



THE AURA IQ TEST

The Power of Auras

By Dr. Susan Shumsky

Okay, calling all experts to test your "Aura IQ." Maybe you have studied spiritual healing or the human energy field for decades, and you believe that you are an authority on the subject. Even if you think you are an expert, the following test just might stump you.

1. What does the word *aura* mean?

- A. A sphere of energy.
- B. A bubble of protection.
- C. A breeze.
- D. A circle around the body.
- E. A chocolate cookie sandwich with cream filling.

2. What is the human energy field?

- A. A place from which we receive energy.
- B. A higher plane of existence.
- C. Higher consciousness.
- D. The subtle bodies.
- E. Where to get drinks that give you a buzz for 5 hours.

3. What does the word *prana* mean?

- A. Moving or breathing forth.
- B. Subtle energy.
- C. The breath of life.
- D. A breathing exercise.
- E. A man-eating fish.

4. What is a thought-form?

- A. A negative idea, habit, or condition.
- B. A strong belief or idea that has crystallized.
- C. The mental body.
- D. The subconscious mind.
- E. A fantasy about Kate Beckinsale.

5. What is a power spot?

- A. A place where energy leys intersect.
- B. A place where powerful entities reside.
- C. An earth energy grid.
- D. A crop circle.
- E. A dog in a detergent commercial.

6. What is a psychic tie?

- A. A spiritual connection.
- B. A love connection.
- C. A binding attachment.
- D. A rope, string or cord.
- E. Houdini's straitjacket.

7. What is a façade body?

- A. A mask that hides your true self.
- B. A subtle body that embodies your higher self.
- C. A thought-form in your intellect.
- D. A subtle body that embodies your mind.
- E. Marilyn Manson dressed up as Alice Cooper.

8. What is the food sheath?

- A. The physical body.
- B. The astral body.
- C. The mental body.
- D. The subtle body.
- E. A muzzle you wear to prevent overeating.

9. What is the mental body?

- A. A subtle body made of crystallized thoughts.
- B. A subtle body made of the higher mind.
- C. The ego and intellect.
- D. The atman.
- E. A suit that Ironman wears.

10. What is the blissful sheath?

- A. A subtle body made of the higher self.
- B. The causal body.
- C. The higher mental body.
- D. The veil that covers your true mental body.
- E. Something you found in your brother's wallet.

11. What does the word chakra mean?

- A. A wheel.
- B. The center of the body.
- C. When it opens, you become enlightened.
- D. A nerve ending.
- E. That awful screeching blackboard sound.

12. What does the word kundalini mean?

- A. A goddess from India.
- B. Curled-up energy.
- C. A sign that you are experiencing higher consciousness.
- D. A snake or serpent.
- E. A pasta.

13. What is an astral entity?

- A. A person who died.
- B. An evil spirit.
- C. An earthbound spirit.
- D. A higher being who gives information through channeling.
- E. A baseball player for the Houston team.

14. What is muscle-testing?

- A. A way to heal astral entities.
- B. A way to heal your body.
- C. A way to enhance your energy field.
- D. A way to measure the weakness or strength of your muscles.
- E. Something they do on a beach in Venice, California.

15. What is a psychic sponge?

- A. An overly sensitive person.
- B. Someone with psychic abilities.
- C. A psychic vampire.
- D. A negative person.
- E. Something used to mop up your psyche.

16. What is clairsentience?

- A. Clear seeing.
- B. Clear sound.
- C. Clear sensing.
- D. Clear scent.
- E. Clair de Lune's twin sister.

17. What can mirror gazing do?

- A. Help you develop clairvoyance.
- B. Help you hear the inner voice.
- C. Help you get the answer to a question.
- D. Help you read minds.
- E. Tell you who's the fairest of them all.

18. What is an L-rod?

- A. A tool used by psychics to tell the future.
- B. A tool that drills for water.
- C. A tool that surpasses your intuition.
- D. An angle rod or swing rod.
- E. The founder of the Church of Scientology.

19. What is a pendulum?

- A. Something that counts time.
- B. A weight attached to an armature.
- C. A crystal hanging from a chain.
- D. A tool that predicts the future.
- E. A scary book by Edgar Allen Poe.

20. What is kinesiology?

- A. The study of movement.
- B. Muscle-testing.
- C. Telepathy.
- D. Dowsing.
- E. A wrestling match with your chiropractor.

Scoring Your Test

Here you can place a check mark to the left of those answers that you answered correctly. The answers to this test are as follows.

1. C. The word aura derives from ancient Greek for "breath of air" or "breeze": avra.
2. D. The human energy field consists of subtle bodies that permeate and surround the physical body.
3. A. The Sanskrit word prana means moving or breathing forth.

4. B. A thought-form is an idea or concept with so much intensity of energy that it crystallizes and takes a subtle structure.
5. A. A power spot is a place with powerful, aura-strengthening earth energies where energy leys intersect.
6. C. A psychic tie is an undue attachment or repulsion to any person, place, thing, organization, situation, circumstance, memory, experience, or addiction.
7. A. A façade body is a mask or veil that you wear, a false persona that you project, which hides who you really are.
8. A. The food sheath is the physical body, which is created and sustained by food, and which becomes food for something else after death.
9. A. The mental body consists of thought-forms—crystallized thoughts and emotions.
10. B. The blissful sheath consists of the causal body, progenitor of individual ego.
11. A. The Sanskrit word chakra means "wheel," because its hub links many conduits of subtle energy, and its spokes radiate subtle energy.
12. B. The Sanskrit root kundal means curled-up. Kundalini is a special spiritual energy coiled at the base of the spine.
13. C. An astral entity is often a soul, who, for various reasons, did not go into the divine light after death and is therefore "earthbound."
14. D. Muscle-testing shows whether your muscles are weakened or strengthened. This can test how your energy field is affected by various influences.
15. A. A psychic sponge is a person who absorbs vibrations from the environment as a sponge absorbs water.
16. C. Clairsentience is a French term meaning "clear feeling."
17. A. Mirror gazing is a practice that helps develop clairvoyant sight ("clear-seeing" in French).
18. D. An L-rod, also called angle rod or swing rod, can be used to find lost objects, measure invisible energies, and enhance your intuition.

19. B. A pendulum is a device with a weight attached to an armature (usually a string or chain). It can be used to measure subtle energy.

20. A. Kinesis means "movement," and -ology means "science or branch of knowledge." So "kinesiology" means the study of movement.

Evaluating Your Test

If you got 20 right, congratulations! Your Aura IQ is 200.
With a perfect score, you are titled Doctor of Aura Power.

If you got 15–19 right, you are a Master of Aura Power. You have delved deeply into spiritual studies, and your Aura IQ is 175.

If you got 10–14 right, you are a Bachelor of Aura Power. You know a lot, but you have a few things to learn. Your Aura IQ is 150.

If you got 5–9 right, there is a lot more you could learn about the aura. Your Aura IQ is 125.

If you got 1–4 right, the odds are with you. You have successfully proven that random selection works. Your Aura IQ is 100.

If you got them all wrong, I would not be surprised. Your Aura IQ is 75.

If you chose any E's, congratulations. At least you have a sense of humor.

Are you surprised at some of the answers on the test? That is because many myths surround the terms mentioned there. Having some familiarity with these esoteric terms is not the same as understanding them deeply. In the book *The Power of Auras*, you will gain profound understanding of all these terms, and you will learn how to use them in everyday practical life to enhance your energy field.

*© Dr. Susan Shumsky. Dr. Susan Shumsky has been a spiritual teacher for more than 45 years. She has 10 books in print. Her latest book is *The Power of Auras* published by New Page. ISBN: 978-1-60163-289-0 List Price: US \$16.99. Her website is www.drSusan.org.*