Is God a delusion? Is a mystical experience just the brain having a seizure? Is a near death experience just the brain dying? Over the past 20 years, a great deal of research has explored the relationship between spirituality, mental health, and the brain. This data provides new insights into what religious and spiritual experiences mean, how they may or may not be related to brain pathology, and how they may contribute or diminish mental health. By reviewing the current research on neurotheology -- the field linking the brain with spiritual experiences -- we will consider how the brain and brain health is related to spirituality. This information will be relevant on multiple levels including clinical, psychological, neurological, and theological. We will consider all of these issues and try to determine how crazy religious and spiritual experiences and beliefs actually are.

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