

KRI International Teacher Training Level 2

Conscious Communication

Exam

Instructions

The questions below are all multiple choice. Read each question carefully. Then read all the choices below the question and choose the one that best suits that question. Mark your answers very clearly with black pencil or dark ink on the answer sheet.

1. Which is the best definition of conscious communication?
 - a. Speak only to some one who is conscious.
 - b. Speaking when there is no subconscious involvement
 - c. Creates a “common notion” with another person, using your whole self

2. The negative mind’s use of gossip
 - a. Helps establish reputation.
 - b. Is defensive and reactive.
 - c. Conveys information.

3. Why do we lie?
 - a. We can’t face the situation; we are avoiding a confrontation.
 - b. We don’t want to hurt someone else’s feelings by telling the truth
 - c. It’s something our parents’ taught us

4. Harmonious communication happens when
 - a. one expresses his/her emotions and needs.
 - b. there is oneness between the spheres of intelligence and consciousness.
 - c. there is no conflict.

5. A universal rule for conscious communication is:
 - a. Be sure you keep good eye contact.
 - b. Do not listen to things that do not interest you.
 - c. Use your words to build a tomorrow not spoil today.

6. What is the biggest barrier to using our natural potential to communicate creatively and effectively?
 - a. We don’t take the time to develop it.
 - b. Our fears, ego and subconscious clutter.
 - c. We believe our communication is already effective

7. When you communicate from “immediate rationalization” you
 - a. Are speaking unconsciously; you represent your emotions, your neurosis, your handicaps and your insecurities
 - b. Are speaking subconsciously; you want to cheat and manipulate to win or impress the moment
 - c. Are speaking consciously; that which you speak about happens

8. When you use intuitive speaking,
 - a. You say the truth with neutrality and a whole heart
 - b. You can read other people's thoughts, and it is your duty to tell them the truth
 - c. You recognize that normal speaking is too much responsibility to take ownership of everything you say.

9. Why is "command reflex" important to develop?
 - a. Other people are depending upon us to take charge in crisis.
 - b. It's important to learn how to speak with power and control.
 - c. We need to perform with grace and immediate mental focus amongst changes in life.

10. What is a core practice to experience silence as a quiescence of our being?
 - a. Not speaking out loud for a year.
 - b. Conscious observation plus full thoughtless presence.
 - c. Withdraw from normal activity in a beautiful retreat environment.

11. How is silence the first language?
 - a. Subtle communication happens through the aura.
 - b. It is established in the intuitive link between mother and child.
 - c. Body language is more powerful than words.

12. As Kundalini Yoga Teachers, why is silence required in "Tuning in?"
 - a. We bring our ego to zero so whatever we teach is real.
 - b. So we don't bother others.
 - c. We need to make sure the students are chanting properly.

13. Speaking to reach the other person does not require us
 - a. to align our intention, our feelings and our awareness.
 - b. to qualify ourselves.
 - c. to want to persuade the other person of our opinion.

14. What can be said about the lower jaw or whip language?
 - a. It should only be used in intimate situations, never in formal or public ones.
 - b. It is better to use the upper jaw to create an impact.
 - c. It alerts the other person to the subtle emotional meaning and content of your message.

15. Gupt gyan shakti is the power of your word to penetrate. It depends on...
 - a. Speaking clearly using the Third and Fourth Chakras
 - b. The listener having no fear so they can hear you.
 - c. Using the navel energy and mental focus.

16. Sunni-ai means to deeply listen. What factors are not required for sunni-ai?
 - a. Listen consciously, fully with ears, mind, heart and intention
 - b. Only practice it when we are still and not busy
 - c. Hear the sounds, words, the subtlety – below the surface

17. What is “simultaneous recall,” and how do we develop it?
- To be able to instantly repeat back what the person has said. Do the mind and memory meditation for 120 days.
 - To concurrently listen and recall in the subconscious what is being said, so negative and irrelevant ideas will not cloud the issues. The practice of Naad Yoga.
 - Simultaneously listen and store the information you hear and process it later. Doing selfless service develops humility and neutrality.
18. Define the purpose of dialogue in conscious communication.
- It addresses positions and is essential for good debates.
 - It aligns, discovers and expresses our real purpose and identity.
 - It promotes your interests and helps others release attachment to their interests.
19. Why is it important for teachers to develop the skill of dialogue?
- It promotes harmonious communication and allows the unique gifts of each to come forth.
 - It is the only way to get students to really hear you.
 - Teachers need to be skilled in debate to deal with resistant students.
20. What is Anahat?
- Two different things that strike together to make sound – similar to a tuning fork.
 - It is like a pulsation in the formless unity of being that sends out vibrations throughout the universe of forms.
 - The silence in between words in conscious communication
21. It is ordinary, without great development, for the normal human being to use how many charkas in combination to communicate?
- Two
 - Three
 - Five – one for each element
22. When you communicate, you communicate from which three realms?
- The physical body, the mental body and the spiritual body.
 - The angelic realm, the earthly realm and the magnetic field.
 - The realm of the second chakra, the realm of the fifth chakra and the aura.
23. To be most effective, a great teacher will often:
- Communicate with love and compassion from the heart center
 - Speak from the aura or eighth chakra and project from the fourth or fifth
 - Determine the current frequency of the student and speak from that chakra associated with the frequency.

24. The fifth chakra is associated with Vach Siddhi. What is Vach Siddhi?
- Combining communication from the fifth and sixth chakra to speak from a new perspective and produce creatively blunt communication.
 - The power of the word and the power to plant seeds that will fulfill your ultimate goal and destiny.
 - Communication where the speaker knows that the other person understands.
25. When communicating, the minimum requirement of a teacher is to:
- Always speak in a kind soft voice.
 - Seek frequent feedback from the class to confirm that they understand the message
 - Speak through the aura by presence
26. Your language and the frequency of your voice when you teach should be like:
- A parent, loving but firm
 - A friend, understanding and guiding
 - A teacher, penetrating to create awareness and awaken the individual's spirit.
27. When a student attacks, insults or provokes you as a teacher, you should:
- Answer directly with fewer than eleven words or deflect, so there is no confrontation around the issue
 - Engage the student and calmly address their concerns
 - Suggest that the student leave the class and find another teacher
28. What is the impact of speaking from the heart and without ego?
- The communication is perceived by the listener as emotional and weak
 - Our words go to the heart of the other person and speak wisdom that is true regardless of advantage
 - You will enjoy speaking and connecting with people
29. To communicate effectively with presence, we need
- A firm identity, a strong aura and an effective frontal brain.
 - Fame, charisma and training in posture and presentation.
 - Nice jewelry and clothes and a powerful projection from the throat center.
30. How can you increase the power of your words?
- Say them loudly with sincerity.
 - Create an automatic connection between the navel point and the tip of the tongue.
 - Look intently into the eyes of the listener and project from your throat center to the other person's second chakra
31. What is one result of developing a relationship between our finite sense of self and our infinite self?
- We feel small and weak in comparison to the vastness of infinity
 - Instead of hassling, hoping and striving to achieve, we enjoy how everything comes to us
 - It becomes more difficult to maintain a solid connection with the earth plane

32. Characteristics of the Hidden Agenda include:
- We are modest about our traits and talents
 - We are unaware of another's feelings for us
 - Is self-hypnotic, focuses the mind on a small identity and its urges
33. How can our shadow be positive?
- It keeps us from being too good.
 - It enriches our life, keeps us flexible and creative.
 - It's like a midlife crisis, and pushes us to do something wild.
34. What is the first step in changing the Hidden Agenda?
- We need to identify and face it.
 - We need to bury it with distraction.
 - We just need to accept it as our true identity.
35. Why are *gatkaas* effective in breaking Hidden Agendas?
- Shuniya* is reached - action and reaction stops.
 - Self-confidence is gained through a martial art.
 - They help us hide our emotions once and for all.
36. Prayer is ...
- talking to God
 - reaching your own unknown self and bringing it to your known self.
 - begging God to fulfill a need
37. Sadhana is which of the following?
- A committed prayer.
 - A personal process of discipline to bring out your real self.
 - Both a. and b.
38. Contrast the approach to prayer using Shakti and Bhakti.
- Bow, surrender, become zero versus becoming infinite.
 - The symbol of the primal female principal versus the male principal.
 - Both a. and b.
39. Aquarian Prayer is characterized in which way?
- Is viewed as a religious activity.
 - Must be done from the intellect and thought.
 - Is only done from the heart.
40. Who can best do an appellate prayer?
- Mother, beloved or wife, teacher or holy person, an egoless self.
 - Your attorney when you are in a legal mess.
 - A person driven desperate by ill circumstances.