

Superordinate Theme	Name	Definition	Inclusion Criteria	Exclusion Criteria	
Self. Experiences and effects relating to the self.	Character	Changes, increases or decreases in character and character related traits.	Self-determination, autonomy, virtues, egotism, selflessness.	Emotions such as devotion are coded as emotion/devotion.	Meditation made me more balanced, made me more interested ... Even if I experience this egotism that Steiner describes ... one deals with this oneself to a certain extent ... the egotism increases, but one's interests also grows.
	Self-encounter, Self-Strengthening, and Self-Dissolution	Encounters with, strengthening or dissolution of the self, the core of one's identity, or the higher self.	Initiation, experiences relating to destiny or fate.	Experiences of the double that cannot be directly connected to the self are coded as <i>sensed presence</i> . Initiatory experiences that are not directly connected to the self are coded as <i>sensed presence</i> .	Now it is as if I am with myself, or now I am present, or now I have been born anew or something like this. And then also more inside myself.
	Capacities	Capacities that arise through meditation or meditation experiences.	Initiatory experiences in which certain new capacities appear. Increase in the capacity for love. New capacities of perception. The capacity of exiting the body. Increased self-regulation and resilience.	Experiences that only happen once.	I found that very helpful, and it has helped me a lot, and in different situations it still helps me. If I am agitated or something, and I notice, if I make use of meditation, then it helps me to notice more clearly where it is bubbling, and also to see the connections more clearly, and to sort them out.
	Crisis	Biographical or spiritual crises connected to meditation.		Doubles that are not directly connected to the self are coded as <i>sensed presence</i> .	It was when I was in my early forties, when I had the crisis and I didn't really know who I am.
	Oneness	An experience of a universal or concrete unity with something that lies outside of the self.	Experiences of unity with nature or the environment. Intuition in the sense of a higher state of consciousness.	Experiences of a unity with specific beings are coded as <i>sensed presence</i> .	And then it is really as if I can wander around inside the stone.

<p><b>Cognition.</b> Experiences relating to cognitive processes.</p>	<p>Knowledge</p>	<p>Knowledge arising from the meditative process.</p>	<p>Premonitions, specific spiritual of philosophical insights. Psychosis (false knowledge).</p>	<p>Unspecific changes to the thought process are coded as <i>thinking</i>.</p>	<p>Certain stories of teachings about a certain topic begin. For example, what is Christianity? What is karma? What is suffering? And that can go on for years. What does sacrifice mean? What do certain divine beings within a mythology mean? And that ... often culminates in a meditative experience.</p>
	<p>Thinking</p>	<p>Experiences relating to the process of thought.</p>	<p>Experiences relating to the source of thinking. Clarity insofar as it relates to thinking. The capacity to stop thinking.</p>	<p>Specific insights are coded as <i>knowledge</i>.</p>	<p>And during this time I could think when I wanted or not think when I wanted. I could also not think for an hour.</p>
	<p>Memory</p>	<p>Experiences relating to memory or changes to the capacity of memory. .</p>	<p>Derepression. Increases/decreases of the capacity for memory.</p>	<p>None.</p>	<p>I started crying, and then a lot of memories came up, a lot of things that I remember from my whole adolescence, when I hurt someone.</p>
	<p>Conviction</p>	<p>Increase/decrease of the conviction that Anthroposophy or mediation leads to truth or that knowledge gained through meditation is true.</p>	<p>External confirmation of spiritual or meditative truths. Doubt.</p>	<p>Changes to motivation are coded as <i>motivation</i>.</p>	<p>It was as if that was the beginning of an independent development in supersensible perception, where I in the following five years achieved a rather strong security.</p>

	Attention and Meta-Cognition	Increase/decrease of attention or meta-cognition.	Concentration. Increased self-awareness. Becoming more sensitive. Consciousness and empty consciousness.	None.	One can direct consciousness in different directions. I can decide now. I can see what is over there; what the title of that book is, or I can try to ... move myself in another direction ... I can direct something. I can direct attention, and send consciousness into that, it's a light, a bright, beautiful light, which appears every morning as one awakens. And that is what ... I direct towards the seed.
<b>Perception.</b> Experiences relating to perception and the perceptual process arising through meditation.	Sensed Presences	The experience of a perception of external presences.	Experiences of perceiving the self of others, indeterminate presences, spiritual beings, the double, the guardian of the threshold.	Experiences relating to the perception of one's own self is coded as <i>self-encounter, self-strengthening, and self-dissolution</i> .	I would say ... noticing the presence of a foreign consciousness. I wouldn't say personality, because that may be completely different in each case. In the realm of elemental beings it is more analogous to face of an animal. Yes, if you ... stand in front of an aquarium and ... there are fish inside, then we don't say that this is an encounter in a similar way as with your personality, but rather ... you have the sense that it has its own consciousness and that expresses itself because it has eyes and he ... has its own movements ... I experience this as very similar in this area.

	Visual	Experiences relating to the sense of sight.	Imagination. Seeing images and light.	Radiation is coded as <i>sensation</i> if it is not connected to light.	... it has about one percent of the intensity of a normal optical perception. Perhaps the quality of a vivid memory, but it appears as something external. One sees it there.
	Sensations	Experiences relating to sensed qualities.	Qualities such as: Dryness, temperature, magnetic lines, freshness, clarity, beams, pain, and moods. Sensations that are not directly connected to a specific sensory organ.	Experiences that are obviously connected to a sensory organ such as sight, hearing, smelling, tasting and touching. These are coded as the visual, additive, etc.	It is absolute clarity.
	Auditory	Experiences relating to the sense of hearing.	Voices. The harmony of the spheres. Inspiration.	None.	And at the same time within this experience a voice came from the background: You are now experiencing life as such.
	Taste and Smell	Experiences relating to taste and smell.	None.	None.	And then I experienced, for example, the smell and taste of Christ.
	Touch	Experiences relating to the sense of touch.	Spiritual touch.	None.	Like an experience of substance ... I connect it to spiritual touching.
<b>Affect.</b> Experiences relating to affects, emotions, and feelings that arise through meditation.	Joy	The emotion of joy and happiness.	Comfort.	None.	I was full of happiness.
	Fear	The emotion of fear and angst.	Phobias.	None.	I had extreme agoraphobic experiences at night in the rooms where we ... or I stayed.
	Peace and Calm	The emotion of calm.	Silence. Peace.	None.	It is infinitely peaceful, so tender ...
	Sadness and Depression	The emotions of sadness and depression.	Melancholy.	None.	But I couldn't become happy; I was in a terrible state.

<p><b>Sleep.</b> Experiences relating to sleep that arise through meditation.</p>	<p>Dreams and Lucid Dreams</p>	<p>Changes in one's dreams life or the appearance of lucid dreams.</p>	<p>Being taught in dreams.</p>	<p>Awakening during sleep is coded as <i>sleep paralysis</i> or <i>lucid dreamless sleep</i>.</p>	<p>But suddenly I'm awake in the dream, and, you know, with all my faculties. ... and then ... I can explore things. And I'm better now at ... not waking myself up.</p>
	<p>Sleep Paralysis</p>	<p>The experience of being awake during sleep while the body remains paralyzed.</p>	<p>Experiences of movement, visions of an evil presence, and auditory hallucinations insofar as they happen during sleep paralysis.</p>	<p>OBEs.</p>	<p>So as I was falling asleep, I suddenly realized I was surrounded by all of these beings. And it was like, you know, the kind of picture that you get in like cartoons where there's like this kind of hovering, you know, shining, shape of you know yellowish ... I was like surrounded by them and they were really unhappy. And they tried to strangle me. And so I was there like just sleeping. I couldn't move. And I was being like strangled by these beings.</p>
	<p>Lucid Dreamless Sleep</p>	<p>Wakefulness during sleep without dreams.</p>	<p>Continuity of consciousness.</p>	<p>None.</p>	<p>I can, though that is only sometimes, and only half willed, half not willed, remain conscious throughout the night, staying in a kind of conscious sleep. I know states like this but they are not ... I don't always want them. I can go a night without really sleeping, but I still sleep. I am well rested, but was conscious the whole time.</p>

<b>Embodiment.</b> Experiences relating to the body that arise through meditation.	Vitality and Health	Experiences of bodily vitality.	Feeling healthy. Healing. Circulatory problems. Felt bodily weakness. Physical illnesses.	Experiences of vitality with an origin outside the body are coded as <i>sensation</i> .	That is a strong invigoration.
	Grounding	Experiences relating to one's felt connection with the ground or the earth.	Weightlessness. Lightness. Separation. Loosening. Sense of balance. Dizziness.	None.	The grounding increases.
	Energies/Forces	The experience of forces in the body.	Ethereic effects in the body. Vibration. Prickling. Streams. Receiving and controlling energies in the body. Kundalini.	Forces with a source outside of the body are coded as <i>sensation</i> .	I do sometimes have currents in the body experiences.
	Energetic Centers	Experiences relating to energetic centers in the body.	Changes or openings in the chakras.	General energy streams are coded as <i>energies/forces</i> .	So then when I thought these three mantras every day, after doing the thinking exercise, I could then experience how there'd be an opening ... there'd be a sense of security, then a kind of opening upwards, and then anchoring that in the kind of center of my being, and with the experience ... and so what I experienced was that ... we kind of feel that our consciousness has a center. Which is normally in the head. But by doing that meditation I could feel the center of being moving from my head into my actual heart. It was like shifting the center of where you see from.

	Out of Body Experiences	Experiences of being outside of the body.		Experiences of being outside of the body that happen in relation to sleep and that take place close to the physical body are coded as <i>sleep paralysis</i> .	Quite quickly it became a feeling of being thrown out of my body, and there was a hissing sound ... and I had at least once a very strong sense that I exited my body with through my breathing while entering it again as I inhaled.
<b>Environment.</b> Experiences relating to one's daily life, social relationships, nature, etc.	Relationships	Experiences relating to the whole of a dynamic interaction with the environment or external world.	Isolation. Social relationships (friends, family, teachers). Relationships to nature and the cosmos.	Specific perceptions are coded as <i>perception</i> .	I do, actually, now, after all these years, finally feel the sense of community that I was asking about them, but that's the recent thing: I didn't used to feel that. I used to feel quite isolated.
	Life Competency	Increase/decrease of life competency.	Experiences relating to one's occupation. Becoming more or less effective.		But it was more just like, I was kind of like everywhere, like my ... I was like out in the world, and its like I couldn't ... it's like I couldn't get on with what there in front of me so to speak ... I became, I guess in a way, ineffectual.
	Integration	Experiences relating to the integration of oneself in one's environment as new capacities and traits are developed.	Experiences of conflicts in daily life.		During these 12 years that it took before other capacities appeared, it was very important to me to meet people who also know how to do such things, in order to experience a confirmation.

	Coincidences	The experience of meaningful coincidences in daily life.			And then I have experienced things in the course of a day that were unexpected ... that was at the same time the experience of not wanting results right away, but rather to work in a way oriented towards the process. I would utter a plea or seek some connection. And then I wouldn't experience something in the moment, but then another day ...
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