

The Belief in Oneness Scale
(Diebels & Leary, 2019)

1. Beyond surface appearances, everything is fundamentally one.
2. Although many seemingly separate things exist, they all are part of the same whole.
3. At the most basic level of reality, everything is one.
4. The separation among individual things is an illusion; in reality everything is one.
5. Everything is composed of the same basic substance, whether one thinks of it as spirit, consciousness, quantum processes, or whatever.
6. The same basic essence permeates everything that exists.

Items are answered on a 5-point scale where 1 = very difficult for me to believe this is true and 5 = very easy for me to believe this is true.