

Sound Essence

{ Aura Questionnaire }

Deciding which Aura Harmonizer to use.

Score the following questions from 1 – 5 to determine which Sound Essence to use.
The Meridian with the lowest value is the Meridian Aura Harmonizer needing the Sound Essence.

(1) Never • (2) Occasionally • (3) Sometimes • (4) Mostly • (5) Always

AURA JOY– ETHERIC BODY

- ___ Do you live pain free?
- ___ Are you comfortable in your skin?
- ___ Is it easy to be around family and friends?
- ___ Can you say “no” to others?
- ___ Do you feel secure in yourself?
- ___ Are you satisfied in where you live?
- ___ Do you care what other people think?
- ___ **TOTAL (Add up your score for the above questions)**

SPIRAL ENERGY – EMOTIONAL BODY

- ___ Do you take time to express your creativity?
- ___ Do you find pleasure in movement or exercise?
- ___ Do you do things just for fun?
- ___ Do you feel loveable without an active sexual life?
- ___ Do you have more energy than you know what to do with?
- ___ How often do you feel free?
- ___ Do you look forward to each day?
- ___ **TOTAL (Add up your score for the above questions)**

SECRETS OF THE UNIVERSE – MENTAL BODY

- ___ Is your thinking clear rational and concise?
- ___ How easy is it for you to make decisions?
- ___ How often do you like to do things on your own?
- ___ Can you easily remember names?
- ___ Are you able to admit when you are wrong?
- ___ Can you quickly shift gears in your thinking?
- ___ Are you capable of taking good care of yourself?
- ___ **TOTAL (Add up your score for the above questions)**

LOVE IN A MIST – ASTRAL BODY

- ___ Do you love animals?
- ___ Do you spend time in nature?
- ___ Do you feel emotionally connected to others?
- ___ Can you communicate and relate to others without talking to them?
- ___ Do you consider yourself passionate & generous?
- ___ Have you ever experienced a deep peace that goes beyond all understanding?
- ___ Do you devote yourself to anyone, anything or to any purpose?
- ___ **TOTAL (Add up your score for the above questions)**

INFINITY – ETHERIC TEMPLATE

- ___ Are you aware of your soul purpose?
- ___ Can you trust things will turn out for the best of all?
- ___ Can you express appropriately what is on your mind?
- ___ Do you believe you have the right to ask for things you want?
- ___ Do you honor the truths of others?
- ___ Do you take time to listen to the higher voice in yourself?
- ___ Do you know who you are?
- ___ **TOTAL (Add up your score for the above questions)**

FLOWER OF LIFE – CELESTIAL BODY

- ___ Do you easily sense the difference between right and wrong?
- ___ Do you trust your inner knowing and intuition?
- ___ Do you use knowledge to enhance your life?
- ___ Do you see beauty everywhere you look?
- ___ Do you appreciate the people you surround yourself with?
- ___ Do you listen and get inspired?
- ___ Do you live and let live?
- ___ **TOTAL (Add up your score for the above questions)**

STARGATE – KETHERIC BODY

- ___ Do you feel that you are divinely guided and protected each and every day?
- ___ Do you recognize your inner gifts?
- ___ Are you living your life on purpose?
- ___ Are you experiencing serenity in your everyday life right now?
- ___ Do you feel like you belong?
- ___ Do you give thanks for the opportunities life gives you?
- ___ Do you dream?
- ___ Do you take time to appreciate the wonder of music, the magic of colours & the beauty in the world around you?
- ___ **TOTAL (Add up your score for the above questions)**