

### 3.6.

During the practice of prayer, meditation, relaxation or any other technique, or at any settled, quiet time, have you experienced a perfectly peaceful state in which the mind is very awake, but still; a state when awareness seems expanded beyond the boundaries of thought, beyond the limits of time and space?

*Please indicate with a cross mark in the square you feel is suitable for your experiences.*

11 <input type="checkbox"/> All the time	7 <input type="checkbox"/> Once a month	3 <input type="checkbox"/> Less than once a year
10 <input type="checkbox"/> Most of the time	6 <input type="checkbox"/> Once in 3 months	2 <input type="checkbox"/> Once in my lifetime
9 <input type="checkbox"/> Once a day	5 <input type="checkbox"/> Once in 6 months	1 <input checked="" type="checkbox"/> Never to my knowledge
8 <input type="checkbox"/> Once a week	4 <input type="checkbox"/> Once a year	

### 3.7.

In the space below please write an example of this type of experience if you have had it. Please make your example as complete as possible.

Example:

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### 3.8.

During deep sleep, have you ever experienced a quiet, peaceful, inner wakefulness?

You awake fresh and rested, but with the sense that you had maintained a continuity of silent self-awareness during sleep.

*Please indicate with a cross mark in the square you feel is suitable for your experiences.*

11 <input type="checkbox"/> All the time	7 <input type="checkbox"/> Once a month	3 <input type="checkbox"/> Less than once a year
10 <input type="checkbox"/> Most of the time	6 <input type="checkbox"/> Once in 3 months	2 <input type="checkbox"/> Once in my lifetime
9 <input type="checkbox"/> Once a day	5 <input type="checkbox"/> Once in 6 months	1 <input checked="" type="checkbox"/> Never to my knowledge
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