Please rate the INTENSITY of each experience.

	Intensity					
Experiences	Not at all	Very Weak/low	Weak	Moderate	Strong	Very strong/high
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 in areas along the spine, from the base of the spine to the top of the head	☐	☐	☐	☐	☐	☐
Expansion of consciousness	☐	☐	☐	☐	☐	☐
New knowledge or awareness of an unbounded intelligence behind the universe	☐	☐	☐	☐	☐	☐
An unshakable conviction about the reality of the experience	☐	☐	☐	☐	☐	☐
Sensations of energy rushing up the spine	☐	☐	☐	☐	☐	☐
Visions of light	☐	☐	☐	☐	☐	☐