

**Freiburger
Questionnaire study**

***Paranormal
Experiences***

Dear study participants,

This study deals with the relationship between paranormal experiences, spirituality, and general physical and mental well-being. Previous research on this topic has not yet produced explicit results and findings. Therefore, we have decided to conduct this larger questionnaire study. The time needed to complete this survey is approximately 30 minutes.

If you would take the time to fill out this survey it would greatly benefit research of spiritual phenomena. Please complete the questionnaire quickly using impulsive answers. You may send it back in a regular envelope to the University of Freiburg clinical center. Answer the questions fully and truthfully. There are no right and wrong answers. Every person has had his/her own experiences, and every person interprets them differently.

Thank you very much for your participation.

Prof. Harald Walach

Dr. Niko Kohls

You may always reach us with question at the following:

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1a) Paranormal Experiences

The first part of this survey covers paranormal situations. In the following you will find different statements that describe such situations. You may find that some statements do not completely match your experience. In this case, please evaluate them how you find most fit.

Please assess in each statement,

1. Whether or not you have personally experienced the situation

2. If you do recognize the situation, how you would rate it today.

Note: If you have experienced a situation multiple times or even on a regular basis, but do so in different ways, please assess it from your most resent standpoint.

	Frequency of occurrence					Assessment				
	never	rarely	sometimes	often	very often	very positive	positive	neutral	negative	very negative
<i>I know this feeling from experience and will assess it in the following way...</i>										
1. I have strange and unordinary dreams.	<input type="checkbox"/>	<input type="radio"/>								
2. The world around me seems absurd or exaggerated.	<input type="checkbox"/>	<input type="radio"/>								
3. I feel oblivious to the world around me.	<input type="checkbox"/>	<input type="radio"/>								
4. Spiritual powers inspire me at work.	<input type="checkbox"/>	<input type="radio"/>								
5. I anticipate future events in my dreams.	<input type="checkbox"/>	<input type="radio"/>								
6. A higher being protects and/or helps me.	<input type="checkbox"/>	<input type="radio"/>								
7. Through my thoughts the world around me is changed without me doing any physical action.	<input type="checkbox"/>	<input type="radio"/>								
8. I find myself in a state with no clear sense of time.	<input type="checkbox"/>	<input type="radio"/>								
9. I clearly hear, without noticeable external influence, voices that insult or make fun of me.	<input type="checkbox"/>	<input type="radio"/>								
10. External powers control me.	<input type="checkbox"/>	<input type="radio"/>								
11. Everything is dipped into a special kind of light.	<input type="checkbox"/>	<input type="radio"/>								
12. My mind is separated from my body.	<input type="checkbox"/>	<input type="radio"/>								
13. Everything has a deep and secret meaning, even street signs and license plates.	<input type="checkbox"/>	<input type="radio"/>								
14. I experience conditions of extreme heat in parts of my body or in my entire body.	<input type="checkbox"/>	<input type="radio"/>								
15. I can see my fate.	<input type="checkbox"/>	<input type="radio"/>								
16. Something that feels like energy flows upward through my inner spine (For example the flow of fluid or Light).	<input type="checkbox"/>	<input type="radio"/>								
17. My thoughts are changed by an external power.	<input type="checkbox"/>	<input type="radio"/>								
18. I think of something and in that moment it happens.	<input type="checkbox"/>	<input type="radio"/>								
19. A part of me is dying.	<input type="checkbox"/>	<input type="radio"/>								
20. My thought process is slowing down.	<input type="checkbox"/>	<input type="radio"/>								
21. My entire body, or just a part of it, is expanding.	<input type="checkbox"/>	<input type="radio"/>								
22. I have meaningful dreams.	<input type="checkbox"/>	<input type="radio"/>								
23. Others read my mind or hear my thoughts.	<input type="checkbox"/>	<input type="radio"/>								
24. My will to do something starts without me, as if it is being controlled from elsewhere.	<input type="checkbox"/>	<input type="radio"/>								
25. I dream vividly so that my dreams have a long lasting effect on me.	<input type="checkbox"/>	<input type="radio"/>								

<i>I know this feeling from experience and will assess it in the following way...</i>	Frequency of occurrence					Assessment				
	never	rarely	sometimes	often	very often	very positive	positive	neutral	negative	very negative
26. I stand by people, who are in need or emergency, in spirit and am there by able to help them	<input type="checkbox"/>	<input type="radio"/>								
27. I feel vibrations, pin and needles, and pricks on my insides or under my skin.	<input type="checkbox"/>	<input type="radio"/>								
28. I am reconciled with all.	<input type="checkbox"/>	<input type="radio"/>								
29. I have visions of beings, places, or events in my mind's eye.	<input type="checkbox"/>	<input type="radio"/>								
30. I am being changed/transformed.	<input type="checkbox"/>	<input type="radio"/>								
31. I am in touch with everything.	<input type="checkbox"/>	<input type="radio"/>								
32. I am particularly attracted to a place without having a plausible reason.	<input type="checkbox"/>	<input type="radio"/>								
33. I no longer think for myself. Someone is doing my thinking for me.	<input type="checkbox"/>	<input type="radio"/>								
34. All of a sudden, I recognize connections in the universe.	<input type="checkbox"/>	<input type="radio"/>								
35. I know my calling.	<input type="checkbox"/>	<input type="radio"/>								
36. I hold conversations with my inner voice.	<input type="checkbox"/>	<input type="radio"/>								
37. Energies pulsate through my body.	<input type="checkbox"/>	<input type="radio"/>								
38. I am cursed.	<input type="checkbox"/>	<input type="radio"/>								
39. Through my mind, I cause an accident to happen to somebody who intends to do me harm.	<input type="checkbox"/>	<input type="radio"/>								
40. I have contact with higher beings.	<input type="checkbox"/>	<input type="radio"/>								
41. I see my past, or parts of it, play before my mind as if it were a movie.	<input type="checkbox"/>	<input type="radio"/>								
42. I perceive myself disconnected from my environment.	<input type="checkbox"/>	<input type="radio"/>								
43. My view of the world is flaking away.	<input type="checkbox"/>	<input type="radio"/>								
44. Nothing seems trivial to me.	<input type="checkbox"/>	<input type="radio"/>								
45. I feel the presence of higher or non-earthly beings.	<input type="checkbox"/>	<input type="radio"/>								
46. I am consumed by a thought and cannot stop thinking about it.	<input type="checkbox"/>	<input type="radio"/>								
47. I clearly hear, without noticeable external influence, voices that give me helpful advice.	<input type="checkbox"/>	<input type="radio"/>								
48. I have inspirations.	<input type="checkbox"/>	<input type="radio"/>								
49. Some people give off special radiation that I can feel.	<input type="checkbox"/>	<input type="radio"/>								
50. I feel completely disconnected from my surroundings.	<input type="checkbox"/>	<input type="radio"/>								
51. My ego (inner self) becomes one with other living beings or the world.	<input type="checkbox"/>	<input type="radio"/>								
52. Some of my thoughts seem foreign, as if they were not my own.	<input type="checkbox"/>	<input type="radio"/>								
53. I can no longer follow my thoughts.	<input type="checkbox"/>	<input type="radio"/>								
54. A strong, external power is taking over my body.	<input type="checkbox"/>	<input type="radio"/>								
55. I am completely filled with Godly light and power.	<input type="checkbox"/>	<input type="radio"/>								
56. I am completely filled with kindhearted light.	<input type="checkbox"/>	<input type="radio"/>								
57. I obtain an excess of knowledge in sudden bursts.	<input type="checkbox"/>	<input type="radio"/>								

1b) Deeper questions to Paranormal Experiences

1. **Were the paranormal experiences that you have had so far to some extent included in the previous part of the questionnaire?**

none a few quite a few many All

2. **In your opinion, which experience(s) are missing?**

3. **a) Which was the most meaningful paranormal experience of yours?**

b) When was the first time you have experienced this? _____ Years ago.

4. **Could you induce your previous paranormal experience(s) by yourself?**

never seldom sometimes often very often

5. **Could you alter the development of your previous paranormal experience(s) by yourself?**

never seldom sometimes often very often

6. **Were your paranormal experiences connected to certain events in your life at the time of the experience(s)?**

never seldom sometimes often very often

7. **Were your paranormal experiences connected to an altered state of your consciousness (for example sleep, meditation, trance)?**

never seldom sometimes often very often

8. **Has your assessment of your paranormal experience(s) changed over time?**

not at all a little bit somewhat considerably extremely

9. **Do you feel you have been able to influence the occurrence of you paranormal experience(s)?**

not at all a little bit somewhat considerably extremely

10. **Do you believe you will have more paranormal experiences in the near future?**

much less less equal amount more considerably more

2) Persuasion and surroundings

<i>I agree with this statement...</i>		Agreement				
		Not at all	a little	somewhat	considerably	completely
1.	I feel connected with a higher power/ a higher being/ God. I can rely on help from the former during difficult times.	<input type="radio"/>				
2.	I am trying to entrust myself to the hand of God/ a higher being/ a higher power.	<input type="radio"/>				
3.	We, as humans, cannot dictate everything. A higher power/ a higher being/ God exists who I can entrust myself to.	<input type="radio"/>				
4.	I sometimes have the impression that I am being lead through my life by deeper insight.	<input type="radio"/>				
5.	Religious practices (such as prayer, chanting, singing of religious songs, meditation) help me in difficult situations.	<input type="radio"/>				
6.	My soul will live on after I die.	<input type="radio"/>				
7.	I am a part of a great collective which I was born into.	<input type="radio"/>				
8.	I identify myself as religious, despite not belonging to a church/ religious community.	<input type="radio"/>				
9.	I am human, with a body and mind, and I am inseparably connected with the universe.	<input type="radio"/>				
10.	It is beyond my ability to explain and understand a certain existence of luck and misfortune in this world.	<input type="radio"/>				
11.	I have experienced the feeling that I am one with the world and universe.	<input type="radio"/>				
12.	Without much ado, I am able to find someone to take care of my apartment for me (for example flowers, pets, mail) while I am away.	<input type="radio"/>				
13.	There are people who simply accept me for who I am.	<input type="radio"/>				
14.	I receive understanding and a feeling of security from others.	<input type="radio"/>				
15.	I know a very close person who I can always rely on for help.	<input type="radio"/>				
16.	I am always able to borrow something on demand from a friend or neighbor.	<input type="radio"/>				
17.	I have friends/ peers that will always take time and listen to me if I have something to say.	<input type="radio"/>				
18.	I know several people who I enjoy doing things with.	<input type="radio"/>				
19.	I have friends/ peers that, on occasion, will simply hug me.	<input type="radio"/>				
20.	If I am sick, I can ask friends/ peers, without hesitation, to do important things for me (for example grocery shopping).	<input type="radio"/>				
21.	If I am ever very depressed, I know who I can turn to.	<input type="radio"/>				
22.	There are people that share joy and sadness with me.	<input type="radio"/>				
23.	I can completely let loose with some friends/ peers.	<input type="radio"/>				
24.	There is a person I trust in whose presence I can feel comfortable without feeling restricted.	<input type="radio"/>				
25.	I belong to a group of people (circle of friends, clique) who I do things with often.	<input type="radio"/>				

4. Details on the topic of spirituality/ religion:

1. How pronounced is your interest in spiritual/ religious topics in general?

very little a little moderate large very large

2. How often do you occupy yourself with religious or spiritual topics?

never seldom sometimes often very often

3. How many years ago did you begin occupying yourself with the topic of spirituality?

_____Year(s) ago

4. Do you practice meditation/ spiritual instruction on your own?

a) yes, namely: _____ (please state) no

Please answer the following questions only if you answered „yes“ above:

b) For how many years have you practiced? _____Year(s)

c) How often do you practice?

very seldom seldom sometimes often very often

d) Do you practice under an instructor?

yes no

e) How far have you – in your opinion – progressed in your spiritual journey?

not at all a little somewhat far very far

5. In your life so far, have you encountered experiences that you would describe as paranormal?

never seldom sometimes often very often

If yes, how would you rate your experiences overall from today's standpoint?

very positive positive neutral negative very negative

6. Are you able to discuss these paranormal experiences with other people?

not at all a little bit somewhat considerably extremely

7. Is it difficult to integrate these paranormal experiences into your daily life?

not at all a little bit somewhat considerably extremely

5. Demographical information:

1. **Age:** Years
2. **Gender:** male female
3. **Marital status:** single divorced
 married widowed
4. **Have children:** yes no
5. **Living situation:** living alone living with partner/ spouse
 living with parents living in a residential community
6. **Religious denomination:** Catholic no religious denomination
 Protestant other _____
7. **Schooling:** none technical college preparatory high school
 still in school college preparatory high school
 workforce preparatory high school
8. **Degree:** none technical college
 degree seeking university
 apprenticeship
9. **Occupation:** _____