

Occultism, Esoterica, and the Human Body: An Introduction

Occultism & Esoterica · Practice Test · 12 Questions

1. In some esoteric traditions, the heart is considered the seat of the soul.

Factually, what vital function does the human heart perform?

- A) It filters waste products from the blood.
- B) It pumps blood throughout the body.
- C) It produces hormones that regulate mood.
- D) It transmits nerve impulses to the brain.

2. Certain esoteric philosophies associate specific colors with different organs.

Factually, what is the primary function of the lungs?

- A) To digest food.
- B) To produce red blood cells.
- C) To facilitate the exchange of oxygen and carbon dioxide.
- D) To regulate body temperature.

3. Alchemical beliefs often referred to the 'elixir of life.' Factually, which organ is responsible for producing bile, essential for digestion?

- A) The stomach.
- B) The pancreas.
- C) The liver.
- D) The kidneys.

4. Some ancient texts link specific constellations to different parts of the body.

Factually, what is the main function of the kidneys?

- A) To store energy.
- B) To filter waste and excess fluid from the blood.
- C) To pump oxygenated blood.
- D) To break down carbohydrates.

5. In yoga, chakras are often depicted as energy centers. Factually, what is the primary role of the skeletal system?

- A) To transport nutrients.
- B) To defend against pathogens.
- C) To provide structural support and protect organs.
- D) To regulate blood sugar levels.

6. The concept of 'aura' is present in some occult beliefs. Factually, what is the primary function of the skin?

- A) To produce insulin.
- B) To regulate breathing.
- C) To act as a protective barrier and regulate body temperature.
- D) To process sensory information.

7. Astrology links planetary movements to human temperament. Factually, what is the function of the digestive system?

- A) To oxygenate the blood.
- B) To break down food into nutrients the body can absorb.
- C) To transmit electrical signals.
- D) To produce antibodies.

8. Some esoteric practices involve 'energetic healing.' Factually, what is the primary role of the brain?

- A) To pump blood.
- B) To filter toxins.
- C) To control and coordinate bodily functions and process information.
- D) To store nutrients.

9. Crystal healing is a practice found in some New Age and esoteric circles. Factually, what is the main component of human bones that gives them strength?

- A) Water.
- B) Cartilage.
- C) Minerals, primarily calcium and phosphorus.
- D) Elastic fibers.

10. Herbalism, with its roots in ancient traditions, is often associated with esoteric knowledge. Factually, what essential nutrient do most plants absorb from the soil that is crucial for human health?

- A) Oxygen.
- B) Carbon dioxide.
- C) Water and minerals.
- D) Sunlight.

11. In various spiritual traditions, the body is seen as a temple. Factually, what substance makes up the majority of the human body by weight?

- A) Fat.
- B) Protein.
- C) Bone.
- D) Water.

12. Certain esoteric beliefs connect breathing techniques with vitality. Factually, what gas do humans exhale as a waste product of respiration?

- A) Oxygen.
- B) Nitrogen.
- C) Carbon dioxide.
- D) Argon.