

5-Dimensional Altered States of Consciousness Rating Scale (5D-ASC)

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Translation from the original German by Felix Hasler and Rael Cahn

Instructions

On the following pages you will find a number of statements and below each statement a line with the endpoints “**No**, not more than usually” and “**Yes**, much more than usually.” The line represents something like a thermometer that will be used to assess alterations from your normal waking consciousness.

Please rate to what extent the statements apply to your particular experience – compared to normal waking consciousness – by making a vertical mark on the line below the statements.

Please note that your normal waking consciousness corresponds to a mark at the very left end of the scale, i.e.: “No, not more than usually.”

Example:

I felt elated.

No, not more than usually |—————| **Yes**, much more than usually

Please use all intermediate gradations to most accurately describe your experience.

1. I felt that I was in a wonderful other world.

No , not more than usually		Yes , much more than usually
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2. My thoughts and actions were slowed down.

No , not more than usually		Yes , much more than usually
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3. Bodily sensations were very enjoyable.

No , not more than usually		Yes , much more than usually
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4. I heard single words without knowing where they came from.

No , not more than usually		Yes , much more than usually
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5. I heard rings and tones without knowing where they came from.

No , not more than usually		Yes , much more than usually
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6. I felt as if dark forces had overtaken me.

No , not more than usually		Yes , much more than usually
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7. I saw things I knew were not real.

No , not more than usually		Yes , much more than usually
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8. I felt like a puppet or marionette.

No , not more than usually		Yes , much more than usually
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9. I felt connected to a higher power.

No , not more than usually		Yes , much more than usually
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10. I felt sleepy.

No , not more than usually		Yes , much more than usually
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11. A melody occurred to me that I had to constantly repeat.

No , not more than usually		Yes , much more than usually
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12. I experienced boundless pleasure.

No , not more than usually		Yes , much more than usually
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13. Meaningless noises sounded like real words or phrases.

No , not more than usually		Yes , much more than usually
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14. I saw regular patterns with closed eyes or in complete darkness.

No , not more than usually		Yes , much more than usually
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15. I felt drunk.

No , not more than usually		Yes , much more than usually
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16. I felt I was being transformed forever in a miraculous way.

No , not more than usually		Yes , much more than usually
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17. I felt that I was on the verge of unconsciousness.

No , not more than usually		Yes , much more than usually
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18. Everything seemed to unify into a oneness.

No , not more than usually		Yes , much more than usually
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19. I heard my thoughts as if I had spoken them out loud.

No , not more than usually		Yes , much more than usually
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20. Sounds seemed to influence what I saw.

No , not more than usually		Yes , much more than usually
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21. I felt tormented.

No , not more than usually		Yes , much more than usually
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22. I saw colors with closed eyes or in complete darkness.

No , not more than usually		Yes , much more than usually
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23. Shapes seemed to be changed by sounds or noises.

No , not more than usually		Yes , much more than usually
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24. I perceived everything as blurry, as if through a kind of fog.

No , not more than usually		Yes , much more than usually
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25. A voice commented on everything I thought although no one was there.

No , not more than usually		Yes , much more than usually
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26. I felt as if I no longer had a body.

No , not more than usually		Yes , much more than usually
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27. I felt incapable of making even the smallest decision.

No , not more than usually		Yes , much more than usually
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28. Some everyday things acquired special meaning.

No , not more than usually		Yes , much more than usually
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29. I felt drowsy.

No , not more than usually		Yes , much more than usually
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30. I heard complete sentences without knowing where they came from.

No , not more than usually		Yes , much more than usually
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31. Things in my environment had a new strange meaning.

No , not more than usually		Yes , much more than usually
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32. I was afraid that the state I was in would last forever.

No , not more than usually		Yes , much more than usually
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33. I saw brightness or flashes of light with closed eyes or in complete darkness.

No , not more than usually		Yes , much more than usually
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34. I felt one with my surroundings.

No , not more than usually		Yes , much more than usually
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35. Worries and anxieties of everyday life felt unimportant.

No , not more than usually		Yes , much more than usually
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36. My sense of time and space was altered as if I was dreaming.

No , not more than usually		Yes , much more than usually
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37. My perception was blurred.

No , not more than usually		Yes , much more than usually
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38. I had difficulties in distinguishing important from unimportant.

No , not more than usually		Yes , much more than usually
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39. I saw whole scenes roll by with closed eyes or in complete darkness.

No , not more than usually		Yes , much more than usually
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40. I felt extraordinary powers within myself.

No, not more
than usually

Yes, much more
than usually

41. I experienced a touch of eternity.

No, not more
than usually

Yes, much more
than usually

42. Conflicts and contradictions seemed to dissolve.

No, not more
than usually

Yes, much more
than usually

43. I was scared without knowing exactly why.

No, not more
than usually

Yes, much more
than usually

44. I experienced everything as frighteningly distorted.

No, not more
than usually

Yes, much more
than usually

45. The world seemed to me beyond good and evil.

No, not more
than usually

Yes, much more
than usually

46. I experienced my surroundings as strange and weird.

No, not more
than usually

Yes, much more
than usually

47. I felt as if I were paralyzed.

No, not more
than usually

Yes, much more
than usually

48. I heard music without knowing where it came from.

No , not more than usually		Yes , much more than usually
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49. heard something faintly that I could not identify.

No , not more than usually		Yes , much more than usually
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50. I felt very profound.

No , not more than usually		Yes , much more than usually
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51. I felt numb.

No , not more than usually		Yes , much more than usually
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52. I experienced past, present, and future as a oneness.

No , not more than usually		Yes , much more than usually
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53. I experienced unbearable emptiness.

No , not more than usually		Yes , much more than usually
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54. Objects in my surroundings engaged me emotionally much more than usual.

No , not more than usually		Yes , much more than usually
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55. From an initially diffuse noise, which I could not identify as real, clear rings and tones evolved.

No , not more than usually		Yes , much more than usually
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56. I felt threatened.

No , not more than usually		Yes , much more than usually
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57. Many things appeared to me as breathtakingly beautiful.

No , not more than usually		Yes , much more than usually
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58. Things came to my mind that I thought long forgotten.

No , not more than usually		Yes , much more than usually
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59. I felt like I do shortly before falling asleep.

No , not more than usually		Yes , much more than usually
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60. My body felt numb, lifeless, and/or alien.

No , not more than usually		Yes , much more than usually
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61. I felt as if I was half-asleep.

No , not more than usually		Yes , much more than usually
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62. I had the impression I was out of my body.

No , not more than usually		Yes , much more than usually
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63. I felt as if I was floating.

No , not more than usually		Yes , much more than usually
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64. I felt isolated from everything and everyone.

No , not more than usually		Yes , much more than usually
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65. I heard voices that did not come from the surroundings as usual.

No , not more than usually		Yes , much more than usually
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66. I heard something like a buzzing, swooshing, or humming without recognizing the cause.

No , not more than usually		Yes , much more than usually
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67. I was not able to complete a thought; my thoughts repeatedly became disconnected.

No , not more than usually		Yes , much more than usually
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68. I felt I was about to fall asleep.

No , not more than usually		Yes , much more than usually
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69. I had insights into connections that had previously puzzled me.

No, not more than usually | _____ | **Yes**, much more than usually

70. Many things seemed incredibly funny to me.

No, not more than usually | _____ | **Yes**, much more than usually

71. The boundaries between myself and my surroundings seemed to blur.

No, not more than usually | _____ | **Yes**, much more than usually

72. I could see images from my memory or imagination with extreme clarity.

No, not more than usually | _____ | **Yes**, much more than usually

73. I felt totally free and released from all obligations.

No, not more than usually | _____ | **Yes**, much more than usually

74. I heard diffuse noises without knowing where they came from.

No, not more than usually | _____ | **Yes**, much more than usually

75. The colors of things seemed to be altered by sounds or noises.

No, not more than usually | _____ | **Yes**, much more than usually

76. Sounds and noises were fainter than usual.

No, not more than usually | _____ | **Yes**, much more than usually

77. I had very original thoughts.

No, not more
than usually

Yes, much more
than usually

78. I had the feeling that I no longer had my own will.

No, not more
than usually

Yes, much more
than usually

79. I was afraid of losing control over myself.

No, not more
than usually

Yes, much more
than usually

80. I stayed frozen in an very unnatural position for an extended period of time.

No, not more
than usually

Yes, much more
than usually

81. I experienced a kind of awe.

No, not more
than usually

Yes, much more
than usually

82. My imagination was extremely vivid.

No, not more
than usually

Yes, much more
than usually

83. Things in my surroundings appeared smaller or larger.

No, not more
than usually

Yes, much more
than usually

84. I felt exhausted.

No, not more
than usually

Yes, much more
than usually

85. Time passed slowly in a tormenting way.

No , not more than usually		Yes , much more than usually
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86. I experienced profound inner peace.

No , not more than usually		Yes , much more than usually
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87. Everything around me seemed to be animated with life.

No , not more than usually		Yes , much more than usually
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88. Everything happened so fast that I could not follow it all.

No , not more than usually		Yes , much more than usually
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89. I had the feeling that something terrible was going to happen.

No , not more than usually		Yes , much more than usually
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90. I was able to remember certain events with exceeding clarity.

No , not more than usually		Yes , much more than usually
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91. I experienced an all-embracing love.

No , not more than usually		Yes , much more than usually
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92. There were sounds in the room that I feel were unlikely to have been real.

No , not more than usually		Yes , much more than usually
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93. I heard a ticking, knocking, ringing, or rattling without being able to recognize the cause.

No , not more than usually		Yes , much more than usually
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94. My experience had religious aspects to it.

No , not more than usually		Yes , much more than usually
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