



Hello again ~ This is the Third Education Session designed to assist you in developing your Ésprit with SoZoKi Energy Self-Practice.

You should have the electronic download and print of the Ésprit with SoZoKi Six-Step Assessment Workbook before starting Session Two. In this session we will review the *Impact of Influencer On Energy Assessment* (Step Three), the *Personal Impact on Energy Assessment* (Step Four), the *Influencer Energy Chart* (Step Five), and the *Ésprit with SoZoKi Intentions Chart* (Step Six). There are resources provided with assessments Three, Four and Six, to assist you with completion. We will also review the directions for each of the assessments during this session.

Session Two introduced the first two steps in the six-step process. The *Ésprit with SoZoKi Self-Assessment* (Step One) was an extensive dive into you, addressing behaviors, health history, pain history, emotional history, social, and a personality assessment. The behavior section was then used

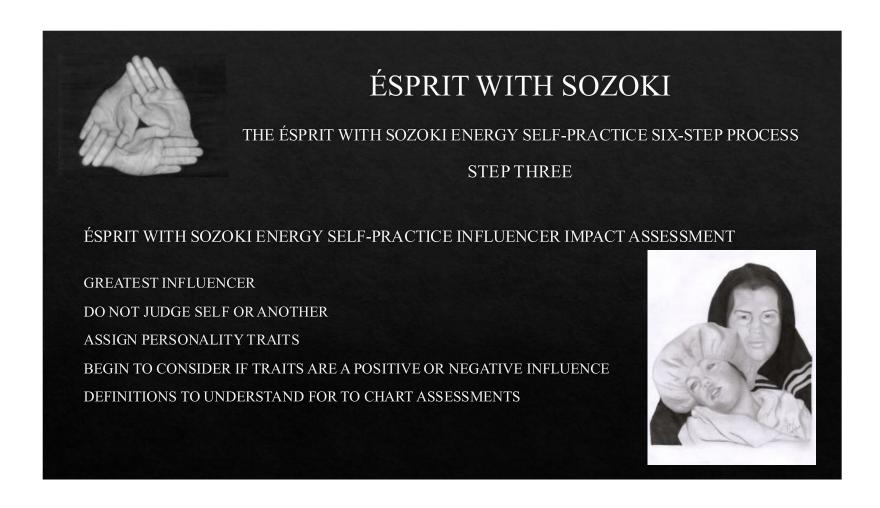
to complete the *Identify Influencers Chart* (Step Two). Afterward the session explored the elements of practice you will need to develop and sustain your practice. This included the development and use of mantras, creating a self-practice space/place, identifying rituals and reinforced patterns of behavior to support you on your journey to a successful Ésprit with SoZoKi Energy Self-Practice.



This slide should look familiar as it was slide 13 in the Ésprit with SoZoKi Energy Self-Practice Education Session Two. It is here again as a resource to help you identify when and where your influencers occur in life. As you complete the *Impact of Influencers on Energy* (Step Three), you will assign personality traits to your influencers. Remember, you will always be your greatest influencer, so include self in this chart. This exercise is NOT a process to enable judgements. Simply identify the traits associated with the influencers.

Located on pages 28-32, in the Ésprit with SoZoKi Energy Self-Practice Six-Step Process workbook, is a resource tool to assist you in Step Four. The first chart is familiar as it was used in the Step One – The Self-Assessment, as you completed the health history. I've included it again here and combined it with the chart on the chakras, the associated anatomy (organs, glands and systems), the behaviors impacting the chakra function, and a variety of disease states and system dysfunctions potentially impacted by low energy flow through the chakra system.

Use this chart with the Self-Assessment data (aka., your responses in the assessment), the Influencer Assessment Chart, the Human Anatomy Overview Chart, and the Personal Behavior Impact on Energy Chart.



The Third Step in the Ésprit with SoZoKi Energy Self-Practice Six-Step Process is the Influencer Impact Assessment, which assigns personality traits to the identified influencers from Step Two. As you assign personality traits to those who have the most influence, begin to ponder if the traits are a

positive or negative impact on your energy. You will be identifying positive and negative impact from interaction in Step Five. Remember, you are always your greatest influencer.

Does the grouchy curmudgeon touch your heart and lift your spirit? If someone is shy, do you find yourself expending more energy when you interact with them? It was purposeful on my part to not identify a trait as positive or negative, as we each consider these traits differently. Assignment of personality traits is not to judge behavior. It is to assign traits to reveal if an influencer has a positive or negative impact on your energy when interacting with them. The interaction does not have to be in-person, it can be a phone or video call, text messaging, social media, messages via a third party, emails and mailed letters/cards.

The following explanations were included in the directions for completing the assessment and entering your responses into the chart. A Life Partner in this context is a person whom you rely upon and who co-exists in most if not all aspects of life (not limited to those in a sexual or romantic relationship). Family includes extended members: grandparents, aunts, uncles, cousins, in-laws, etc. Work included business partner, boss, your direct reports, officemates, co-workers, etc. Teacher includes formal in classes, academic or not, as well as life teachers, coaches and mentors. Last but certainly not least, minister is your formal religious leader(s), and for those who do not follow a formal religion, your spiritual leader(s).

Before you start the assessment, ensure you have reviewed this slide and follow the directions provided.

THIS IS NOT A JUDGEMENT - NOT OF SELF NOR ANOTHER!



ÉSPRIT WITH SOZOKI

MENTAL HEALTH

MENTAL HEALTH IS A PERSON'S CONDITION WITH REGARD TO THEIR PSYCHOLOGICAL AND EMOTIONAL WELL=BEING.

FROM THE MAYO CLINIC;

MENTAL ILLNESS, ALSO CALLED MENTAL HEALTH DISORDERS, REFERS TO A WIDE RANGE OF MENTAL HEALTH CONDITIONS – DISORDERS THAT AFFECT YOUR MOOD, THINKING AND BEHAVIOR.

EXAMPLES OF MENTAL ILLNESS INCLUDE DEPRESSION, ANXIETY DISORDERS, SCHIZOPHRENIA, EATING DISORDERS AND ADDICTIVE BEHAVIORS.

SOMETIMES SYPMTOMS OF A MENTAL HEALTH DISORDERS MANIFEST AS A PHYSICAL PROBLEM, SUCH AS STOMACH PAIN, BACK PAIN, HEADACHES, OR OTHER UNEXPLAINED ACHES AND PAINS.

I have just done something that is one of the hardest tasks put before me in the 68 years I have walked this earth. I had to take an oath before the local magistrate to have someone in my home admitted for psychiatric assessment, which resulted in admission to an inpatient behavioral health unit. This is a person who has spent their life in denial, running from their mental health limitations, instead of seeking help. Had they followed western medicine and sought help, their life would have been so very different. I know this because I have a friend who is a functional schizophrenic, who accepts the diagnosis, proactively admits self every couple of years, to ensure medications are working, before any sort of symptomology. They have had a full life with a profession, long-term romantic relationships, a child and now a grandparent. My heart breaks for the person who ran from help instead of seeking it.

Please, please, if you have identified personality traits in you with potential to inflict psychological harm, seek help, trust medicine, there will be trials to find the right meds, the right dosing, but that is the scientific approach. Measured steps to assess and evaluate for outcomes will uncover the right plan of care for you to succeed, and healthcare providers want you to succeed!



ÉSPRIT WITH SOZOKI

MENTAL HEALTH

EXAMPLES OF SIGNS AND SYPMTOMS OF DYSFUNCTION INCLUDE:

- **♦** FEELING SAD OR DOWN
- ♦ CONFUSED THINKING OR REDUCED ABILITY TO CONCENTRATE
- * EXCESSIVE FEARS OR WORRIES, OR EXTREME FEELINGS OF GUILT
- EXTREME MOOD CHANGES OF HIGHS AND LOWS
- ***** WITHDRAWAL FROM FRIENDS AND ACTIVITIES
- * SIGNIFICANT TIREDNESS, LOW ENERGY OR PROBLEMS SLEEPING
- DETACHMENT FROM REALITY (DELUSIONS), PARANOIA OR HALLUCINATIONS
- * INABILITY TO COPE WITH DAILY PROBLEMS OR STRESS
- ♦ TROUBLE UNDERSTANDING AND RELATING TO SITUATIONS AND TO PEOPLE
- * PROBLEMS WITH ALCOHOL OR DRUG USE
- * MAJOR CHANGES IN EATING HABITS
- * SEX DRIVE CHANGES
- * EXCESSIVE ANGER, HOSTILITY OR VIOLENCE
- * SUICIDAL THINKING



A mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. Most mental illnesses do not improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems. In *SoZoKi/Creation's Energy*, Chapter Four focused on intentional thought, both positive and negative, and the power those thoughts hold.

Emotion is the outcome of a feeling, and our emotions are the product of thought. In life, everything eventually results in a feeling. Consider emotion as unconscious and thought as conscious, which results in a feeling, therefore unconscious thought (emotion) is also going to produce feelings.

Symptoms of Dysfunction Include:

Feeling sad or down Confused thinking or reduced ability to concentrate

Withdrawal from friends and activities Significant tiredness, low energy or problems sleeping

Detachment from reality (delusions), paranoia or hallucinations
Inability to cope with daily problems or stress

Trouble understanding and relating to situations and to people Problems with alcohol or drug use

Major changes in eating habits Sex drive changes

Excessive anger, hostility or violence Suicidal thinking

Now that I got that off my mind, let's move to the next slide and begin a look at Step-Four in the Ésprit with SoZoKi Energy Self-Practice Six-Step Program, the Personal Behavior Impact on Energy Assessment.



ÉSPRIT WITH SOZOKI

ÉSPRIT WITH SOZOKI ENERGY SELF-PRACTICE SIX-STEP PROCESS
STEP FOUR INTRODUCTION

GREATEST INFLUENCE - THE PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

REVIEW OF ASSESSMENT DIRECTIONS

USING YOUR DATA FROM THE FIRST STEP – THE SELF ASSESSMENT
REVIEW OF ASSESSMENT RESOURCES



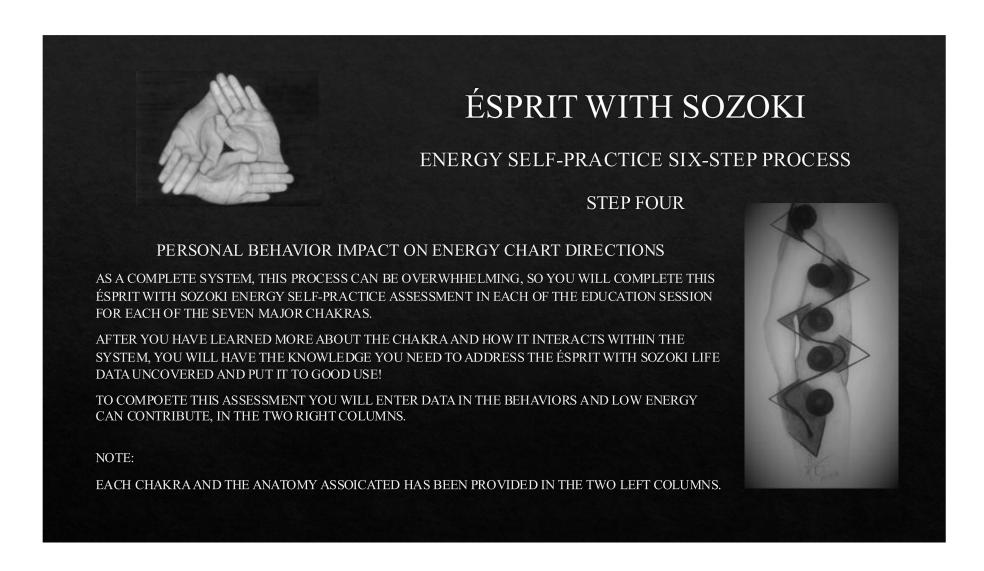
Step Four of the Ésprit with SoZoKi Energy Self-Practice Six-Step Process is driven by the information you provided in Step One, the Self-Assessment.

BEHAVIOR IMPACT ON ENERGY CHART DIRECTIONS

The chart headers combine the chakras, the associated anatomy (organs, glands & systems), behaviors impacting chakra function, and examples of a variety of disease states and system dysfunctions *potentially impacted* by low energy flow in a chakra and through the chakra system.

To complete this chart, you will use your Ésprit with SoZoKi Self-Assessment data (aka., your responses in the assessment), the Energy Influencer Assessment Chart, along with the Human Anatomy Overview Chart and the resource example of Behavior Impact on Energy.

Data used from the Self-Assessment includes all five sections. This includes your identified behaviors, diagnoses and limitations revealed in your health history, as well as responses from your pain management, emotional and social history and identified personality traits.



Addressing the entire Chakra System at one time can be an overwhelming task, so you will complete this Ésprit with SoZoKi Energy Self-Practice Personal Behavior Impact on Energy Assessment in each of the education sessions for the seven major chakras (Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown). After you have learned more about the chakra and how it interacts within the system, you will have the knowledge you need to address the Ésprit with SoZoKi life data uncovered and put it to good use.

Building information about the self brings you to this assessment, which is one of, if not the most important. It brings your focus to health and wellness barriers, associated with your influencing behaviors, and provides the opportunity to drill into actions to increase energy to and through each chakra and the entire system.

Using the Personal Behavior Impact on Energy data, you will begin to think about intentions (exertion of the mind; determination) which is Step Six in the process. Although Step Five will be next in this presentation, I would like for you to be aware and begin consideration of the SoZoKi Intentions you will be developing. So, before you begin the Ésprit with SoZoKi Education Session Four, please complete the Root Chakra assessment and print the Ésprit with SoZoki Energy Self-Practice Intentions Example and the Chart to develop.



ÉSPRIT WITH SOZOKI

ENERGY SELF-PRACTICE SIX-STEP PROCESS
STEP FIVE

ENERGY INFLUENCE CHART DIRECTIONS

THIS EXERCISE IS TO IDENTIFY YOUR PRIMARY INFLUENCERS, WHERE THEY EXIST IN YOUR LIFE, ANY TRIGGERS OF YOUR BEHAVIOR THEY INFLUENCE, AND IF THEY ARE INSPIRING/UPLIFTING, LIMITING/DRAINING, SUPPORTIVE/NURTURING AND DOUBTFUL/DISCOURAGING IN THEIR INTERACTIONS WITH YOU. This exercise is to identify your primary influencers, where they exist in your life, any triggers of your behavior they influence, and if they are inspiring/uplifting, limiting/draining, supportive/nurturing and doubtful/discouraging interactions.

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 SoZoKi Energy Intentions, use of mantras and defining the rituals to support your energy body every moment, every day. 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 harm.

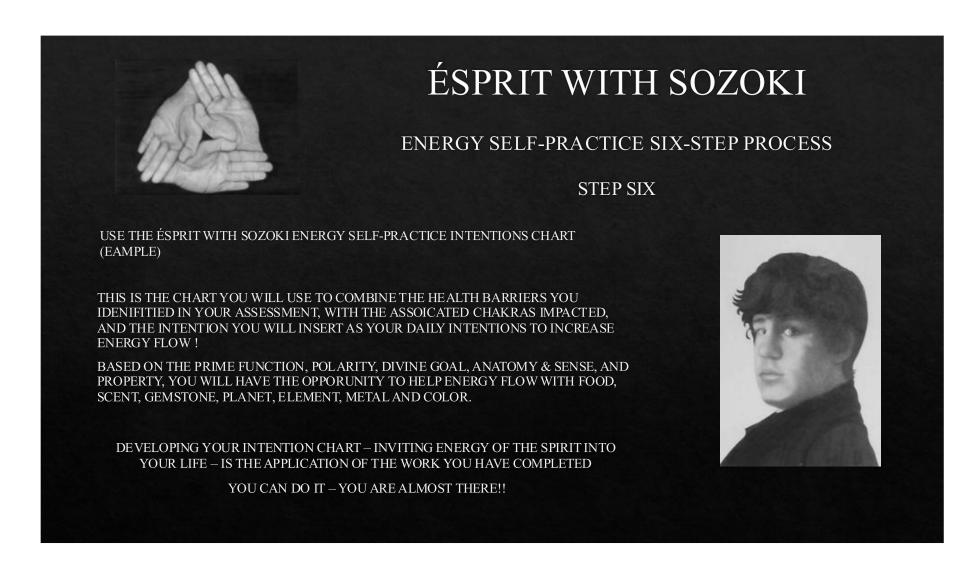
You will develop this chart to identify who, when, where and how your interactions are impacting your natural energy flow. Enter the day of the week, not the date, for easier reflection upon completion.

After you have completed the chart, transfer your data into the Ésprit With SoZoKi Strategic Plan Calendar, which is not the traditional calendar. For this exercise the calendar has the month, no year and no numbered days of the month. It is divided into weeks, one through five, with a row for notes at the bottom of each month. It is important to include the name of the influencer, their impact on you/your energy body (positive or negative), and the location and time of day the interaction will occur.

Make sure the calendar is available for you see frequently throughout your day. This information will not benefit you stored in a drawer on placed on a shelf in a binder. If you need to create a shorthand, you are on your own for that one

The Ésprit With SoZoKi Strategic Plan Calendar will become one of the first tools you refer to every day to ensure you are aware to be best prepared!

The calendar can be purchased as a downloadable electronic document to print and find binding services near you, or can be purchased as a spiral bound document, in addition to the Ésprit With SoZoKi Energy Self-Practice Six-Step Process.



Located on page 41 of the Ésprit with SoZoKi Energy Self-Practice Six-Step Process is the Ésprit with SoZoKi Intentions Chart example. Although this is Step Six, I requested you print to have available when working on Step Four.

IDENTIFIED WELLNESS BARRIER

DIRECTIONS: All topics in the left column originate from your self-assessment (Step One) that was inserted into your Personal Behavior Impact on Energy Assessment (Step Four).

BEHAVIOR EXAMPLE: Sleep

HINT: Use the barriers to health and wellness identified in your self-assessment to begin development of your SoZoKi Intentions Chart. Then fill in the identified chakras and interventions you will insert into your day to improve energy flow.

CHAKRA(s)

DIRECTIONS: Identify the involved chakra(s) – Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, Crown, or the entire system. Note: it is often the entire system.

EXAMPLE: The Chakra System

HINT: There may be more than one chakra identified.

INTERVENTIONS

DIRECTIONS: Choose the intervention(s) to increase energy flow – music, color, scent, food, metal, crystals, sound, exercise, yoga posing, hand position meditations (include location to be performed). This can be a combination of several listed.

EXAMPLE: Best practice is to start with the head hand position meditation to calm the mind. Include chamomile tea and scent of lavender.

HINT: Above is a list of potential interventions and if more than one chakra is identified as involved or impacted by the behavior you will need to address both of the chakras to create the best outcome for your intentions.



ÉSPRIT WITH SOZOKI ENERGY FIELDS & AURAS

ETHEREAL ENERGY FIELD

- ♦ IS PART OF THE OF ENERGY AURA
- ♦ IS THE LAYER CLOSEST TO THE PHYSICIAL BODY
- ♠ MONITORING THE HUMAN HEALTH BY MEASURING THE BIOFIELD 'AURA': AN OVERVIEW
 - * "Psychological perception of one's environment or a person's thought process induces characteristic electrical impulses in the brain. These signals travel throughout the central, sympathetic and parasympathetic nervous system, creating the unique electromagnetic field of the organism that can radiate out of the body and is termed 'Aura' or 'Bio-energy field'."
 - by https://www.researchgate.net/publication/277575681 Monitoring the Human Health by Measuring the Biofield Aura An Overview
 - ♦ PSYCHOLOGICAL PROFILE THROUGH BIOENERGY FIELDS
 - Many scientists and doctors have been particularly intrigued by metaphysical scientists' claims that the Aura's energy information can be used to accurately analyze a patient's psychological and emotional states.
 - http://www.ijesrt.com/issues%20pdf%20file/Archives-2014/October-2014/Psychological%20Profile%20through%20Bioenergy%20Fields.pdf
- ♦ IMPLEMENTATION OF AURA COLOURSPACE VISUALIZER TO DETECT HUMAN BIOFIELD USING IMAGE PROCESSING TECHNIQUE
 - The major focus of this research is to reduce the computational and hardware costs in bio-field detection and interpretation.
 - http://jestec.taylors.edu.my/Vol%2014%20issue%202%20April%202019/14_2_26.pdf Monitoring the Human Health by Measuring the Biofield "Aura": An Overview

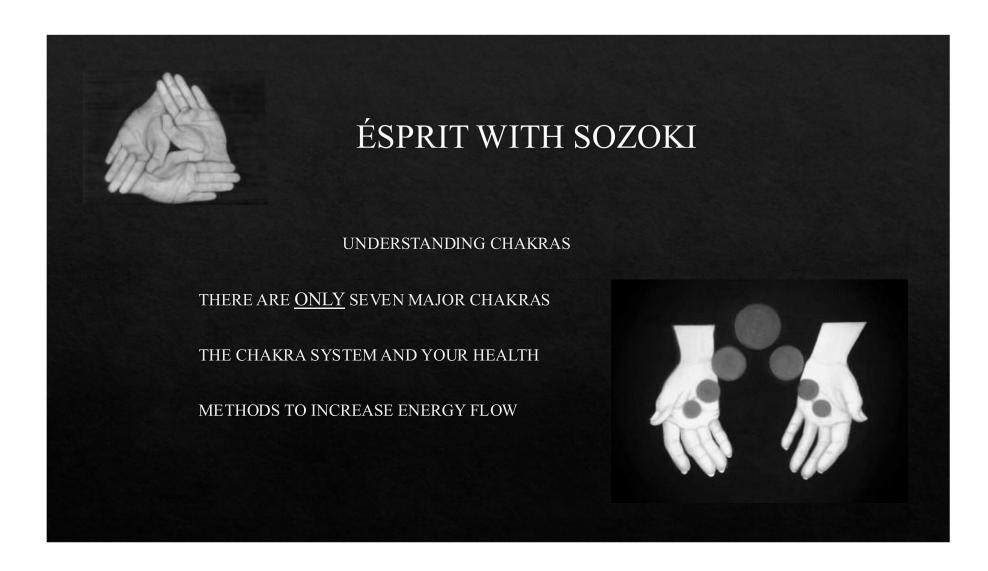
I would like to spend some time speaking to energy, energy fields, and auras, before moving into the elements of a self-practice. There is a vast amount of information available on this slide. But before I delve into my reasoning behind these articles, let me touch on some potential familiar topics on energy fields, auras and the physical body.

As defined in the glossary of Esprit with SoZoKi, the ethereal energy body or etheric body is light, airy, celestial with available power to fill our physical structure. Aura is a subtly pervasive quality or atmosphere seen as emanating from a person, place or thing (remember energy is everything and so yes, places and things emanate energy).

Some people can see the layers of colors surrounding a body and they are found in cultures around the world. I must admit I have not invested any significant time in developing the ability, but I have been able to relax my vision and see a layer of white around green leafed trees when the sky is a blue back drop. If you want to try to see an aura, it is recommended to try as I described – make sure the blue sky is without clouds. You are not looking directly at the tree with eyes fixed on the details but relaxed as if gazing or starring off into space. If you forcefully try to see it, you won't.

I have provided hyperlinks to 3 scholarly articles on the topic of biofield or bioenergy field. The first article follows electrical impulses in the brain which ultimately creates the 'aura' or 'bio-energy'. The second article brings to account the interest in energy in western approaches to medicine, giving the physical body as the emanator of energy rather than the energy body, but I am providing so that you have a balanced presentation of views. The last article is essentially about acknowledgement of energy and developing the ability to measure it, that is cost effective.

There is finally much interest in more that than the energy body, regardless of hypothesis to support medical theories, at least science is researching. That said, if energy was limited to the human being, the human body, the human experience, I would give a broader ear to the scientific approach, however everything is energy and not limited to their focus of study. I have confidence we will continue to see research, with outcomes that develop tools to assist us in further understanding of our experience.



THERE ARE ONLY SEVEN MAJOR CHAKRAS

Just as energy is energy, not good or bad, **there are only 7 major chakras recognized**, and they are located where the lines of meridian cross 21 times. Five are within the physical body (Sacral, Solar Plexus, Heart, Throat & Third Eye) with one below the trunk & between the upper thighs (Root) and one above the top of the head (Crown). While Europeans were treating disease with bloodletting, the Chinese practiced acupuncture/acupressure. Using the lines of meridian, energy highways, the practice has been documented for more than 5000 years. This scholarly article provides more details for those life learners out there!

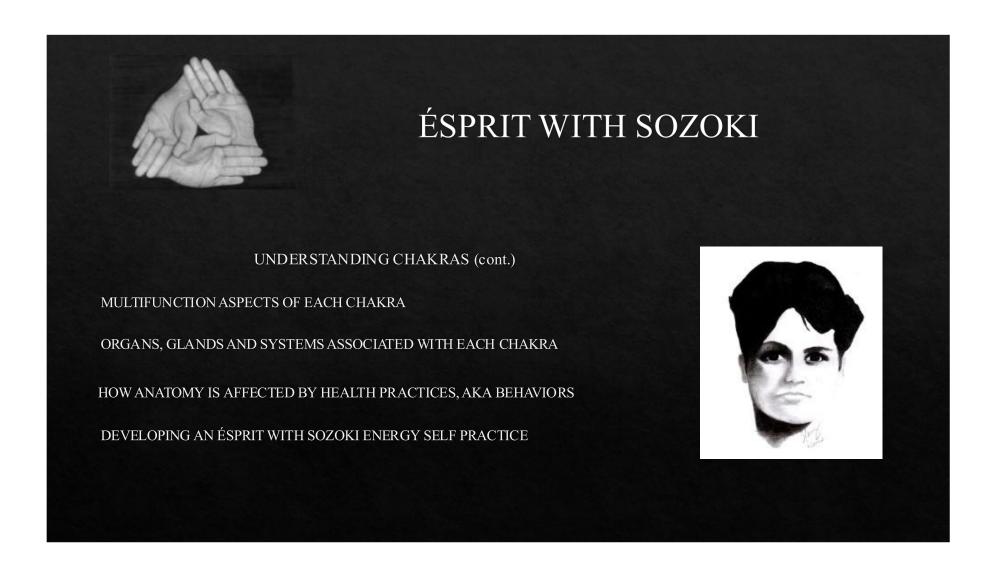
Now it appears people are trying to get attention with new theories and have increased the major chakras to 12. I've even seen articles with a grand total of 22 major chakras. Who they are and how they determined this new found information is a bit concerning to this science based nurse. The claim is for the traditional seven with an additional five floating around in your aura. These energy highways are not recognized by acupuncture nor taught in formal training programs in accredited schools. So please do not fall victim to false claims made by people seeking notoriety. I am not judging them and their behavior but would be remiss if I did not touch on this topic.

THE CHAKRA SYSTEM AND YOUR HEALTH

Steps of the scientific method include observation(s), asking questions about the observations, gathering information (response), to develop a hypothesis (a prediction based on observations). Following the method, data collection occurred in Step One of the Ésprit with SoZoKi Energy Self-Practice Six Step Process, as you completed the Self-Assessment. Identifying your behaviors, health diagnoses, pain management, emotional history, social history and personality traits, you collected your individualized personal data. The behavior responses were then used to identify those in your life who have influence, positive or negative, via a non-judgmental process, with recognition of 'the self' as the greatest influencer. Using data allowed you to identify your behaviors, your influencers behaviors and the impact on health/wellness, in Steps Four and Five in the assessment process, applying behaviors and diagnoses to the associated chakra.

METHODS TO INCREASE ENERGY FLOW

When one chakra is struggling, it does impact the flow of energy through the entire system. Only when you have identified a single chakra associated with a diagnosis using the six-step process should you focus SoZoKi intentions on one, and if you have identified an anatomic system dysfunction, you will need to focus SoZoKi intentions on the entire chakra system. My recommendation would be to use the SoZoKi meditation with hand positions for the system and then apply specific chakra interventions (food, scent, gemstone, metal, planet, element, color, music, etc.) Each of the education sessions focused on each chakra will take a deeper dive into methods to employee to increase energy flow.



MULTIFUNCTION ASPECTS OF EACH CHAKRA

Each chakra has five categories, assisting in the movement of energy through our ethereal body. A reminder from the *Ésprit with SoZoKi/A Practitioner's Manual* glossary, our ethereal energy body is a light, airy, celestial body with energy to fill our physical body to support health and a sense of wellbeing. These five categories, Prime Function, Polarity, Devine Goal, Anatomy & Sense, and Property are discussed for each chakra, with details that individuate each of them.

The prime function of a chakra is the purpose or fundamental role of the chakra. The polarity is the characteristic that produces different effects, at different points in a system, and in the chakra system they exist as positive and negative, pushing and pulling energy from, to and through a chakra,

moving energy through the system. The Devine Goal is the universal truth to be achieved within each chakra, producing a sure sign the Spirit is nourishing mind and body. Human anatomy and sense are associated with each chakra, with dysfunction pointing to an imbalance of energy, which is often the outcome of behaviors of self and influencers. Last but not least, each chakra has a property, which is the character trait forming the chakra's individual nature.

ORGANS, GLANDS AND SYSTEMS ASSOCIATED WITH EACH CHAKRA

The Ésprit with SoZoKi Six-Step Process provided human anatomy resources, but you were also given a hyperlink to a website to learn more about your body. It is the most important knowledge to possess, regardless of why you are seeking the information. This again is the hyperlink to a free course of study:

https://study.com/anatomy_and_physiology_online_classes.html

HOW ANATOMY IS AFFECTED BY HEALTH PRACTICES

During your self-assessment you provided information about behaviors and health diagnoses that had been identified by your western healthcare provider (doctor or nurse practitioner). But your behaviors are not the only impact on energy to consider, and in the second assessment, using your behaviors from the self-assessment, you identified your life's influencers, those who have the greatest potential to impact your energy body. After identifying your influencers, you were asked to assign personality traits while beginning to ponder their impact, energy enhancing or draining. These assessments provided the information needed to begin working on the fourth assessment, which focused on your behaviors and their impact on health, before identifying the energy impact from influencers, when and where they entered your life.

DEVELOP AN ÉSPRIT WITH SOZOKI ENERGY SELF-PRACTICE

Putting it all together gives birth to your self-practice. After identifying your personal impact, along with your influencers, you had the ability to identify the chakra impacted, and from that body of knowledge you create intentions, along with the use of mantras and rituals to strategically begin your self-practice. You will dive deep into this as you proceed through the chakra focused education sessions.



I recently had the opportunity to meet my neighbor who had bought her townhouse while I was away working in Florida and then California. As luck or fate provided, as I arrived in Charlottesville with one book published and the second in the 'final read' stage for format editing, Maury, a final content editor, offered her services gratis and reviewed the manual.

She shared an insight I want to bring into focus early in educating you about your energy body. While well versed in her understanding of an individual chakras, the idea that a chakra was part of a larger system was something she had not read/heard. Her experience always focused on an individual chakra and how to help increase energy flow to it. I agree. It is not until now, following my research as a master's prepared registered nurse and my Reiki interventions in operating rooms around the US, that I now present insight into this complex yet intuitive system.

Just as everything is energy condensed to form mass, everything is a part of a system. Every system has an input, a process and an output. I introduced Systems Theory in the discussion for Slide 7 of the Ésprit with SoZoKi Education Session Two, so please review as needed. While each chakra has a prime function as one of its elements, the polarity aspect assists in moving energy, by pushing and pulling, through the ethereal body. However, this system is not confined within the chakras. As energy enters the Root and exists the Crown, the process allows for the systemic continuum: entry (input), movement (process) and exit (output) of energy.

I've included in this slide the SoZoKi Chakra Intervention Resource Chart. While I do not want you to become dependent, I would be remiss if I did not provide you with an overarching tool to use on your Ésprit with SoZoKi education journey. While the colors associated are significant, I wanted the information available, not as a colorful graphic, but to learn and own the information, moment to moment. The colors associated with each chakra: Root = Red, Sacral = Orange, Solar Plexus = Yellow, Heart = Green, Throat = Blue, Third Eye = Indigo, Crown = Violet.



Use of the word caustic in Ésprit with SoZoKi is defined as critical or sarcastic.

We all need nourishment for our body but to give limited break time to feeding the spirit rather than the body does not align with our innate survival instinct. However, we can develop our mantras and weave them throughout our day to level the playing field. You may easily fall victim to negative speech patterns of a co-worker. The day starts out great, but you arrive at the office to a constant rain of complaints, not from your boss, but from an associate. They may not have authority over you, but you can't escape their presence, and the day goes downhill from the moment you arrive.

Does this scenario, with a caustic person in a caustic situation you can't avoid, sound familiar?

You awoke fine, you enjoyed your morning before going to work, your thoughts were not negative but looking forward to what the day would bring, how you could help, and what you could accomplish. And then another human brings you down into the reality they have created for themselves. This is exactly when your self-practice of Ésprit with SoZoKi can help you to survive, if not actually evolve, from this interaction.

Your mantra should be somewhere you can see it upon arrival to your desk, using it to stop the negativity before it even starts. Don't listen to the negativity. Deliberately block it from your thoughts. Instead, silently repeat your mantra to stop the tirade before it can even get its hold on you. Share a short and to the point vocal concern like, "I can see you are struggling." Then follow that up by staking out your right to privacy by saying, "But I need to address a work issue that was on my mind all night," and begin to focus on work. Do not say you are sorry or provide an opportunity for later. When people only get their life energy by the interactions, they have with another, when they have to engage and pull the other into their thought processes to feel empowered, the best thing for self-preservation is to empower yourself to identify and disengage. Once the other person understands that they no longer will receive from you the attention that they were, consciously or subconsciously, seeking from you, they will stop their behavior because your energy is no longer available to feed them. They have lost you as their emotional energy source, and you have realigned your human consciousness to spirit.

Let me share a story about a nurse I worked with several years ago. She came to me and asked if I could help with her neck, it was extremely soar and limited in range of motion. As I began to channel her energy, I asked if there was anything causing the stress she was holding in her neck. She shared her ex-husband was the source, sending emails regarding their children that was abusive. My ah-ha moment, he had physically become a pain in her neck! She had remarried with a very supportive husband and so I suggested the following plan. Tell the ex she would have her husband read all communication, as well as answer phone calls, to filter the abuse and stop the ex from causing emotional harm, and it worked. She removed the caustic person by addressing the caustic situation, with the support of loved one who loved, rather than a vindictive person attempting to threaten to hold power over her. I could and did provide relief on that day, but she needed to ensure the root cause of the pain was removed to prevent future physical ailment.



ÉSPRIT WITH SOZOKI

HARNESSING THE POWER OF YOUR INTENTION

HARNESS – TO BRING UNDER CONDITIONS FOR EFFECTIVE USE, GAIN CONTROL OVER FOR A PARTICULAR END

INTENTIONS – THE PURPOSE OR ATTITUDE TOWARD THE EFFECT OF ONE'S ACTIONS OR CONDUCT

EVERYONE IS RESPONSIBLE FOR THEIR BEHAVIOR

THE ASSESSMENTS PROVIDE THE TOOLS NEEDED IDENTIFY TO ENERGY DRAINERS

MANTRAS DO ASSIST WITH ENERGY DRAINING INTERACTIONS

DO NOT BECOME AN ENERGY DRAINER



IF YOU COMPLAIN TO ANOTHER ABOUT AN ENERGY DRAINER, YOU'RE ACTIONS HAS AN ENERGY DRAIN IMPACT

While others are responsible for their behavior, the same is true for you. If you wish to allow yourself to become their victim then by all means continue to allow them to lower your spirit to feed their human drama. On the other hand, if you desire to own yourself and stop an intended or unintended assault on your spirit, then you must own your own behavior.

Continuing from the first example in previous slide notes, it is not merely finding a few words to repeat continuously to yourself. You first have to identify the structure, timing, and content of the interaction that brings you down. Secondly, you need to find the correct words that will interrupt their behavior and restore your connection with your spirit. And third, you must have an action plan to inhibit their ability to overpower your spirit and bring you down into the mud with their personal struggle.

Using the Esprit with SoZoKi Energy Self-Practice Six-Step Process, you have the tools to succeed, when you identified in Step Five those who have a negative impact on your energy body, where they appear in your life, and when you need to prepare if you cannot remove them.

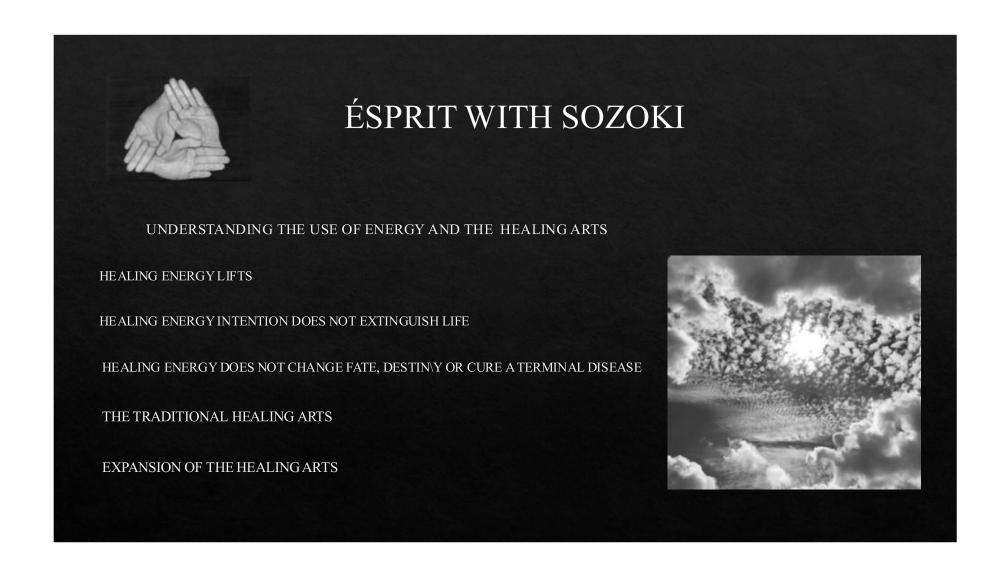
Always remember, if at first you don't succeed, try again until you win!

It is your energy to give, and you can stop the steal!

Here are a few more examples of interactions that are energy depleting.

An **aggressive** personality is easy to identify, these are the people who talk over you, demand your attention at their request, abusive/demeaning/sarcastic language, not necessarily with only you, but everyone with whom they interact. There is also the overtly **soft spoken**, who is always difficult to hear, and so you must stop everything to interact with them. Yes, there are shy people, and often they are shy in a group setting, and when comfortable open like a flower, these are not the people I speak of. People speaking at volumes that require full attention in communication are stealing energy, intentional or not. If this is someone you want to keep in life, then let them know when communicating with you they need to speak up! You can do that in a way that does not harm or hurt feelings. Try sharing the difficulty you have hearing them, so that they have the opportunity to change who they interact with you, and if they don't, consider limiting time spent with them. There is also the **aloof**. This person is reserved, reticent, indifferent, and/or disinterested. Does this scenario sound familiar, someone asks you a question and during your response they change the subject and begin to talk about another topic? Or you set a time to meet with them, and at that time they have full focus on something other than the intended conversation?

Last but not least, do not do unto another, as it has been done to you. When you share complaints to another, your interaction is energy draining.



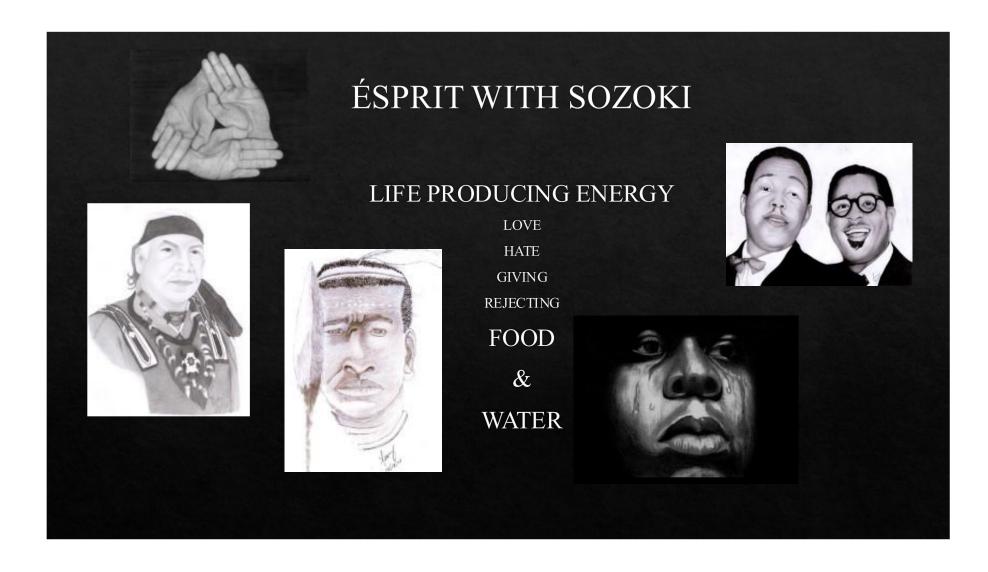
I would like to make sure you have a good concept surrounding the use of energy to promote health and wellness.

First, healing energy lifts and does not extinguish. A good example is when a virus is present in a human. The action of healing energy does not kill the virus, but rather lifts it out of the physical body, retuning it back into the environment where it will live its natural life span, which is very short without a host – no harm no foul.

Additionally, healing energy does not change fate, destiny, or cure a terminal illness. While healing energy does not change a terminal disease, it does assist the person to accept their diagnosis and live the best life that remains for them.

Comprised of creative practices, the healing arts are employed to promote wellness, personal change, healing and assist in the development of coping mechanisms. Although the traditional arts include art, music, poetry/writing, dance or movement, and poetry or creative writing, there are many more to explore. All traditional approaches combine artistic expression with psychological awareness and communication and are led by therapists who are experienced in both areas. Healing arts therapies are tailored to the individual, using treatments that have the highest likelihood of success for each person.

Today there are additional practices included in the healing arts arena. Mind-body therapies teach how to de-stress to control physiological dysfunctions like high blood pressure. These therapies include biofeedback, hypnosis, and guided imagery. Another healing art is to employ humor and laughter. These boost our immune system while changing our perspective. I have heard it all of my life, laughter is the best medicine, and with that in mind I took a 20-hour 9continuing education program to earn credit for my nursing license last year, and then shared with my staff to employ some of the recommendations in their patient care. Meditation and spirituality bring a deep state of relaxation, connecting us to nature and a source of being a part of something greater than ourselves. Our pets are amazing! They can help to calm our mind, foster feelings of closeness and understanding another being. Let's not forget gardening and cooking. I have a great deal of satisfaction when I grow vegetables that become a part of a meal I cook and share with family and friends. Last in this list is new décor in our environment, providing emotional and physical support, especially when we increase natural light, add soothing or energic colors, as well as scents and sound. All have a positive impact on our nervous system, and produce feelings of well-being.



I've said it before and I'll say it again, energy is energy, existing in a natural state, that can be manipulated into good or bad by human behavior.

While love produces an uplifting energy, hate directed at someone brings the recipient down. This is not to say that people feeling hate experience low levels of energy, BUT the energized feeling is a rush of adrenaline, and as soon as it returns to normal levels, the person is usually left drained. Love, on the other hand, continues to produce uplifting energy long after it is expressed.

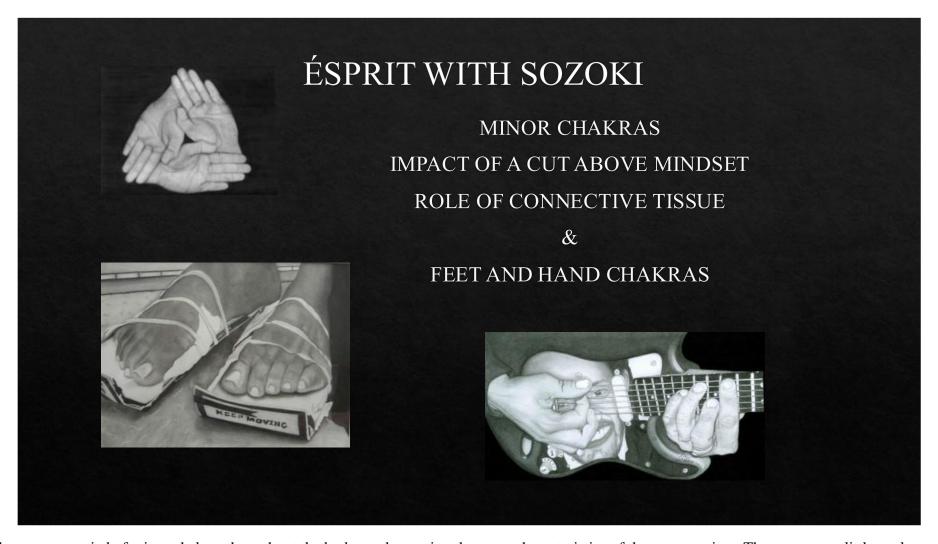
Neuroscientists have studied the impact of giving on the human being. It is a powerful pathway that improves overall health while creating personal joy. Releasing serotonin, dopamine, and oxytocin, the act of giving produces this trifecta of happiness, and activities that increase their production causes a positive impact on mood. Accepting a gift is far different than taking something from someone.

A broken arm and a broken heart may well produce the same impact on our brain and the pain experienced from being excluded is similar to physical pain caused by an injury. The psychological state of an individual who has been rejected can also have serious implications for society. Social rejection can influence emotion, cognition, and even physical health with the potential for the ostracized person to become aggressive, sometimes resulting in acts of violence.

There is a reason the words food and water have the largest print on this slide. Food and water are the most fundamental requirements needed to sustain life. We are very fortunate in the US to have water plumbed into our homes, but we also have witnessed the devasting effect of lead contaminated water in Flint, Michigan. Studies have been performed across the country with a focus on chemicals leaching into our water supply, with many scientists pointing to them as the cause of many health issues, not the least, a variety of cancers. Many US citizens are vehemently against government regulation, but our water supply should be at the top of the list to be regulated, as water is life!

Now to food. We need it and most buy it from grocery stores, after a big effort from mass manufacturing and corporate farms. Those most fortunate have local small farmers, many with organic roots, where they can get most if not all food needed to live a healthy life. But for those who use the mass production of foods, please consider the people involved in the process. I had the opportunity to live in a little town in central California in the Salinas Valley, right in the middle of the corporate agriculture fields. The food tasted so fresh, and at first, I felt really fortunate to be able to consume fruits and vegetables pretty much straight from the fields. As time passed, I discovered the significant chemotherapy infusion program at the local hospital was treating many of the field workers, who exposed themselves to the chemicals used to grow food in mass quantities. I ask if you pray for your meal, as you give thanks to God, also give thanks to the workers who made it possible for you to eat.

Food is a powerful source of energy for the physical body but can also be used to support your energy body as well. As you will learn in future education sessions, there are specific foods to consume to increase energy for each of the chakras in the system. When consuming food with this purpose in mind, I would recommend using local whenever possible. And, when preparing food, use your hands as much as possible, avoiding machines to do the work for you. Your energy will be absorbed and with intention you can remove any remnants of another's energy who has handled the food. Again, if you say a prayer before eating, follow your traditional practice, but also include gratitude for the human's who made it possible, and to remove any energy absorbed from an unhappy soul.



There are a myriad of minor chakras throughout the body, each carrying the same characteristics of the seven majors. They appear as little cyclones; little whirling energy vortex that exist where joints are located. Examples include within the hands and feet as well as the shoulders, elbows, wrists, hips and knees. They are also located where nerve plexuses or bundles exist throughout the body. Dysfunction of the secondary chakras can have a detrimental impact on the entire chakra system. Connective tissue, located throughout our body in a variety of forms, has a primary responsibility for carrying electromagnetic energy and much of it is in our buttocks and legs. When cut off below the hips almost 40% of natural energy that feeds vital internal organs can result in a diminished life force that carries us through each day.

That said, the many people who have lost a lower extremity, or the ability to ambulate (walk), have other opportunities to increase their energy flow. In our American culture we tend to identify ourselves as highly intellectual, giving importance to the upper part of our body over the lower part, often

thinking we are a cut above those with less intellect. With this thought comes the potential to cut off energy flow in our legs resulting in dysfunction. Sluggish bodies and sleepy heads produce confusion, depression, and frustration with our inability to establish a balanced mind-body-spirit.

Feet chakras are primarily used to bring energy into your ethereal body. Most guided meditations have you visualize growing roots from your feet that move past the layers of the floor through the foundation of the building, sending them deep into the Earth to attach the spirit to an abundance of available energy. In the SoZoKi meditation and self-practice, the feet chakras are used to ground the spirit lightly to earth energy before sending it out to Creation. Roots are sent from the feet across a large plot of earth, spreading shallowly instead of growing deep. Energy is pulled from the earth, but the majority of energy is brought in from infinite SoZoKi rather than finite Earth.

Hand chakras are associated with the upper three chakras - Throat, Third Eye, and Crown - and while filled with mini chakras at the many joints, they have one larger located in the center of the palm. Because of the number of chakras, energy flow is not limited to the palm, with each finger transmitting energy at levels associated with colors. Red is traditionally channeled from the index finger and thumb (Root), green from the middle (Heart), blue from the ring (Throat), and violet from the small (Crown). When energy vibrates it produces color, and for those with the ability to see aura, they are seeing the ethereal body or energy fields of life. The energy flow that produces the colors are influenced by the status of the upper chakras, as well as physical limitations of the neck and shoulders. A stiff neck can reduce the energy in the hands, as well as the colors emanating from the fingers.



ÉSPRIT WITH SOZOKI

SESSION THREE REVIEW

STEPTHREE ÉSPRIT WITH SOZOKI ENERGY SELF-PRACTICE INFLUENCER IMPACT ASSESSMENT

MENTAL HEALTH & EXAMPLES OF SIGNS AND SYPMTOMS

STEP FOUR ~ GREATEST INFLUENCE ~ THE PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

ENERGY INFLUENCE CHART & DIRECTIONS

THE ÉSPRIT WITH SOZOKI ENERGY SELF-PRACTICE INTENTIONS CHART & EXAMPLE

ENERGY FIELDS & AURAS

UNDERSTANDING CHAKRAS

THE CHAKRA SYSTEM

REMOVING CAUSTIC PEOPLE & RECOGNIZING CAUSTIC CIRCUMSTANCES

HARNESSING THE POWER OF YOUR INTENTION

UNDERSTANDING THE USE OF ENERGY & THE HEALING ARTS

LIFE PRODUCING ENERGY

MINOR CHAKRAS, IMPACT OF A CUT ABOVE MINDSET, ROLE OF CONNECTIVE TISSUE & FEET AND HAND CHAKRAS



Step Three Ésprit with SoZoKi Energy Self-Practice Influencer Impact Assessment

Mental Health & Examples of Signs and Symptoms of Dysfunction

Step Four ~ Greatest Influence ~ The Personal Behavior Impact on Energy Assessment

Energy Influence Chart & Directions

The Ésprit with SoZoKi Energy Self-Practice Intentions Chart & Example

Energy Fields & Auras

Understanding Chakras

The Chakra System

Removing Caustic & Recognizing Caustic Circumstances

Harnessing the Power of Your Intention

Understanding the use of Energy & The Healing Arts

Life Producing Energy

Minor Chakras, Impact of a Cut Above Mindset, Role of Connective Tissue & Feet and Hand Chakras

Ésprit with SoZoKi



Nancy Anna Blitz Ruff, MSN, RN
Charlottesville, VA 22901

Nancy@OriginalDNA.com

WWW.SOZOKI.COM

WWW.ORIGINALDNA.COM



No part of the Ésprit with SoZoKi Self-Assessment tool may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from Nancy Anna Blitz Ruff.

This is my contact information.

You can reach me via email – Nancy@OriginalDNA.com

Thank you – from my Spirit to Yours!

Nancy