

The *Revised MYSTICAL EXPERIENCE QUESTIONNAIRE (MEQ30)

Instructions: Looking back on the entirety of your session, please rate the degree to which at any time during that session you experienced the following phenomena. Answer each question according to your feelings, thoughts, and experiences at the time of the session. In making each of your ratings, use the following scale:

0 – none; not at all

1 – so slight cannot decide

2 – slight

3 – moderate

4 – strong (equivalent in degree to any other strong experience)

5 – extreme (more than any other time in my life and stronger than 4)

FACTOR 1: MYSTICAL

- _____ 1. Freedom from the limitations of your personal self and feeling a unity or bond with what was felt to be greater than your personal self.
- _____ 2. Experience of pure being and pure awareness (beyond the world of sense impressions).
- _____ 3. Experience of oneness in relation to an “inner world” within.
- _____ 4. Experience of the fusion of your personal self into a larger whole.
- _____ 5. Experience of unity with ultimate reality.
- _____ 6. Feeling that you experienced eternity or infinity.
- _____ 7. Experience of oneness or unity with objects and/or persons perceived in your surroundings.
- _____ 8. Experience of the insight that “all is One”.

- _____ 9. Awareness of the life or living presence in all things.
- _____ 10. Gain of insightful knowledge experienced at an intuitive level.
- _____ 11. Certainty of encounter with ultimate reality (in the sense of being able to “know” and “see” what is really real at some point during your experience).
- _____ 12. You are convinced now, as you look back on your experience, that in it you encountered ultimate reality (i.e., that you “knew” and “saw” what was really real).
- _____ 13. Sense of being at a spiritual height.
- _____ 14. Sense of reverence.
- _____ 15. Feeling that you experienced something profoundly sacred and holy.

FACTOR 2: POSITIVE MOOD

- _____ 16. Experience of amazement.
- _____ 17. Feelings of tenderness and gentleness.
- _____ 18. Feelings of peace and tranquility.
- _____ 19. Experience of ecstasy.
- _____ 20. Sense of awe or awesomeness.
- _____ 21. Feelings of joy.

FACTOR 3: TRANSCENDENCE OF TIME AND SPACE

- _____ 22. Loss of your usual sense of time.
- _____ 23. Loss of your usual sense of space.
- _____ 24. Loss of usual awareness of where you were.

Retrieved From: Appendix 2, pp. 5-6, MEQ30

Barrett FS, Johnson MW and Griffiths RR (2015). Validation of the revised mystical experiences questionnaire in experimental sessions with psilocybin. *J Psychopharmacol*.

_____ 25. Sense of being “outside of” time, beyond past and future.

_____ 26. Being in a realm with no space boundaries.

_____ 27. Experience of timelessness.

FACTOR 4: INEFFABILITY

_____ 28. Sense that the experience cannot be described adequately in words.

_____ 29. Feeling that you could not do justice to your experience by describing it in words.

_____ 30. Feeling that it would be difficult to communicate your own experience to others who have not had similar experiences.