The Transcendent Experience of Consciousness Scale

INSTRUCTIONS: Please rate the INTENSITY of each experience. An answer of "Not at all" means that the experience does not apply to you.

Experiences	Not at all	Very Weak/low intensity	Weak	Moderate	Strong	Very strong/high intensity
Overwhelming sense of wonder and awe	⬜	⬜	⬜	⬜	⬜	⬜
Expanded comprehension of reality	⬜	⬜	⬜	⬜	⬜	⬜
Loss of fear of death or certainty of immortality	⬜	⬜	⬜	⬜	⬜	⬜
Intense feeling of peace	⬜	⬜	⬜	⬜	⬜	⬜
Feelings of energy flowing or vibrating within	⬜	⬜	⬜	⬜	⬜	⬜
Increased feelings of unity with creation	⬜	⬜	⬜	⬜	⬜	⬜
Sensations of white light or luminosity	⬜	⬜	⬜	⬜	⬜	⬜
New understanding of spiritual truths or insight into the inner meaning of spiritual teachings	⬜	⬜	⬜	⬜	⬜	⬜
All sense of separateness disappears	⬜	⬜	⬜	⬜	⬜	⬜
A profound insight into the inner workings of the cosmos	⬜	⬜	⬜	⬜	⬜	⬜
An experience of union with the divine, god, or universal consciousness	⬜	⬜	⬜	⬜	⬜	⬜
Overwhelming sense of love	⬜	⬜	⬜	⬜	⬜	⬜
Sensations of energy along the spine, from the base of the spine to the top of the head	⬜	⬜	⬜	⬜	⬜	⬜
Expansion of consciousness	⬜	⬜	⬜	⬜	⬜	⬜
New knowledge or awareness of the unbounded intelligence behind universe	⬜	⬜	⬜	⬜	⬜	⬜
An unshakable conviction about the reality of the experience	⬜	⬜	⬜	⬜	⬜	⬜
Sensations of energy rushing up the spine	⬜	⬜	⬜	⬜	⬜	⬜
Visions of light	⬜	⬜	⬜	⬜	⬜	⬜