

Spirituality *and* Faith



THE FOURTH PILLAR

Jeffrey E. Hansen, Ph.D.

FOUNDER & DIRECTOR

NeuroFaith® LLC

“ The peace of God,
which surpasses all understanding,
will guard your hearts
and your minds in Christ Jesus. ”

— PHILIPPIANS 4:7 —



NEUROFAITH®

Faith. Brain. Purpose. Connection.

NEUROFAITH[®]

A Whole-Person Approach to Healing and Growth

Four evidence-based pillars.
One **spiritual foundation** that holds them all.

When the spiritual core is strong,
every other pillar is supported,
integrated, and empowered
to bring lasting change.

“The Spiritual Core is not
one pillar among many.
It is the light that
illuminates them all.”



1. POLYVAGAL FORM THERAPY

Regulating the nervous system
for safety, connection, and resilience.



2. HEARTMATH[®] NEUROCARDIOLOGY

Coherent heart-brain connection
for emotional balance and well-being.



3. IFS – INTERNAL FAMILY SYSTEMS

Healing and integrating our inner parts
to restore wholeness and harmony.



4. SPIRITUALITY – THE SPIRITUAL CORE

Anchoring identity, meaning, and purpose
in a deeper relationship with God.

FOUNDATION | INTEGRATION | TRANSFORMATION

Together, these pillars
work in harmony to
rebuild the brain,
regulate the body,
restore the heart,
heal the inner self,
and renew the spirit.



Brain



Heart



Inner Self



Spirit



Jeffrey E. Hansen, Ph.D.

Speaker • Author • NeuroFaith[®] Founder



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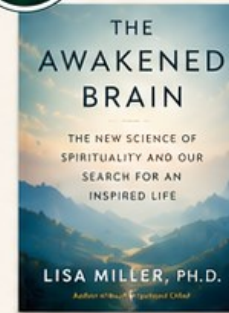
Bridging Neuroscience and Spirituality
for Healing and Growth

ACKNOWLEDGMENT & RECOMMENDED RESOURCES

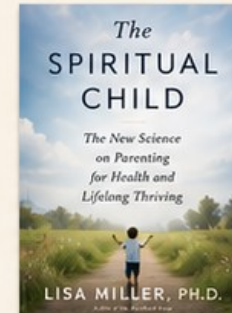
Exploring the Science of Spiritual Development

Much of the spirituality content presented in this section is adapted from the pioneering work of **Dr. Lisa Miller, Ph.D.**, whose research has helped establish a scientific understanding of spirituality as a powerful protective factor in mental health, resilience, purpose, and human flourishing.

RECOMMENDED BOOKS



*The
Awakened
Brain*



*The
Spiritual
Child*



RECOMMENDED PRESENTATIONS

Please click the links below to listen to Dr. Lisa Miller's inspirational presentations:



https://www.youtube.com/watch?v=BzAVgMdCrjM&ab_channel=TheAspenInstitute



https://www.youtube.com/watch?v=6QLuBtkaKxA&ab_channel=U.S.ArmyChaplainCorps



“ Spirituality is not merely something we believe. It is a capacity we are born with and can intentionally cultivate throughout life.



— Inspired by the work of Lisa Miller, Ph.D.



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Who is Lisa Miller, Ph.D.?



Lisa Jane Miller is an American professor, researcher and clinical psychologist, best known as a research scholar on **spirituality in psychology**. She is a tenured Full Professor at Columbia University, Teachers College in the Clinical Psychology Program and Founder of the **Spirituality Mind Body Institute**.



Miller's published science on spirituality in renewal from addiction, depression and struggle has been reported in articles focusing on her research in the *New York Times* and the *Wall Street Journal*, as well as in television interviews and podcasts.



EARLY LIFE AND EARLY CAREER:

Miller obtained a bachelor's degree in Psychology from Yale University and a doctorate under Martin Seligman, founder of the positive psychology movement, at the University of Pennsylvania.



Miller, L. (2021).
*The Awakened Brain:
The New Science of Spirituality and Our
Quest for an Inspired Life.*

KEY CONTRIBUTIONS



Pioneer in the neuroscience of spirituality



Professor,
Columbia University



Founder,
Spirituality Mind
Body Institute



Author of
The Awakened Brain



Research linking spirituality
with resilience, mental
health, and flourishing

“ Lisa Miller is the leading psychologist of her generation on the benefits of religion and spirituality. She asks ‘What makes life worth living?’ and finds evidence-based answers. ”

— Martin E. Seligman, Ph.D.

Founder of Positive Psychology
Author of *Learned Optimism* and *Authentic Happiness*



Jeffrey E. Hansen, Ph.D.



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SCIENCE IS A BLUEPRINT

Build & Strengthen The **Spiritual** Core

AREAS OF IMPACT

-  **MENTAL HEALTH** – Supports emotional well-being and reduces risk of anxiety and depression.
-  **PREVENTION AND RECOVERY** – Enhances coping, supports healing, and lowers relapse risk.
-  **FITNESS, READINESS & RESILIENCE** – Improves physical vitality, stress resilience, and performance under pressure.
-  **ABILITY AND ACCURACY OF JUDGEMENT** – Strengthens discernment, focus, and wise decision-making.
-  **DECISION MAKING** – Promotes clarity, values-based choices, and long-term perspective.
-  **WORKING TOGETHER, RELATIONAL ETHICS & TEAMWORK** – Builds trust, compassion, collaboration, and ethical leadership.

“Spirituality is not just a belief system. It is a measurable force that shapes the brain, strengthens the heart, and transforms lives.

– LISA MILLER, PH.D.



Dr. Miller asserts that the science reveals several **impacts** of spirituality on several **key areas** of functioning.



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Spirituality as a Powerful Protective Factor

Research reported by Lisa Miller suggests that spirituality is associated with substantial protection against **depression**, **substance abuse**, **suicidality**, and **high-risk behaviors**.



Lisa Jane Miller, Ph.D.

Professor of Psychology
Columbia University
Founder, Spirituality
Mind Body Institute



80%
REDUCTION

Substance Abuse Risk

Protective against
substance dependence
and abuse.



60%
REDUCTION

Major Depression

Protective against
major depressive
disorder.



70%
REDUCTION

Sexual Risk Taking

Protective against
sexual risk taking
in girls.



50%
REDUCTION

Suicidality

Protective against
suicidal ideation
and behavior.



“

*Spirituality is not just
a belief system.*

*It is a measurable force
that shapes the brain,
strengthens the heart,
and transforms lives.*

”

— LISA MILLER, PH.D.

Spirituality is more than belief. It is a **measurable protective factor** associated with resilience, mental health, and human flourishing.



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When Spirituality *Is Shared*

There is an **additive protective factor** when both mother and child share spirituality according to Dr. Miller's research.



LISA MILLER'S RESEARCH SUGGESTS:

When both parent and child demonstrate **high spirituality**, the protective effect appears **substantially stronger** than when either one practices alone.

80%
PROTECTION
Against Depression

when both mother and child
are high in spirituality

"When the mother and child were both high in spirituality, the child was 80 percent protected against depression."

— LISA MILLER, PH.D.



80%
PROTECTED



Spirituality may be more than an individual practice.
It appears to function as a **relational** protective factor
passed through **connection**, **meaning**, and **shared values**.



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Born Spiritual

THE SCIENCE OF SPIRITUAL DEVELOPMENT

The research indicates that we are born spiritual with an **innate capacity** for it.



We Are Born With an Innate Capacity for Spirituality



APPROXIMATELY ONE-THIRD HERITABLE

Our innate capacity for spirituality is partly shaped by our genes.



APPROXIMATELY TWO-THIRDS SOCIALIZED

Spirituality is shaped and expressed through relationships, family, culture, faith communities, and life experiences.

The Adolescent Growth Window

AGES 18–25

A period of accelerated spiritual formation and identity development.

THIS DEVELOPMENTAL WINDOW INFLUENCES:



MEANING



PURPOSE



RESILIENCE



IDENTITY



LIFE DIRECTION

A surge in spiritual growth and exploration lays the foundation for a lifetime of flourishing.

CHILDHOOD → ADOLESCENCE → YOUNG ADULTHOOD



Why It Matters

Spiritual development is not separate from human development. It appears to be one of the foundational pathways through which **resilience, meaning, and flourishing** emerge.



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Spirituality Shapes Human Flourishing

BUILDING AND STRENGTHENING THE SPIRITUAL CORE

The science suggests that a **healthy spiritual core** influences multiple dimensions of human functioning.

“Research reported by Lisa Miller suggests that **spirituality** influences multiple dimensions of human functioning and flourishing.”



MIND

Clarity, insight, and growth



HEART

Compassion, empathy, and coherence



PURPOSE

Meaning, direction, and values



CONNECTION

Community, belonging, and love



1. MENTAL HEALTH

Greater emotional well-being, lower rates of depression and anxiety, and stronger resilience.



2. PREVENTION & RECOVERY

Protection against substance abuse and relapse; supports healing and recovery.



3. FITNESS & RESILIENCE

Improved physical vitality, readiness, and the ability to manage stress and adversity.



4. JUDGMENT & DISCERNMENT

Better discernment, self-regulation, and more accurate and wise decision-making.



5. PURPOSE & MEANING

Greater sense of direction, meaning-centered living, and alignment with core values.



6. RELATIONSHIPS & TEAMWORK

Stronger relationships, compassion, trust, and ethical behavior in community and work.

Spirituality is not merely a belief system. It appears to be a **developmental pathway** that strengthens **resilience, meaning, purpose, relationships, and overall well-being.**



Jeffrey E. Hansen, Ph.D.

Author • Speaker • Neuroscience & Faith Integration



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The Spiritual Brain

Research led by Lisa Miller and colleagues suggests that **spiritual engagement** is associated with **greater cortical thickness** in brain regions linked to resilience, emotional regulation, and meaning-making.



Source: Miller, L. (2021).

The Awakened Brain: The New Science of Spirituality and Our Quest for an Inspired Life.

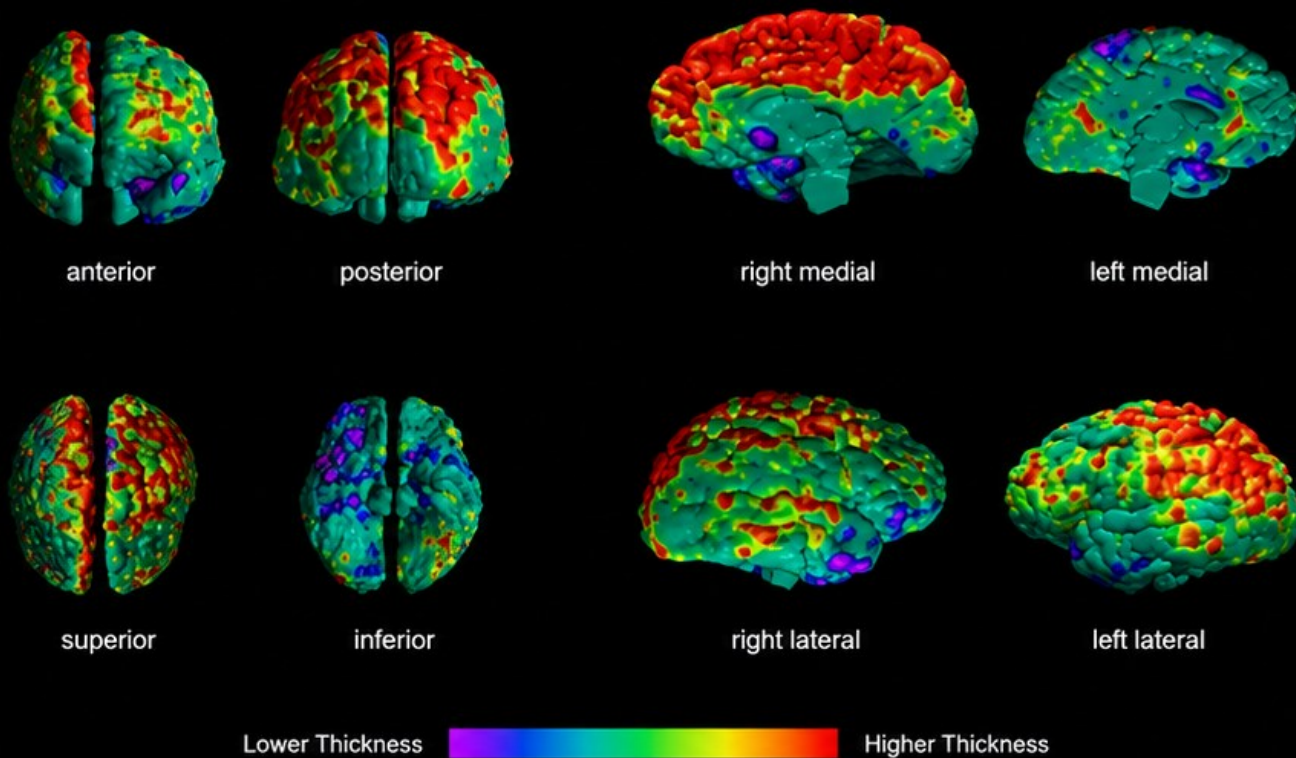


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Thickness (n=118): Religiosity_NonGRF
_Risk_Religiosity



Religiosity and Cortical Thickness

(Adapted from Miller et al.)

Spirituality Across Cultures

SHARED VIRTUES AROUND THE WORLD

Research suggests that children from diverse cultures often demonstrate **similar positive virtues** when spirituality is nurtured.

“Across cultures, spirituality appears to foster common virtues that strengthen connection, compassion, meaning, and human flourishing.”



1. INTERCONNECTEDNESS

A sense of belonging to something greater and being connected to others and the world.



2. LOVE AND CONNECTION

Love expressed in many places and relationships.



3. ALTRUISM, GIVING & SERVICE

A desire to help others and contribute to the well-being of the community.



4. PRACTICE OF RELATIONSHIP

Nurturing relationships through empathy, respect, forgiveness, and trust.



5. COMMITMENT TO VALUES

Living with integrity, purpose, and alignment with core values.

The science suggests that while **cultures differ**, many of the **virtues** associated with healthy spiritual development are **remarkably consistent**.



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Author • Speaker • Neuroscience & Faith Integration



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Spirituality and Human Flourishing



Research reported by Lisa Miller suggests that higher levels of spirituality are associated with:



Greater gratitude



Increased forgiveness



More optimism



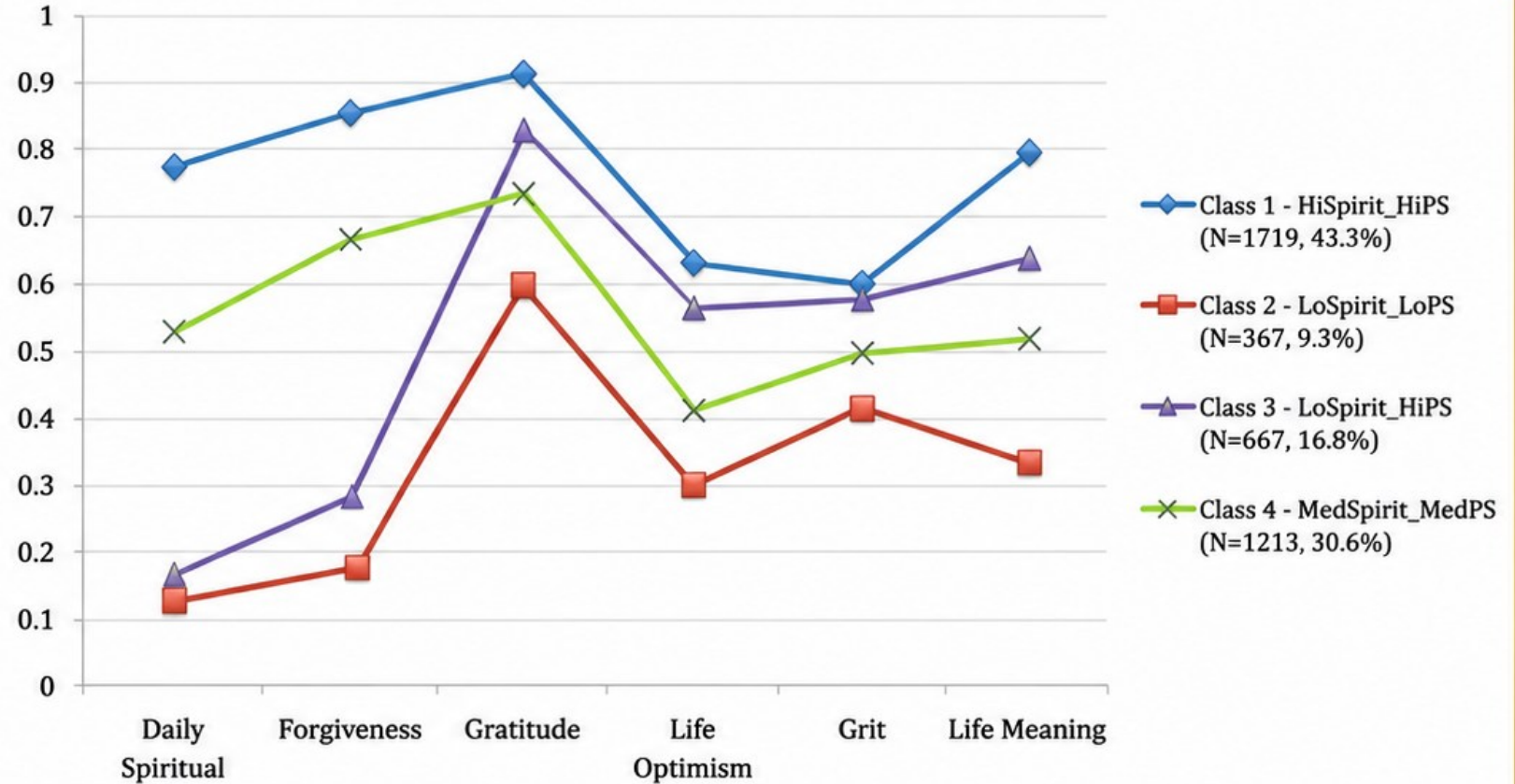
Greater resilience and grit



Stronger sense of meaning



Greater appreciation of life



Miller, L. (2021). *The Awakened Brain: The New Science of Spirituality and Our Quest for an Inspired Life*.



Spirituality, Health, and Healing

WHAT THE RESEARCH SHOWS

“ Strong scientific evidence suggests that individuals who engage in spiritual practices and draw strength from faith demonstrate better health outcomes and greater healing capacity. ”



REVIEW OF MEDICAL LITERATURE

Brian E. Udermann,
PhD, ATC

Comprehensive review of studies
examining the relationships between:

- 🌱 SPIRITUALITY
- 👤 RELIGION
- 💚 FAITH
- 🙏 HEALING
- ⊕ HEALTH OUTCOMES

Published in:

Journal of Athletic Training (2000)
35(2): 194–197



KEY FINDINGS

Research reviewed by Udermann reported
positive associations between spirituality and:

- ✓ Lower rates of depression
- ✓ Lower rates of substance abuse
- ✓ Reduced suicide risk
- ✓ Better cardiovascular outcomes
- ✓ Improved coping and resilience
- ✓ Better overall health and longevity



*Faith and spirituality are associated with
healthier behaviors, stronger coping, and
better health outcomes across the lifespan.*



Jeffrey E. Hansen, Ph.D.



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Spirituality, Health, and Healing

What the Research Shows



“ Strong scientific evidence suggests that individuals who engage in spiritual practices and draw strength from faith are **healthier** and possess **greater healing capabilities**. ”

Comprehensive Review of Medical Literature

Brian E. Udermann, PhD, ATC

- ✓ Lower rates of stroke
- ✓ Lower rates of cancer
- ✓ Better cardiovascular health
- ✓ Lower rates of hypertension
- ✓ Lower rates of drug abuse
- ✓ Lower rates of suicide
- ✓ Improved coping & behavioral health
- ✓ Greater longevity & life satisfaction

Faith is more than belief.

It is a **measurable** source of **strength, healing, and hope**.

JAT
JOURNAL OF
ATHLETIC TRAINING

A critical review of the medical literature (1976–1999) examining spirituality, religion, faith, healing, and health.

J Athl Train. 2000 Apr-Jun; 35(2): 194–197



Jeffrey E. Hansen, Ph.D.



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The Spiritual Core

AND ADOLESCENT DEVELOPMENT

Research led by Lisa Miller suggests that adolescents who develop a **healthy spiritual core** demonstrate a stronger sense of **identity, meaning, purpose, connection, and resilience**.



Miller, L. (2021).
The Awakened Brain.

DOMAIN	HEALTHY SPIRITUAL CORE	ACHIEVEMENT-BASED IDENTITY
 SELF	Inherent Worth	Performance Based
 IDENTITY	Meaning & Purpose	Success & Achievement
 WORK	Calling & Contribution	Talents & Gains
 RELATIONSHIPS	Love, Growth, Connection	Approval & Need Fulfillment
 LIFE PATH	Guided & Purposeful	Uncertain & Instrumental
 PLACE IN THE WORLD	Connected	Ultimately Alone
 REALITY	Purposeful	Random
 GOOD EVENTS	Blessings	Luck



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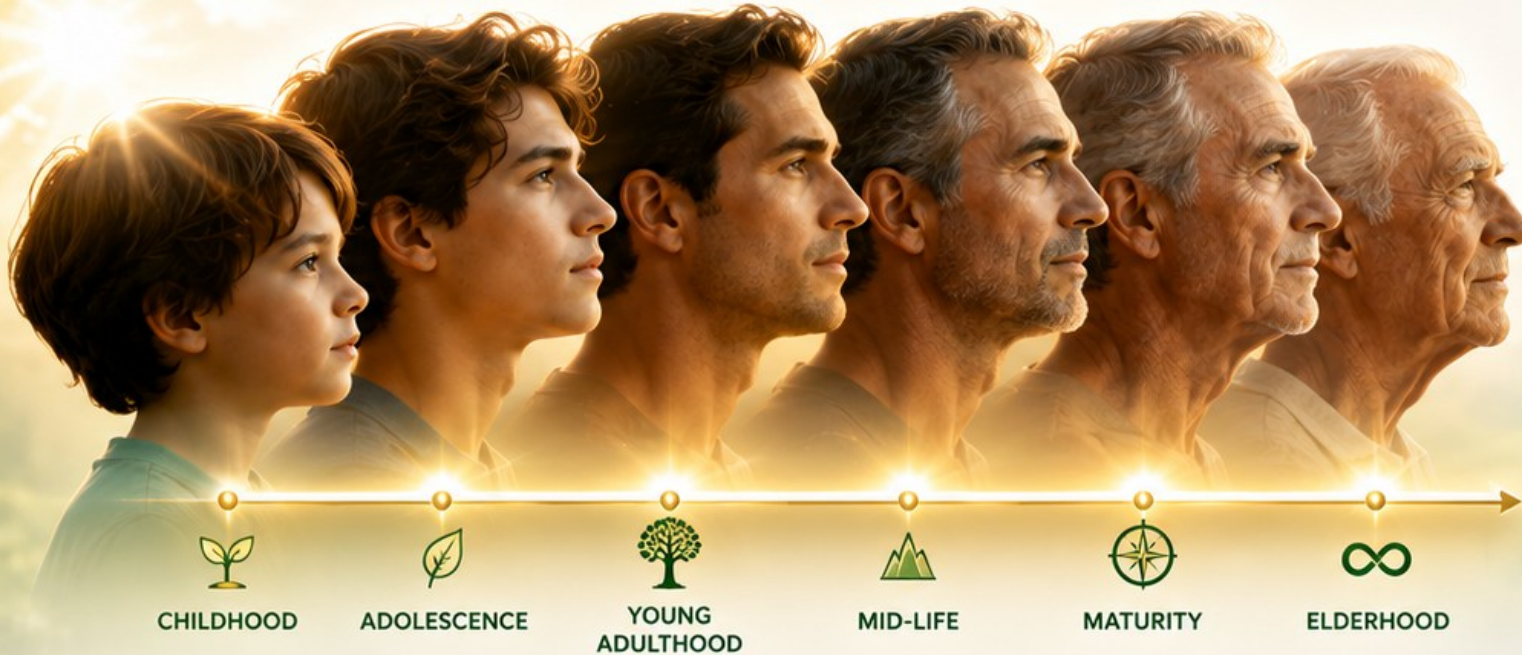
Values That Last a Lifetime

These **positive core spiritual values** tend to last a lifetime, shaping who we become and how we live.

SET UP FOR LIFESPAN

“
What we
nurture in
our hearts
today becomes
the foundation
of tomorrow.”

Values shaped early
through spirituality
become guides
that endure.



INTERCONNECTEDNESS

A lasting sense of belonging and connection to others and the world.



LOVE IN MANY PLACES & RELATIONSHIPS

The capacity to love, be loved, and build meaningful bonds.



ALTRUISM, GIVING & SERVICE

A lifelong desire to help others and contribute to the good of humanity.



PRACTICE OF CONNECTION

Commitment to relationships, community, and showing up for one another.



REFLECTED LIFE & COMMITMENT TO VALUES

Living with integrity and staying true to what matters most.

Spiritual values are not temporary. They are seeds planted early that grow into a lifetime of **purpose, meaning, and impact.**



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Author • Speaker • Neuroscience & Faith Integration



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Dr. Miller Contests That We Need to Build *Spiritual Awareness into Living*



Building Spiritual Awareness in Living



Family as a Spiritual Reality – Classroom Relationships as Spiritual Events



Nature as a Teacher – Authentic Relationship



Own Language & **Multi-Lingual**



Spiritual Activism & Spiritual Values



NeuroFaith® Insight

Spiritual awareness grows through relationships, language, community, nature, and values—forming the foundation for a life of meaning, connection, and purpose.



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Speaker • Author • NeuroFaith® Founder

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The Three Spiritual Awarenesses



Dr. Lisa Miller's research suggests that spirituality involves three foundational awarenesses that support resilience, connection, meaning, and human flourishing.



1



2



3



AWAKENED AWARENESS #1

1

I AM HELD

*"We are aware that God, spirit, consciousness, life, holds us.
We are not going to fall and crash."*

— Lisa Miller, Ph.D. —



SECURITY



TRUST



GUIDANCE

Awareness #1 fosters **trust, resilience,**
and the confidence that life is ultimately **supported** rather than random.

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AWAKENED AWARENESS #2

2

I BELONG

*"I am part of this deep family of creation,
this fabric of all beings, the family of life,
and that's the oneness."*

— Lisa Miller, Ph.D. —



CONNECTION



COMMUNITY



ONENESS

Awareness #2 fosters **connection**, **belonging**, and the realization that we are woven into the **greater web of life**.

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AWAKENED AWARENESS #3

3

I AM GUIDED BY A LOVING PRESENCE

*“When we are in this state of transcendent connection,
we are aware that the universe is alive, that we are guided,
there is absolutely a loving-guiding presence.”*

— Lisa Miller, Ph.D. —



GUIDANCE



LOVE



DIRECTION

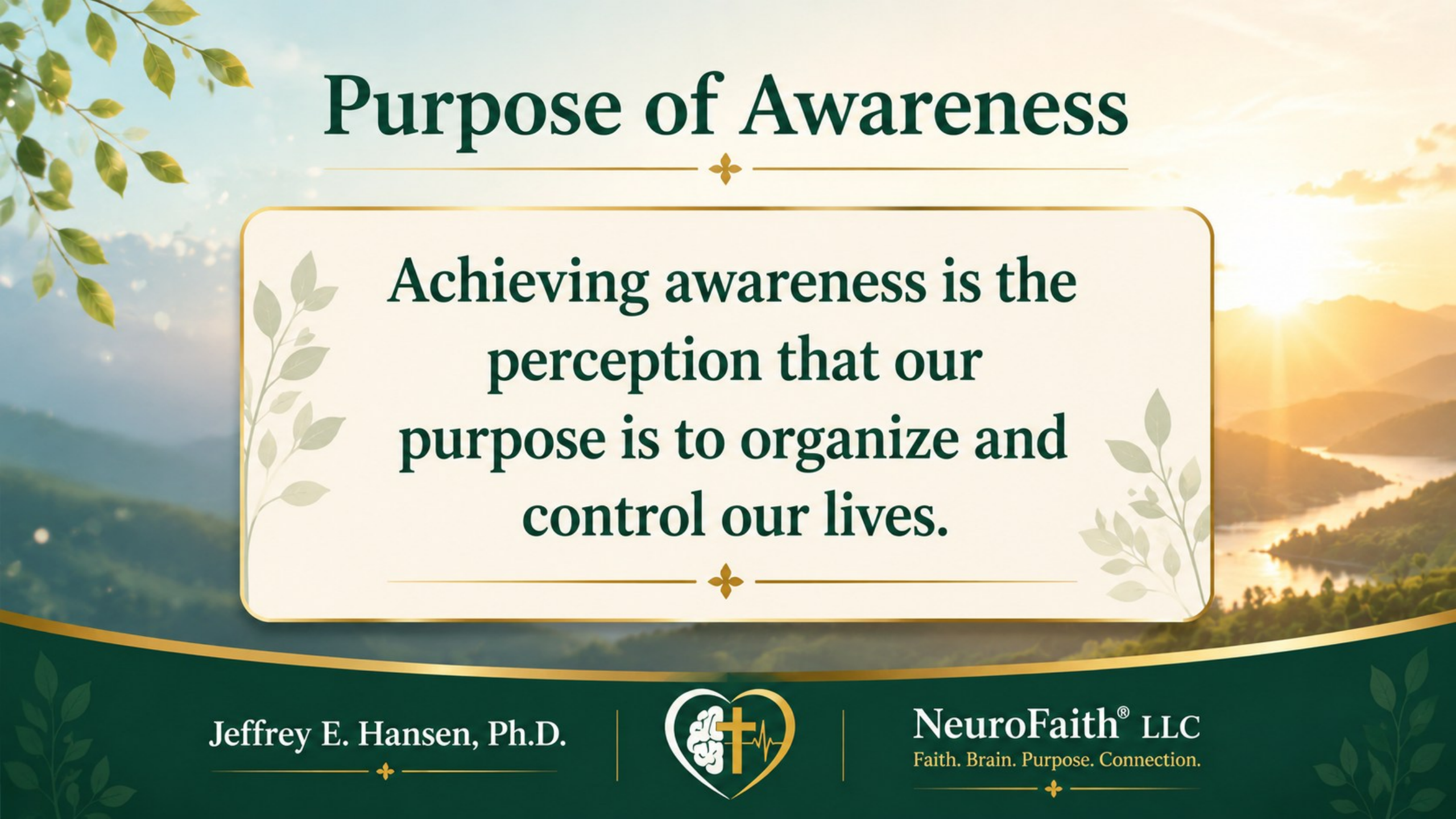
Awareness #3 fosters **guidance**, **meaning**, and the assurance
that we are accompanied by a **loving presence** in every moment.

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Purpose of Awareness



Achieving awareness is the
perception that our
purpose is to organize and
control our lives.

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Spiritual Awareness Opens Us Toward Good Things



Awakened awareness allows us to perceive more choices and opportunities available to us, feel more connected with others, understand the relationships between events in our lives, be more open to creative leaps and insights, and feel more in tune with our life's purpose and meaning.



NeuroFaith® Insight

Awakened awareness helps expand perception, connection, meaning, creativity, and purpose—opening the door to the good God intends for us.



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EMOTIONAL FREQUENCIES AND HEALTH

UNRESOLVED TOXIC SHAME KILLS US!

(HAWKINS, 2014; 2020)

SHAME (20) AND GUILT (30)

are seen as the heaviest emotions and are the lowest in energy where we feel contracted and stuck.

In contrast, emotions like **LOVE (500) AND JOY (540)** are lighter, with more energy and movement, creating a sense of openness and lightness.

Where you live emotionally determines how you live physically.



POC 2014-20	EMOTIONAL FREQUENCY SCALE
700+	Enlightenment
600	Peace
540	Joy
500	Love
400	Reason
350	Acceptance
310	Willingness
250	Neutrality
200	Courage
175	Pride
150	Anger
125	Desire
100	Fear
75	Grief
50	Apathy
30	Guilt
20	Shame

YOU CAN **RAISE** your FREQUENCY. YOU CAN **TRANSFORM** your HEALTH. YOU CAN **LIVE** from LOVE.

THE DEFAULT MODE NETWORK

The Brain's Inner Storytelling Network



WHAT IS THE DEFAULT MODE NETWORK?

The Default Mode Network (DMN) is a network of brain regions that becomes active when our attention turns inward.

It helps us:

- ✓ Reflect on who we are
- ✓ Remember our past
- ✓ Imagine our future
- ✓ Understand relationships
- ✓ Create meaning from experience
- ✓ Construct our personal identity



Medial Prefrontal Cortex

Posterior Cingulate Cortex

Inferior Parietal Lobule



WHY IT MATTERS

The DMN is constantly helping us answer life's deepest questions:



Who am I?



Do I belong?



Am I safe?



What does my life mean?



KEY INSIGHT

The Default Mode Network is the neurological home of the ongoing story we tell ourselves about who we are.



The brain is never truly at rest. It is constantly constructing a narrative of self.



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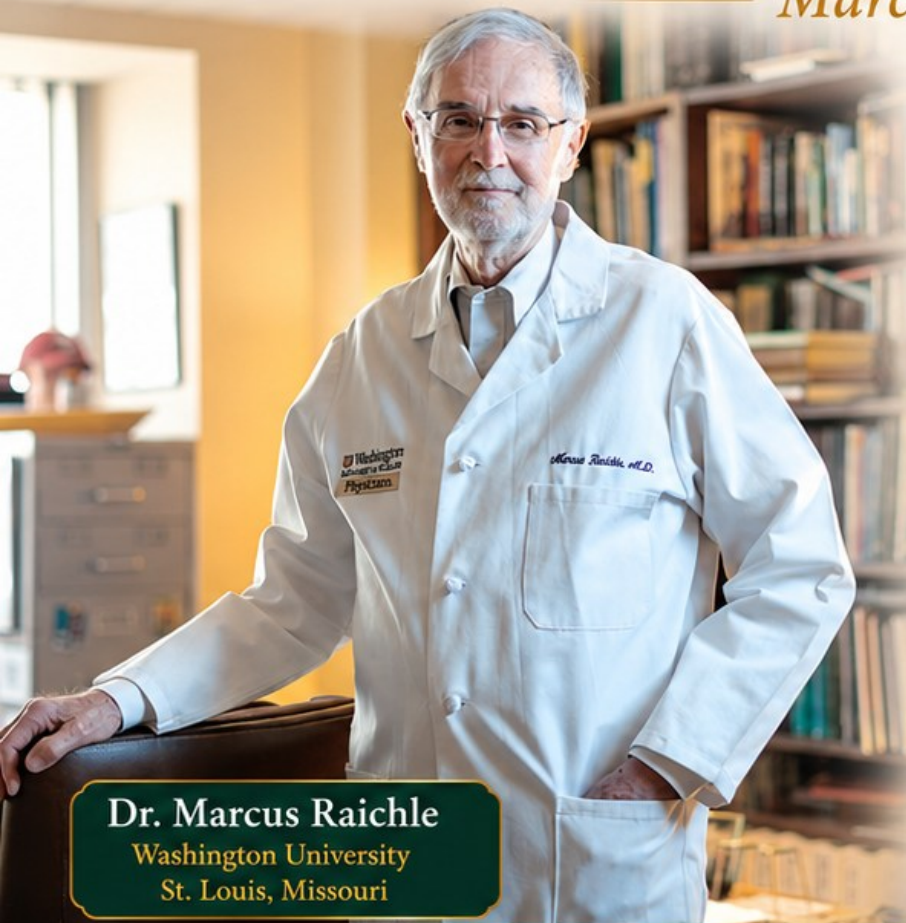


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DISCOVERY OF THE DEFAULT MODE NETWORK

Marcus Raichle and the Birth of the DMN



Dr. Marcus Raichle
Washington University
St. Louis, Missouri



2001

Researchers observed that certain brain regions became **more active** when people stopped performing tasks.



KEY INSIGHT

The resting brain is not inactive. It is actively engaged in:

- Self-reflection
- Identity formation
- Meaning making
- Relationship processing
- Mental time travel



RESULT

The discovery of the **Default Mode Network (DMN)** changed how we understand the brain, identity, and the construction of the self.



“*The brain is never truly at rest.
It is constantly constructing
a narrative of self.*”



The brain is never truly at rest. It is constantly constructing a narrative of self.



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Speaker • Author • NeuroFaith® Founder



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THE DEFAULT MODE NETWORK

The Brain's Narrative Loop



HOW THE CIRCUIT WORKS

The Default Mode Network is constantly comparing:

- ✓ Past experiences
- ✓ Present circumstances
- ✓ Future possibilities

It uses these comparisons to answer:

- Who am I?*
- Am I safe?*
- Do I belong?*
- What does my life mean?*



MEMORIES

What I have experienced



BELIEFS

What I believe about myself and the world



INTERPRETATION

How I make sense of what is happening



EMOTIONS

How I feel about what I perceive



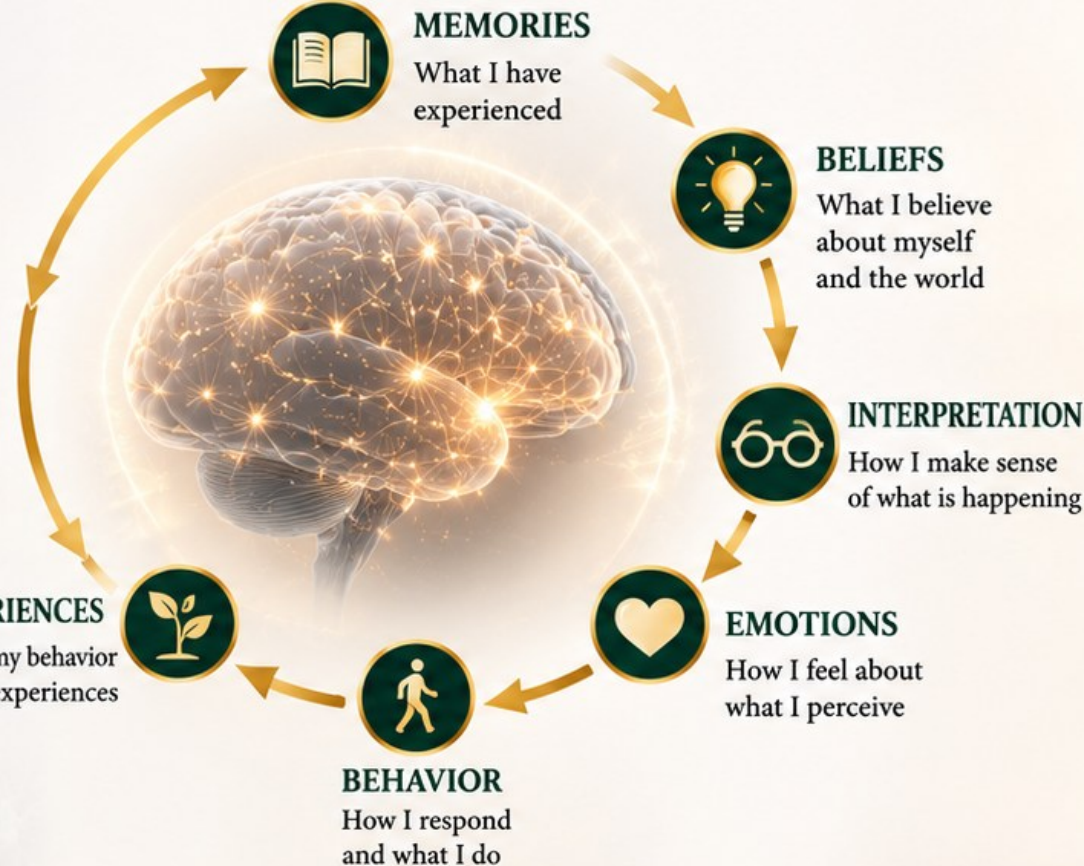
BEHAVIOR

How I respond and what I do



NEW EXPERIENCES

The results of my behavior become new experiences



THE POWER OF THE LOOP

Experiences become memories.
—
Memories become beliefs.
—
Beliefs shape perception.
—
Perception influences behavior.
—
Behavior creates new experiences.
—
Those experiences then reinforce the story.

“

KEY INSIGHT

The Default Mode Network is not simply remembering the past. It is continuously using the past to predict the future. ”



The stories we repeatedly tell ourselves become *the lens* through which we experience life. 🌿



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How Trauma Writes the Story of the Self

The Default Mode Network and Self-Referential Beliefs

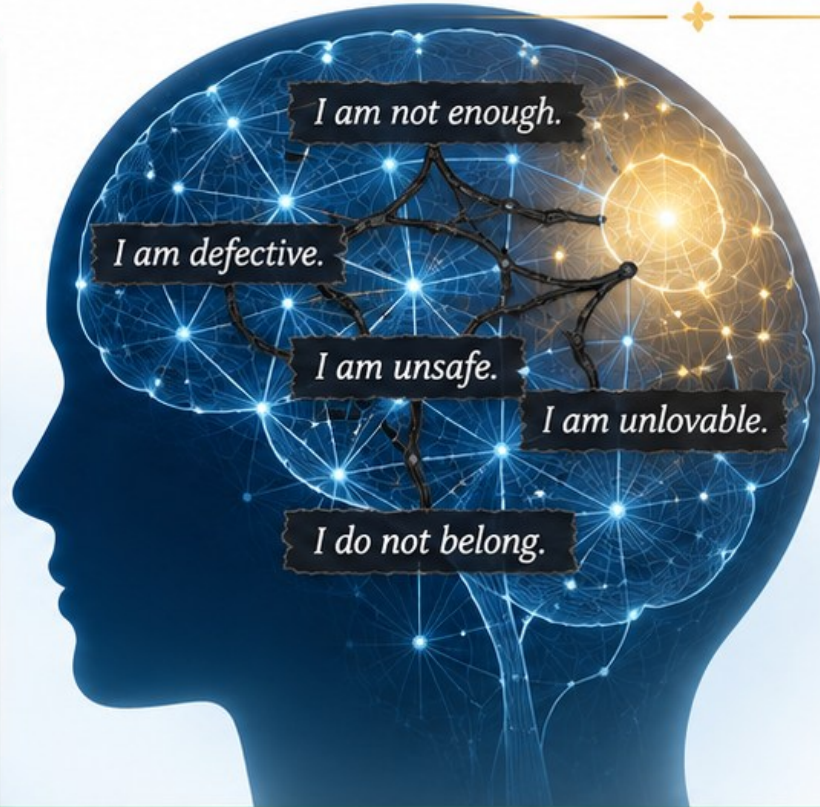


REPEATED DEVELOPMENTAL TRAUMA

- Chronic criticism
- Emotional neglect
- Abuse
- Rejection
- Attachment wounds
- Unresolved shame

Repeated activation of survival systems

Neural pathways become reinforced



THE DEFAULT MODE NETWORK (DMN)

The brain's ongoing self-referential system.

It helps answer questions such as:

- Who am I?
- Am I safe?
- Am I worthy?
- Do I belong?
- Can I trust others?

When trauma occurs repeatedly during development, the DMN becomes organized around **survival-based conclusions rather than truth.**



THE INTERNAL STORY

As Kurt Thompson and Tim Fletcher describe, trauma does not simply leave painful memories behind.

It creates an internal story through which future experiences are interpreted.

- Positive experiences are minimized.
- Criticism is magnified.
- Ambiguous interactions feel rejecting.
- Relationships feel unsafe.
- Shame becomes chronic and self-perpetuating.



KEY INSIGHT:

Trauma does not merely create painful memories.
It can organize the brain's ongoing story about who we are.



HOPE

The same neuroplastic brain that learned a story of defectiveness can learn a new story rooted in **truth, connection, belonging, and secure attachment.**



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Adapted from the work of Kurt Thompson, MD, Tim Fletcher, attachment theory, and contemporary Default Mode Network research.

THE IDENTITY QUESTIONS

Children Ask:

Do I Have
Value?

Do I
Matter?

Am I
Lovable?

TRAUMA IS NOT JUST AN EVENT —
It is a belief about **WHO I AM.**

DEVELOPMENTAL TRAUMA FORMS

NEGATIVE CORE BELIEFS



I DO NOT HAVE **VALUE**



I DO NOT **MATTER**



I AM NOT **LOVABLE**



I MUST PERFORM
TO **MATTER**



HEALING THE STORY

How Faith Rewrites the Narrative of the Self

"Be transformed by the renewing of your mind."

Romans 12:2

THE TRAUMA NARRATIVE



I am alone.



I am unlovable.



I will always
be this way.



I have no
purpose.

Repeated trauma can organize the Default Mode Network around **survival-based conclusions** rather than truth.

FROM SURVIVAL TO IDENTITY

WHAT IS
WRONG
WITH ME?

becomes

WHO DOES
GOD SAY
I AM?



NeuroFaith® Insight

The Default Mode Network is shaped by the stories we repeatedly rehearse. These stories become the background narrative of the Self.

TRAUMA ASKS:



*"What is
wrong with me?"*



CHRIST ANSWERS:

*"You are loved,
adopted, redeemed,
and created for purpose."*



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Speaker • Author • NeuroFaith® Founder

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THE ULTIMATE CORRECTIVE EXPERIENCE

— From Trauma and False Narratives to Truth, Identity, and Belonging —



PSYCHOLOGY RE-NARRATES EVIDENCE

We examine the past with compassion and integrate what happened—releasing shame, blame, and survival stories that no longer serve us.



FAITH ANCHORS IDENTITY IN TRUTH



You are **BELOVED**

Unconditionally loved by God—always.



You are **ADOPTED**

Chosen into God's family. You belong.



You are **CHOSEN**

Called with purpose for His good plan.



You are **KNOWN**

Deeply known and never forgotten.



You are **VALUED**

Your worth is inherent, not based on performance.

Apart from Performance. Rooted in Grace.



TRANSFORMATION OCCURS WHEN
LIVED EXPERIENCE + SPIRITUAL TRUTH ALIGN

The nervous system finds safety. The heart finds hope. The mind is renewed.



A NEW **STORY** EMERGES.
A NEW **IDENTITY** IS SECURED. A NEW **FUTURE** IS POSSIBLE.

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”

— 2 Corinthians 5:17



NEUROFAITH® LLC
Bringing Neuroscience and Faith Together

Jeffrey E. Hansen, PhD
FOUNDER & DIRECTOR

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

— Romans 12:2



Restoring Identity. Rewriting the Story.

Healing the core developmental wounds. Giving rise to a new story.



Trauma lives in the body.
Wounds live in the story.

Healing happens in relationship,
truth, and meaning.

THE CORE DEVELOPMENTAL WOUNDS

that shape our default mode network and identity.



I DO NOT
HAVE **VALUE**



I AM
DEEPLY VALUED

I am created with worth
that does not change.



I DO NOT
MATTER



I MATTER

I belong, and my life
makes a difference.



I AM NOT
LOVABLE



I AM
DEEPLY LOVED

I am known, accepted,
and held in love.



I MUST
PERFORM TO
MATTER



I AM **ENOUGH**

My worth is not based on
my performance.



Restoring through the wisdom of the nervous system
and the hope of the spiritual dimension.
A new story emerges. A new identity is formed.



*"Be transformed by the renewing
of your mind." — Romans 12:2*



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Peace I leave with you;
my peace I give you.
Let not your hearts be troubled.

— John 14:27

WHAT GOD SAYS ABOUT YOU

Four Identity Anchors in Christ

Scripture rewrites the story your brain has been repeating.



1. ADOPTED

Romans 8:15

“The Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’”



TRUTH:

I belong.

I am part of God’s family.



2. DEEPLY LOVED

Romans 5:8

“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”



TRUTH:

I am loved.

I am loved before I do anything to earn it.



3. NEW CREATION

2 Corinthians 5:17

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”



TRUTH:

My past is not my identity.

God makes all things new.



4. CREATED FOR PURPOSE

Ephesians 2:10

“For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”



TRUTH:

My life has meaning.

I was created on purpose for a purpose.



Repeated reflection on God’s truth—through Scripture, prayer, and community—provides a corrective narrative capable of reshaping shame-based identity and renewing the Default Mode Network.



Jeffrey E. Hansen, Ph.D.

Speaker • Author • NeuroFaith® Founder

Faith. Brain. Purpose. Connection.



NeuroFaith® LLC

Bridging Neuroscience and Spirituality
for Healing and Growth

THE SPIRITUAL CORE

The Foundation of Flourishing



RESEARCH CONFIRMS

Spirituality is a fundamental human capacity.

IT IS POWERFULLY ASSOCIATED WITH:



Resilience under stress



Purpose that guides



Meaning in life



Hope for the future



Connection with others



Flourishing that lasts

These benefits are seen across cultures, ages, and traditions.

THE FOUR PILLARS OF NEUROFAITH®



MIND
Understand the Brain



BODY
Care for the Body



RELATIONSHIP
Build Healthy Connections



SPIRITUAL CORE
Know Who You Are and Whose You Are



THE NEUROFAITH® PERSPECTIVE

The spiritual core helps **organize** every other dimension of life.



It shapes how we understand **ourselves**.



It shapes how we relate to **others**.



It shapes how we endure **suffering**.



It shapes how we discover **meaning** and **purpose**.

“When the **spiritual core** is strengthened, every other pillar has a stronger foundation upon which to stand.”



THE SPIRITUAL CORE IS NOT ONE PILLAR AMONG MANY. *It is the light that illuminates them all.*



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THE SPIRITUAL CORE

— The Foundation of Flourishing —

When the Spiritual Core is strengthened, every other pillar has a stronger foundation upon which to stand.


SPIRITUAL
CORE

1. POLYVAGAL FORM THERAPY

Regulating the nervous system for safety, connection, and resilience.

2. HEARTMATH® NEUROCARDIOLOGY

Coherent heart-brain connection for emotional balance and well-being.

3. IFS INTERNAL FAMILY SYSTEMS

Healing and integrating our inner parts to restore wholeness.

4. SPIRITUALITY THE SPIRITUAL CORE

Anchoring identity, meaning, and purpose in a deeper relationship with God.



The Spiritual Core is not one pillar among many. It is the light that illuminates them all. ✨



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