

## AURA BALANCING KINESIOLOGY

### MULTIPLE CHOICE WRITTEN ASSESSMENT

Circle one answer to the following 40 x multiple choice questions. Each correct answer is worth 1 point. Possible score 40. Pass mark required 75% (30 correct).

1. The Auric Field is actually

- A a scientifically mapped meridian line
- B whirling energy centres in our energy body
- C a loss of energy in the body
- D the radiance of the Soul

2. The layers of the Aura pulsate

- A inward to the body
- B outwards from the body
- C in circles around the body
- D in lines through the body

3. The Aura that is located 3-8 cms from physical body is

- A Etheric Body Aura
- B Celestial Body Aura
- C Mental Body Aura
- D Emotional Body Aura

4. The golden egg shaped protective aura is

- A Ketheric Template
- B Etheric Template
- C Etheric Body
- D Mental Body

5. The order of the Aura layers from the body outwards is

- A Etheric Body, Emotional Body, Mental Body, Astral Body, Ketheric Template, Celestial Body, Etheric Template
- B Etheric Body, Emotional Body, Mental Body, Astral Body, Etheric Template, Celestial Body, Ketheric Template
- C Etheric Body, Ketheric Template, Celestial Body, Etheric Template, Astral Body, Mental Body, Emotional Body
- D Etheric Body, Celestial Body, Astral Body, Mental Body, Emotional Body, Ketheric Template, Etheric Template

6. The colours of the Astral Body Aura is

- A Pink rosy glow
- B Fluid, watery, shimmering rainbow light
- C Light cobalt blue
- D Iridescent / Gold

7. The Mental Body Aura is located

- A 3-8 cms from physical body
- B 8-20 cms from physical body
- C 20-45 cms from physical body
- D 45-60 cms from physical body

8. A Clear or bright electric purple Aura's attributes are

- A Imagination, visionary, daydreamer, etheric
- B Holding onto energies. Insecurity. Brain strain.
- C Sympathetic, intuitive and sensitive nature.
- D In tune with the Divine spiritual realm, enlightenment.

9. Pulsating waves in an Aura occurs when

- A someone is in a distant and obscure state
- B someone is in an angry and violent state
- C someone is in a loving and peaceful state
- D someone is in a excited and energetic state

10. The Chakra related to the Etheric Template Aura is

- A Throat Chakra
- B Third Eye Chakra
- C Sacral Chakra
- D Crown Chakra

11. The Statement of Consciousness 'I love humanity' is associated with which Aura

- A Emotional Body
- B Astral Body
- C Etheric Template
- D Ketheric Template

12. The Connection to the Ketheric Tempalte Aura is

- A Physical - Awareness of material body
- B Mental – mental process of ego
- C One with Source – Divine Love
- D Emotional – Awareness of inner feelings

13. Runes can be made of any material, but are most commonly made from

- A Wood
- B Stone
- C Metal
- D Bones

14. The remedy also referred to as 'Holy Wood' is

- A Incense
- B Palo Santo
- C Sage
- D Cedarwood

15. You could use Sage Smudging

- A When you move into a new living space
- B When you begin a new job or start your own business
- C Before and after a guest enters your home
- D All of the above

16. Orgonite is most commonly used to

- A balance and strengthen someone's energetic field, and to help provide protection against electromagnetic frequencies (EMFs)
- B balance and strengthen someone's chakra, and help them feel grounded
- C provide protection against negative entities
- D protect someone from experiencing extreme emotional swings

17. The Prominent Aura Development Age of The Etheric Body Aura is

- A In utero
- B Conception – 7 years
- C 7 years – 14 years
- D 14 years – 24 years

18. The Aura located second from the physical body is

- A Etheric Body Aura
- B Emotional Body Aura
- C Etheric Template
- D Ketheric Template

19. The purpose of the Astral Body Aura is

- A Bridges the connection of material bodies to higher spiritual bodies
- B Connects with higher dimensions of reality
- C Supports the Etheric Body
- D Purest form and a link to Source/Creator within each of us

20. The energy of the Mental Body Aura is

- A Yin
- B Yang
- C 8 Extras
- D Prana

21. The Sound that best resonates with Etheric Template Aura is

- A D
- B E
- C G
- D B

22. Beliefs, Chaos, Direction, Inspiration, Meaning, Oneness, Perfection, Plan, Possibility, Purpose, Separate, Shadow are all emotions linked to which Aura?

- A Astral Body
- B Ketheric Template
- C Celestial Body
- D Emotional Body

23. The Expression of Consciousness for the Celestial Body Aura is

- A Physical sensation
- B Personal emotions
- C Higher feeling
- D Higher concepts

24. The Aura that bridges the connection of material bodies to higher spiritual bodies is

- A Etheric Body
- B Ketheric Template
- C Celestial Body
- D Emotional Body

25. Aura-Soma Colour Infused Oils are made up of

- A ground down crystals put into water
- B essential oils blended together
- C herbs, plant extracts and the energies of crystals and colour
- D flower essences

26. Fluorite and Tourmaline are powerful crystals to use to balance an Aura as they

- A Provide a psychic shield
- B Make you feel happy
- C Are beautiful colours
- D Help you release old patterns

27. The Aura located 20-45 cms from physical body is

- A Etheric Body
- B Ketheric Template
- C Astral Body
- D Emotional Body

28. What does a Black Ring in an Aura generally represent?

- A Abuse the person has received during their lifetime
- B Unhappiness within the depth of their soul
- C A struggle for them to ever be happy
- D Fight or Flight mode activated within their Aura

29. The Sacral Chakra is related to which Aura?

- A Etheric Body
- B Ketheric Template
- C Astral Body
- D Emotional Body

30. How many of the seven Auras relate to the Yin – feminine energy centre?

- A One
- B Two
- C Three
- D Four

31. Which Aura contains ‘the structure of our ideas’?

- A Etheric Body
- B Astral Body
- C Emotional Body
- D Mental Body

32. Three qualities associated with The Etheric Template Aura are

- A Space, Spiritual Ego & Trust
- B Blueprint, Change & Courage
- C Adequacy, Avoidance & Bliss
- D Devotion, Dreams & Honesty

33. Which Aura has a testing position of the hand hovering 75 cms above body?

- A Etheric Body
- B Astral Body
- C Emotional Body
- D Celestial Body

34. Which Aura is associated with 'The Divine'?

- A Etheric Body
- B Ketheric Template
- C Emotional Body
- D Celestial Body

35. If Water Infusion indicates, this usually represents

- A Negative self-talk or low self-esteem in relation to their goal
- B That the client needs to drink more water
- C Positive self-talk or high self-esteem in relation to their goal
- D A neutral feeling towards their goal

36. In 'Sacred Geometry' there are how many Platonic Solids?

- A Two
- B Three
- C Four
- D Five

37. Feng shui is about understanding how the placement of yourself and objects within a space affects your life in various areas of experience

- A True
- B False

38. The colours of fluid, watery, shimmering rainbow light are related to which Aura?

- A Etheric Body
- B Emotional Body
- C Celestial Body
- D Ketheric Template

39. What four Auras are developed between the ages of 21 – 49 years?

A Astral Body, Etheric Template, Celestial Body, Ketheric Template

B Emotional Body, Etheric Body, Celestial Body, Mental Body

C Celestial Body, Etheric Body, Emotional Body, Ketheric Template

D Ketheric Template, Celestial Body, Etheric Body, Mental Body

40. Everything has an Aura

A True

B False

**Total correct out of 40 ..... Pass required 75% (30 correct)**