

Definitions of selected Exceptional Experiences:

- After-death communication – Direct, spontaneous contact by a deceased relative or friend
- Ancestor encounter – Sense of direct contact or connection with an ancestor
- Angel/guardian angel encounter – Perceived presence of one or more angels
- Apparition (of the dead) – Perceiving a deceased person without direct communication
- Apparition (of the living) – Perceiving a living person not physically present
- Apparition (unknown person/entity) – Perceiving the presence of an unknown, non-physical entity
- Automatism – Automatic behavior from supernatural source, such as automatic writing
- Bilocation – Perceiving oneself to be in two locations at once
- Clairaudience – Hearing sounds that are outside of physical hearing range, usually “in mind’s ear”
- Clairsentience – Knowing information that is beyond normal means to know
- Clairvoyance – Seeing events that are beyond normal visual range, usually “in mind’s eye”
- Conversion – Spiritual transformation experience
- Deathbed experience (witness) – Witnessing a dying person experiencing visitations or visions
- Death-related psychokinesis – Physical change in environment at the moment of a death
- Déjà vu – An overwhelming sense of familiarity with an experience that is known to be new
- Demonic encounter – Encounter with a being or force that feels evil
- Divine encounter – Encounter with a being or force that appears godly
- Elusivity/Invisibility – The sense of being imperceptible to others
- ET encounter – Encounter with an extra-terrestrial entity
- Folk entity encounter – Encounter with entities such as fairies, elves, leprechauns, etc.
- Gaia or Earth experience – Identification with the whole of earth and her systems
- Glossolalia – speaking in tongues—In sounds that usually are not understandable to others
- Haunt encounter – Experiencing the presence of a ghost in a place that the ghost seems to inhabit
- Helper encounter – Being in dire need and experiencing help from a mysterious source
- Human/animal communication –Directly understanding an animal’s thoughts, feelings, needs, etc.
- Human/plant communication – Directly understanding a plant’s thoughts, feelings, needs, etc.
- Imaginary playmate encounter – Having a playmate that other people cannot detect
- Incubus/succubus encounter – Sexual seduction by a demonic entity, usually during sleep
- Intuition – Immediate knowledge of something without the use of reason
- Kundalini – Acute sensations of heat, vibration, and/or light traveling up the spine
- Levitation of object – The appearance of an object rising without any known physical cause
- Levitation of person or self – Oneself or someone else rising without any known physical cause
- Life between lives experience – Experience of existence between lifetimes
- Life review – Panoramic memory of one’s life with sense of reliving and identification with others
- Materialization – Appearance of material objects, seemingly from “out of nowhere”
- Mediumship/channeling – Conveying messages from the deceased to the living
- Out-of-body experience – Sense of oneself existing separate from one’s physical body
- Paranormal diagnosis – Diagnosing illness without use of normal information
- Paranormal strength – Infusion of strength well beyond what would seem normal
- Paranormal touch – Feeling touched by a non-physical entity
- Past-life recall – The sense of remembering events from a previous lifetime
- Phantom phone call – Telephone call from a deceased person
- Possession encounter – Feeling taken over by some non-physical entity
- Potergeist encounter – A non-physical entity that mischievously moves things, makes noises, etc.

Precognition – Foreknowledge, without normal information or reason, that something will happen
Prenatal experience – Experience of existence during development prior to birth
Profound sense of peace – Infusion of calm and well-being, seemingly from supernatural source
Psychokinesis – Causing action in the physical world through mental influence alone
Psychometry – Gaining knowledge about a stranger by holding something of theirs
Retrocognition – Knowledge of past events without benefit of normal information or reason
Revelation – Infusion of new understanding from a seemingly supernatural source
Screaming – Gazing into a mirror or crystal ball to gain paranormal knowledge or insight
Sense of immortality – Experience of the conviction that one's spirit will not die
Sense of omniscience – Experience of access to any/all information in the universe
Sense of presence – Feeling or knowing the presence of some non-physical entity
Species consciousness – Identification with an entire species of plant or animal
Stigmata – Physical, seemingly supernaturally caused, symptoms of Christ's crucifixion suffering
Synchronicity – Meaningful coincidences seeming to indicate synchrony between mind and world
Telepathy – Knowing, without normal information or reasoning, another person's experience
Transcendental music – Hearing ethereal music that does not have a natural source
Transcendental odors – Smelling ethereal odors that do not have a natural source
UFO abduction encounter – Experience of being taken by extraterrestrials
UFO encounter – Seeing an extraterrestrial vehicle
Unitive experience – Identification with that which is greater than oneself, such as with the cosmos
Unorthodox healing (as healer) – Affecting healing in another person through non-normal means
Unorthodox healing (as recipient) – Experiencing healing through non-normal means
Xenoglossy – Speaking in a foreign language not previously studied or otherwise known