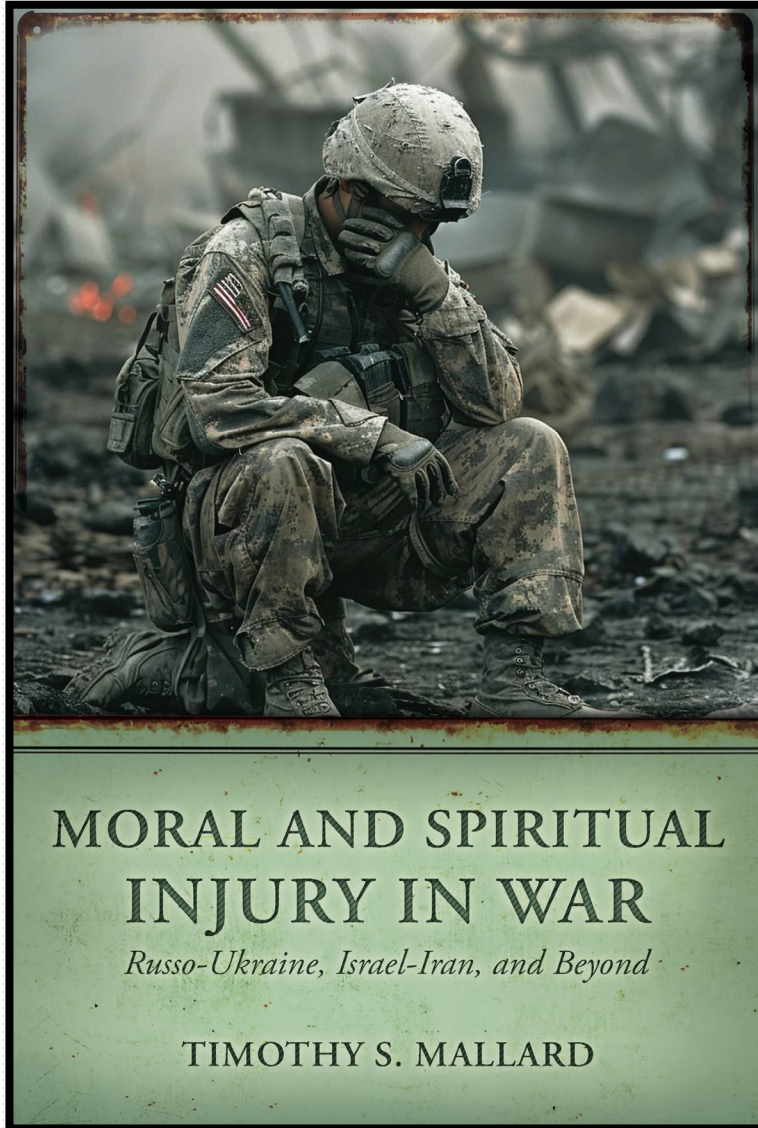




Moral Injury and Spiritual Injury in War

Russo-Ukraine, Israel-Iran, and Beyond



The Central Idea

“Moral and spiritual injury are now internal wounds of war that impact not only warriors but also their families, communities, forces, and nations.”



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Why Did You Write This Book?

- * I saw these internal 'wounds' in my warriors and their families for over 30 years in the Army, and I wanted to give a voice to their lingering pain and injuries.
- * Also, I began to see that they were becoming a trend across the profession of arms and our nation, so I wanted to raise awareness of these injuries and to offer a word of hope to anyone suffering from them.



What is Moral Injury? What is Spiritual Injury?

“(Multiple Definitions) Moral Injury is either a betrayal or violation of deeply-held, core values, principles, or beliefs in a person or group—it can be both individual and communal.”

- * A Wound Principally of the Mind
- * Emotional Disequilibrium
- * Ethical Dissonance

“Spiritual Injury is a deep wounding of the soul—arising from life-altering trauma—that misbalances one’s core sense of self and threatens one’s relationships to others and God.”

- * A Wound of Principally of the Soul
- * ‘Concentric Woundedness’ of Relationships (EX: Individual, Unit, Family, Community, Nation, and God)
- * Eight Markers (EX: Understanding Genuine Evil, Wrestling with Paralyzing Doubt, Inability to Forgive, etc.)



Why is This a Problem for our Nation?

- * Pervasive (to the Core of a Person) and Persistent (over the Whole of Life).
- * Individual and Communal.
- * Applicable Not Only in the Profession of Arms But Also Other Vocations and Experiences (Business, Health Care [COVID-19], and Education as Well as Victims of Sexual Trauma, Racism, and Domestic Violence, etc.).



How Do the Wars in Ukraine and Israel Illustrate These Problems at the Strategic Level?

- * Nature of War (That Which Does Not Change) and Character of War (That Which Changes by Conflict, Context, Aims, and Ideologies).
- * Values, Principles, and Beliefs are Often a 'Casualty of War' and Must be Re-Discussed and Re-Validated (EX: Non-combatant Immunity).
- * Opportunity Cost—A Nation's Sons and Daughters are Its Most Precious Resource, and These Injuries Wound Them Not Only During But Also Long After War (We Have a Sacred Duty to Steward Their Growth and Flourishing).
- * Nation-State War is the Paradigm of the Next 10-20 Years, But 'Scale of Future War' is the Concern (Risk to Both Military Forces and Civilian Populations).



What Do Hope People Will Take Away from this Book?

- * A New Understanding of Moral and Spiritual Injury Across the Nation (and How We Can Mitigate Their Impact Through Individual and Communal Development of Core Values and Practice of Spiritual Disciplines [“What Do I/We Believe?”]).
- * A New Understanding (and Commitment) that This is ‘Our Profession of Arms’ (‘These Are Our Servants of the Nation’).
- * A New Understanding of How Either I or My Family Might be Suffering from Moral or Spiritual Injury (New Concepts and Language Lead to Fresh Perspective and Real Hope).