

## Unity Questionnaire: Questions

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### Since starting to meditate:

1. Do you feel less isolated than before?
2. Do you feel closer or more connected to your family and friends?
3. Do you feel closer to nature?
4. Have you felt a greater sense of well-being and inner happiness?
5. Have you felt less afraid of death and dying?
6. Have you noticed a greater awareness of your own thoughts, feelings, and/or body?
7. Are you more at peace with yourself?
8. Have you felt more connected to other living creatures (such as animals or plants)?
9. Do you feel happier and more content with your circumstances and more grateful for what you have?
10. Have you felt more connected to a higher power?
11. Do you feel more settled and stable inside — less affected by your thoughts, perceptions, and outer circumstances?
12. Have you felt a greater connection with your community, the world, or even the universe?
13. Do you feel that you are seeing and evaluating the world with greater clarity?
14. Are you more able to tolerate life's ups and downs?
15. Are you more easily able to be fully present in the moment?
16. Do you feel more established in your own inner being?
17. Do you sometimes feel larger and more expansive than your individual existence in time and space?
18. Do you sometimes feel limitless?
19. Have there been times when you have experienced the world around you in more vivid, richly colorful or fine-grained detail?
20. Do you see more deeply into the beauty of the world around you?
21. Have you sometimes felt that the world around you is brighter, more brilliant, and/or full of light?
22. Have you experienced a growing sense of intimacy with the world around you?
23. Have you ever felt so expansive that the world seems to be contained within you?
24. Do you sometimes feel that you and the world are not separate but are part of one larger wholeness of life?
25. Do you sometimes feel deeply connected to the universe as a whole?
26. Have you noticed changes in relationships with others?
27. Have others commented on changes in you?
28. Remember, we are particularly interested in hearing your stories about your experiences of refined or expanded states of consciousness, so please tell us about them in detail.

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