

Love & Light

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Intuition Quiz L&L

Intuition, gut feeling, sixth sense - whatever you want to call it, it's a powerful tool in how you run your life, assuming you listen to it!

Most of us have some level of intuition, and this psychic sensitivity can be enhanced, but there is a need to take a mental leap - in to believing and trusting in your gift sufficiently to act on the information you are getting through. Many of us will bat away our perception and create explanations for things that have happened - making the insights in to something rational rather than unexplained.

Why not take this intuition quiz to see how highly tuned your sixth sense is, this might show you that you have more work to do in honing your feelings or it might show that your intuition is highly tuned and you just need to start believing in your abilities:

- When you enter a home or building - do you get any instant feelings (do you feel like there is a happy energy, or that the place is threatening?)
- Do you know someone is going to call you, before the phone even rings?
- When you wake in the morning, do you feel as though you received a message overnight and like a piece of the puzzle just fell in to place?
- When you meet someone new - do you instantly know if you can trust them?
- Are you able to verbalise other people's thoughts out loud?
- When you are driving, are you able to go off route - not use a satnav or map and yet arrive at the destination you needed, seemingly unaided?
- When you close your eyes to go to sleep - do you see visions, such as faces or eyes?
- Does your body sometimes break out in a physical symptom - a cold sweat, hairs standing up etc. as if to warn you of something?
- Have you every sought advice from family and friends on a situation and then done the complete opposite - knowing that was the right thing to do?
- When you meet someone new - do you ever get an overwhelming thought about them, either something that will happen or has happened and later on you find out you were correct?
- In life - do you feel like you experience a lot of coincidences?

**"Put your
ear down
close to your
soul and
listen hard."**

1-2 questions means that you have some intuitive abilities, but you need to develop them further. 3-5 questions suggest that your intuition is active, but can be increased further - learn to trust your own thoughts. 6-9 questions show that your 6th sense is well developed, with practise you will be able to apply what you know more readily. 10 or more questions - congratulations, your intuition is highly developed. You can be confident and trust your judgement.

Ref: Discover Your Sixth Sense by Julie Soskin

As humans it is believed that we have two bodies, a physical body and an 'auric body' - an invisible energy. When we astral travel the aura separates from the physical body, but at other times it is felt as an outline to the physical body. Auras extend across the whole body outline, but those that can see and sense their energy often find the aura strongest around the head region. If you look back through history many images of people are depicted with a glow or halo.

There is a method for detecting the aura of a person called Kirlian photography; the method uses high frequency electronic photography to create a picture of the persons patterned outline, including all of the sparks and energy flares that make up the aura. It was so named after the Russian professor Semyon Kirlian.

The aura system is actually made up of seven layers, these help to explain the complex connections between mind, body and soul and the higher planes.

• Etheric Layer

The 1st layer is the etheric layer, this can extend anywhere from 5cm-1cm from the skin, as this layer is the closest to the body it is also the layer most likely to be seen. It might appear as a haze or a grey light, but a practised psychic might see it as a red layer, this is due to the close links to the root chakra. An experienced person may even be able to detect illness through the aura, if someone is exhausted it will most likely show in the etheric layer - the colour/haze will show a general dullness.

• Emotional Body

As you will no doubt have guessed from the name the second layer deals with the emotions, not just our own feelings, but the emotions of the people we meet and come in to contact with as well. This layer also follows the human body outline; it is a swirling layer of energy that predominantly deals with the person's identity: self-esteem, attractiveness and self-worth. The overriding colour here is usually orange, darkness or rips in the band of colour can demonstrate the person is under stress or going through a period of anxiety.



• Mental Layer

The third layer of aura deals with ideas and thoughts, taking concepts and making them in to a reality. As you progress through the layers the colours have less to do with the physical person and the body outline. So for this layer it may be that the colour is predominantly around the head and shoulders - a yellow hue should be seen. This layer may be more difficult to see if the person is suffering with migraines, depression, insomnia or high blood pressure - any illness that will interfere with the ability to make ideas substantial.

• Astral Layer

The physical layers and the astral layers are marked by the 4th tier. This division concerns the bonds and interactions formed between people, whether they are family, lovers or friends. Any disturbances in the green glow of this layer show that all is not well with love and relationships.

• Etheric Template

The fifth layer is an imprint of the physical body on a higher level. Most often this layer is depicted as navy blue, but sometimes it can just be clear. Dark spots here can show the person is not body-confident, they may suffer from eating disorders or addictions or they can be severely overworked. Perfectionists will suffer with showing this level.

• Celestial Body

The sixth layer concerns itself with the celestial emotional body on the spiritual plane. It is here that people communicate with other dimensions, whether that is through spirit guides, angels or the higher-self. This level of trust and undivided love is shown through indigo and purple colours. Disorders affecting this level are nightmares and an inability to take action. A strong colour here is likely to mean the person is highly concerned for others and world problems in general, but they may feel helpless to act.

• Ketheric Template

The seventh and last layer is the highest auric level; this layer (the ketheric template) is sometimes referred to as the causal body - the highest layer of spiritual level. This layer will be pure white or shining gold. It is only through this layer that we can become at one with pure spirit, the cosmos and Divinity.



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