

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