

Revised 30-item Mystical Experience Questionnaire (MEQ30)

Factor 1: Mystical

Internal Unity

Feeling that you experienced eternity or infinity.

Freedom from the limitations of your personal self and feeling a unity or bond with what was felt to be greater than your personal self.

Experience of pure being and pure awareness (beyond the world of sense impressions).

Experience of oneness in relation to an "inner world" within.

Experience of the fusion of your personal self into a larger whole.

Experience of unity with ultimate reality.

External Unity

Experience of oneness or unity with objects and/or persons perceived in your surroundings.

Experience of the insight that "all is One."

Awareness of the life or living presence in all things.

Noetic Quality

Gain of insightful knowledge experienced at an intuitive level.

Certainty of encounter with ultimate reality (in the sense of being able to "know" and "see" what is really real at some point during your experience.

You are convinced now, as you look back on your experience, that in it you encountered ultimate reality (i.e., that you "knew" and "saw" what was really real).

Sacredness

Sense of being at a spiritual height.

Sense of reverence.

Feeling that you experienced something profoundly sacred and holy.

Factor 2: Positive Mood

Experience of amazement.

Feelings of tenderness and gentleness.

Feelings of peace and tranquility.

Experience of ecstasy.

Sense of awe or awesomeness.

Feelings of joy.

Factor 3: Transcendence of Time and Space

Loss of your usual sense of time.

Loss of your usual sense of space.

Loss of usual awareness of where you were.

Sense of being "outside of" time, beyond past and future.

Being in a realm with no space boundaries.

Experience of timelessness.

Factor 4: Ineffability

Sense that the experience cannot be described adequately in words.

Feeling that you could not do justice to your experience by describing it in words.

Feeling that it would be difficult to communicate your own experience to others who have not had similar experiences.

5D-ASC

OB

1) I had the feeling everything around me was somehow unreal.

Opposite of what I felt

Close to what I felt

Good description what I felt

1 2 3 4 5 6 7 8 9 10

2) I felt as though I were floating.

Opposite of what I felt

Close to what I felt

Good description what I felt

1 2 3 4 5 6 7 8 9 10

3) The boundary between myself and my surroundings seemed to blur.

Opposite of what I felt

Close to what I felt

Good description what I felt

1 2 3 4 5 6 7 8 9 10

4) I felt totally free and released from all responsibilities.

Opposite of what I felt

Close to what I felt

Good description what I felt

1 2 3 4 5 6 7 8 9 10

5) I had the feeling that I had been transferred to another world.

Opposite of what I felt

Close to what I felt

Good description what I felt

1 2 3 4 5 6 7 8 9 10

6) It seemed to me that there were no more conflicts and contradictions in the world.

Opposite of what I felt

Close to what I felt

Good description what I felt

1 2 3 4 5 6 7 8 9 10

7) It seemed to me as though I did not have a body anymore.

Opposite of what I felt

Close to what I felt

Good description what I felt

1 2 3 4 5 6 7 8 9 10

8) I felt very happy and content for no outward reason.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

9) I could have sat for hours looking at something.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

10) I was completely indifferent toward everything.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

11) I experienced past, present and future as a oneness.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

12) It seemed to me that my environment and I were one.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

13) It seemed to me that I was dreaming.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

DED

14) I had difficulty in distinguishing important from unimportant things.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

15) My thinking was constantly being interrupted by insignificant thoughts

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

16) My own feelings seemed strange to me. as though they did not belong to me.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

17) I felt tormented without knowing exactly why.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

18) I felt like a robot.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

19) My surroundings seemed peculiarly strange to me.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

20) I felt threatened without realizing by what.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

21) I had the feeling that I no longer had a will of my own.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

22) I was afraid without being able to say exactly why.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

23) I felt like a marionette.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

24) Everything around me was happening so fast that I no longer could follow what was really going on.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

25) I stayed frozen in a very unnatural position for quite a long time.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

26) I had difficulty making even the smallest decision.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

27) I felt as though I were paralyzed.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

28) Things around me appeared distorted to me.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

29) Time passed more slowly than usual.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

30) I was not able to complete a thought: my thoughts repeatedly become disconnected.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

31) I felt isolated from everything and everyone.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

32) It seemed to me that I no longer had any feelings.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

33) It seemed to me as though there were an invisible wall between me and my surroundings.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

34) I observed myself as though I were a stranger.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

35) I felt a total emptiness in my head.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

VR

36) So many thoughts and feelings assailed me at once that I became confused.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

37) I saw lights or flashes of light in total darkness or with closed eyes.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

38) I saw scenes rolling by like in a film in total darkness or with my eyes closed.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

39) Objects around me engaged me emotionally much more than usual.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

40) Things around me appeared to be bigger than usual.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

41) Things around me had a new, strange meaning for me.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

42) I saw colours before me in total darkness or with closed eyes.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

43) I saw things that I know were not real.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

44) I saw regular patterns in complete darkness or with closed eyes.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

45) Something occurred to me and I did not know whether I had dreamt or actually experienced it.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

46) I had dreamt or actually experienced it.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

47) I saw strange things, which I now know were not real.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

48) Everyday things gained a special meaning for me.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

49) Sounds seemed to influence what I saw.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

50) The colours of the things I saw were changed by sounds and noises.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

51) Sounds and noises sounded different than usual.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

52) Time passed faster than usual.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

53) I simply could not get rid of some unimportant thought.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

54) I became conscious of another "I" being hidden behind my usual "I"

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

55) The ground I was standing on seemed to be swaying.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

56) My ears were buzzing.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

57) I could not remember what had happened two hours earlier.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

58) I had the vague feeling that something important would happen to me.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

59) Parts of my body seemed no longer to belong to me.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

60) I had the feeling my limbs were larger than usual.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

61) I was convinced that I had experienced the same situation before.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

62) Things around me had a different smell than usual.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

63) I was tired and exhausted but at the same time wide awake.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

64) It seemed that I had once dreamed what I was experiencing.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

65) I perceived peculiar relationships between widely diverging matters.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

66) I had trouble distinguishing between what I imagined and what I really experienced.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

67) I no longer knew where I actually was.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

68) I had the feeling I could think faster or more clearly than usual.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

69) So many thoughts came to my mind that I no longer was able to organize them properly.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

70) I was too wide awake and too sensitive.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

71) I had the impression that everything occurring around me was related to me.

Opposite of what I felt Close to what I felt Good description what I felt
1 2 3 4 5 6 7 8 9 10

72) I had the feeling that I could no longer control the movements of my body.

Opposite of what I felt Close to what I felt Good description what I felt

1 2 3 4 5 6 7 8 9 10

73) I felt influenced by electric currents. rays. or hypnosis

Opposite of what I felt

Close to what I felt

Good description what I felt

1 2 3 4 5 6 7 8 9 10