



Emotions and Spirituality in Religions and Spiritual Movements

Erika Wilson

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Applying recent psychological and neuropsychological studies of emotions, Erika Wilson explores the role of emotions in major Eastern, Western, and primal religions, as well as in some contemporary spiritual movements. The book tries to answer the following questions: What kinds of emotions and spiritual experiences arise in individuals and groups during prayer, conversions, rituals, meditations, and other spiritual practices? Which positive emotions are valued most in a particular religion or spiritual movement? How do these attitudes relate to their respective historical context? And finally, how does each religious or spiritual teaching recommend handling negative emotions?

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