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# NOVITIATE DEGREE EXAM: TOPIC 3

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*Society of Novus Spiritus®*



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SECOND EDITION

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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 self-attack 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. ( )

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

**Discussion:**

1. Describe Synesthesia and how it can help us.



**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. ( )
2. Have your soul washed daily like your body. ( )
3. A small amethyst, baptized in water and salt, is just as effective as wearing many, many crystals. ( )
4. Snapping a rubber band on your right wrist alerts your mind to be in control of your emotions. ( )
5. When in doubt pray to Azna. ( )
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. ( )
8. Pressure points affect older persons more. ( )
9. Dyslexia is a brilliant person’s disease and is caused by having Oriental and Atlantean lives. ( )
10. When you knead the bottoms of your feet and get to a sore area, that corresponds to an organ. ( )
11. Ginseng keeps down toxicity. ( )
12. Cod liver oil internally strengthens bones, teeth and cellular structure, and Castor Oil and Mineral Oil externally have a drawing effect. ( )
13. A copper bracelet for Arthritis is a hoax. ( )
14. Just because someone comes in a child form does not mean it cannot be a draining entity. ( )
15. Guides can only enter our body to heal us if we give them permission; i.e. The Privacy Act. ( )
16. No one can possess a person but themselves. ( )
17. Don’t get surgery on a full-moon or a birthday. ( )
18. Trying to love is toleration, not love. ( )
19. Most drugs come from things found in nature. ( )
20. Upper head, throat and respiratory illness are caused by recent, instant traumas. ( )
21. You can try different healing ideas as long as you do not give up what is medically right for you. ( )
22. Spirit Guides speak to us literally. ( )
23. The Pituitary Gland is at “The Third Eye.” ( )
24. The saffron orange color is rejuvenating. ( )
25. The three primary bodily systems are neurological, endocrine gland, and lymphatic. ( )
26. Improving breathing and sense of smell helps prevent Alzheimer’s and senility. ( )
27. The torn Ozone Layer increases toxicity, pollution, bacteria and rays of the sun. ( )

**Discussion:**

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

**Heart:****Liver/gall bladder:****Stomach:****Anal canal or urinary track:****Arms and legs:****Arthritis:****Eyes, ears, throat:****Breast cancer:****Can’t breathe:****Skin problems:****Sore throat:****Teeth:****Constipation:****Diarrhea:****Blood disorder:****Back:****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 of 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:**



# Theory of Mind

[Topic 3 – Lesson Four – pp. 73-88]

## 1. Describe the levels of the Conscious Mind.

1<sup>st</sup>:

2<sup>nd</sup>:

3<sup>rd</sup>:

4<sup>th</sup>:

## 2. Describe the levels of the Superconscious.

1<sup>st</sup>:

2<sup>nd</sup>:

3<sup>rd</sup>:

## 3. Compare the Traditional Map of the Mind to the Proper Map of the Mind.

Traditional Map:

Proper Map:

## 4. Why are psychics more effective in helping clients regain intellectual control?

## 5. How can we protect ourselves spiritually?



**6. What are other names for the Mind-Soul?****Discussion:****1. Describe the Mind-Soul and its function.****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 than 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. Everyone ages at the same rate. ( )

**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 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 does spirituality help you?**

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