

# NOVITIATE DEGREE EXAM: TOPIC 3

Society of Novus Spiritus®



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### **Lights and Colors**

[Topic 3 – Lesson One – pp. 1-18]

## **1.** Describe the effects of wearing these colors.

Red:

Orange:

White and Black:

Gold and Purple:

Blue:

Green:

Brown:

## 2. Compare primary and variable aura colors..

#### **Primary:**

Variable:

### **Definitions:**

**Co-dependency:** 

Imitative magic:

Wicca/Wiccist:

Aura:

**Psychic energy vortex:** 

### True or False: ["T" for True, "F" for False.]

- 1. All energy is positive if you look at it that way. ( )
- 2. You can look at death and aging positively. ( )
- 3. Anything from a pure motive is pure energy. ( )
- 4. For every positive energy that rises, the negative rises with it but the positive outweighs it. ( )
- 5. Everyone is co-dependent and addictive, but do not let another person addictively depend on you. ( )
- 6. Sympathy is one soul feeling for another, and pity is emotional blackmail by another person. ()
- 7. The power in rituals is what you aspire to it. Do not embrace negative spells, curses, etc. ()
- 8. There is a lot of red color on the Other Side. ( )
- 9. We all emanate a color and vibrate a scent. ( )
- 10. Our aura is the color we resonate to. ( )
- 11. The spectrum of variable aura colors is greater in a female because of a broader range of emotion. ( )
- 12. The White, Gold and Purple are always there, but no if ill, Dark souled, false ego, or stupid. ( )
- 13. Negativity spreads out farther than positive, but our auras collectively can spread to beat negativity. ( )
- 14. Negativity/psychic attack is a munge green color and shoots out snaking tendrils of Darkness. ( )
- 15. Psychic attack is a mungey green color, while selfattack is a brown color in the aura. ( )
- 16. Righteous anger is the same as vengeful anger. ( )
- 17. The sliver light, exuded from our Solar Plexus, directly calls Azna in emergencies. ( )
- 18. Address the Guardianship of the Mind to speak directly to Mother and Father God. ( )
- 19. Green lights can be used for healing. ( )
- 20. A curse is responsive only if one believes it. ( )
- 21. Nightmares, nervous breakdowns and stress can be psychic attacks so cement yourself with Light. ( )
- 22. Darkness recoils from Light, not vice versa. ( )
- 23. Red and black candles bring Dark entities. ( )
- 24. No one on Earth is greater than God. (  $\ )$
- 25. Raheim is Protectorate of Mission Life entities. ( )

### **Discussion**:

1. Describe Synesthesia and how it can help us.

**2.** Discuss how to protect yourself from negativity and the anxiety, worry and dread from psychic attack.

### Healing and Nutrition (a)

[Topic 3 – Lesson Two – pp.19-40]

What three pressure points open up the

Crown Chakra? Why is this important?

1. Why do we say to be above the body?

- 3. Shoulder tension release:
- 4. Heart stimulation:
- 5. Head circulation/prevent strokes:
- 6. Reproductive health:
- 7. Digestive system:
- 8. Headache relief:
- 9. Circulatory system:
- **10. Appetite control:**
- **Definitions:**

Persona:

4. Locate the pressure points for these results:

Review the use of the symbols of

- 1. Energy balance:
- 2. Sinus relief:

2.

3.

protection.

Hate:

#### **Depression:**

### True or False: ["T" for True, "F" for False.]

1	. You can stay well by negating negativity. Your mind is the ruler of your body. ( )	Stomach:
2		
3		
	as effective as wearing many, many crystals. ()	Anal canal or urinar
4		
	your mind to be in control of your emotions. ()	
5	. When in doubt pray to Azna. ()	Arms and legs:
6	Cold areas on your body are areas where the aura is	
	leaking, and these can be cemented in. ()	
7	. Extended fasting is recommended today. ()	Arthritis:
8	Pressure points affect older persons more. ( )	
9	. Dyslexia is a brilliant person's disease and is caused	
	by having Oriental and Atlantean lives. ()	Eyes, ears, throat:
1	0. When you knead the bottoms of your feet and get to a	
	sore area, that corresponds to an organ. ()	
	1. Ginseng keeps down toxicity. ()	Breast cancer:
1	2. Cod liver oil internally strengthens bones, teeth and	
	cellular structure, and Castor Oil and Mineral Oil	Com <sup>2</sup> t brooth of
	externally have a drawing effect. ( )	Can't breathe:
	3. A copper bracelet for Arthritis is a hoax. ()	
1	4. Just because someone comes in a child form does not	Skin problems:
	mean it cannot be a draining entity. ( )	Skin problems.
1	5. Guides can only enter our body to heal us if we give	
	them permission; i.e. The Privacy Act. ( )	Sore throat:
	6. No one can possess a person but themselves. ( )	Sore unoat.
	7. Don't get surgery on a full-moon or a birthday. ( )	
	8. Trying to love is toleration, not love. ( )	Teeth:
	9. Most drugs come from things found in nature. ( )	Teem.
2	0. Upper head, throat and respiratory illness are caused	
2	by recent, instant traumas. () 1. You can try different healing ideas as long as you do	Constipation:
2	not give up what is medically right for you. ()	F
2	2. Spirit Guides speak to us literally. ( )	
	3. The Pituitary Gland is at "The Third Eye." ()	Diarrhea:
	4. The saffron orange color is rejuvenating. ( )	
	5. The three primary bodily systems are neurological,	
-	endocrine gland, and lymphatic. ()	Blood disorder:
2	6. Improving breathing and sense of smell helps prevent	
_	Alzheimer's and senility. ()	
2	7. The torn Ozone Layer increases toxicity, pollution,	Back:
	bacteria and rays of the sun. ( )	
		Other

### **Discussion:**

#### Describe the causes of these illnesses we 1. assimilate from patterns.

Heart:

Liver/gall bladder:

y track:

Other:

### Healing and Nutrition (b)

[Topic 3 – Lesson Three – pp. 48-72]

### 1. List the benefits of these food/nutrients:

Kelp:

Grape juice:

Apple cider vinegar:

Calcium:

Niacin:

Ginseng:

### 2. List cause/effects/solutions oh hypoglycemia.

Cause:

**Effects:** 

Solutions:

### 3. What nutrients can help these conditions?

Multiple Sclerosis, Lupus:

Allergies:

Menopause:

Lack of energy:

Muscle spasms:

Muscle aches:

Toothaches:

- 4. What foods/beverages should be avoided?
- 5. Describe a crucelle and how to make one.

#### **Definitions:**

**Depression:** 

Holy Spirit:

**Trinity:** 

Happiness:

### True or False: ["T" for True, "F" for False.]

- 1. Self-hate and stress from negative emotions can cause energy loss and illness such as cancer. ( )
- 2. Most beef contains hormones and strychnine. ( )
- 3. Chicken with a reddish, green color is safe. ()
- 4. Fish and chicken are best for protein. ( )
- 5. Stress and diet are 85% correlated to illness. ( )
- 6. Avoid milk because it cannot be metabolized, makes our brains swell, and causes depression. ( )
- 7. Calcium deficient children have temper tantrums and should be given bone mean for calcium. ( )
- 8. Eat to rejuvenate, not to fill. Over-eating causes indigestion, hernia, colitis, ileitis, etc. ()
- 9. Hebrews didn't eat port because of hygiene. ( )
- 10. Our culture is harder than primitive cultures because of stress competition, peer pressure. ( )
- 11. Smokers are deficient in niacin. ( )
- 12. Vitamin A & D are stored, can cause toxicity. ( )
- 13. Lactose in mild product causes uric acid to build up creating kidney stones. ( )
- 14. Asthma is always mother-related. ( )
- 15. Allergy shots help no one but the doctor. ( )
- 16. Only women go through change-of-life. ( )
- 17. Women who took an iron supplement, Lydia Pinkham, did not suffer with PMS. ( )
- 18. It takes 6 months to replenish the body of nutrients lost from antibiotics and one year to heal the capillaries in the stomach from two aspirin. ( )
- 19. Avoid hot tubs if you have heart trouble. ( )
- 20. Where water or sunlight hits, it heals. ( )
- 21. Use baking soda as toothpaste & deodorant. ( )
- 22. Jogging is good for children, but not adults. ( )
- 23. Use adrenaline flow from stress positively. ( )
- 24. Opening Pharaohs tombs creates a curse. ( )
- 25. Ventilate righteous anger. ( )
- 26. Avoid surgery on your birthday or full moon. ( )
- 27. The elderly will dominate the population size. ( )
- 28. Doctors can be infused from the Other Side. ( )
- 29. The spinal column is the lifeline, because that is where the Silver Cord is attached. ( )
- 30. In surgery, we experience an essence leak. ( )
- 31. Do exercise, not surgery, for back problems. ( )
- 32. You sleep best if your head points south. ( )
- 33. To stop a heart attack, gently twist the little toes or finders in the opposite way on both sides. ( )
- 34. Rubbing hands and feet helps internal organs. ( )
- 35. Excessive lemon juice destroys teeth enamel. ( )
- 36. You can heal serious illness holistically, but always see a doctor and take prescribed medication. ( )
- 37. Psyllium helps the immune system & AIDS. ( )
- 38. Chemotherapy is worse than the disease. ( )
- 39. Ask 7<sup>th</sup> Level people to attend you for healing. ( )
- 40. You may turn from God, not God from you. ( )

#### **Discussion:**

**1.** Plan a daily dietary plan for yourself and/or your children based on the information presented in the chapter.

**2.** Describe how this information has helped you or you to help others with a particular disease.

	<b>Theory of Mind</b> [Topic 3 – Lesson Four – pp. 73-88]	3. Compare the Traditional Map of the Mind to the Proper Map of the Mind. Traditional Map:
1.	Describe the levels of the Conscious Mind.	
1 <sup>st</sup> :		
2 <sup>nd</sup> :		Proper Map:
3 <sup>rd</sup> :		
4 <sup>th</sup> :		
2.	Describe the levels of the Superconscious.	4. Why are psychics more effective in helping clients regain intellectual control?
1 <sup>st</sup> :		
2 <sup>nd</sup> :		5. How can we protect ourselves spiritually?
3 <sup>rd</sup> :		

### **True or False:** ["T" for True, "F" for False.]

- 1. Sylvia developed the Mind Theory to explain how she does Readings. ( )
- 2. There is a Superconscious, not subconscious. ( )
- 3. Cement your intellect and emotion daily. ( )
- 4. Asking for the Guardianship of the Mind to make a complete funnel helps us to receive infusion. ()
- 5. When we are too attached to your physical body or if the Mind-Soul communication is blocked off, we can get physically and mentally ill. ( )
- 6. The Mind-Soul is more emotional in that it regulates the right brain to activate your will. ( )
- 7. In a comma and senility the Mind-Soul retracts. ( )
- 8. There is no need to take care of the body since our Mind-Soul regulates the body anyway. ( )
- 9. Guides are more for protection, while our own Mind-Soul is for our own infusion. ( )
- 10. We love another person's soul or Mind-Soul. ( )
- 11. In chronic pain, demand that the Mind-Soul stop sending the signal of pain to the physical body. ( )
- 12. Depression is inverted anger. ( )
- 13. Guides can go into our minds without consent. ( )
- 14. Spiritual and psychic are synonymous. ( )
- 15. Life-long giving people do not get senility, but Lecithin and Niacin also helps this. ( )
- 16. Past lives are stored in our Mind-Soul, all present life negative details in the base of our brain. ( )
- 17. Self-pity is more demoralizing that grief or guilt, and boredom is a greater killer than trauma. ( )
- 18. Hold in justifiable or righteous anger. ( )
- 19. You have the same basic likes, dislikes and personality on this side as the Other Side. ( )
- 20. Reprogram the Old Brain to release negatives. ( )
- 21. If you give yourself sanction to have a negative emotion such as anger, you no longer need it. ( )
- 22. We must live in the here and now felling that we have all the time we need to do what we want. ( )
- 23. Use your dream time to create new ideas and to rejuvenate your physical body. ( )
- 24. God is a cheerful God, and so should we. ( )
- 25. Every man was meant to be external, otherwise he or she becomes to obsessive about themselves. ( )
- 26. Man was not meant to have disease. ( ) 27
- 27. Everyone ages at the same rate. (  $\ )$

- **Discussion:** 
  - 1. Describe the Mind-Soul and its function.

2. Describe how you could reprogram part of your life.

### **Psychic Protection**

[Topic 3 – Lesson Five – pp. 489-end]

1. How can you identify a Dark entity?

2. How do Dark entities affect us?

## **3.** Why should we perceive our Chakras as transmitters?

**Definitions:** 

**Caul Power:** 

A Gethsemane:

#### Chakras:

#### True or False: ["T" for True, "F" for False.]

- 1. Gray entities are wily and can be manipulated. ( )
- 2. Dark entities are never in our own families. ( )
- 3. We are a Haven of Refuge to White souls. ( )
- 4. Greed is the heart of every wrong. ( )
- 5. People will start showing what their souls are. ( )
- 6. White entities can go through terrible times, but they do not drain your energy like the Dark do. ( )
- 7. White entities can attract darkness by negative thinking and hypochondria, so neutralize them. ( )
- 8. People construct demons by their negativity. ( )
- 9. Wear red if you have arthritis and make a blanket make of steel wool, silk and wool. ( )
- 10. Cats are more noble and protective than dogs. ( )
- 11. If you ask the question, you can get the answer. ()
- 12. A Dark entity refers to the evilness of the soul. ( )
- 13. Dimming your Light keeps it away from others. ( )
- 14. Things are sentient with a molecular life-force. ( )
- 15. A known enemy is better than one unknown. ( )
- 16. Your Light makes the Light of others brighter. ( )
- 17. Men receive more in the Crown Chakra in the head and women in the abdominal Solar Plexus. ( )
- 18. Chakras are relegated to neurological systems. () 19. Send out your Chakra lights with the Light of God
- looping others into this Light back to you. ()20. Love and accept yourself totally and then be about
- 20. Love and accept yourself totally and then be about your Father's business. ( )
- 21. What is given out will come back stronger because it gathers as it goes. ( )
- 22. To give up part of your life to help other people is the only way to the true Gnostic. ( )
- 23. It is hard for us to overcome empathy & guilt. ( )
- 24. Guilt comes only from this life, not others. ( )
- 25. Psychic attack can cause a feeling of futility. ( )
- 26. Sleeping with a night Light is perfectly all right. ( )
- 27. Do not infringe on anyone's soul. ( )
- 28. Power in a Church resides with the people. ()
- 29. In coming to Church you activate your Light and receive power and grace "Two ore more…" ( )
- 30. When bad happens, turn it into a positive. ( )
- 31. In doing hands on healing, place one hand over the other over the Crown Chakra to get them all. ( )
- 32. Healing can be mental, physical and spiritual. ()
- 33. End a child's nightmares with Sliver Dome, White Light and talking to Superconscious in sleep. ( )
- 34. Wiping upwards after showers cleanses aura. ()
- 35. Archtypes are the warriors on the Other Side. ( )
- 36. Everyone on the Other Side observes us. ( )

### **Discussion:**

- 1. Create your own list of Tools of Protection that you will use on a daily basis to protect yourself from negativity.
- 2. How dos spirituality help you?

**3**. Describe the symptoms of Psychic Attack.