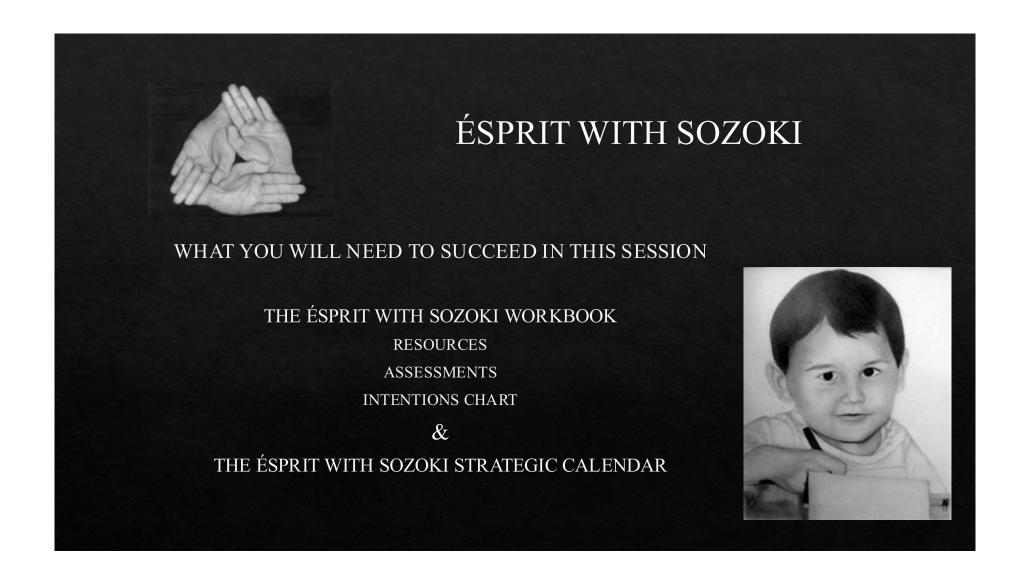


Hello Again ~ This is Nancy, founder of Ésprit with SoZoKi, back for the sixth education session designed to assist you in developing your energy self-practice, aka. Ésprit with SoZoKi.

In this session we will explore the Solar Plexus Chakra. Following the same template for the Root and Sacral Chakras, there is also additional information specific to the Solar Plexus that needs to be explained. Much of the information surrounding help for the chakras, especially the types of foods to consume has been similar to what you find on the internet, provided by people without a medical background. Their experiences are good but without the appropriate education, their information, without intent, is misguided and can cause harm rather than help.

This is why it is important to see your medical doctor, osteopathic doctor, or nurse practitioner, before making big changes in life, especially if you have diagnoses, with or without prescriptive medicine, before making any behavior changes that could well impact your health and wellness. If you do take prescribed medicines, always consult your pharmacist, and while on this note, it is best to keep the same pharmacy and get to know the professionals at the location. Once you have consulted your healthcare professionals, jump into developing your Ésprit with SoZoKi Energy Self-Practice, knowing you will not do any harm to your western medical regimen.



This slide is from session four, the Root Chakra, and you will see it in every chakra education session. This is to standardize the format from session to session, allowing the teacher (me) and learner (you) to keep focus on the target or goal. The goal for this session is to learn about the Solar Plexus Chakra, identify the pertinent data relating to this energy vortex from the Ésprit with SoZoKi Energy Self-Practice Self-Assessment, and develop intentions to improve energy flow to and through the Solar Plexus.

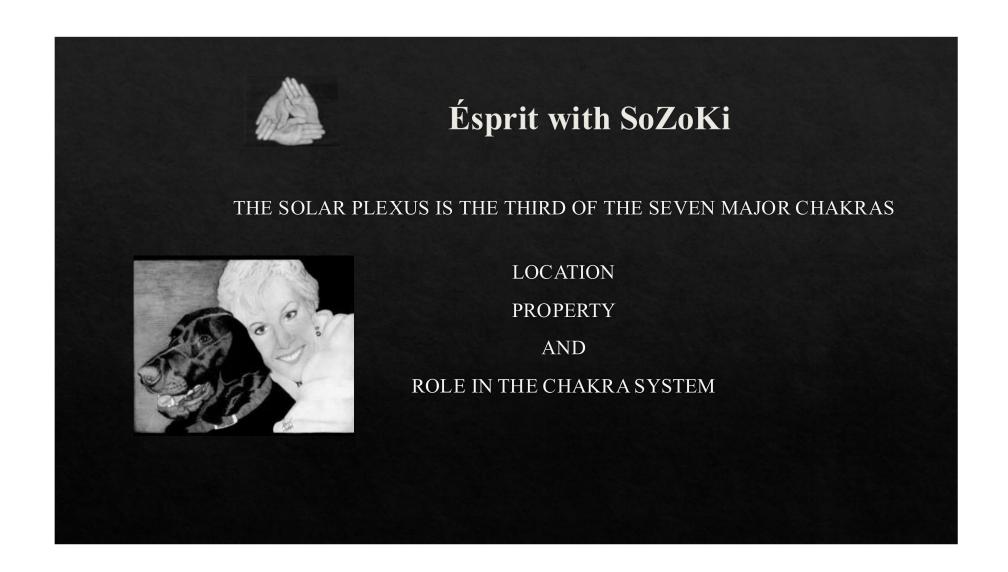
For all chakra education sessions, you will need the Ésprit with SoZoKi Energy Self-Practice Six-Step Workbook. In your self-assessment you identified your behaviors that fill your life:

- sleep, caffeine consumption, caustic conversations (where they occur and with whom)
- exercise, nicotine, alcohol consumption (where, when, frequency and why)
- recreational drug use (where, when, frequency and why)
- work/school (interactions and requirements)
- nutrition (what, when, why and frequency/volumes)

You will use this information, the data from your health/pain/emotional/social histories, and identified personality traits, to complete Step Four in the Six Step process, the Personal Behavior Impact on Energy Assessment. Influencer Impact on Energy is Step Five, but you need to look inward first.

Step Six is the Ésprit with SoZoki Intentions Chart. Using your identified data in Step Four, and influencer impacts in Step Five, you will develop specific and targeted intentions based on diagnoses and behaviors by utilizing the help opportunities for the Solar Plexus Chakra. As you identify actions in need of intervention, and learn the specific components that provide help, you will have the tools to begin creating methods to assist in increasing energy flow into and through each chakra.

Continue entering your influencers, their personality traits, and the determination of their positive or negative impact on your energy body during interactions, into your Ésprit with SoZoKi Energy Self-Practice Strategic Calendar. This tool, specific to your life, each day, every day, will give you the opportunity to implement the intentions, mantras, and rituals you have created to keep your energy body in a powerful health and wellness state by purposefully sustaining SoZoKi flow.

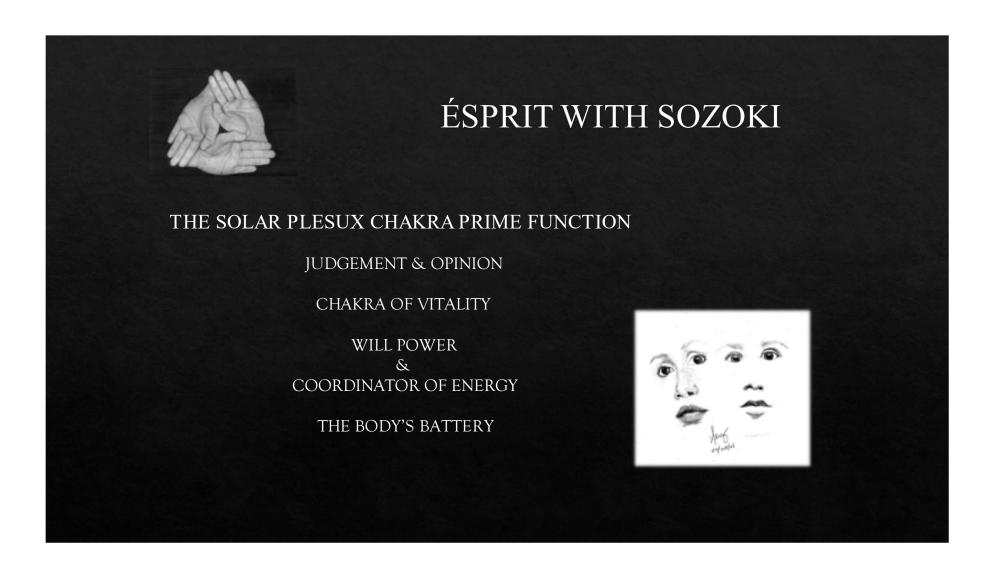


The third energy vortex is identified as the Solar Plexus Chakra. While it is the third major chakra, it is the second time the lines of meridian cross 21 times within the physical body and is located just above the umbilicus, aka navel or bellybutton.

The polarity of the solar plexus chakra is positive, pulling energy upward that is pushed from the negative polarity of the Sacral Chakra, then pushes energy upward into the Heart Chakra.

As inspiration and intuition occurred with the flow of SoZoKi through the first and second chakras, they arrive in the Solar Plexus where a judgment or opinion is formed. When open, we accept the information provided by the Root and Sacral Chakra with positivity and grow the seed with integrated understanding. When this chakra is inhibited or closed, we dismiss the thought processes that have developed as being insignificant or misguided, and we lose our intuition or gut feeling. This movement is a separate function from what occurs within the chakra (judgement or opinion). These aspects of the Solar Plexus will be revealed in much more detail later in this education session.

The role of the Solar Plexus Chakra in the chakra system is to assist you in the assimilation of information without judgment, to form an unconscious bias-free opinion. Unconscious bias is defined as prejudice or unsupported judgments in favor of or against one thing, person, or group as compared to another, in a way that is usually considered unfair free opinion. A healthy Solar Plexus Chakra has a supportive energy influence on associated physical structures, producing opinions that continue the movement SoZoKi to the Heart Chakra. To Err is Human pertains to all aspects of life, and so exits the opportunity for judgment rather than opinion to be delivered to the Heart Chakra.



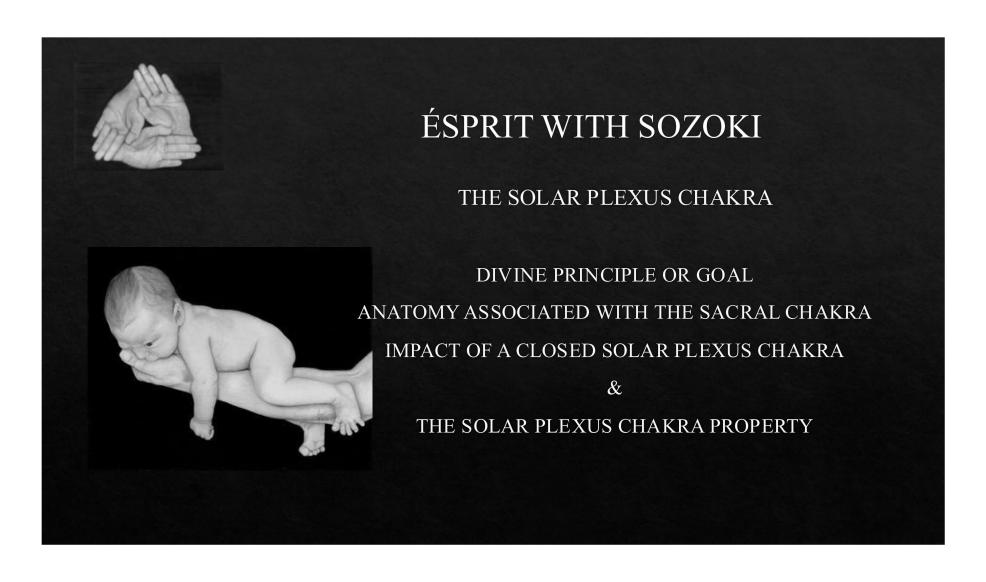
The prime function of the Solar Plexus Chakra is coordinating energy, vitality, and will power with our desires and is considered our body's battery. When energy flows freely through this chakra, we have a sense of purpose, our state of mind is energized, and we experience our own autonomy.

The Sacral Chakra is also the seat of judgement and opinion, and there is one significant aspect of human behavior we all need to understand, so here is another story to support this concept.

When I began growing my nursing leadership career at the University of Virginia, part of my training was taking a course by the Vital Smarts company, Crucial Conversations. The class I was assigned to was filled with a mix of leaders at all levels, as the program was new to the university. There is much to offer from the program, but I will focus on the following aspect, but I recommend taking the course if you have the opportunity.

Funny how we can recall details, no matter the amount of time passed, since the initial introduction. The course included six compact discs to allow the learner to listen rather than read if desired. The fourth disc really captured my attention and branded this concept to my brain. We humans have a strong tendency to insert details into a storyline if they are not provided. In other words, we tend to make things up to fill the gap of information, often with our world view, perceptions, or past experiences. Often this behavior leads to a judgment based on fictional information, for we provided what was not there. Or, it can lead to an expectation and if not fulfilled, the judgment follows.

Here is an example. I was reading a story someone shared about their experience of gifting someone. Having given help to someone who did not respond in the manner expected, left the giver with this response. "I helped someone, and they did not thank me, so I will never help them again. As a matter of fact, if that is how people respond, I will not help anyone again! People are so ungrateful for the help they receive."



The Divine principle of the Solar Plexus Chakra is inner strength. With self-control we are efficient, pay attention to details and achieve the best results from the effort we apply. We need this vortex to function because when it does not, we fall victim to selfishness. When it is obstructed, we lack personal authority, and we seek power through the control of others rather than through self-control. Characteristic behaviors from aloofness to intimidation emerge to seek and draw energy from those with whom we interact. We fall victim to anger, fail at goals and have a sense of purposeless existence.

When energy flow dwindles or is blocked, organs and systems associated with this chakra experience states of disease, dysfunction, or failure. Organ connections to the Solar Plexus Chakra include the stomach, gallbladder, liver, and small intestine, and in particular, the pancreas.

The Solar Plexus Chakra is identified as androgynous in nature and ideally exists in a state of unified duality. Connected to both yin and yang, feminine and masculine, it represents the surrender of each to the other. This chakra is dominated by neither property but exists as the same energy vortex in females and males, and it is subject to a melting pot of emotions, both positive and negative.

As the Chakra System moves the inspired and then intuited thought into the Solar Plexus, we decide what to do with information. If we do not stop the process from the previous two chakras, with a closed Solar Plexus, we form an opinion or judgement upon the thought. The Solar Plexus can do either with adequate energy flow, so the outcome does not have to be positive, it is only recognized.

Judging a behavior is not the same as judging the person. It is when we judge the person rather than their behavior that a closed or diminished Solar Plexus is displayed.



This slide will remain relatively the same in each of the chakra focused education sessions. Repetition of new information and concepts increases the ability to consume and use as knowledge, rather than reliance on an informational chart.

Intention is defined as an act or instance of determining mentally upon some action or result; intention is a purpose or attitude toward the effect of one's actions or conduct. In previous education sessions there was much attention focused on mantras and rituals, and now we turn that focus to interventions. But before we turn to intentions and interventions know this about mantras. Mantras are similar to prayer; in that we state the expectation rather than ask for something. The Lord's prayer is used by all practicing Christians. It starts with "Our Father, who art in heaven, hallowed by thy name." As the prayer continues there is not an ask, as the entire prayer it is a statement. Remember, the easier it is for the ritual to be performed, the more you will use it – KISS!

Consider these mantras as you hold recommended yoga posing:

I do not judge
I am energized
I have self-control
I do not harm
I do not overpower another
I own my thoughts
I own my behavior

The word intervention is defined as the act or fact of intervening, or to occur or happen between two things. In this case, you will intervene between your behaviors, your health barriers (diagnoses) and the methods specific to each chakra to improve and move to health and wellness. Use of rituals or repetitive behaviors, used to produce an intended outcome, are essential to success. Just as important as identifying negative behaviors, is the need to bring to awareness positive interventions throughout the day. Each of you have your unique assessment data, so you will have rituals specific to the behaviors and health diagnoses identified in the self-assessment. The Esprit with SoZoKi Six-Step Process gives you the ability to drill into your life to identify intentions and interventions that produce desired outcomes via documented trial and error. In other words, you aren't addressing one chakra, you are specifically addressing your chakra system.

Before we focus on interventions on the next slide, there are a few things about nutrition and how our body uses food, that needs to be understood. There are three kinds of food your body uses for metabolism to occur. Metabolism means breathing, heart beating, liver filtering, intestines absorbing and kidneys creating urine. Those processes are constantly occurring without thought or intention.

The most important take away is our body will use the food we eat that is easiest to breakdown for metabolism to occur. The carbohydrate is the easiest and all carbohydrates, simple or complex, are broken down to sugar. The second food group the body will use for metabolism to occur is protein, which is much harder to breakdown. The third food is fat, which is the most difficult to breakdown and stored by a lazy body (I don't mean person) whenever possible. So, if you have a high carb diet with animal protein which most often has fat, your body will use the carbs first, then go to protein if needed, and rarely breakdown the fat, which is how we gain weight, if we don't burn more calories than we consume. Remember, metabolism is not exercise, it is the processes that keep us alive. If we have high protein with little carbs, our body has to work harder, which increases our metabolism, and burns calories. Lean muscle on our body is developed by the protein we consume. And that is your nutrition lesson from this nurse \odot



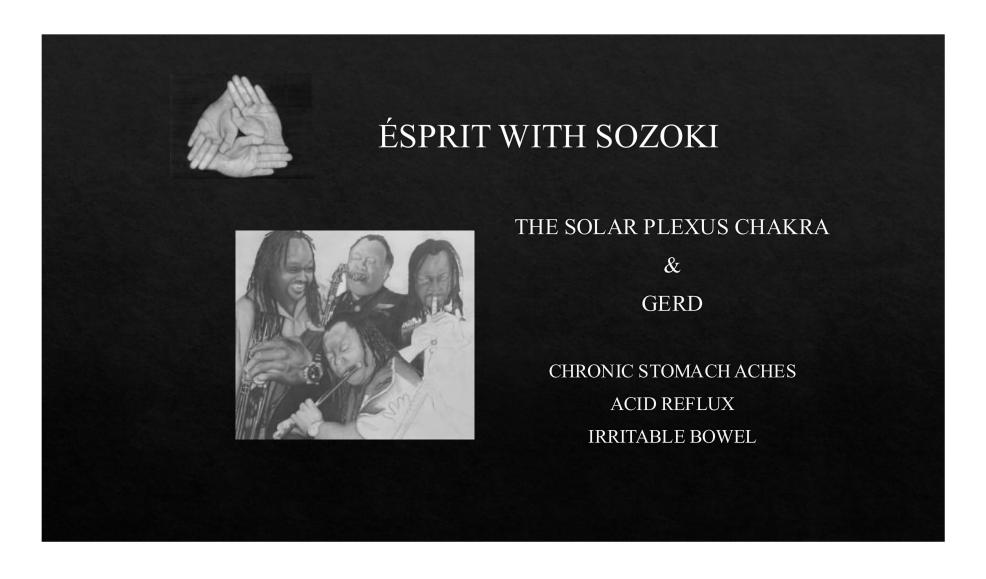
Dietary considerations to ensure the health of the Solar Plexus Chakra include lentils, beans, chickpeas, bananas, lemons, and pineapple. While grains are beneficial, be careful with consuming these foods in large quantities as they are higher in carbohydrates than protein and can easily result in unintended weight gain. I have listened to struggles people have with weight loss while eating mostly salads and then adding a daily banana for the potassium their doctor told them was needed. Do you know a medium banana has 54 grams of carbohydrate? Do you know a bowl of potato chips can provide the same potassium with only 18 grams of carbohydrate? I love potato chips, and while they may carry fat from frying (reduced fat and baked are available), if you do not have a diet high in fat, then eat them but in a bowl to avoid overeating. Another eating habit that prevents weight loss, is a bowl of oatmeal for breakfast, and even more detrimental is adding a banana. If this breakfast sounds familiar (replace oatmeal with any

cereal) and you cannot understand why you struggle with excessive weight, either increase your aerobic activity or change your breakfast food. I naturally fall into the 16 hours daily fast, for I have never been hungry in the morning, unless I eat too late the night before. It is not an eating behavior to try to attempt immediately, but if you do not have any diagnoses to prevent this type of eating routine, then work your way to accomplishing without feeling uncomfortably hungry (you will overeat if you feel deprived) and remember to stay hydrated when not eating. Chamomile consumed as tea and the spices ginger, cinnamon, turmeric, and cumin in drinks and recipes also support the flow of energy to and through the Solar Plexus.

The symbol associated with the Solar Plexus is the downward pointing triangle, the color is yellow, site is the sense, and the gemstones are amber and citrine. You may think the yellow sun is the planetary focus for this chakra, but it is Mars, the fourth planet from the Sun and the second-smallest planet in the Solar System. The element for the Solar Plexus is fire, the rapid oxidation of a material in the exothermic chemical process of combustion, releasing heat, light, and various reaction products, and so not a surprise when we know this chakra prime function includes vitality, will power & coordinator of energy – The Body's Battery.

Having the ability to trust our instincts will connect us to the energy of the Solar Plexus Chakra. Yoga poses to support this energy vortex include the cobra pose (face down with legs flat and arms under shoulders lifting the upper body). Add to the cobra with the bow pose (work your way to this pose if a beginner, while in the cobra position bend one knee and hold the ankle with hand on the same side of the body), the boat pose is a sitting position with legs extended and elevated with upper body off the mat and hands behind knees. As you hold these poses, continue to breath, and once mastered begin use of a mantra you created to support the Solar Plexus Chakra.

There will be additional information and suggestions to help energy flow to and through the Solar Plexus later in this education session on slide fourteen.



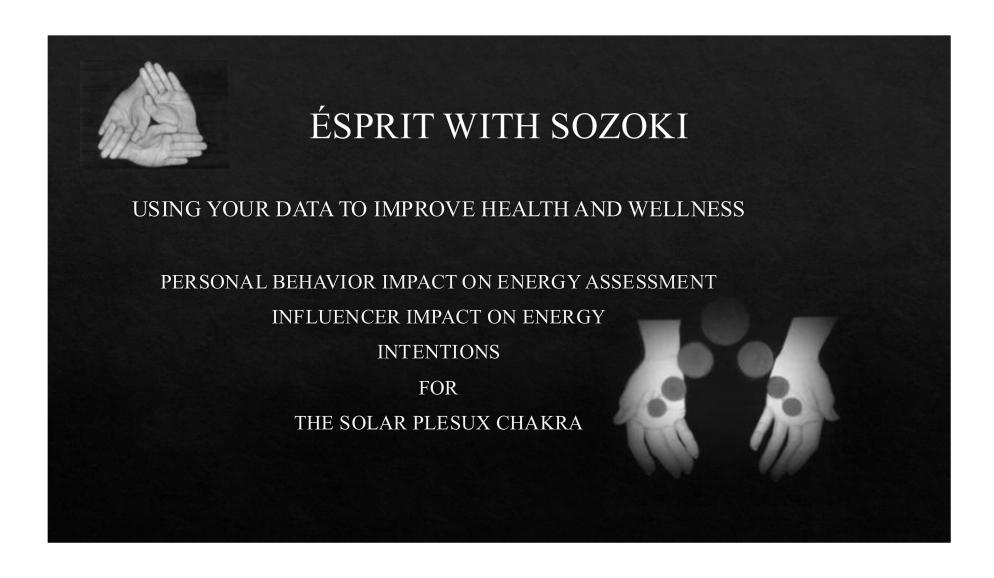
This slide is a specific focus on the Solar Plexus Chakra and its relative location to the mid-abdomen, as many experience stomach pain or significant discomfort. Understanding the variety of reasons for chronic stomach aches and acid indigestion is important so you can identify any behaviors inducing the discomfort. Again, always check with your doctor or nurse practitioner to ensure a chronic condition is not caused by a physical dysfunction or disease.

Through 25 years as a clinical operating room nurse, then another 15 years as a Periop leader, and having interviewed tens of thousands of patients, I have always been intrigued by the number of people in the United States who have reported that they suffer from gastroesophageal reflux disease (GERD). In a Digestive Diseases and Science research article published on NCBI in 2014, the authors noted a steady rise in the rate of occurrence in industrialized countries around the globe. Annually there more than 9 million visits to primary care doctors with complaints of GERD. The related utilization of sick day absences have posed a financial burden on both patient and their employer. GERD has also imposed a financial burden on health care systems.

How many medications have been developed to stop acid in the stomach from rising up into the esophagus with a burning sensation often mimicking a heart attack? Television commercials are relentless in identifying the cause as a physical ailment to be treated with medication, but not exploring the connections to our spiritual state of health, and now there is an incidence of cancer related to some of the meds.

GERD is the symptom, but is it a consequence of anatomical or ethereal dis-ease? We need to look for both pathologies in order to find lasting relief. Judgement is the ability to make a decision, or form an opinion objectively, authoritatively, and wisely. In current western cultures judgements are frequently formed after, and on the basis of, subjective opinions. When we witness what we believe to be a bad action we identify it as such. When we identify the person rather than their behavior as bad, we have applied judgement upon the person. They have been judged as a bad person, rather than they performed a bad action. We in America live in a predominantly Christian-Judeo religious culture that teaches to "judge not least you be judged" or "he who is without sin cast the first stone" yet how many times a day do people judge one another? Judgments are formed after, and on the basis of, opinions. To put it another way, judgments are applied opinions, and having judged, we expect gratitude for our wisdom!

If you suffer from GERD, first see your MD, DO or NP, and then take a long hard look at your judgments and opinions. Treat the Solar Plexus with interventions and intentions and be careful with the medications you take!



Let's start using the data created in the six-step process now that you have learned more about the Solar Plexus Chakra.

As in previous chakra focused education sessions, I'll break this down, step by step, in the next slides, with a focus on:

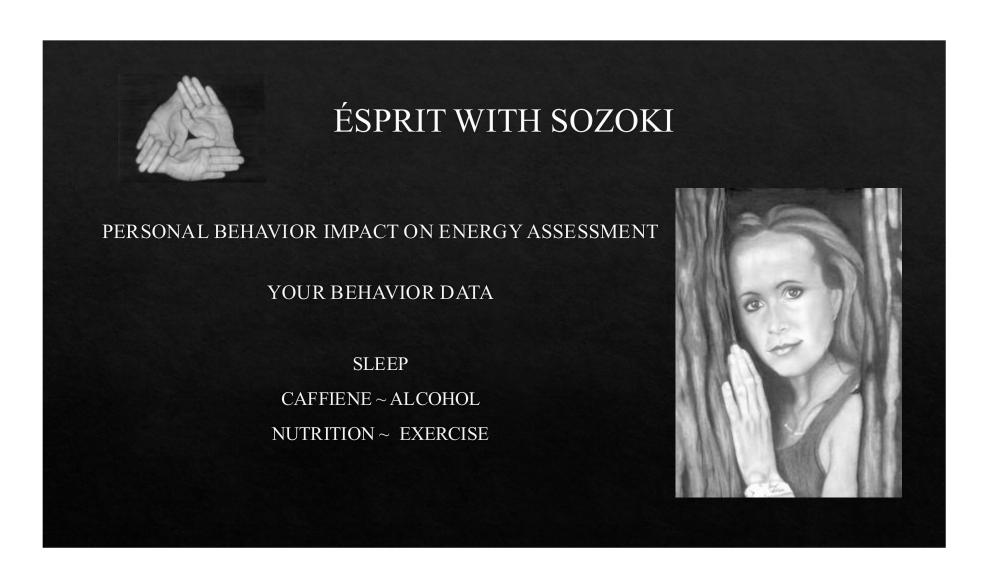
Your personal behavior

Your influencers behavior

Intention strategies based on data to improve health and wellness

Remember, intentions can include mantras, rituals, meditations, use of food, color, symbology, gemstones, planets in our solar system and earth elements.

My mantra as I work on the Ésprit with SoZoKi program, a stickit note on my laptop, is 'I will succeed with SoZoKi'. This serves as a constant reminder of my intention to create a program to increase health and wellness for anyone who has the desire and makes the required effort to learn about themselves, those in their life, and how to improve their energy body knowledge to succeed.



The first step of the Ésprit with SoZoKi Six-Step Process, the Self-Assessment, addressed the behaviors that fill life. To understand feeling depleted and reliant upon caffeinated or nicotine products to keep revved up and going through the day, the details uncovered will give direct insight into when, where, why and with whom struggles ensue, as well as those who raise energy. Again, you will always be your greatest influencer.

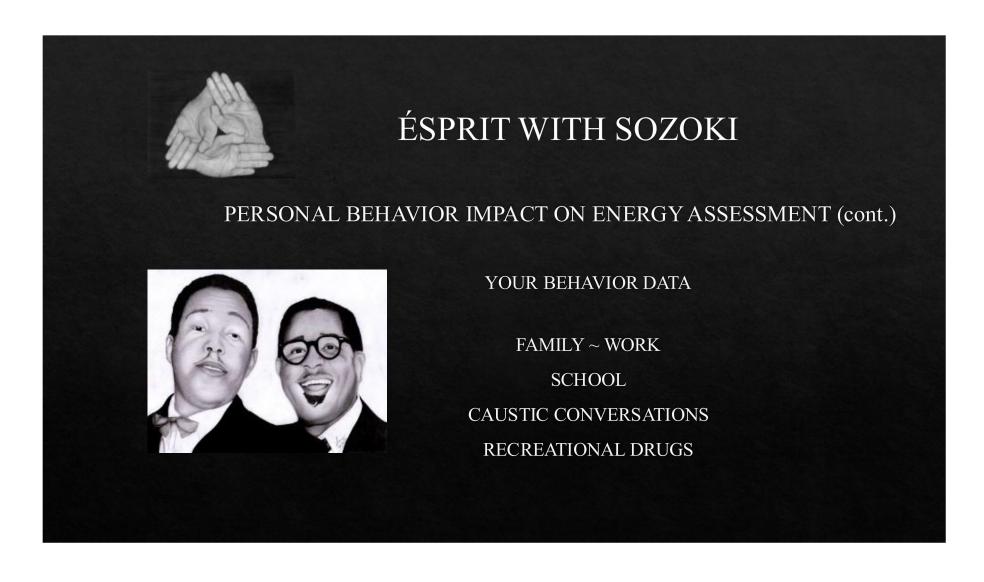
How does sleep impact the Solar Plexus Chakra? As previously stated, sleep is one of the most important behaviors impacting health and wellness. Not only do you deplete your energy body, inadequate sleep manifests as physical and mental dysfunction, inducing memory issues, negatively impacting the ability to concentrate to make good decisions and induces mood change. Recalling the prime function of the Solar Plexus, vitality, will

power & coordinator of energy, and the Divine goal of inner strength and a sense of purpose, you will struggle to attain them if you do not have a consisted sleep routine, lending yourself to make more judgments rather than form opinions.

By now you should be recognizing the correlation of caffeine consumption with sleep behaviors, seeing a pattern to your behavior, as well as with any nicotine consumption. Some will use caffeine and/or nicotine to control appetite and prevent weight gain, but does this approach produce health and wellness? The answer is NO, it may keep your weight down, but there are far healthier ways to increase metabolism as aging occurs to maintain a healthy weight. Some use coffees for the brain-gut axis, or impact of coffee to stimulate the large intestine, but let me share what I learned in nursing school, and forever grateful to have learned this at a fairly early stage in life.

There is a naturally occurring process within the intestines called a mass peristaltic action. This is what occurs to move waste through and out of the body. When denied, over time, we lose this mechanism and begin to have elimination dysfunction, either as diarrhea or constipation. As soon as I heard this, I made it a point to do my best and never deny this stimulation. There are people who will only allow excretion at home in a private setting, which is one of the worst behaviors negatively impacting the body's natural process. Along with dehydration and poor dietary choices (too much cheese or chocolate will produce constipation and too much caffeine and nicotine will produce gastric upset and intestinal dumping) behaviors leave the GI tract in a constant state of dysfunction.

Exercise is an important component in weight management. We live in a country that has exploded with morbid obesity, which is defined as 30 pounds over the weight range you should be within. This amount of excessive weight puts stress on vital organs, like the liver, which is associated with the Solar Plexus. Non-alcoholic fatty liver disease with symptoms includes fatigue and abdominal pain, it eventually led to cirrhosis, and when left untreated to liver failure or liver cancer. Another organ associated with the Solar Plexus is the gallbladder. Obesity may make developing gallstones more likely, especially in women, and is thought to be the result of a high cholesterol diet. According to the National Institutes of Health (NIH) there are approximately 20 million people in this country with gallstones, 300,000 cholecystectomies (surgical removal of the gall bladder) are performed annually, and 15% of the population have asymptomatic gallstones.



Now, let's look at behaviors and routines associated with interpersonal relationships, specifically judgments versus opinions and the impact on energy from these interactions. Or more significant, the absence of a plan to ensure these important interactions are not stressed.

Questions to consider from the behavior section of the self-assessment for the Solar Plexus Chakra:

Do you tend to jump to a conclusion and judge a person rather than their behavior?

In a traditional interaction, do your choices produce a caustic conversation?

If you are the stimulus then identify what triggers a caustic conversation, who it is with and events surrounding.

When we have low energy flow, we tend to subconsciously take energy from another via an interaction. It can be positive or negative, but someone walks away energized while the other depleted (seeking the energy drink, nicotine, alcohol, or recreational drugs, used in this circumstance to self-medicate so you just don't care). Remember the prime function of the Solar Plexus Chakra is coordinating energy, vitality, and will power with our desires, but not at the expense of another.

The assessment continued for this area of behaviors to include aspects of work/school that tend to interfere with a smooth process, if unplanned. Attire seems like a behavior that shouldn't really cause a negative impact on energy, but it you don't know what you are going to wear and have it ready for a tight morning schedule with family, the scramble can leave nerves frayed and easily agitated when interacting. If you commute and are running behind because of attire decisions (or lack thereof) the stress increases, often getting angry with traffic and fellow commuters. If you punch a time clock, and you are running behind, this another stressor, and you haven't even gotten to the work of the job. If you have control of your schedule, consider the time of your first and last meeting, if too early or too late, again this is adding stress. What's the significance? When stressed you may well assign a judgement, they did this, so that happened to me.

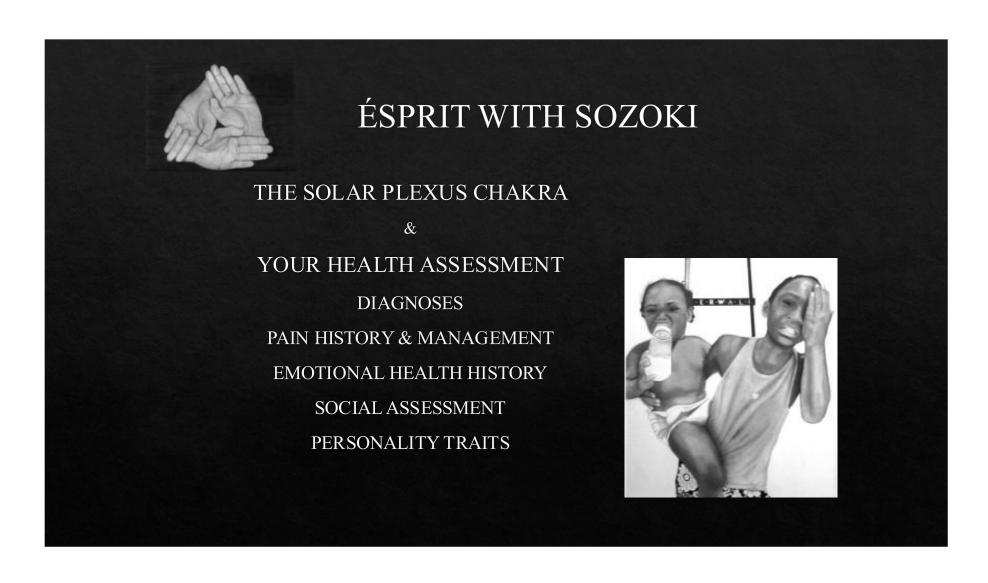
Remember two things:

First is the Golden Rule – due unto another as you would have them do unto you.

Second is she/he without sin throw the first stone (tenet from Christianity).

When you witness a behavior, you do not agree with, have an opinion about the behavior and avoid judgment of the person, for you may not know the details surrounding their behavior. The following paragraph is from my book *SoZoKi/Creation's Energy* and is a good representation judging without understanding the backstory that produced a behavior.

When we raise our children, very early we begin to teach them about life. It starts with meeting their needs for comfort, food, and security. When they cry, we respond, shaping their expectations, regardless of whether our responses nurture or neglect. This process is the same for most if not all children and influences their perceptions of reality throughout their lives. Feral children have been found in multiple sites around the world. Often abandoned by parents with alcohol and/or drug addictions, they have been isolated from human society for prolonged periods of time in early childhood. Once discovered, these children have social and intellectual deficits they cannot overcome despite all efforts. They often take on the characteristics of wild animals – often those of canines but occasionally primates – they have lived with to survive. Street urchins, children raising themselves in the streets of slums, face many of the intellectual challenges of the feral child. Often shunned as dirty and mischievous, their behaviors are the result of the daily struggle for survival, and their appearances reflect that struggle. Without the benefit of parental domestication, these children grow into adults with psycho-social deficits, repeatedly failing to meet their own basic needs, and depending on society to do for them, frequently in mental health or penal institutions. These children may grow into adults who mistrust authority as well as charitable organizations. In some cases, developing trust takes a lifetime. Their perception of the world is as a cruel place filled with intention to harm. Had they been given the same opportunities as a child raised in a loving family the outcome could have been far different.



There are many diagnoses associated with the Solar Plexus Chakra and they include gallbladder stones/cysts, gastro esophageal reflux disease (GERD), gastritis, malabsorption, irritable bowel syndrome (IBS), stomach cancer, pancreatic cancer, pancreatitis, diabetes, hyper/hypoglycemia, insulin resistance, fatty liver, cirrhosis, and ascites (abdominal and peripheral fluid retention).

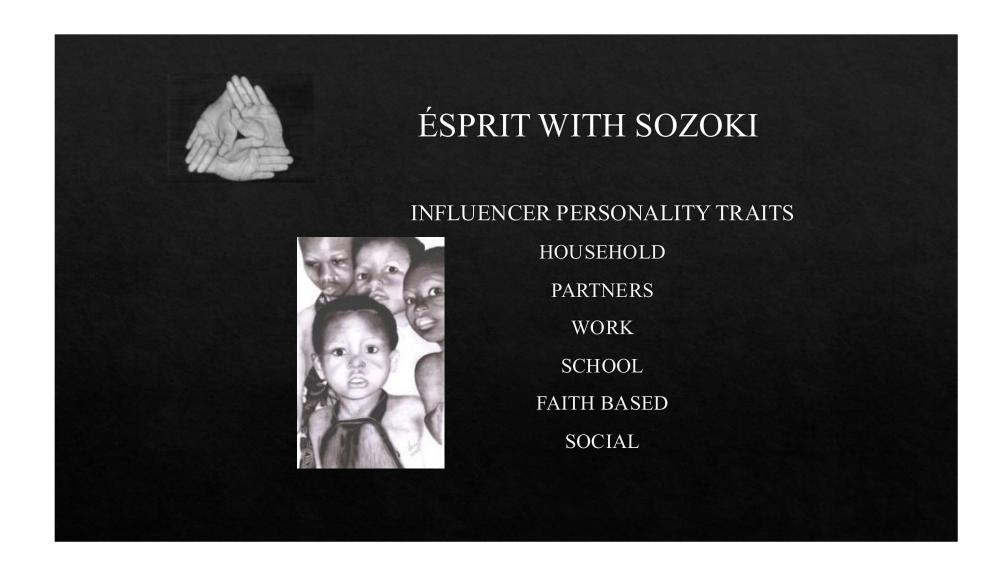
On slide nine, I presented a detailed discussion on GERD because it is so prevalent in the US with rising occurrence around the world, so I will not focus on it again in this slide. Slide eleven reviewed gallbladder and liver diseases, and the Sacral Chakra Education Session Five provided an extensive discussion about hyper/hypoglycemia, as it related to kidney function, weight maintenance and fertility. The interconnectedness of the chakras within the system now moves up to the Solar Plexus, as pancreatic dysfunction is associated with the diagnoses of diabetes, hyperglycemia, and hypoglycemia. Sometimes hyperglycemia is not due to a lack of insulin production but rather a resistance to insulin, resulting in high blood sugar levels. Untreated over a period of time can result in an impaired immune response (poor healing of cuts and wounds) as well as vision problems, nerve damage, and blood vessels & the kidneys.

Unhealthy bowl habits and the impact on natural peristaltic action were reviewed on slide eleven. Let me add the diagnosis of IBS, as it is on the rise, as evidenced by the volume of commercials offering a variety of interventions to help with this bowel dysfunction. Irritable bowel syndrome causes constipation, gas, diarrhea, and other digestive problems. Researchers have shown a tendency to have sensitive intestines for those suffering from IBS. Recommendations of hydration, pro-biotics, nutrition, and exercise are often the recommendations to support this population.

An energy self-practice is not the cure-all for all health diagnoses, however if you understand and focus intentions on diet, exercise, and hydration, while ensuring stress reduction with targeted energy intentions, you are giving yourself the best actions possible. There is no data to determine the impact of an energy practice on IBS, but that will change as more move to incorporate Western and Eastern modalities into self-care. Also note those with underactive thyroid disease, can exhibit slow intestinal movement resulting in constipation. This interconnectedness of the Root, Solar Plexus and Throat chakras provide additional insight of a system rather than independent chakra functions.

In the Root Chakra Education Session Four, I shared in detail my experience with energy healing and chronic pain patients. As you saw in the Root session, pain impacts emotional and social status, and personality traits will help identify what changes you may need to make when it comes to your view on your life experiences. A common experience for all of the participants in the Reiki sessions was a great deal of abdominal gurgling as they relaxed and fell asleep, pointing to judgments and opinions (Solar Plexus prime functions) about their pain experience and the impact it had on multiple aspects of their lives (emotional feeling about self/pain and social interactions, or lack thereof.)

Gastritis, inflammation of the stomach causing pain, could well be an outcome of a judgmental approach to life, looking at the glass half-empty, holding grudges or feeling sorry for self, all stress inducing world views. If you are experiencing stomach aches without an identifiable cause (injury, bacteria, viruses, ingesting irritants such as alcohol, NSAIDs, steroids, or spicy food) I suggest focused intentions and interventions to modify your personality traits. If it is behavior related, as in alcohol consumption, then focus intentions and interventions to assist you in making a needed change.



Slide thirteen focused on your diagnoses, pain history & management, emotional health, social activity, and your personality traits.

Now we will look at the impact on our energy body with the identified influencer personality traits. Remember, you will always be your greatest influencer and assigning traits is not a judgment.

How do the people in our homes, where we work or attend school, the church we attend, and our social contacts impact the energy body? When completing sections of the Esprit with SoZoKi Six-Step Process, you identified who in life had influence upon you, where in life they entered, and their significant personality traits. Then you identified if the interactions and their personality traits had a positive or negative impact during the encounters. The final exercise identified where and just as important when, the influencers exist in your life, any triggers of your behavior they influence, and if they are inspiring/uplifting, limiting/draining, supportive/nurturing or doubtful/discouraging interactions. This specific data allowed you to enter into the strategic calendar not only the day of the week/month but the time of day and how much time you spend with them.

We all have people in our lives we must interact with in all of the areas, and while church, volunteering, and socializing, at first blush, would lend people think them to always be positive, I have known professed faithful to be unkind in words and deeds, judging those who do not hold the same belief, and those who do not conform to their belief. If your social circle tends to gossip rather than talk about ideas, ideals, or experiences, these too are energy draining interactions. If those you volunteer with hold beliefs you do not follow, stress will occur as you have to ensure you do not contradict. My point is that there is always the opportunity to have a negative interaction regardless of where our influencers exist, BUT you have choice and freewill, so make sure these areas of life do not leave you with mind spinning as you lay down at night, rather than falling into a peace-filled slumber.

Knowing how those closest to you express their life experience, along with identifying when, where, and how they enter your life, allows you to strategize energy intentions and interventions. You may have very important people in your life you do not want to release, and this information is a way to keep them without experiencing energy-depleting disharmony. If someone drives you to drink, smoke, increase caffeine consumption or recreational drug use, lose sleep, or feel stress, then focus intentions and interventions to safely keep them, or move on without them in life. Being our brother's keeper does not translate to self-harm.



ÉSPRIT WITH SOZOKI

HELPFOR THE SOLAR PLEXUS CHAKRA

GOAL: OPEN CHAKRA TO INCREASE SOZOKI

FOODS: LEMONS, PINEAPPLE, YELLOW SQUASH AND YELLOW PEPPERS.

SCENTS: GINGER, BLUEBERRY AND CEDAR

GEMSTONE: AMBER AND CITRINE

METAL: IRON

PLANET: MARS

ELEMENT: FIRE

SOUND: RAM IS THE VIRATIONAL TONE – THE M SOUND EXTENDS UNTIL THE WORD IS REPEATED

MOVEMENT: AEROBIC EXERCISE (NO STOPPING FOR 10 MINUTES), YOGA POSES

MANTRA: I DO NOT JUDGE

RITUAL: REPEAT MANTRA, COLOR IN VIEW, SCENT IN THE AIR, GEMSTONE WORN ON THE BODY

Here are a couple of goal ideas to assist in creating ones that will work best for you, 'Increase SoZoKi as evidenced by normal blood sugar or normal bowl function.' Another might be to 'Increase SoZoKi as evidenced by purposeful weight loss or stable weight'. In the first education session, one topic was on achievable goal setting. Remember, when you have an outcome (as evidenced by) you will be able to identify when your goal is achieved. If you are still struggling with goal setting, please return to session one and the hyperlinks provided for help.

In education session three, slide 17, the focus was on energy, particularly the importance of energy in the food we consume. For the Solar Plexus a diet high in whole grains and complex carbohydrates (oats, rye, sprouted grains, brown rice) is recommend, BUT I disagree. For those suffering with IBS, science recommends a low FODMAP diet, https://www.health.harvard.edu/diet-and-weight-loss/a-new-diet-to-manage-irritable-bowel-syndrome. This is another example of balancing West and East approaches to health. While grains are recommended to support this vortex in eastern energy, there are yellow foods that carry between 6 to 12 carbs (a lemon - no sugar added, 1 medium squash, ½ cup of pineapple, 1 large yellow pepper). Carbs consumed should be balanced with lean protein, with emphasis on lean. for a higher carb diet translates to retaining any fat the protein may have. If you are trying to reach a weight goal, a blood pressure or clothing size, limiting carbohydrates are the answer for many. This does not mean to dump a day's worth of carbs in one sitting, but rather divided throughout the day. Understanding how carbs impact blood sugar is extremely important. When you have a diet high in carbohydrate it raises your blood sugar. Remember, when fat is reduced in a processed food it is replaced with sugar, so it is far better to avoid low fat labels and processed food as much as possible, eating fresh or frozen whenever possible.

Scents of cedar, ginger and blueberry support the Solar Plexus and the gemstones are citrine and amber. The internal flakes and beauty of amber will help to capture and sustain focus during a Solar Plexus targeted meditation. This may be the time you find a raw crystal rather than a piece of jewelry for there is a better piece to wear to support this energy vortex, which is iron. Magnet therapy has been used for decades to address a variety of health issues. This is an interesting and informative article on the impact of magnets on circulation.

https://www.sciencemag.org/news/2011/06/magnets-keep-blood-flowing. The element associated with the Solar Plexus is fire. If you don't have a fireplace in your home or yard, consider using a You Tube video to help with a fire meditation, and if the sound is distracting, turn the volume down or off. https://www.youtube.com/watch?v=Ux8xAuQBdkk

Mars appears in the night sky during the months of January through August and seen above the horizon as a bright star. For those living in areas where manmade light prevents viewing the night sky, NASA provides images. This is my favorite, https://www.nasa.gov/mission_pages/mars/images/index.html, but you should find the images that speak to you.

Ram is the sound associated with the Solar Plexus. https://www.youtube.com/watch?v=QXAxn4iMnnU

This video uses Tibetan singing bowls. https://www.youtube.com/watch?v=H8xIHeR9TDk (I love it!)



The Solar Plexus is the third of the seven major chakras (Location//Polarity/Property/Firing up the Chakra System)

The Sacral Chakra Prime Function (Judgment and Opinion)

The Solar Plexus Chakra Divine Principle or Goal (Inner Strength, sense of purpose, mind is energized)

Solar Plexus Chakra Intentions (Mantras/Rituals/Interventions/Metabolism)

Solar Plexus Chakra Interventions (Foods/Symbology/Color/Scent/Gemstones/Planet Meditations/Earth Element/Yoga Poses)

Using Your Data to Improve Health and Wellness (Personal Behavior Impact on Energy Assessment/Influencer Impact on Energy/Intentions for the Root Chakra)

Personal Behavior Impact on Energy Assessment (Your Behavior Data/Sleep/Caffeine/Alcohol/Nutrition/Exercise/Family/Work/School/Caustic Conversations/Recreational Drugs)

The Solar Plexus Chakra and Your Health Assessment (Pain History & Management/Emotional Health History/Social Assessment/Personality Traits)

Influencer Personality Traits on the Solar Plexus Chakra (Household/Partnerships/Work/School/Faith Based and Social)

Help for the Solar Plexus (Goals/Foods/Scents/Gemstone/Metal/Planet/Element/Sound/Movement/Mantra/Ritual)

REMEMBER: A MANTRA IS A STATEMENT OF WHAT IS - NOT WHAT IS DESIRED TO BE

NOTE: THE ART ON THIS AND ALL SLIDES ARE DRAWINGS, I STARTED DRAWING IN MY LATE 40'S AND I HAVE NOT HAD A LESSON FROM A HUMAN BEING

SO ... BELIEVE IN SOMETHING GREATER THAN YOURSELF AND MAKE THE REQUIRED EFFORT!



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Thank you – from my Spirit to Yours

Nancy