

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              |
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