

# Understanding Religious Experiences

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## UNDERSTANDING RELIGIOUS EXPERIENCES

What the Bible Says about Spirituality

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*Psychology, Religion, and Spirituality*

**PRAEGER**

Westport, Connecticut  
London

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Today, most people feel less interested in traditional religion and more interested in spirituality. They do feel attracted to organised religion, but, nonetheless, feel a hunger in the heart that they cannot seem to fill. Spirituality reaches toward questions about the meaning of God, the meaning of relationships with others, the meaning of intimacy, and the meaning of soul gratifying insights into truth. Here, the author carefully and sensitively explores the full range of our spiritual natures and the variety of spiritual experiences of which we are capable, describing the way our souls and psyches work in our hunger and thirst for meaning. He explains in an enlightening and unconventional way why and how every human desires to reflect upon, learn, and share a heartfelt experience of God and of others. Readers will find in this book a description of the meaning of the biblical stories about spiritual experiences in addition to descriptions of the kinds of spiritual experiences that ordinary people have. The author carefully and vividly explains the notion of spirituality as it is illustrated in the Bible, and discusses spiritual experiences such as prayer, epiphany, visions, and other experiences. He looks at the common ground between spirituality and traditional institutionalised religion. He considers whether spirituality is mainly a connection with God, with other people, or with both. Readers hoping to get a better sense of what it means to be spiritual will have many of their questions answered in these pages.

作者介绍:

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