

NOVITIATE DEGREE EXAM: TOPIC 3

Society of Novus Spiritus®



SEPTEMBER 1, 2018 SECOND EDITION 125 E Sunnyoaks Ave, Suite 214, Campbell, CA 95008 (408) 379-7070 studygroup@novus.org

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 ² 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 7th 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.

	Theory of Mind [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 st :		
2 nd :		Proper Map:
3 rd :		
4 th :		
2.	Describe the levels of the Superconscious.	4. Why are psychics more effective in helping clients regain intellectual control?
1 st :		
2 nd :		5. How can we protect ourselves spiritually?
3 rd :		

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.