Religiosity, Religiousness and Spirituality from a cognitive religious science perspective

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Influences on cognition, affection, behaviour

Genetic factors

Epigenetic factors

Social environment

Recognition
Feeling
Thinking
Acting

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Phylogenetic and ontogenetic influence

Human Brain

Phylogenetic development (natural history)

Religiosity

Spirituality

Ontogenetic development (individual)

Religiousness (individual)

Spiritualness (individual)
Dimensions of Religion

- Social
- Communicative
- Individual
- Spiritual
- Acting
- Knowing
- Feeling

Cornwall et al. 1986
Kaiser 2012

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Definition of Religious / Spiritual

Being religious or spiritual:
to
• recognize
• feel
• think and
• believe in
something, what is greater and more longlasting as the individual (mind, body, life ...) and
• act accordingly
Contemporary definition „Religious / Religiosity“

- Religious /religiosity:
  - connected to a religious (confessional) community
  - Institutionalized
  - well defined rites
  - Explicit and clear defined, judging ethical positions
  - Shared unequivocal, clear-cut doctrines, dogmata
  - (belief in something, what is greater than human existence)
What is „Spiritual“

On senses

• Viewing, hearing, tasting, smelling, touching are primary senses, processed in the brain they become conscious senses

• Happyness, Sadness are complex perceptions, difficult to describe, because of emotional character

• Spirituality may be another complex „sense“,
Contemporary definition „Spiritual / Spirituality“

• **Spiritual /spirituality:**
  – **Not** necessarily connected to a religious (confessional) community
  – **Not** institutionalized
  – Often **not** well defined but individual rites or **no rites at all**
  – **No** clear defined, judging ethical positions, but general statements concerning nature and social interaction
  – **No** clear-cut doctrines, dogmata
  – *(belief in something, what is greater than human existence)*
religious ≠ spiritual
religious ≥ spiritual
religious ≤ spiritual
religious ≈ spiritual
Religiosity ↔ Spirituality

All humans own a spiritual dimension

Everyone’s spirituality is like some others person’s spirituality

Everyone’s spirituality is like no others person’s spirituality

Kaiser 2012, Büssing et al. 2006
Religiosity and Spirituality

*Spirituality* is part of Religiosity:

Religiosity is part of Spirituality:

A (Christian) *Religiosity*, is not identical with a broader defined *Spirituality*, or a trans-christian Religiosity.
Religiosity / Religiousness

**Religiosity** is the (human) ability to

- recognize
- feel
- think
- act religious

**Religiousness** is the individual

- recognizing
- feeling
- thinking
- acting in a religious way
Spirituality-Spiritualness
Religiosity-Religiousness

• Human beings are **inherent** able to experience spirituality, they are spiritual.

• **Spirituality:**
  – *the inherent ability to believe* in something, greater than oneself, to believe in something transcendent.
Spirituality-Spiritualness

Religiosity-Religiousness

The question is:

• Do human beings inherent the ability to experience religiosity too

• or

• do human beings on the base of
  – an inherent spirituality, and the
  – as well inherent ability to form groups and interact with others (social brain),
  – and being socialized in religious communities
    →develop an individual religiosity, (called religiousness) which adopts and shares ideas and cognitions of other members of the group. (1)
Remark to slide 14

• (1) **Remark:** This hypothesis substitutes the hypothesis mentioned in: Kaiser P 2012: Religiosität und Spiritualität aus der Perspektive kognitiver Religionsforschung (Religiosity, religiousness and spirituality from the perspective of cognitive religious science), in: Themen/ und Kongressband «Spiritualität und Gesundheit» FISG: “religiosity: the inherent ability to found religious groups and systems, and to maintain them. And the ability to accept and believe in dogmata and rules despite possible cognitive dissonances and obscureness.”
Spirituality - **Spiritualness**
Religiosity - **Religiousness**

- Human **beings acquire and develop** through socialization an individual spirituality, which can but has not to be religious, so called **spiritualness**.

- This individual acquired and developed spirituality (= **spiritualness**) can be a subset of their individual religiosity (= religiousness).
Spirituality-Spiritualness

Religiosity-Religiousness

• Human beings acquire and develop through socialization an individual religiosity, so called religiousness, distinguished by the adoption of the belief dogmata and rules of a religious group.

• This individual acquired and developed religiosity (= religiousness) can be a subset of their individual spirituality (= spiritualness).
Thank you very much for your attention

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