

Spirituality and Well-Being

How spiritual or religious do you consider yourself to be?

- Not at all spiritual
- Not very spiritual
- Somewhat spiritual
- Very spiritual

How often do you spend time on spiritual or religious practices?

- Once per year or less
- Once per month to several times a year
- Once per week to several times a month
- Several times a day to several times a week

How often have you felt close to a powerful spiritual force that seemed to lift you outside yourself?

- Never
- Once or twice
- Several times
- Often

How close do you feel to God?

- I don't believe in God
- Not very close
- Somewhat close
- Extremely close

Ever had an experience that convinced you that God exists?

- No
- I don't know
- Maybe
- Yes

Do you agree or disagree with this: "God dwells within you".

- Definitely disagree
- Tend to disagree
- Tend to agree
- Definitely agree

HAVE YOU HAD ANY OF THESE EXPERIENCES?

IF SO HOW DID IT AFFECT YOU?

An experience of God's energy or presence

An experience of a great spiritual figure (Jesus, Mary, etc.)

An experience of angels or guiding spirits

An experience of communication with someone who has died

Meeting or listening to a spiritual teacher

An overwhelming experience of love

An experience of profound inner peace

An experience of complete joy and ecstasy

A miraculous (or not normally occurring) event

A healing of your body or mind (or witnessed such a healing)

A feeling of unity with the earth and all living beings

An experience with near death or life after death