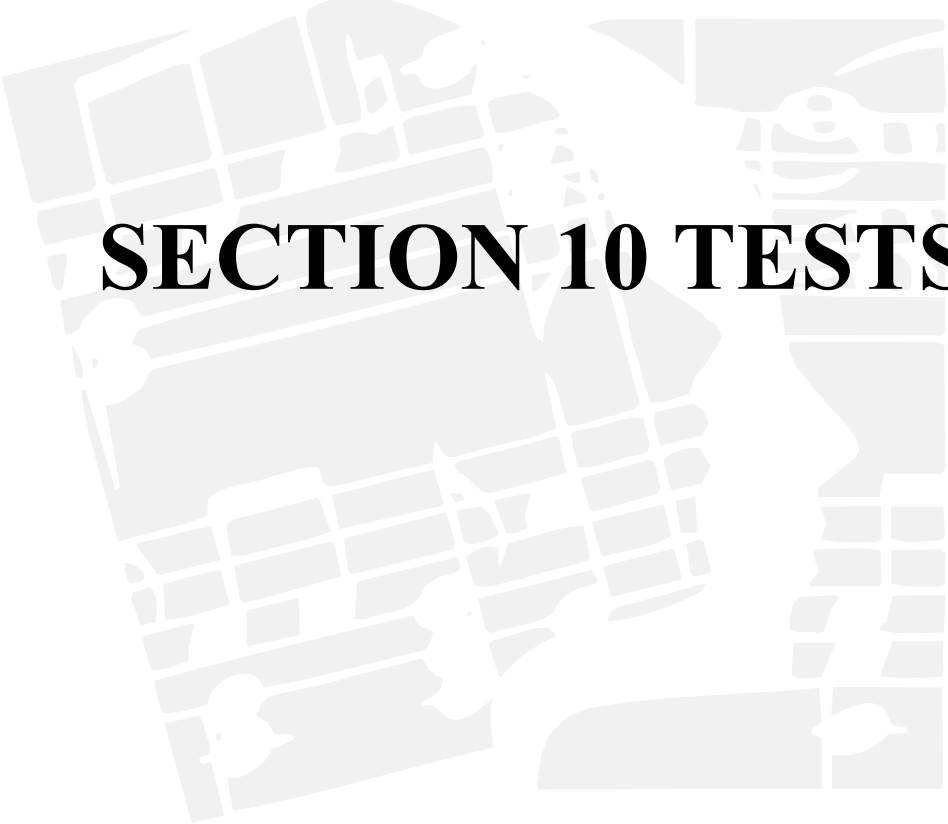




SECTION 10 TESTS

Section 10 Tests

Music: Use any music you wish while taking the tests.

In this section you will find tests for each Section. You can do them after completing each Section or at the end of the whole course as review. As you will notice, the focus of the tests is to give you the opportunity to make sure you understand the material. There are no trick questions. All the answers come from the material.

As part of the INNER SOUND Practitioner Certificate you will need to submit them to the SCHOOL FOR INNER SOUND digitally. You will be advised any questions you missed and the correct answer. What is most important is that you have a clear understanding of the material. Your understanding of the material will be determined from how you answered and which questions you might have missed.

INNER SOUND Professional Distance Training

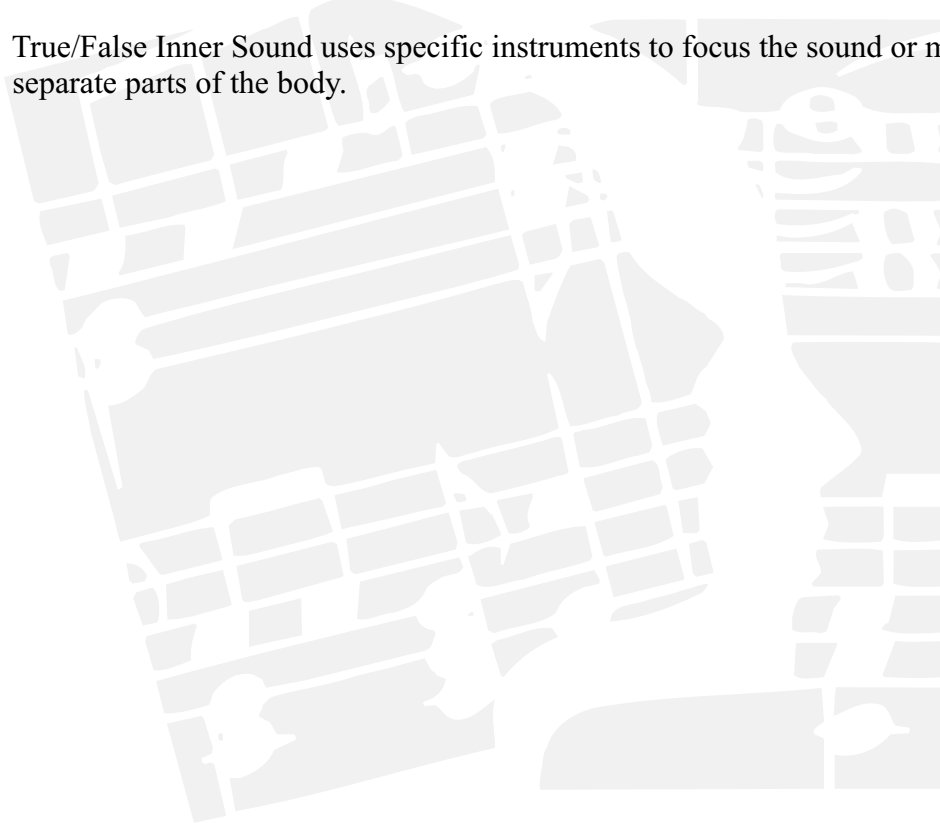
Test Questions

INTRODUCTION

Circle or check the correct answers.

1. True/False The use of sound and music in a therapeutic sense is a new concept.
2. Inner Sound is
 - a. Based on ancient healing techniques
 - b. Based on modern technologies and research about the body and mind
 - c. An original system of sound and music therapy that integrates 'a' and 'b' above.
3. Music therapy includes
 - a. Guided imagery
 - b. Vibration therapy
 - c. Use of classical music
 - d. None of the above
 - e. All of the above
4. True/ False Music therapy can only be learned by a musician.
5. Music therapy is
 - a. Considered an art and science
 - b. Based on intuition
 - c. Can only benefit a narrow range of the population
6. True/False Sound therapy uses only musical instruments.
7. True/False In the medical profession sound therapy is not used.
8. True/False Sound therapy emphasizes the use of sounds, vibrations or tones.
9. True/False How the nervous system reacts to sound in music or by itself is part of sound therapy.

10. True/False Inner Sound is focussed at creating a static, perfect state in different systems of the body.
11. True/False Inner Sound is recorded in the same way as all music.
12. True/False Inner Sound uses specific instruments to focus the sound or music at separate parts of the body.



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Test Questions: Section 1

HISTORY of MUSIC and SOUND THERAPY

Circle or check the correct answers.

1. True/False We know that the ancient Hebrews used sound therapy.
2. True/False Every culture has its own scale and there are no cross cultural scales.
3. True/False The Chinese in their use of sound were focused at spiritual matters and were not interested in other things such as emotions.
4. True/False The Emperor gave his support to particular composers for their originality and self-expression.
5. True/False The Chinese understanding of musical scales and music has no relationship to western culture.
6. True/False In India no one sound was considered to be more important than others.
7. True/False The 22 tones used in Indian music are not simply sub-divisions of the western 12-note octave.
8. True/False The Egyptians as the Indians focused on the primordial sound.
9. True/False Egyptians had a major influence on western music.
10. True/False The Greeks saw a connection between music and the stability of the state in a similar way as did the Chinese.
11. True/False Pythagorus was known as a mathematician and had no lasting effect in the area of music.
12. True/False The Greek modes were connected with particular styles of dress.
13. True/False The concept of allopathic and homeopathic use of sound can both be found in ancient Greece.
14. True/False From the fall of the Roman Empire through the Middle Ages music therapy in the west was preserved only in the north of Spain and the south of France.

15. True/False In about 800 AD composers began to use polyphony.
16. True/False After the 15th century when music became more focused on aesthetics, its focus on healing virtually ceased.
17. True/False In the 1800's composers returned to the use of pure, natural intervals.
18. True/False Modern musical therapy is often based on music from the Baroque, Classical or Romantic period.
19. True/False Alfred Tomatis is a pioneer in the field of psychoacoustics.
20. True/False The 50-odd motifs used in INNER SOUND were identified by Arden Wilken.
21. True/False INNER SOUND CD titles were designed for use only by professionals.
22. True/False INNER SOUND recordings utilize pscyoacoustic effects.
23. True/False Only professional musicians can use SOUND TOUCH.

Draw a line from the word or phrase in the left column to its meaning in the right column.

Pentatonic	A system of tuning where intervals of the 4ths and 5ths are pure and 3rds are not
Pure intervals	A system of tuning using pure intervals
Octave	Said to correspond to frequency (136.1 HZ) of earth's rotation around the sun in 1 year
Western classical music	The study of how the brain perceives sound
Ratio of 3/2	Tuning brought into being to facilitate the development of pianos
OM	An interval with a frequency ratio of 2/1
Drone instruments	Produce long, uninterrupted sounds
Equal tuning/temperment	5-tone musical scale
Just Intonation	Perfect 5th interval
Pythagorean scale	Have matching harmonics
Psychoacoustics	Used in present day musical therapy.

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Test Questions: Section 2

How Sound Heals

Circle or check the correct answers.

A. Physics of Sound

1. True/False Some sounds are the result of vibration.
2. Waves
 - a. always move towards the source
 - b. always move away from the source
 - c. cause hearing problems
 - d. can not be described in numbers
 - e. none of the above
3. True/False Anything that has mass can vibrate.
4. True/False When something vibrates in a vacuum the resultant sound has a higher volume.
5. Vibration is
 - a. a cyclic movement
 - b. a movement alternating in 2 opposing directions
 - c. the source of all sound
 - d. all of the above
 - e. none of the above
6. Frequency and pitch
 - a. vary inversely
 - b. vary directly
 - c. are the same thing
 - d. none of the above
7. True/False Tuning forks create longitudinal waves.
8. True/False Pitch is a relative characteristic that is judged by the ear.
9. True/False Only musical instruments are used in therapeutic work.
10. True/False Linear harmonics include a fundamental and overtones.
11. True/False The harmonics of a violin are whole number multiples.

Draw a line from the instrument to the kind of harmonics it produces:

Bells

Flute

Gongs

Violin

Xylophone

French Horn

Tympani

Drums

Digeridu

Clarinet

Linear Harmonic Spectrum

Non Linear Harmonic Spectrum

12. True/False It may not be possible to identify a specific note from the sound of a non-linear harmonic instrument.
13. True/False The number and strength of the overtones give us the information we need to identify sound quality or timbre.
14. Sounds with few harmonics are
 - a. resonant or rich
 - b. interesting
 - c. uninteresting
 - d. a and b
15. True/False The fundamental is almost always the loudest harmonic of any note.
16. For humans to hear a sound the source must be
 - a. a frequency in excess of 20 Hz
 - b. below 20 Hz
 - c. above 20,000 Hz
 - d. below 20,000 Hz
 - e. b and c
 - f. a and d
17. True/False A wave is the disturbance of a medium such as air, water or a solid.
18. True/False Sympathetic resonance is the tendency for an object or a system to vibrate from a wide range of frequency inputs.
19. True/False Normally, amplitude increases with time.

20. Transverse waves
 - a. move in the same direction of the wave
 - b. cause volume to vary
 - c. move at right angles to the direction of the waves
 - d. none of the above
21. True/False When similar wave-forms combine they add to or subtract from each other.
22. True/False Beats will normally produce a sound that periodically grows and diminishes in volume.
23. Musical sounds can be
 - a. complex waveforms
 - b. broken down into a number of sine waves
 - c. all of the above
 - d. none of the above
24. True/False Resonance is the response of one object or system to a periodic force.

B. Effect of sound on biological functions of the body

1. True/False The connective tissue is located only in the upper torso.
2. True/False Connective tissue is involved in the exchange of nutrients and waste at a cellular level.
3. True/False There is a continuous net in the body formed by connective tissue, cyto-skeletons and DNA.
4. True/False Bio-molecular material can not conduct vibration.
5. True/False Phonons are converted sound waves.
6. True/False Coherent waveforms have a similar phase direction and amplitude.
7. True/False Sound is not able to arrive to the nuclei of the body's cells.
8. The living matrix is formed by
 - a. connective tissue, cyto-skeletons and genetic material
 - b. the nervous system
 - c. the cardiovascular system
 - d. none of the above

9. True/False The living matrix acts upon basic healing processes in the body.
10. True/False The acupuncture meridians are minor pathways through the body.

C. Effect of Sound on the physiology of the body

1. True/False Loudness is measured in decibels per seconds.
2. True/False Only the ear is involved in our hearing process.
3. True/False There are 2 bones in the inner ear that transmit the sound from the eardrum to the oval window.
4. True/False The cochlea responds to frequencies between 20 and 22,000 Hz.
5. True/False We hear our own voice through bone conduction.
6. True/False The cochlear nerve transmits impulses to the hearing center of the brain.
7. True/False High frequency sounds affect all the hair cells along the basilar membrane.
8. True/False A person's voice can produce frequencies from 20 to 1,100 hz.
9. True/False High-pitched sounds have higher frequencies than low-pitched sounds.
10. True/False In wind instruments the shorter the column of air, the lower the frequency.
11. True/False The loudness of a sound measured by the ear is relative to frequency.
12. True/False Most of the joints in the body inhibit the transmission of sound.
13. True/False The body does not have any resonant frequencies.

Draw a line from the word in the first column to its definition in the second column

Decibel	transmits vibrations to the stapes
Pinna	part of the cochlea
Malleus	produces nerve impulses in response to sound
Incus	a measurement of sound volume
Stapes	transmits vibrations to the incus
Basilar membrane	part of the ear
Organ of Corti	transmits vibrations to the inner ear
Tectorial membrane	the spiral cavity of the inner ear
Cochlea	overhangs the basilar membrane

D. Effect of sound on the nervous system (Psychoacoustics)

1. True/False Unobstructed free sounds tend to grow in volume.
2. True/False All objects reflect sound equally.
3. When the resonant frequency of an object is equal to the frequency of a sound
 - a. it will dampen the sound
 - b. it will begin to vibrate
 - c. it will change the frequency of the sound
 - d. none of the above
4. True/False The body absorbs all frequencies equally.
5. True/False The pinna acts as a filter for incoming sound.
6. True/False Normally, the sound that arrives to the 2 ears is quite different.
7. True/False The ear canal is a resonating chamber.
8. True/False A sound at its source and at the eardrum is nearly equal.
9. True/False Stereo recordings reproduce sound events accurately.

10. True/False Each individual's body filters and amplifies sound in a unique way.
11. True/False Our ability to accurately recognize small variations in pitch depends in part on our memory.
12. True/False The body has various ways to filter sound to derive the location of the source.
13. True/False It is possible to activate the 2 hemispheres of the brain with specifically filtered sound.
14. True/False Sound can not be used to stimulate awareness.
15. True/False The reticular formation in the brain is connected to our motor functions.
16. True/False Volume can be used to determine the distance to an object.
17. True/False Stereo recordings include all spatial information of a sound.
18. True/False Stress in the nervous system can be created by a lack of the spatial information of a sound.
19. True/False Binaural beats are produced when you have 2 drummers playing the same song.
20. True/False A difference frequency is the sum of 2 tones.
21. True/False The frequency of harmonics in equal temperament will not be equal.
22. True/False Equal temperament is the tuning best suited for all sound healing work.

E. Theory and function of the emotions

1. True/False The expression of the emotions in humans is unique in the animal kingdom.
2. What is common across cultures in respect to the expression of emotion is
 - a. the specific stimuli which activates a given emotion
 - b. the time of day when certain emotions are activated
 - c. specific emotional response patterns once an emotion has been activated
 - d. none of the above
3. True/False Each emotion has its own specific cycling time.

4. True/False Uncompleted emotions have no importance to the body.
5. True/False Our emotional defenses make it safe to express emotion.
6. True/False Emotional defenses come from our past experiences.
7. True/False Potential growth can be affected adversely by our emotional defenses.
8. True/False You should never listen to music you do not like.
9. True/False People should only listen to the music common to their birthplace.
10. True/False Music can be used to create a greater inner contact.
11. True/False The activation of the emotions by music is a counter-indication for its use.

Draw a line from the word or phrase in the first column to its meaning in the second column

Central nervous system
Homo sapiens
Vertebrates

The brain and spinal cord
Having a backbone
All humans

F. Effect of Sound on the Emotions

1. True/False The body only vibrates at the sub-atomic level.
2. True/False Ligands are neurotransmitters.
3. True/False Peptides activate the cells by vibrating into place with the receptors on the cell surface.
4. True/False The central nervous system is the only communication system in the body.
5. True/False Childhood traumas can affect our lives at many different levels.
6. True/False Inner Sound motifs affect specific areas of the body.
7. True/False The blocking of the diaphragm will keep us from experiencing unpleasant emotions but allow us to experience pleasurable ones.
8. True/False Sound waves are converted in the body into heat, light and electrical fields.

Draw a line from the word or phrase in the first column to its meaning in the second

column

Ligand

Receptor

Neurotransmitters

Steroids

Peptides

Sex hormones

Transfers nerve impulses sensing

Molecules on the surface of cells

Peptides

Organic substances with molecules similar to but smaller than proteins.

G. Field Theory

1. True/False The field theory looks at the energy radiating and discharging from the body as well as energy patterns in the body.
2. True/False The electrical bonding in the cells in the body can never be too strong.
3. In the field theory
 - a. balance is always a dynamic process.
 - b. balance is when 2 opposing forces come to rest
 - c. balance is when we stand upright
 - d. balance is when we are laying down
 - e. None of the above
4. True/False Music and sound are incoherent fields that can create a positive influence on the body.
5. True/False The element of time is as important to our dynamic balance as are the physical elements involved.
6. True/False A specific sound or tone will always have the same effect on the body.
7. True/False The field theory deals with what happens in the body from the core out to the skin.
8. True/False The EMF is a homogenous field without having any specific areas of importance.
9. True/False Energy flows both inside and outside the body.
10. True/False There is a correlation between the electromagnetic field and the acupuncture meridians.

11. INNER SOUND describes the EMF
- as 220 volts AC, 50 Hz
 - as a specific color emanating from the body
 - as the source of static balance
 - as 7 basic energy matrixes
 - all of the above

Draw a line from the word or phrase in the left column to its meaning in the right column

Coherent field pattern	Organized pattern
Epidermis	Sanskrit word
Kirlian photography	Any atom or group of atoms that bears one or more positive or negative electrical charges
Ions	Partial image of radiant energy
Chakras	The skin
Infrared	Having a wavelength shorter than that of the violet end of the visible light spectrum
Ultraviolet	Having a wavelength just greater than that of the red end of the visible light spectrum

H. Acoustic and electronically produced sounds

- True/False Acoustic instruments often incorporate vibrating strings or columns of air.
- True/False Electronic instruments normally require headphones or speakers in order to deliver sound through the air.
- True/False A sampler is a CD with a collection of different music on it.
- True/False There are 2 kinds of recordings, acoustic and electronic.

Draw a line from the word or phrase in the left column to its meaning in the right column

Synthesizer	a digital recorder
Samplers	an audio signal processor
Tone generators	converts analogue signal to digital code
Digital recorder	oscillators

I. WHERE INSTRUMENTS RESONATE

1. True/False A periodic disturbance of particles radiating out from its source creates a sound wave.
2. True/False Timbre and range are characteristic of speaker systems.
3. True/False All sounds reach the same parts of the body.
4. True/False The piano has the largest range of the more common instruments.
5. True/False The harp creates more activation in the emotional system than in the body and the mind.
6. True/False The timbre of the violin is particularly attuned to the emotions of the heart.
7. True/False The woodwinds enhance the expression of emotions.
8. True/False All brass instruments resonate in the torso of the body.
9. True/False There is no safe way to listen to rock music.
10. True/False The same sounds or instruments will always be felt in the same parts of the body.

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Test Questions: Section 3

ELEMENTS of INNER SOUND

Circle the correct answers.

1. A motif is
 - a. special clothes that musicians wear
 - b. the relationship between light and sound
 - c. short musical phrase
 - d. all of the above
2. Expansion and contraction are
 - a. fundamental movements in all living processes
 - b. basic in the creation of dynamic balance
 - c. can be stimulated in the body by external sources
 - d. all of the above
 - e. none of the above
3. True/False The 3 elements of INNER SOUND presented in this course are 21 musical motifs and enhancement exercises (CD 1, Tracks 1 - 35); 12 Life Themes and enhancement exercises (CD 1, Tracks 36 - 47); and Tools for Self-Discovery titles and enhancement exercises (CDs 2-13).
4. When using INNER SOUND with a client they may experience
 - a. euphoria
 - b. music moving inside the head
 - c. nausea
 - d. dizziness
 - e. a and b
 - f. c and d
 - g. all of the above
5. Write a brief summary (150-200 words) of the experience you had listening to each of the following:
 - a. 21 musical motifs and enhancement exercises
 - b. 12 life themes and enhancement exercises
 - c. Inner Sun
 - d. Magical Garden
 - e. New Heart

INNER SOUND Professional Distance Training**Test Questions: Section 4****INNER SOUND LISTENING PROGRAMS**

Circle the correct answer.

1. INNER SOUND

- a) can not be used with other techniques or therapies.
- b) can be used with other techniques or therapies.
- c) can only be applied to other techniques and therapies if they are not allopathic.
- d) all of the above
- e) none of the above

2. True/False An INNER SOUND Listening Program consists of 3 or more CDs.

3. True/False It is always a good practice to use as many Listening Programs at one time so that the body gets activated more quickly.

4. True/False Listening Programs are only good for people who have physical problems.

5. True/False For best results from a Listening Program use the music in the background.

6. Using the sheet for each CD and the main Listening Program pages answer the following questions (write your answers below in the space provided under each question):

a) A mother comes asking you to treat her 8 year old boy for food allergies. The music will be used as a complement to other techniques and therapies.

1. What Listening Program(s) do you recommend?

2. How often do you recommend he listens and how?

b) A man comes for treatment for hypertension and to develop his intuition. He will use the music with other techniques and therapies.

1. What Listening Programs(s) do you recommend?

2. How often do you recommend he listens and how?

c) A woman comes to you for help in visualizing her cancer healing while she is receiving chemotherapy.

1. What Listening Programs(s) do you recommend?

2. How often do you recommend she listens and how?

- d) A woman comes to you wanting to work with her dreams.
1. What Listening Programs(s) do you recommend?
 2. How often do you recommend she listens and how?
- e) A woman come to you for better emotional stability and well-being.
1. What Listening Programs(s) do you recommend?
 2. How often do you recommend he listens and how?
- f) A man comes to you whose wife has died 3 months ago.
1. What Listening Programs(s) do you recommend?
 2. How often do you recommend he listens and how?
7. Write in the space below the Listening Program that corresponds to each theme or symptom.
- a) Develop better coordination for football
 - b) Down Syndrome
 - c) Activation of the 4th chakra or energy center
 - d) Nightmares
 - f) Death of a loved one
 - g) Panic attack

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Test Questions: Section 5

HOW TO KNOW WHICH MUSIC TO USE

1. Draw a line from each Mode to its corresponding characteristics.

MODE

CHARACTERISTICS

Mode 1

Tension in mouth and jaw
Pear-shaped form- female
Long neck and fingers
Problems in the upper back
Seducer

Mode 2

Not centered
Problems in the lower back
High achiever
Prominent chest- male
Arms and legs out of proportion with body

Mode 3

Mode 4

Feels overwhelmed
Hard worker
Overly neat and methodical

Mode 5

Anorexia
Dependent
Manipulator

Circle the correct answers.

2. True/False We transmit unconsciously through gestures information about ourselves.

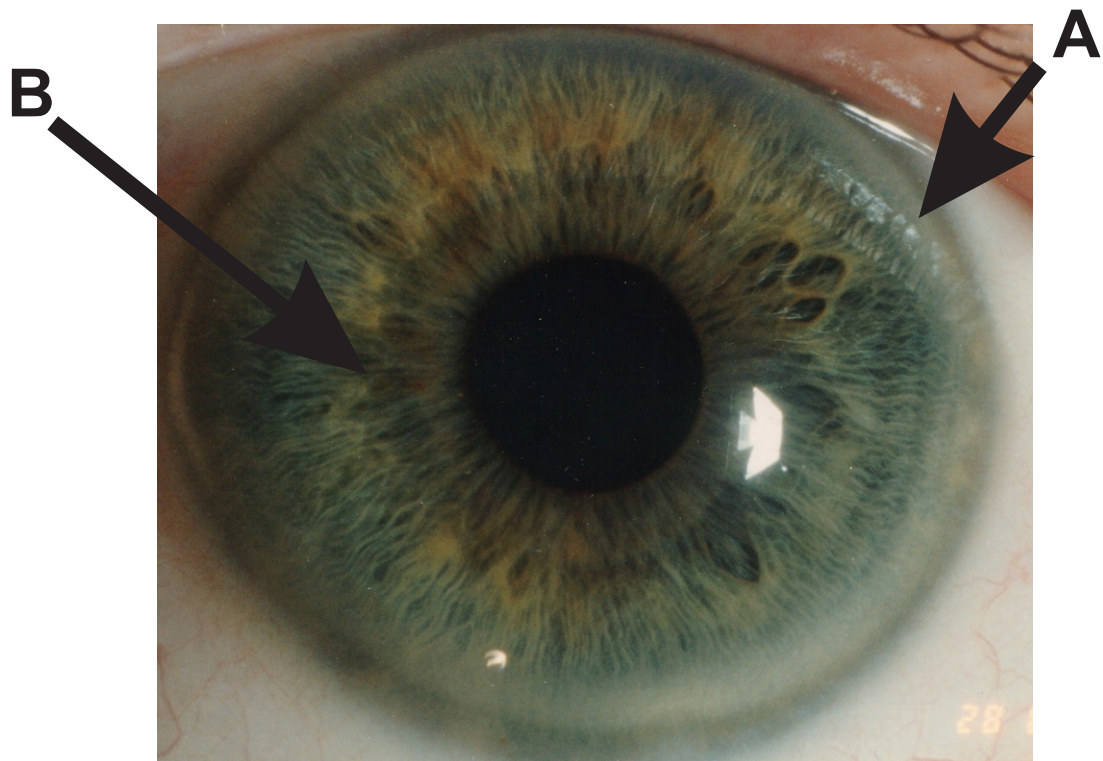
3. True/False Observing gestures of clients is a recommended way to take power over them.

4. Draw a line from each eye type to its corresponding characteristics

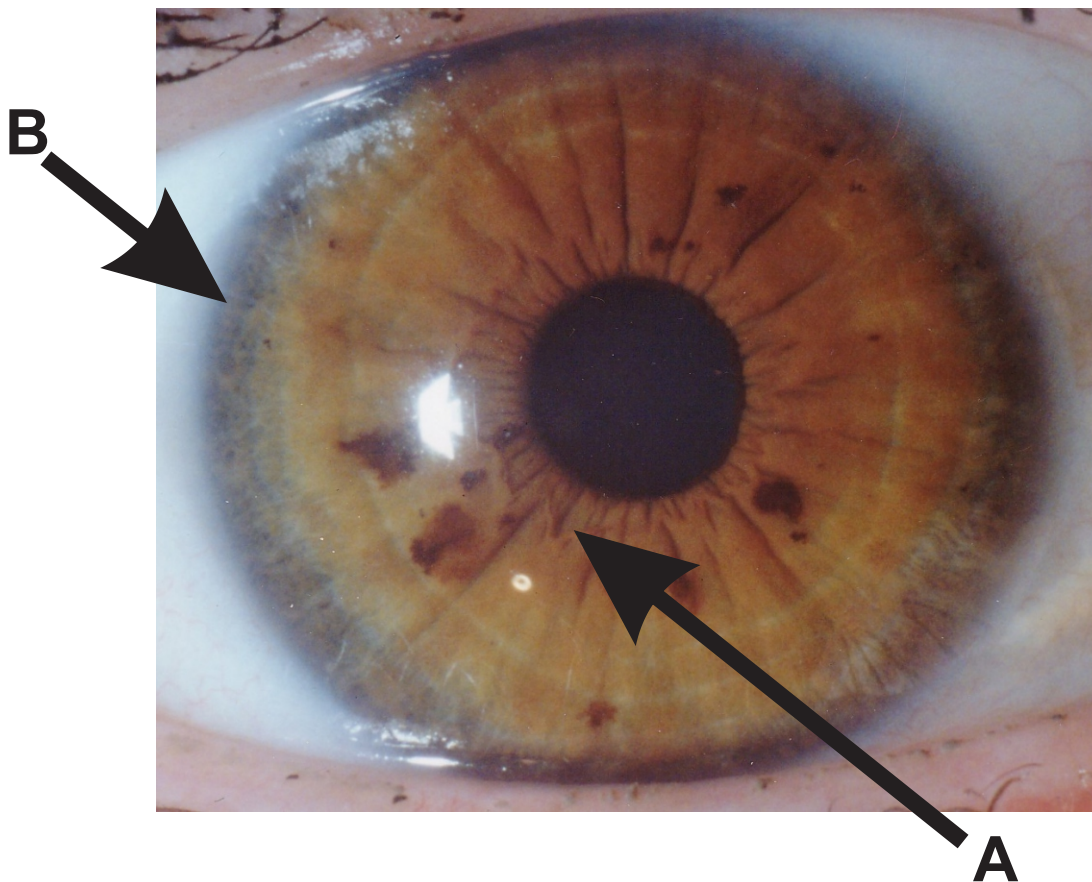
<u>EYE TYPE</u>	<u>CHARACTERISTICS</u>
Kinesthetic	Learns through what they see Analytical Stable and consistent Open web structures in the iris
Emotive	Has all types Is effective in front of a group Dynamic Generally shows straight or slightly curved fibers in the iris
Verbal	Learns by doing Solitary Physical contact is important in communication Iris shows straight fibers, round and open webs and points of pigmentation
Switching	Learns through what they hear Needs to learn to be balanced Is spontaneous Points of pigmentation in fibers of the iris

5. Draw a line from each ring to one of its characteristics.

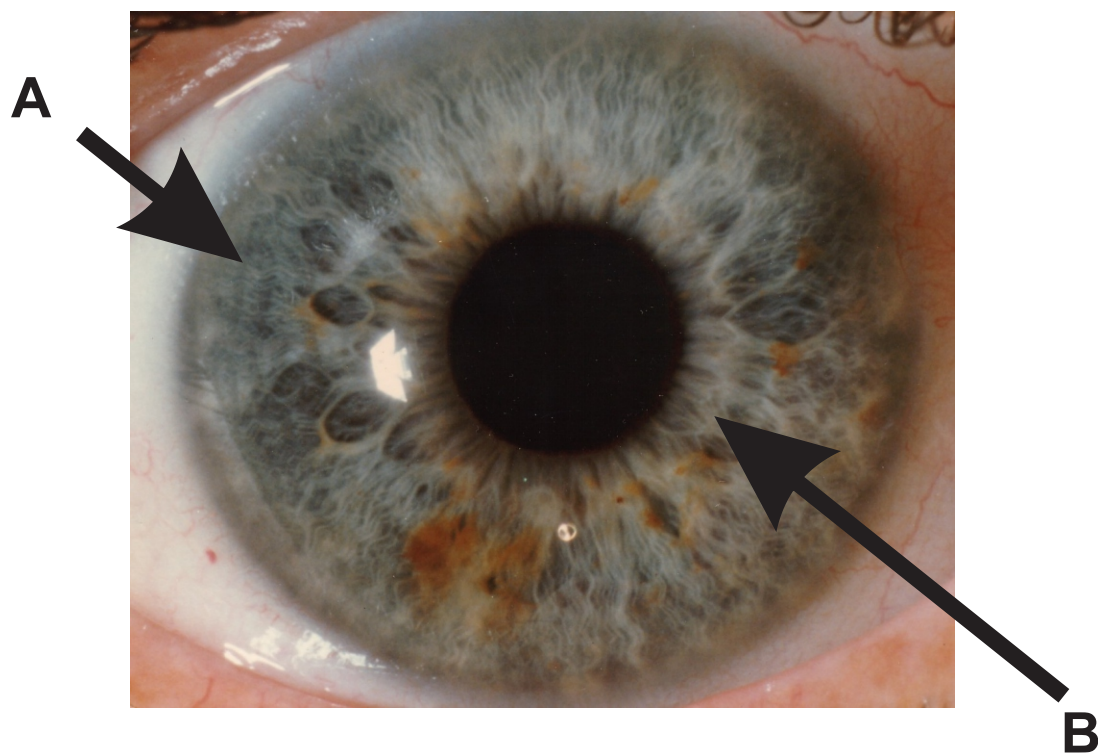
<u>RING</u>	<u>CHARACTERISTIC</u>
Ring of Expression (Introversion/extroversion)	Appears in all eyes
Lymphatic Ring	White ring around outside of iris
Contact Ring	Multiple, concentric rings
Rigidity Ring	Blue ring around the outside of the iris
Stress Ring	Not well defined, white to yellow blotches



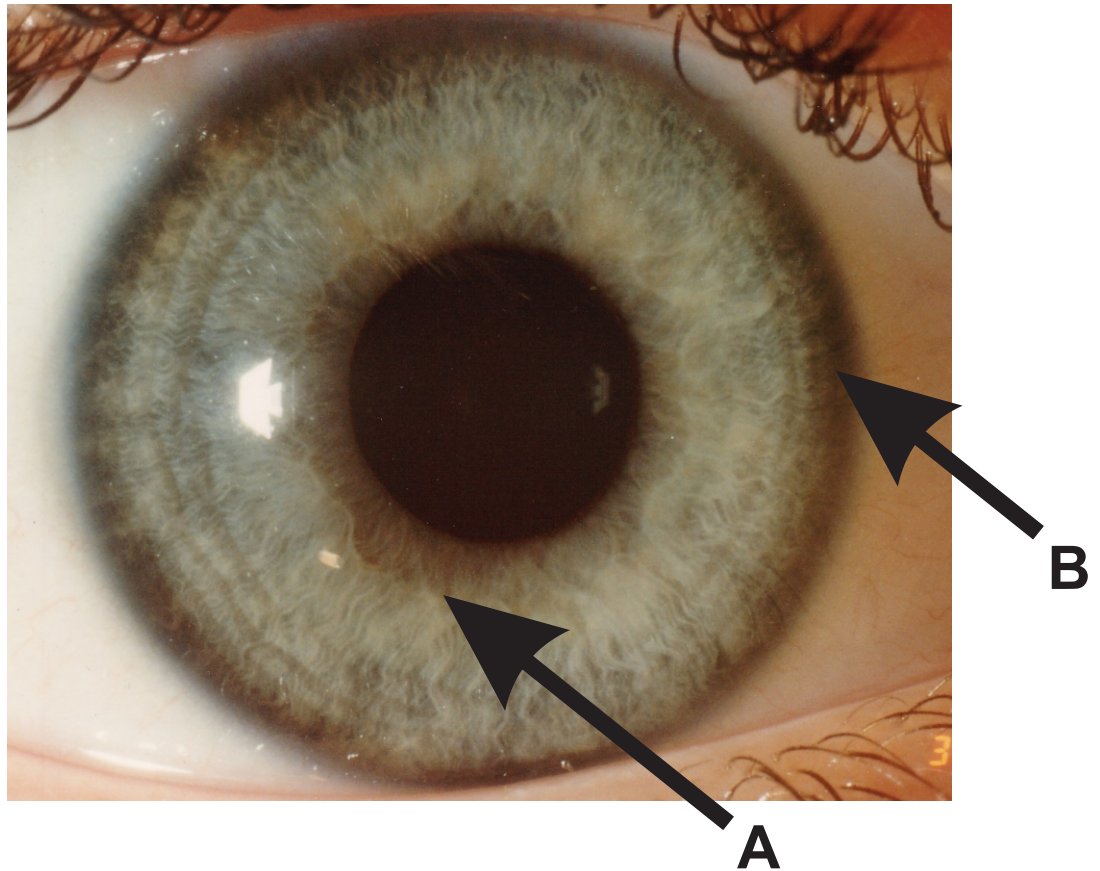
1. What is the eye type?
2. What ring is **B**?
3. What ring is **A**?



1. What is the eye type?
2. What ring is **B**?
3. What ring is **A**?



1. What is the eye type?
2. What ring is **B**?
3. What ring is **A**?



1. What is the eye type?
2. What ring is **B**?
3. What ring is **A**?

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Test Questions: Section 6

HOW TO CREATE A LISTENING PROGRAM

Circle the correct answers.

1. A complete INNER SOUND Listening Program will take a minimum of
 - a) 2-3 weeks.
 - b) 3-4 weeks.
 - c) 4-5 weeks.
 - d) 5-6 weeks.
 - e) 6 months.

2. Number the items in the order you would deal with them in creating a complete Listening Program for your client. Write the number on the line provided.
 - ___ Integration
 - ___ Personal development, meditation, dream work
 - ___ Physical symptoms

3. Draw a line from each step of creating a complete Listening Program to its description.

Step 1	Evaluation
Step 2	Fill in the INNER SOUND Interview Sheet
Step 3	Music List Step 1
Step 4	Music List Step 2
Step 5	Home Listening Program
Step 6	Integration
Step 7	Client's Reaction
Step 8	Themes and Symptoms

4. Using the INNER SOUND Interview Sheet do an interview with someone and fill in the sheet. (Submit that with this test.)

5. Choose 2 people to use as models and take them through a complete Listening Program process, all 8 steps. The models can be friends or family. Explain that you are doing this course and need someone to do a process with to complete part of the course requirements. They need to be in agreement to actually listen to the music you recommend based on what they would like to work on. If they do not want to listen seriously, it is better to find someone else who will. Perhaps they will be willing to pay for the CDs they use in exchange for your time or maybe you can come to another kind of arrangement.

Follow the guidelines below with each model:

- a) Fill in the INNER SOUND Interview Sheet
- b) Create a Home Listening Program using the Listening Program Worksheet
- c) Use Listening Program Instruction Sheets
- d) Write a brief summary of the Listening Program process with each model, the music you chose, their reaction, progress and integration. (300-500 words for each model.)

NOTE: In the 'Download Material' section of this course online, there are 3 Word files of the following documents for you to make copies from whenever you need them:

- 1. *INNER SOUND Interview Sheet*
- 2. *Listening Program Worksheet*
- 3. *Listening Program Instructions*

INNER SOUND Professional Distance Training

Test Questions: Section 7

LISTENING GOALS

Circle the correct answers.

1. In the INNER SOUND training the meaning of the word 'symptoms' refers to
 - a) complaints, problems or themes that the clients comes with.
 - b) feelings and sensations both positive and negative that come up in the client while listening to a Listening Program.
 - c) a & b
 - d) None of the above.
2. 'Alleviation of symptoms' means
 - a) that the symptoms disappear.
 - b) that they learn more about themselves in relation to the symptom.
 - c) that the symptoms change into something else.
 - d) None of the above.
 - e) All of the above.
3. True/False If s symptoms disappears rapidly this means that the underlying cause has be resolved.
4. Synchronicity occurs when
 - a) the client has the capacity to continue listening to the music on their own.
 - b) a steady rhythm is established going from 1 music to the next.
 - c) the mental, emotional, physical and energetic aspects of the person advance or change together.
 - d) None of the above.
 - e) All of the above.
5. A typical expression of a client who has made a deep, integrated change would be
 - a) "I feel that I am cured."
 - b) that they ask you is you think they are progressing.
 - c) "I can not say exactly what is happening to me, but I feel very different about things."
 - d) None of the above.
6. A long term listening process is appropriate when
 - a) the client's symptoms do not disappear easily.
 - b) you discover that they need 3 or more CDs in their Listening Program.
 - c) The client is interested in personal transformation and development.
 - d) None of the above.
 - e) All of the above.

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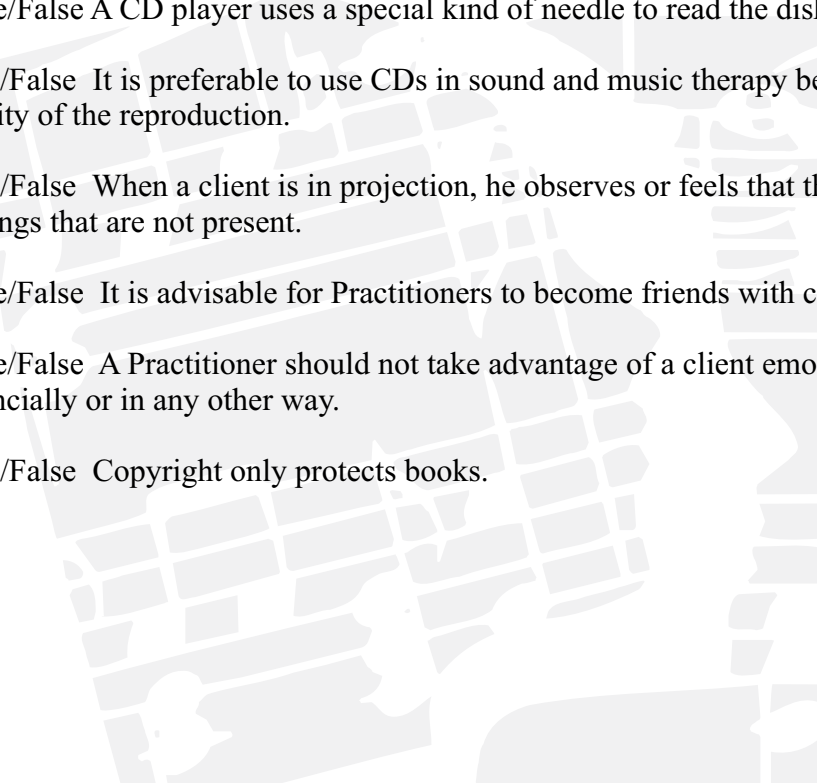
Test Questions: Section 8

CLIENT/PRACTITIONER RELATIONSHIP

Circle the correct answers.

1. Your basic role in the sessions with your client is to.
 - a) get them to realize how much you know about the music.
 - b) get them to stop feeling sorry for themselves.
 - c) guide them to the right music.
 - d) show them how to use the music to its maximum effect.
 - e) a & b
 - f) c & d
 - g) all of the above
2. The reason it is normally better to have sessions every week is that
 - a) it assures that you will be able to pay your rent.
 - b) you can help your client when they encounter emotional defenses.
 - c) you can have better control over the situation.
 - d) All of the above.
3. True/False It is better not to tell your client the cost of the sessions so you won't make them uncomfortable.
4. True/False The amount of benefit your client will derive from the music is directly proportional to the amount of time they spend listening.
5. True/False Your client's participation in his process is not important.
6. True/False Your principal responsibility is to help your client get the most benefit out of listening to the music.
7. True/False If your has negative feelings about the music they are listening to, you need to change to another music.
8. If your client feels overwhelmed or pressured by the music, you need to
 - a) try turning the volume down.
 - b) have them listen for shorter periods of time.
 - c) add or take away the exercises that go with the music.
 - d) All of the above.
 - e) None of the above.

9. If your client feels uncomfortable listening to a CD, this means that:
 - a) they have eaten too soon before they listened to the music.
 - b) they are not using good equipment.
 - c) blockages are being touched.
 - d) they have been listening in the wrong body posture.
10. Compassionate Listening means:
 - a) you cry when your client tells you a their sad story.
 - b) you made snap judgements about your client to help you later.
 - c) you give a lot of advice and information to demonstrate how knowledgeable you are.
 - d) All of the above.
 - e) None of the above.
11. To achieve results the client needs to listen for a minimum of
 - a) ½ hour per week.
 - b) 15 minutes before going to bed.
 - c) ½ hour per day.
12. The placebo effect is:
 - a) when the client takes sugar pills while listening to the music.
 - b) a cure of 'mind over matter'.
 - c) a modern problem.
 - d) None of the above.
13. True/False If your client begins to evade listening and wants to stop their process with the music because they are beginning to come into contact with emotional blockages, you should say whatever will make them feel guilty if they stop.
14. True/False INNER SOUND comes from Egyptian hieroglyphics translated from King Tut's tomb.
15. True/False It is important to emphasize the process to the client so that they will not have too many illusions.
16. True/False The overall listening objective is self-identification or consciousness of the discrete parts that make up the different systems in the human organism.
17. True/False If you are running 2 hours late, you should ask your client to join you for lunch.
18. True/False If your client begins to cry or has other kinds of emotional outbursts, give them the space and freedom to express themselves without making judgements or telling them everything will be fine.

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19. True/False It is important that your client explain their emotional outburst while it is going on so that they won't forget anything.
 20. True/False If your client has difficulties breathing have them drink through a straw.
 21. True/False A CD player uses a special kind of needle to read the disk.
 22. True/False It is preferable to use CDs in sound and music therapy because of the quality of the reproduction.
 23. True/False When a client is in projection, he observes or feels that the Practitioner has feelings that are not present.
 24. True/False It is advisable for Practitioners to become friends with clients.
 25. True/False A Practitioner should not take advantage of a client emotionally, sexually, financially or in any other way.
 26. True/False Copyright only protects books.

INNER SOUND Professional Distance Training

Test Questions: Section 9

EQUIPMENT AND ENVIRONMENT

Circle the correct answer.

1. True/False CD players do not need volume controls because they have auto correction.
2. True/False Since CDs are read by a laser, scratches do not damage them.
3. True/False If your client does not have a CD player, make a copy of the music on a cassette for them to take home.
4. True/False INNER SOUND cassettes are produced by gauss transfer.
5. True/False The room you use for listening needs to be an enclosed space with doors, not curtains.

