow
Always Connected
Purposeful World
Love, Life-giving
Blessings
Opportunities, Learning

WITHOUT SPIRITUAL CORE

Abilities Based
Aquiring Success
Talents & Gains
Pleasing, Meet Needs
Ultimately Alone
Random World
Unknown
Deserved, Luck
Random, Failure