

CQ QUESTIONNAIRE

An Index of Personal Awareness

The concept of a Consciousness Quotient (CQ) Index was developed by Paul Von Ward and presented in *Our Solarian Legacy*. The CQ Index includes the capacities frequently called intuitive, "psi", "psychic" or paranormal. (Refer to pages 187, 235-236, and 282-282 of his book.) We would very much appreciate your emailing a copy of your completed form to paul@vonward.com. Or you may mail a printed copy to Paul Von Ward, P.O. Box 1776, Dahlonega, GA 30533.

Please circle the number beneath each item for the rating that best applies to you.

1. I have been in the middle of a dream and became aware I was dreaming.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

2. People can use mind-body exercises (prayer, meditation, breathing, visualization, affirmations, and other uses of conscious intent) to influence their own healing.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

3. People can communicate their thoughts to animals and affect their behavior.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

4. I believe a person's conscious intent can influence the behavior of mechanical systems including computers and electrical devices.

- 1-Don't agree
- 2-Maybe
- 3-Agree
- 4-Strongly agree

5. I believe subtle communications - energies that do not have physical properties - exist that affect my emotions and/or my body.

- 1-Don't agree
- 2-Maybe

- 3-Agree
- 4-Strongly agree

6. People can send messages from their minds to their own cells or organs (mind-to-body communication) to affect their performance.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

7. I have been able to consciously perceive information (images, numbers, or concepts) transmitted by another person who is not in direct contact with me.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

8. In a time of physical crisis, a person's mind can be at a distance from the body, observing what is happening to the body.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

9. I have had communications from or felt the presence of someone who had already died.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

10. I believe that a person can be trained to exit the body to observe and experience other dimensions or locations.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

11. I have physically experienced a change in my emotions or my body resulting from a subtle energy flow - *not* a physical force - from outside my body.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

12. I believe people can consciously influence their dreams while still dreaming.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

13. I have used mind-body exercises (prayer, meditation, conscious breathing, and/or visualization) to heal myself.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

14. I believe that some part of consciousness (some would call this "spirit") exists before birth and survives the death of the physical body.

- 1-Don't agree
- 2-Maybe
- 3-Agree
- 4-Strongly agree

15. Solutions to problems or new ways of looking at a puzzling situation have come to me during a dream at night or in a daydream.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

16. People can communicate their thoughts to plants and affect their behavior.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

17. I have had communications or visits from what appeared to be angels, ghosts, or other conscious beings.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

18. I believe people can send and receive information to one another through means other than the five senses.

- 1-Don't believe
- 2-Maybe

- 3-Probably
- 4-Strongly believe

19. I have communicated my thoughts (silently) to an animal and observed it respond to what I was thinking.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

20. I have changed my body's performance (e.g., pulse rate, blood pressure, degree of muscle tension) with my thoughts.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

21. Based on a sensation (a subtle communication) in my gut, heart, or another area of my body, I have made decisions about people or situations.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

22. I have known in advance what was about to occur (for example, who was calling on the phone, or who was about to visit me).

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

23. I have had memories of myself involved with people or events from a time period before I was born.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

24. I have silently communicated with a plant and observed its response to my thoughts or intentions.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

25. I have observed myself from outside my body while in a crisis (such as during surgery or during an automobile crash).

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

26. People can have dreams or spontaneous images about some events that later actually occur.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

27. I have experienced exiting my body and interacting with other beings, or traveling to other locations or realms.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

28. I believe we can access memories from lives lived in previous times.

- 1-Don't agree
- 2-Maybe
- 3-Agree
- 4-Strongly agree

29. I have sensed other people thinking about me or praying for me.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

30. I have observed or experienced the location of objects, water, or other inorganic materials through use of dowsing rods or other devices.

- 0-Never
- 2-Once or Twice
- 4-Occasionally
- 6-Frequently

31. I have been able to see with my mind details of a situation in a distant location that I later found to be nearly accurate.

- 0-Never
- 2-Once or Twice

- 4-Occasionally
- 6-Frequently

32. I believe that sensations can be communicated to my heart or some other part of my body from another person whom I cannot see or hear.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe]

33. I believe that I can open myself too much in a mind-body exercise and something bad could happen to me, or bad or evil thoughts could enter my mind.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

34. My mind and body can understand comments made to me by others when I am unconscious.

- 1-Don't believe
- 2-Maybe
- 3-Probably
- 4-Strongly believe

To obtain your CQ score, add all 34 numbers circled.

Total CQ Score: _____

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Information we need about you:

1. I am: Female___ Male___

2. My age is: _____. If you prefer not to give your exact age, please indicate a general category: 17 or Younger___ 18-24___ 25-34___ 35-49___ 50 or more___

3. I classify myself as: African-American (black)___ Native American (all tribes)___ Asian/Pacific Islander___ Caucasian (white)___ Hispanic/Latino___ Other___

4. My formal education level is: Grade 1-8___ Grade 9-12___ Jr. College___
College/University___ Graduate School___

5. I would describe the religious or spiritual practice or philosophy I follow as
being: Native American (all tribes)___ Buddhist___ Christian: Protestant___
Catholic___ Other___ Humanist___ Islam___ Jewish: Orthodox___ Reform___
No organized religion___ Other religion not listed___ Pagan___ Religious
Science___ Unity___ Unitarian/Universalist___

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Tell us your definition of consciousness (approximately 25 words):

We would appreciate any comments about any question or questions, unclear or
difficult to answer. Please give the reason.
