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.

OI 1) I had the feeling everything around me was somehow unreal.										
1) I had the	reeling	everytnir	ng arou	na me v	vas son	nenow (unreai.			
Opposite of	what I f	elt		Close	to wha	t I felt		Good	descrip	tion what I felt
	1	2	3	4	5	6	7	8	9	10
2) I felt as th	ough I	were floa	ating.							
Opposite of	what I f	elt		Close	to wha	it I felt		Good	descrip	tion 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 f	elt		Close	to wha	it I felt		Good	descrip	tion what I felt
	1	2	3	4	5	6	7	8	9	10
5)I had the f	eeling t	hat I had	l been t	ransferi	ed to a	nother \	world.			
Opposite of	what I f	elt		Close	to wha	it I felt		Good	descrip	tion what I felt
	1	2	3	4	5	6	7	8	9	10
6) It seemed	I to me	that ther	e were	no more	e conflic	cts and	contrad	ictions i	in the w	orld.
Opposite of	what I f	elt		Close	to wha	it I felt		Good	descrip	tion what I felt
	1	2	3	4	5	6	7	8	9	10
7) It seemed	I to me	as thoug	jh I did	not hav	e a bod	y anym	ore.			
Opposite of	what I f	elt		Close	to wha	t I felt		Good	descrip	tion what I felt
8) I felt very	1 happy a	2 and cont	3 ent for	4 no outw	5 ard rea	6 son.	7	8	9	10

Opposite of	f what I	felt		Close	e to wha		Good description what I felt					
	1	2	3	4	5	6	7	8	9	10		
9) I could h	ave sat	for hour	s lookin	g at sor	nething							
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	f what I	felt		Close	e to wha	at I felt		Good	Good description what I felt			
	1	2	3	4	5	6	7	8	9	10		
11) I experi	enced p	oast, pre	sent an	d future	as a or	neness.						
Opposite of what I felt Close to what I felt Good description what I felt											l felt	
	1	2	3	4	5	6	7	8	9	10		
12) It seem	ed to m	e that m	y enviro	nment	and I w	ere one	•					
Opposite of	f what I	felt		Close	e to wha	at I felt		Good	l descrip	otion what	l felt	
	1	2	3	4	5	6	7	8	9	10		
13) It seem	ed to m	e that I v	vas dre	aming.								
Opposite of	f what I	felt		Close	e to wha	at I felt		Good	l descrip	otion what	l felt	
	1	2	3	4	5	6	7	8	9	10	DED	
14) 1 had difficulty in distinguishing important from unimportant things.									<u>DED</u>			
Opposite of	f what I	felt		Close	e to wha	at I felt		Good	l descrip	otion what	l 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 fe	eelings	seeme	d strang	ge to me	e. as tho	ough the	ey did n	ot beloi	ng to me	Э.
Opposite of w	hat I fe	elt		Close	to wha	t I felt		Good	descrip	otion what I felt
	1	2	3	4	5	6	7	8	9	10
17) 1 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) 1 felt like	a robo	t.								
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 surrou	19) My surroundings seemed peculiarly strange to me.									
Opposite of w	hat I fe	elt		Close	to wha	t I felt		Good	descrip	otion what I felt
	1	2	3	4	5	6	7	8	9	10
20) 1 felt threa	atened	l without	realizir	ng by w	hat.					
Opposite of w	hat I fe	elt		Close	to wha	t I felt		Good	descrip	otion what I felt
	1	2	3	4	5	6	7	8	9	10
21) 1 had the	feeling	g that I n	o longe	er had a	will of r	my own				
Opposite of w	/hat I fe	elt		Close	to wha	t I felt		Good	descrip	tion what I felt
	1	2	3	4	5	6	7	8	9	10
22) 1 was afraid without being able to say exactly why.										
Opposite of w	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) 1 felt like	e a mar	ionette.									
Opposite of	what I f	elt		Close	e to wha	at 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 real going on.											
Opposite of what I felt Close to what I felt Good description w										otion what I felt	
	1	2	3	4	5	6	7	8	9	10	
25) 1 stayed	l frozen	in a ver	y unnat	ural pos	sition fo	r quite a	long ti	me.			
Opposite of what I felt											
	1	2	3	4	5	6	7	8	9	10	
26) 1 had di	fficulty i	making e	even the	e smalle	est decis	sion.					
Opposite of	what I f	elt		Close	e to wha	at I felt		Good	descrip	otion what I felt	
	1	2	3	4	5	6	7	8	9	10	
27) 1 felt as	though	I were p	oaralyze	ed.							
Opposite of	what I f	elt		Close	e to wha	at I felt		Good	descrip	otion what I felt	
	1	2	3	4	5	6	7	8	9	10	
28) Things a	around i	me appe	ared di	storted	to me.						
Opposite of	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 pa	ssed m	ore slow	ly 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) 1 was no	ot able t	o comp	lete a th	ought:	my thou	ights re	peatedly	y becor	ne disco	onnected.		
Opposite of	what I f	elt		Close	to wha	it I felt		Good	l descrip	otion what I felt		
	1	2	3	4	5	6	7	8	9	10		
31) 1 felt iso	lated fro	om ever	ything a	ınd eve	ryone.							
Opposite of	what I f	elt		Close	to wha	it I felt		Good	l descrip	otion what I felt		
	1	2	3	4	5	6	7	8	9	10		
32) It seeme	32) It seemed to me that I no longer had any feelings.											
Opposite of	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 f	elt		Close	to wha	it I felt		Good	l descrip	otion what I felt		
	1	2	3	4	5	6	7	8	9	10		
34) I observ	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												
Opposite of	·		g					Good	l descrip	otion what I felt		
Opposite of	what I f		-	Close		ıt I felt	7		l descrip	otion what I felt		
Opposite of 35) 1 felt a t	what I f	elt 2	3	Close	e to wha	ıt I felt	7					
	what I f	elt 2 ptiness	3	Close 4 ead.	to wha	ıt I felt	7	8	9			
35) 1 felt a t	what I f	elt 2 ptiness	3 in my he	Close 4 ead.	to wha	it I felt 6	7	8	9	10		
35) 1 felt a t	what I for the state of the sta	elt 2 ptiness elt	3 in my he	Close 4 ead. Close	to wha	t I felt 6		8 Good	9 I descrip	10 otion what I felt 10		
35) 1 felt a t	what I footal empty what I footal	elt 2 ptiness elt 2	3 in my he	Close 4 ead. Close 4	to whate to whate 5	at I felt 6 at I felt 6	7	Good 8	9 I descrip 9	10 otion what I felt 10 <u>VR</u>		

	1	2	3	4	5	6	7	8	9	10	
37) I saw lig	hts or fl	ashes of	f light in	total da	arkness	or with	closed	eyes.			
Opposite of	what I f	elt		Close	to wha	t I felt		Good	descrip	tion what I felt	
	1	2	3	4	5	6	7	8	9	10	
38) I saw sc	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 enga	aged mo	e emoti	onally n	nuch mo	ore than	ı usual.			
Opposite of	what I f	elt		Close	to wha	t I felt		Good	descrip	tion 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 fel											
Opposite of	what I f	elt		Close	to wha	t I felt		Good	descrip	tion what I felt	
Opposite of	what I f	elt 2	3	Close	to wha	t I felt 6	7	Good 8	descrip	otion what I felt	
Opposite of 41) Things a	1	2		4	5	6					
	1 around r	2 me had a		4 strange	5	6 g for me		8	9		
41) Things a	1 around r what I f	2 me had a	a new, s	4 strange	5 meanin to wha	6 g for me	e.	8	9 descrip	10	
41) Things a	1 around r what I f	2 me had a elt 2	a new, s	4 strange Close 4	5 meanin to wha	6 g for me t I felt 6	e. 7	8 Good 8	9 descrip	10 otion what I felt	
41) Things a	1 around r what I for 1 lours be	2 me had a elt 2 efore me	a new, s	4 ctrange Close 4 darkne	5 meanin to wha	6 g for me t I felt 6 ith close	e. 7	8 Good 8	9 descrip 9	10 otion what I felt	
41) Things a Opposite of 42) I saw co	1 around r what I for 1 lours be	2 me had a elt 2 efore me	a new, s	4 ctrange Close 4 darkne	5 meanin to wha 5 ss or w	6 g for me t I felt 6 ith close	e. 7 ed eyes	8 Good 8 Good	9 descrip 9	10 otion what I felt 10	
41) Things a Opposite of 42) I saw co	1 around r what I for lours become the second the secon	2 elt 2 efore me	a new, s 3 in total	4 Close 4 darkne Close	5 meanin to wha 5 ss or w	6 g for me t I felt 6 ith close t I felt	e. 7 ed eyes	8 Good 8 Good	9 descrip 9 descrip	10 otion what I felt 10 otion what I felt	
41) Things a Opposite of 42) I saw co Opposite of	1 around r what I for lours be what I for 1 ngs tha	2 me had a elt 2 efore me elt 2 t I know	a new, s 3 in total	4 Close darkne Close 4 ot real.	5 meanin to wha 5 ss or w	6 g for me t I felt 6 ith close t I felt 6	e. 7 ed eyes	8 Good 8 Good 8	9 descrip 9 descrip	10 otion what I felt 10 otion what I felt	

44) I saw regular patterns in complete darkness or with closed eyes.											
Opposite o	f what I	felt		Clos	e to wh	at I felt		Goo	d descr	iption what I fe	lt
	1	2	3	4	5	6	7	8	9	10	
45) Sometl it.	ning oc	curred to	me and	d I did n	ot knov	v whethe	er I had	dream	t or acti	ually experience	ed
Opposite o	f what I	felt		Clos	e to wh	at I felt		Goo	d descr	iption what I fel	lt
	1	2	3	4	5	6	7	8	9	10	
46) I had d	reamt c	or actuall	y exper	ienced i	t.						
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 s	47) I saw strange things, which I now know were not real.										
Opposite o	f what I	felt		Clos	e to wh	at I felt		Goo	d descr	iption what I fe	lt
	1	2	3	4	5	6	7	8	9	10	
48) Everyd	ay thing	gs gaine	d a spe	cial mea	aning fo	r me.					
Opposite o	f what I	felt		Clos	e to wh	at I felt		Goo	d descr	iption what I fe	lt
	1	2	3	4	5	6	7	8	9	10	
49) Sounds	s seem	ed to infl	uence v	vhat I sa	aw.						
Opposite o	f what I	felt		Clos	e to wh	at I felt		Goo	d descr	iption what I fe	lt
	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 o	f what I	felt		Clos	e to wh	at I felt		Goo	d descr	iption what I fel	lt
	1	2	3	4	5	6	7	8	9	10 <u>AA</u>	SC

51) Sounds and noises sounded different than usual.											
Opposite of	what I	felt		Close	e to wh	at I felt		Good	d descri	ption what I felt	
	1	2	3	4	5	6	7	8	9	10	
52) Time pas	ssed fa	aster tha	n usual								
Opposite of	what I	felt		Close	e to wh	at I felt		Good	d descri	ption what I felt	
	1	2	3	4	5	6	7	8	9	10	
53) I simply	could r	not get ri	d of sor	ne unin	nportan	t though	ıt.				
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	e cons	cious of	another	'I" bein	ıg hidde	en behin	d my us	sual '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 grou	und I w	as stanc	ding on	seemed	to be	swaying					
Opposite of	what I	felt		Close	e to wh	at I felt		Good	d descri	ption what I felt	
	1	2	3	4	5	6	7	8	9	10	
56) My ears	were b	ouzzing.									
Opposite of	what I	felt		Close	e to wh	at I felt		Good	d descri	ption what I felt	
	1	2	3	4	5	6	7	8	9	10	
57) I could n	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		at I felt		Good	l descrip	otion what I felt			
	1	2	3	4	5	6	7	8	9	10	
59) Parts of	f my boo	dy seem	ed no lo	nger to	belong	to me.					
Opposite of	what I	felt		Close	e to wha	at 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	e to wha	at I felt		Good	l descrip	otion what I felt	
	1	2	3	4	5	6	7	8	9	10	
61) I was co	onvince	d that I h	ad exp	erience	d the sa	ıme situ	ation be	efore.			
Opposite of	what I	felt		Close	e to wha	at I felt		Good	l descrip	otion what I felt	
	1	2	3	4	5	6	7	8	9	10	
62) Things	around	me had	a differe	ent sme	ll than ι	ısual.					
Opposite of	f what I	felt		Close	e to wha	at I felt		Good	l descrip	otion what I felt	
	1	2	3	4	5	6	7	8	9	10	
63) I was tii	ed and	exhaust	ed but a	at the sa	ame tim	e wide	awake.				
Opposite of	what I	felt		Close	e to wha	at I felt		Good	l descrip	otion what I felt	
	1	2	3	4	5	6	7	8	9	10	
64) It seem	ed that	I had on	ce drea	med wh	nat 1 wa	ıs exper	riencing				
Opposite of what I felt Close to what I felt Good description what I felt									otion what I felt		
	1 2 3 4 5 6 7 8 9 10								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 of	distinguis	shing be	etween	what I ii	magined	d and w	hat I re	ally exp	erienced.		
Opposite of what	l felt		Clos	se to wh	nat I felt		God	od desci	ription 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	ng I coul	d think	faster o	r more	clearly t	han us	ual.				
Opposite of 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		
69) So many thou	69) So many thoughts came to my mind that I no longer was able to organize them properly.										
Opposite of what	l felt		Clos	se to wh	nat I felt		God	od desci	ription what I felt		
1	2	3	4	5	6	7	8	9	10		
70) I was too wide	awake	and too	sensiti	ve.							
Opposite of what	l felt		Clos	se to wh	nat I felt		God	od desci	ription what I felt		
1	2	3	4	5	6	7	8	9	10		
71) I had the impr	accion th	nat ever	vthing (occurrin	na aroun	ıd me v	vae rela	ted to m	10		
		iai evei									
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