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Institut for Holisme & Forskning

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## Test: Are your spiritual development in balance?

**You fill out the questionnaire in this way:**

You will give between 0-5- points at each question

Yes you give 5 points

No you give 0 point

Those, which you cannot answer yes or no to, you give a number between 1 and 4

- Do you meditate more than half an hour per day?
- Do you only talk about alternative way of living?
- Do you primarily see people, who are spiritual?
- Do you often talk with your "spiritual guides"?
- Do you prefer to talk to your "spiritual guides" than to other people?
- Do you have burning pain through your spine?
- Do you have difficulties sleeping?
- Are you turning around during the night?
- Do you always go late to bed having difficulties getting started in the morning?
- Do you get angry, when other people do not understand the spiritual universe and the alternative way of living?
- Do you have a low selfesteem and/or low selfconfidence?
- Are you sensitive towards noises?
- Do you have eczema, asthma, hay fever or other related illnesses?
- Are you hypersensitive?
- Do you have difficulties by sorting and coping with those many inputs coming to you?
- Do you suffer from fear?
- Total points



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**0- 25 There is an optimal balance in your spirituality.**

**26-35 There is a fine balance in your spirituality.**

**36-50 You have a beginning unbalance, which you should consider to be balanced. There is something which need to be changed.**

**51-70 You have a greater unbalance, why it is wise to seek professional guidance.**

**66- 80 You are mentally ill or mentally out of balance, seek professional help.**

**Source:**

Livskilden, Merete Gundersen, an more comprehensive questionnaire in the book: The spiritual human being volume 3, only in Danish- see [www.livskilden.dk](http://www.livskilden.dk)