



# ÉSPRIT WITH SOZOKI



# ÉSPRIT WITH SOZOKI

## SESSION FOUR

### THE ROOT CHAKRA

by

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NEVER ALLOW THE SKY TO LIMIT YOU

Hello Again ~ This is Nancy, founder of SoZoKi, back for the Fourth Education Session designed to assist you in developing your Ésprit with SoZoKi Energy Self-Practice.

Before we start to explore the individual chakras, I would like to take the opportunity to touch on the difference between a Reiki Practice and the Ésprit with SoZoKi Energy Self-Practice. The fundamental ideological difference between Reiki and SoZoKi is that while only those attuned through ritual by a Reiki Master, can access universe energy (Reiki) to deliver to a client, and with an energy self-practice, anyone who is aware and has desire can access limitless Creation Energy (SoZoKi) for themselves.

Ésprit with SoZoKi is our attachment of spirit or soul to the natural energy flow, and not at the behest of an anointed human. SoZoKi sustains all life on earth be it plant, insect, animal, or human. SoZoKi is not a conscious effort to pull earth or universe energy, but a practice to support a continuous subconscious flow of energy into our ethereal body. While naturally occurring, energy flow can be subconsciously diminished or blocked, but more important, with intention, it can increase when requested.

Understanding energy condensed to form mass, so our spirit can have this earthly experience, gives birth to the ideal that human life is in a process of evolution from human to spiritual consciousness.

A medical exam is essential to ensure medical treatment PRN (as needed). You want to make sure that an advancement of symptoms won't result in an untreatable terminal disease. Once cleared by an MD, DO, or NP, you can seek the help of a complementary provider. And it might be you find that you don't need to see the medical doctor again for the particular disorder. As an RN, I have seen mistakes on both "sides" of the health care spectrum. That's why I so strongly believe that those who begin their SoZoKi self-practice commit to the balanced Eastern-Western approach to good health care.



# ÉSPRIT WITH SOZOKI

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION

THE ÉSPRIT WITH SOZOKI WORKBOOK

RESOURCES

ASSESSMENTS

INTENTIONS CHART

&

THE ÉSPRIT WITH SOZOKI STRATEGIC CALENDAR



The goal for this session is to learn about the Root Chakra, identify the pertinent data relating to the Root Chakra from the Self-Assessment, and develop intentions to improve energy flow to and through the Root Chakra. You will need the completed Éspirit with SoZoKi Energy Self-Practice Six-Step Workbook. By now you should have completed the first three and fifth steps, with the directions and resources provided. I suggest you begin looking at the resource for step four but hold on completion until learning the specific information pertaining to each chakra in the education sessions.

For all chakra education sessions, you will need the Éspirit 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. The 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 Heart 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.

Last but certainly not least, you will begin 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 the powerful health and wellness state by sustaining SoZoKi flow.



# ÉSPRIT WITH SOZOKI

THE ROOT IS THE FIRST OF THE SEVEN MAJOR CHAKRAS



LOCATION  
PRIMARY ENTRY SITE OF SOZOKI  
POLARITY  
&  
FIRING UP THE CHAKRA SYSTEM

The first chakra is known as the Root. Located just below the perineum, the space between the anus and genitals, it connects to the lowest bone in the spine called the coccyx. As with all seven major chakras, the location is identified at a cross point of twenty-one lines of meridian. The Root (first) and Crown (seventh) Chakras are located just outside of the physical body with the Root below and Crown above. It is primarily through the Root that Creation Energy enters the human body's energy system, with support from the feet and hand chakras. As SoZoKi enters the Root Chakra, where the polarity is positive, it pushes energy upward into the second or Sacral Chakra.

The Root Chakra is identified as having masculine or yang properties and yang tendencies include active energy, positivity, sunshine, daytime, aridness, upward-seeking, heavenly, fire, resoluteness, male, restless, productive, even numbers, domination, and heat/ hot.

You can use a variety of methods to fire-up the chakra system. Meditation is very popular, but a series of yoga poses, creating a work of art or even a long float in calm water allows the mind to stop the onslaught of thought, producing relaxation as you release control, not unlike falling into sleep. Releasing control and allowing something greater than the self is a goal to achieve in your Ésprit with SoZoKi Energy Self-Practice. Later in this session there will be a review of the opportunities to help increase the flow of energy into the Root Chakra for it to function at maximum capacity.

A reminder, yet again, there are only seven major chakras based on the lines of meridian, the foundation of acupuncture and acupressure. I have read articles stating there are twenty-two major chakras, claims that are not science based. Yes, I say science, as western medicine has performed extensive research into how acupuncture works on the human body, with outcomes identifying the release of neurotransmitters as the cause for effective outcomes by the ancient Chinese practices.



# ÉSPRIT WITH SOZOKI

## THE ROOT CHAKRA PRIME FUNCTION

GROUNDING ~ SECURITY ~ SURVIVAL

PRIMAL ENERGY

IMPULSE TO TAKE CARE OF SELF AND OTHERS

INSPIRED THOUGHT

THE CENTER OF CONSCIOUSNESS



The prime functions of the Root Chakra are grounding, security, and survival. Primal energy, along with the impulse toward taking care of self and others, are fundamental (Root) functions. When the Root is closed, we shut ourselves off to inspired thought, and experience fear, anxiety, and depression. It is through the Root Chakra that inspired thought enters into our human consciousness, rather than the widely held belief of initiation in the brain.

Our brain has a different function. It is the relay center for our nervous system, be it action, reaction, or thought. Consider that we can act to prevent injury, or we can react to injury with the experience of pain. We can also respond to a thought and remove from the harmful stimuli. When injury



occurs, neurotransmitters are sent to the brain, which in turn sends neurotransmitters to the injured area so that pain is induced to move from the stimuli. This is why even though we see the injury the instant it occurs, it takes a moment to physically react.

Another example that points away from the brain as our center of consciousness occurs while under general anesthesia. During a surgical procedure, gases keep the brain asleep, with powerful narcotics to block the pain our nervous system experiences. Experiential recall of events, cited by patients who have undergone a surgical procedure, occasionally occurs. Patients described out of body experiences with their consciousness floating above their body and were capable of giving a description of events that occurred during the surgery to which their anesthetized brain would not have had awareness.

In America, our society is heavily focused on Western philosophies and religious practices, which are often unaccepting of diversity, including Eastern philosophies and practices. It is that point of view that leads to the symptoms of a closed chakra, fear, anxiety, and depression. “Judge not least you be judged,” is a tenet of the Christian faith, the dominant religious belief in the US, yet closing the mind to possibilities of other world views produces symptoms of low energy that are not only psychological but physical in nature.



# ÉSPRIT WITH SOZOKI



THE ROOT CHAKRA DIVINE PRINCIPLE OR GOAL  
ANATOMY ASSOCIATED WITH THE ROOT CHAKRA

IMPACT OF A CLOSED ROOT CHAKRA

&

THE ROOT CHAKRA PROPERTY

The Divine principle or goal for this chakra is to maintain simplicity and stability, as well as provide self-preservation with primal instincts, while promoting awakening of consciousness from human to spirit. This has not been what the majority of children in the US hear from parents or religious leaders, and historically not from teachers, but I am working on all three 😊

Giving energy practice a scientific approach, that clearly defines the intention of not replacing religion, with a purposeful method to educate based on outcomes, provides the foundation to change minds and incorporate practice into daily routines that promote and sustain health and wellness.

Anatomical connections to this chakra are the male reproduction system, sex drive of all genders, and waste elimination. From the Root, energy flows to the testes, prostate, vagina, pelvis, tail bone, legs, and feet. The adrenals are the glands that drive this chakra because of their production of sex hormones rather than their location in the body.

Estimated rates of occurrence of prostate cancer for 2018 was 164,700, testicular cancer cases were 9,310, and 5,170 for vaginal cancers diagnoses. Peripheral vascular disease (PVD), along with total hip and knee replacements round out the myriad of poor outcomes associated with blocked Root Chakras, when traumatic injury or repetitive actions causing deformation are not the known underlying cause.

We can see the impact of a closed Root Chakra in our country. Americans have a high rate of occurrence of infertility, elimination complications, and psychosocial disorders. The prevalence of a dog-eat-dog mentality in a concrete jungle is evidence of a society suffering from a dis-attachment of our spirit to SoZoKi.

The Root Chakra, identified as having masculine or yang properties, is the vortex most closely connected to primal energy and the survival instinct. This connection, not limited to a flight-or-fight response that all life possesses for individual preservation, is also associated with reproduction and survival of the species. A stronger sex drive most often occurs at a higher level in the male of the species. Driven by hormones during the reproductive years, the design of this energy vortex ensures life continues on Earth.

Yang tendencies include active energy, positivity, sunshine, daytime, aridness, upward-seeking, heavenly, fire, resoluteness, male, restless, productive, even numbers, domination, and heat/ hot. These tendencies serve to support inspired thought as it enters our energy body.



# ÉSPRIT WITH SOZOKI

INTENTIONS

MANTRAS

RITUALS

INTERVENTIONS

METABOLISM



Intention, defined as an act or instance of determining mentally upon an action or result and intentions, is a purpose or attitude toward the effect of one's actions or conduct. In previous education sessions there was significant attention focused on mantras and rituals, and now we turn that focus to interventions.

Consider these mantras as you hold recommended yoga posing:

I trust myself  
I release all fear  
I am grounded  
I am balanced  
I am safe  
I survive I thrive

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 things about nutrition and how our body uses food you need to understand. There are three kinds of food our body uses for metabolism to occur. Metabolism means breathing, heart beating, liver filtering, intestines absorbing and kidneys creating urine. These 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, and breaks 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 breaks down 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, and increases our metabolism, which burns calories. Lean muscle on our body is developed by the protein we consume. And that is your nutrition lesson from this nurse 😊



# ÉSPRIT WITH SOZOKI



## INTERVENTIONS

FOODS

SYMBOLOLOGY

COLOR

SCENT

GEMSTONES

PLANET MEDITATION

EARTH ELEMENT

YOGA POSES

Foods supporting an open and healthy Root Chakra are vegetables that grow within the earth such as potatoes, sweet potatoes, turnips, carrots, onions, garlic, ginger, and turmeric.

Proteins like meat, eggs, nuts, and beans provide nourishment and enhanced energy flow to this chakra, so increase protein and reduce carbohydrates. Understanding the three kinds of food your body uses for metabolism to occur (sugar/protein/fat) will help to choose the best nutrition to support all of the chakras, and the added bonus is it will help to stabilize weight gain as our body ages and can even reduce weight despite age.

Foods that are red in color also help to maintain health and open flow of the Root Chakra. These include tomatoes, strawberries, raspberries, cherries, pomegranates, and apples. Incorporate one or more of these foods into your diet daily to sustain the flow of Creation's energy.

The sense associated with the Root is smell, the color is red, and the symbol is the square.

The use of shades of red, square symbology, a high-protein diet, and the fragrances of cinnamon, cedar, and myrrh, as well as the gemstone hematite, bloodstone, meditation on the planet Saturn, and the element of Earth's soil can all contribute to the cleansing and strengthening of the Root Chakra.

Cleansing allows the Root Chakra to open for maximum energy flow. An inexpensive way to accomplish this cleansing is to situate yourself by a cedar tree, sitting comfortably on a red blanket or towel with bare feet touching soil, and eating nuts while slowly drinking hot tea with cinnamon. Relax your mind and visualize the planet Saturn within its beautiful rings, while you slowly breathe in through your nose and out through your mouth.

There is a variety of yoga poses recommended to improve energy in and through the root chakra. I recommend these, as most everyone should be able to hold them without practice or expertise. They include Mountain Pose to bring energy up from the feet chakras into the root. The second is Warrior II, lead with right foot first and then change to the left foot, which engages the legs, using connective tissue surrounding the large leg muscles to pull energy up from the feet chakras and into the root. The third yoga pose, Sukhasana, is a sitting position with legs bent at the knees and feet close to the body. Use a meditation pillow for comfort, which is essential in all of these poses, because if you are uncomfortable the mind's focus is on discomfort rather than relaxation, a state needed to produce balance of body and mind.



# ÉSPRIT WITH SOZOKI

USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

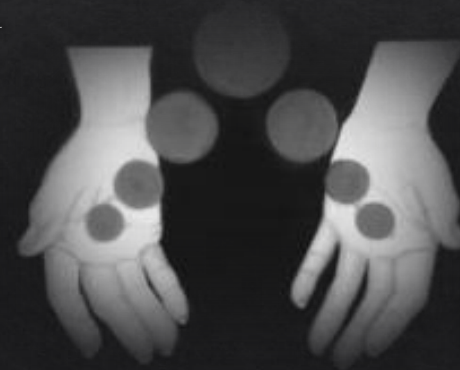
PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

INFLUENCER IMPACT ON ENERGY

INTENTIONS

FOR

THE ROOT CHAKRA



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

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, exercise, food, color, symbology, gemstones, the 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 the knowledge needed to succeed.



# ÉSPRIT WITH SOZOKI

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

YOUR BEHAVIOR DATA

SLEEP

CAFFIENE ~ ALCOHOL

NUTRITION ~ EXERCISE



The first step of the Éspirit 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.

Sleep is one of the most important behaviors impacting health and wellness. Not only will you deplete your energy body but consider these physical and mental impacts. Sleep deprivation induces memory issues, negatively impacts the ability to concentrate to make good decisions and induces mood change. Too little sleep contributes to imbalance which increases the opportunity for an accident to occur, and also impacts your physical body with development of high blood pressure and a weakened immune system. If developing Type II Diabetes, weight gain and an increased risk of heart disease aren't reason enough to ensure adequate sleep, sleep deprivation also contributes to a low sex drive. Establishing a consistent sleep routine is one of the best behaviors you can create to sustain health.

How does sleep impact the Root Chakra? Recalling the Prime Functions of the Root Chakra, grounding, security, & survival, and the Divine Goals to maintain simplicity and stability, a lack of adequate sleep places both in jeopardy. Negative encounters or making poor decisions jeopardizes our feeling of being grounded with insecurity making life anything but a simple flow through the day.

After the caffeine assessment, which should correlate with sleep behaviors, you will see a pattern of behavior. Does a lack of sleep and a sleep schedule cause an increase in caffeine consumption? Is caffeine contributing to the inability to fall asleep? Working through this aspect of the self-assessment should shed light on the interconnectedness of these two behaviors. The other negative impact on health and wellness, and associated with energy inducing behaviors, is nicotine consumption. People traditionally think of lung, heart or mouth disease associated with nicotine but there is also an impact on the peripheral vascular system. When consuming nicotine, regardless of the method (cigarettes, vaping, chewing tobacco, dips, patches, nose sprays and gum), the initial impact is energy, but it also causes vasoconstriction and over time can produce a variety of diagnoses. As it relates to the Root Chakra, in your health assessment, you are looking for the diagnoses of peripheral vascular disease and lower leg edema.

Be it at home with family, work, school, or social settings, establishing if these interactive behaviors produce high or low energy is essential. When we have a 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 deplete, and looking for that energy drink or even something alcohol based to take the edge off the experience. These are the caustic conversations to identify and develop strategies to sustain energy flow. Remember, the Golden Rule is do unto others as you would have done unto you, NOT do unto others as they have done to you! What comes around goes around is not the best perspective, a misunderstanding of Karma or karmic return. We shouldn't do anything good for something good to be returned to us, we should do it because it is the right thing to do!

Since the legs and buttocks have a large amount of connective tissue, which assists moving energy into the Root Chakra, exercises targeting the lower body will improve health and wellness. This is not the traditional approach to exercise for weight loss, building muscle mass or increasing endurance, but an understanding that while those are all great reasons to exercise, we should also incorporate into our exercise intention to manifest an increase in energy to the Root Chakra.

A reminder that the prime functions of the Root Chakra are grounding, security, and survival. Primal energy, along with the impulse toward taking care of self and others, are fundamental (Root) functions. A closed Root results in shutting ourselves off to inspired thought, as we experience fear,

anxiety, and depression. If you identified any health diagnoses related to the afore mentioned health outcomes, then you will need to focus intentions (help) on the Root!



## ÉSPRIT WITH SOZOKI

### PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT (cont.)



YOUR BEHAVIOR DATA

FAMILY ~ WORK

SCHOOL

CAUSTIC CONVERSATIONS

RECREATIONAL DRUGS

Behaviors and routines associated with family, work and school have more impact on energy that most consider. Or more significant, the absence of a plan to ensure these important interactions are not stressed. In the behavior section of the self-assessment, I provided questions to consider as you entered your data.

Do you have a half-full or half-empty life view?

Do you have low or high energy levels when not interacting with someone?

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).

In the work/school assessment I provided more questions to consider as you work to complete data.

Do you laugh at work or school?

Do you enjoy your work/classes?

Do you feel your work/education makes a difference?

Is school prepping you for a service job?

Do you see yourself at the same job in five years?

Are you in the military? (This question asked as orders cannot be ignored, so even more important than for the civilian making choice)

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 if 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 have to 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 have to punch a time clock, and you are running behind, this is 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. Remember stress produces cortisol, a hormone associated with energy depleting fear and anxiety, and the Root Chakra prime function is associated with primal energy and taking care of self and others. Stressed people are very similar to sleep deprived people, often inviting negative encounters, aka., caustic conversations.

While on this topic you assessed two important aspects of work, which many don't consider, thinking it is the way it is. These two are breaks and the environment of where you work. Breaks are important but not everyone has the opportunity to drink and eliminate at will. Nursing has changed over the years and now provides hydration stations with rules to follow, that allow fluids while at the workstations in busy patient care units. Check with your workplace to see what opportunities exist to support hydration throughout your workday/night that can be developed. Working for decades in extremely cold operating rooms, even when hot outside, I always had long underwear and thick socks to help support my body and prevent undue stress.

Be it at home with family, work, school, or social settings, establishing if these interactive behaviors produce high or low energy is essential. I have said this before and will do so again. When we have a 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 deplete, and seeking that energy drink or even something alcohol based to

take the edge off the experience. These are the caustic conversations to identify and develop strategies to sustain energy flow. Remember, the Golden Rule is do unto others as you would have done unto you, NOT do unto others as they have done to you!

A reminder that the prime functions of the Root Chakra are grounding, security, and survival. Primal energy, along with the impulse toward taking care of self and others, are fundamental (Root) functions. With a closed Root Chakra, we shut ourselves off to inspired thought, and experience fear, anxiety, and depression. If you identified any health diagnoses related to the afore-mentioned health outcomes, then you will need to focus help on the Root!



## ÉSPRIT WITH SOZOKI

THE ROOT CHAKRA  
AND  
YOUR HEALTH ASSESSMENT  
DIAGNOSES  
PAIN HISTORY & MANAGEMENT  
EMOTIONAL HEALTH HISTORY  
SOCIAL ASSESSMENT  
PERSONALITY TRAITS



We have focused a great deal on behaviors, and now it's time to look at the other significant findings from the self-assessment, diagnoses, pain history and management, emotional history, social assessment, and the personality traits you assigned yourself. I believe sharing the following story is the best way to tie these elements to see the on your energy body. Lessons learned from another's experience can give great insight, should you find yourself in similar circumstances. My intention in sharing all of the details is to help you identify the impact of your self-assessment data to create intentions and interventions for the Root Chakra.

Before I started advancing my education in nursing, in 2009 I had the opportunity to work as a Reiki Master with chronic pain patients at the University of Virginia's Anesthesia Research Park. One of the nurses working the pain clinic had heard of my experience in energy healing and the clinic was seeking complimentary methods to support chronic pain patients outside of the realm of opioids. Little did we know what would happen more than a decade later, as our country experienced the painful loss of life due to the opioid epidemic.

I presented the energy practice experience to a group of patients and six were interested in becoming part of the project. Each came into my home; the first session was two hours and the remaining a one-hour Reiki session. In session one, we spent the first hour in an interview, and I learned as much as I could about their pain story and sharing a variety of interventions to help reduce the pain they were experiencing. Knowing the pain history when working with an energy practice, understanding the extent of the pain, the methods used to treat, and the length of time the patient had endured the pain were all significant. Their pain management was limited to medications, so I spent some of the first hour teaching them about color, aroma, movement, and music therapies, dependent upon their pain assessment. The second hour was on a massage table with a full body Reiki session, feet to head and then back to feet again. When I performed the session, I did not limit the hand positions to the traditional major chakras. I added the extremities into the session, since each person had a unique experience with their pain, and I wanted to ensure I addressed everyone by standardizing the process.

Their emotional history tied to their pain history, as they each expressed fear, anxiety, and depression (Root dysfunctions) as a result of their pain. Most had pain from an accident, but one had pain associated with fibromyalgia, and another suffered from debilitating Lyme's Disease symptoms. Their social assessment revealed a reduction in social activity due to pain limitations and/or medications used to help alleviate it, so it was not surprising they experienced fear, anxiety, and depression.

Because of the limited time I spend with this group, I was not able to assess the impact of their personality traits on their pain. By the time I collaborated with them most had a glass half empty, were not forward thinking, had anger of varying levels or were apathetic, and resented the status of their life experience. The energy intervention sessions were set up as a six-week program and these were my take-aways from this experience.

First, each of the patients described a distinct experience with energy healing, with the one common denominator being they all fell asleep during the sessions. That was a great outcome as most had a difficulty relaxing to allow a restful, non-drug induced sleep. One person described seeing my aura with closed eyes, another felt that their head wrapped in a cool mist, and all stated they felt better after the session(s). The one sad outcome I noted was they each had difficulty performing the recommendations to use color, aroma, movement, and music therapy. It was as if they would accept help from another but not help themselves. They had self-identified as a 'pain person' and to take away that aspect of how they viewed themselves seemed to be a threat, or fear of the unknown for what life would be like to not be the pain person. I know it sounds crazy as each openly expressed the desire to be free of pain and participated in the sessions, but actions often speak louder than words.





# ÉSPRIT WITH SOZOKI

INFLUENCER PERSONALITY TRAITS IMPACT ON THE ROOT CKAKRA



HOUSEHOLD  
PARTNERSHIPS  
WORK  
SCHOOL  
FAITH BASED  
SOCIAL

Remember Two Things:

First, fear, anxiety, and depression all negatively impact the prime function of the Root Chakra, grounding, security, & survival, as well as inspired thought.

Second, you are always your greatest influencer, and your world view impacts your personality traits, which means you can be the cause of any fear, anxiety and depression experienced. The Esprit with SoZoki Six-Step Process is THE tool needed to identify who is doing what to impact your energy body, both positively and negatively.

This hyperlink, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3000745/> , provides research conclusions on the impact of personality traits on mental health. The following are some Observations and Conclusions from the project and supports the importance of identifying your influencers, the personality traits possessed and the impact on health and wellness:

“Research on social support increasingly aims to develop interventions. Before one attempts to augment natural support systems, it is important to understand the full range of ways in which social relationships can affect health and well-being. In some situations, social networks can have preventive and health-promoting functions by providing members with positive feedback and guidance, as well as by helping members to engage in appropriate coping behaviors. In other situations, however, social support may not materialize, networks may become overtaxed, conflict may grow, and hostility may arise. A social network assessment is a crucial beginning for social workers interested in protecting and promoting health by mobilizing social support. Part of a comprehensive assessment is recognizing that primary relationships within an individual’s social network can, at different times and under different conditions, be sources of both help and stress.”

“Findings from the current study offer social workers insight into the complex interplay among personality, social relationships, and psychological distress. Clearly, personality influences one’s perception of relationships and interactions with others. Focusing solely on changing the nature of relationships within social networks, without considering the predisposition of the client, may hinder the intended effects of the intervention. Findings from the current study suggest that extroverted individuals, who are social and thus deliberate in seeking out opportunities to socialize, may require an intervention approach that differs from the approach used with neurotic individuals. For example, it may be important to help an extrovert to gain discernment in choosing sources for social support. By contrast, a neurotic person may benefit from interventions that help change his or her perception of relationships. Also useful are interventions that focus on improving the quality of clients’ relationships with friends and family members. Specifically, important interventions might include limiting exposure to negative exchanges and facilitating the development of social skills that help individuals deal with interpersonal problems.”

Please dive into the research if you believe it will support you in creating your energy self-practice intentions and interventions, as attention to these details is extremely important to building a successful practice (achieving results, you have set with your goals).





# ÉSPRIT WITH SOZOKI

## HELP FOR THE ROOT

GOAL: OPEN CHAKRA TO INCREASE SOZOKI

FOODS: PROTEIN, VEGETABLES GROWN IN THE EARTH, FOODS RED IN COLOR

SCENTS: CINNAMON, CEDAR, MYRRH

GEMSTONE: HEMATITE BLOODSTONE

METAL: LEAD

PLANET: SATURN

ELEMENT: SOIL

SOUND: LAM IS THE VIBRATIONAL TONE – THE M SOUND EXTENDS UNTIL THE WORD IS REPEATED

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

MANTRA: I RELEASE ALL FEAR – I RELEASE ALL ANXIETY

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



The fundamental goal for each of the chakras is to open and increase energy. You may have additional goals that are more defined. An example for the Root: Increase SoZoKi as evidenced by decreased fear or anxiety. Another might be increase SoZoKi as evidenced by inspired ideas to solve a problem. In the first education session, one focus was on setting achievable goals. When you have an outcome (as evidenced by) you will be able to identify when you have achieved the goal. If you are still struggling with goal setting, please return to session one and the hyperlinks provided for help.

In session three on slide seventeen, the focus was on energy, particularly the importance of energy in the food we consume. For the Root Chakra, a high protein diet will help energy flow, but how much is enough? Most females need 60 grams of protein a day and most males 120 grams. What does that look like? A typical breakfast for a female would consist of two eggs, a piece of lean breakfast meat, and a couple slices of cheese (1"x2"x1/4" thick). With the protein include a half cup of strawberries, raspberries, or a small apple, which will provide around 10 carbohydrates. Lunch could have meat and cheese rollups (one slice ham has just under 5 grams/1.8 oz or 4 deli slices turkey has 9 grams and 2oz of tuna has 16 grams. You will need to spend some time searching for the types of foods you enjoy and how much to consume. Know this one fact, when fat is reduced in a processed food it is replaced with sugar. Best bet is to avoid low fat labels and processed food as much as possible, eating fresh or frozen. Below are hyperlinks to get you started.

<https://www.medicalnewstoday.com/articles/no-carb-foods-high-protein#benefits>

<https://www.eatingwell.com/article/291575/high-protein-low-carb-breakfasts-to-help-you-lose-weight/>

<https://www.crispyfoodidea.com/2020/07/delicious-high-protein-dinner-recipes.html>

There are much more opportunities to include scents in your environment other than the traditional burning of incense or candles. I recommend purchasing essential oils, place a cotton ball in a dixie cup and add a couple of drops. This method creates a personal use of scent without impacting others. For the Root Chakra, cinnamon, cedar, and myrrh provide great support. Keep the cup on a desk, in a car, by a chair, anywhere is possible!

Hematite Bloodstone is the gemstone used to support the Root Chakra. Easily found on an internet search, you can wear as jewelry or place a small piece in view where you will see it often throughout the day. With all of the concern surrounding lead poisoning there is and should be limited use of this metal. That said, search flea markets or thrift stores for a small piece of leaded stained glass. While Saturn may not be easy to see with the naked eye, NASA provides pictography!

[https://solarsystem.nasa.gov/planets/saturn/galleries/?page=0&per\\_page=25&order=created\\_at+desc&search=&href\\_query\\_params=category%3Dplanets\\_saturn&button\\_class=big\\_more\\_button&tags=saturn&condition\\_1=1%3Ais\\_in\\_resource\\_list&category=51](https://solarsystem.nasa.gov/planets/saturn/galleries/?page=0&per_page=25&order=created_at+desc&search=&href_query_params=category%3Dplanets_saturn&button_class=big_more_button&tags=saturn&condition_1=1%3Ais_in_resource_list&category=51)

Soil sounds simple but if you live in a city center it may take more effort than walking into your yard to gather soil. If you find yourself in the city, get a plant, or even better buy a small bag of soil and create the planting. Here is a hyperlink to give ideas of the plants with red to support the Root Chakra.

<https://balconygardenweb.com/red-indoor-plants-houseplants-with-leaves/>

Recommendation for movement was presented on slide 8, please refer to the information as needed, with two take-aways. Non-stop aerobic exercise is important for connective tissue stimulation to support energy flow to the Root, as well as holding the identified yoga poses.

VOMmmmmmm is the sound associated with the Root, so below are some examples to help get you started with this aspect of help for the Root. I prefer the visual in the first link, but I recommend spending time to find what speaks best to you.

<https://www.youtube.com/watch?v=HdiIR8eVO-M> and [https://www.youtube.com/watch?v=XXEezpaWo\\_M](https://www.youtube.com/watch?v=XXEezpaWo_M)



# ÉSPRIT WITH SOZOKI

## SESSION REVIEW

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION

THE ROOT IS THE FIRST OF THE SEVEN MAJOR CHAKRAS

THE ROOT CHAKRA PRIME FUNCTION

THE ROOT CHAKRA DIVINE PRINCIPLE OR GOAL

ROOT CHAKRA INTENTIONS

ROOT CHAKRA INTERVENTIONS

USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

THE ROOT CHAKRA AND YOUR HEALTH ASSESSMENT

INFLUENCER PERSONALITY TRAITS ON THE ROOT CHAKRA

HELP FOR THE ROOT



The Root is the first of the seven major chakras (Location/Primary Entry Site of SoZoKi/Polarity/Firing up the Chakra System)

The Root Chakra Prime Function (Grounding/Security/Survival/Primal Energy/Impulse to Take Care of Self and Others/Inspired Thought/The Center of Consciousness)

The Root Chakra Divine Principle or Goal (Maintain Stability and Simplicity/Anatomy Associated with the Root Chakra/Impact of a Closed Root Chakra/The Root Chakra Property)

Root Chakra Intentions (Mental determination to do something to make a change - Mantras/Rituals/Interventions/Metabolism)

Root Chakra Interventions (The action used to produce change – Mantras/Rituals/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 Root Chakra and Your Health Assessment (Pain History & Management/Emotional Health History/Social Assessment/Personality Traits)

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

Help for the Root (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**

**&**

**I HAVE NOT HAD A LESSON FROM ANYONE ON THIS EARTH**

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

# Ésprit with SoZoKi



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Thank you – from my Spirit to Yours!

Nancy