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## Appendix 1. Francis–Louden Mystical Orientation Scale (Francis and Louden, 2000a)

Please indicate, on the 1–5 scale each time, whether you can recognize having had each of the experiences listed below, ranging from 1 (to indicate that you have NEVER had the experience listed) to 5 (indicating that you have DEFINITELY had the experience listed).

Note: For each question, respondents were asked to record responses on a 1–5 scale, structured as follows:

Never had this experience 1 2 3 4 5  
Definitely had this experience

1. Experiencing something that I could not put into words
2. Sensing God in the beauty of nature
3. Brief glimpses into the heart of things
4. Being overwhelmed by a sense of wonder
5. Feeling at one with the universe
6. Losing a sense of time, place and person
7. Being absorbed within the Divine
8. Feeling moved by a Power or Presence beyond description
9. Knowing that I was surrounded by a Presence

10. Transient visions of the transcendental
11. Being in a state of mystery outside my body
12. Feeling at one with all living things
13. Being conscious of only timelessness and eternity
14. Losing myself in a greater being
15. Being aware of more than I could ever describe
16. Hearing God speak to me
17. Passing moments of Divine revelation
18. Being grasped by a Power beyond my control
19. Sensing the unity in all things
20. The merging of past, present and future
21. Feeling myself absorbed in the depths of being

## Appendix 2. Twenty-four-item version of Attitudes to Mysticism Scale

Please indicate how much you agree or disagree with each of the 24 statements listed below, by circling your appropriate response on the 1–5 scale each time, ranging from 1 ('strongly disagree') to 5 ('strongly agree').  
 Note: Figures in parentheses refer to number of corresponding item in the original 32-item version of the scale.

1. I get excited when I read accounts of mystical, religious or spiritual experiences (17)

Note: For each question, respondents were asked to record responses on a 1–5 scale, structured as follows:

Strongly Disagree    1   2   3   4   5    Strongly Agree

2. Possession of ample factual knowledge about one's faith is really a very poor shadow of the insights that can be gained during mystical experience (4)
3. Religious people should put more trust in formal religious authorities (e.g. vicars, rabbis)

4. Some of the most moving literature ever written has been that of the world's great mystics (2)
5. Mystics of all faiths, creeds and indeed of no traditional faith are all involved in the same spiritual journey (7)
6. Theologians are more important figures in the world religions than are mystics (13)
7. I would get annoyed if I had to read mystical literature, as most of it would be quite incomprehensible to me (24)
8. The mystical quest for union with the Divine is one which – partly thanks to the mystics' own efforts – is likely to prove extremely fruitful (8)
9. To gain knowledge of one's faith, one should do lots of academic study of history, texts and theology, rather than engage in practices that might or might not bring about mystical experiences (9)
10. Religious authorities (e.g. vicars, rabbis) have every right to be suspicious of mystics (10)
11. To agree with the doctrines of a particular creed does not matter in the long run – what really matters is to have had, in one's heart, experience of the Divine (16)
12. Mystical practices are a more trustworthy spiritual path than are attendance of religious services (20)
13. Those who report mystical experiences provide at least as much religious knowledge as do theologians (21)
14. It is wrong for established religious authorities (e.g. the Christian church) to think that those who report mystical experiences are mentally ill (23)
15. I am rather suspicious of those who claim that mystical experiences in all the world religions are more or less the same (30)
16. If I were a religious person, I would see regular attendance at a church, mosque, synagogue or other place of worship as being more central to my faith than whether I had

- ever had a 'mystical' or 'religious' experience (32)
17. The revelations gained during mystical experiences are important to anyone, regardless of what he or she believes (27)
  18. People who report mystical experiences contradict themselves – they claim to have received revelations, but to me their reports reveal nothing (24)
  19. There are cases in many faiths where seekers have experienced Divine union (18)
  20. The mystical path is a more trustworthy spiritual path than the hierarchically organized structures in the world religions (28)
  21. One should never trust anyone who claims to follow a religion, but who takes a deep interest in the mystical teachings of creeds or religions other than the one he or she claims to profess (22)
  22. The mystic is often some one far closer to God than are those with formally designated religious authority (e.g. bishops, rabbis) (25)
  23. It would not surprise me if it turned out that the vast majority of those who report mystical experiences turn out to be suffering from some type of psychiatric illness (19)
  24. The mystical viewpoint that life is like a ladder, and that by appropriate spiritual journey, one may ascend this ladder to reach new spiritual realms, deserves much respect (11)