

*Getting It: A Practical Understanding  
For how the Personality Works at an Energy Level  
February 14-15, 2015  
Self Quiz*

*Part One*

1. What are the two core techniques?

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2. A. Why do we ground in general?

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B. Why do we make that grounding a male or female grounding?

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3. What is the edge of your aura?

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4. What chakra holds open your space?

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5. What must you do with your crown to complete your grounding?

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6. What is the advantage of being in the center of your head?

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7. What is it that goes to the center of your head?

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8. What is a picture?

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9. What is a cord? And how does it get there?

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10. And why wouldn't you want someone else's energy in your aura to increase your intimacy or to take advantage of their "better" energy.

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*Part Two*

1. What are the four parts of the personality?

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2. Name some differences between the etheric body and astral body.

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3. Name some difference between the astral and the mental body.

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4. Name some differences between the mental and the causal body

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*Part Three*

1. What does, "What's in the way is the way?" mean to you?

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