



ÉSPRIT WITH SOZOKI



ÉSPRIT WITH SOZOKI

SESSION NINE

THE THIRD EYE CHAKRA

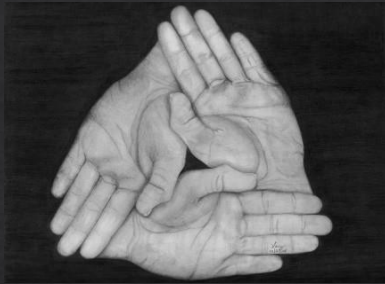
by

Nancy Blitz Ruff, MSN, RN

NEVER ALLOW THE SKY TO LIMIT YOU

Welcome to Éspirit With SoZoKi, the energy program I designed to assist you in learning and then creating an achievable daily living self-energy practice.

In this session explores the Sacral Chakra.



ÉSPRIT WITH SOZOKI

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION

THE ÉSPRIT WITH SOZOKI WORKBOOK

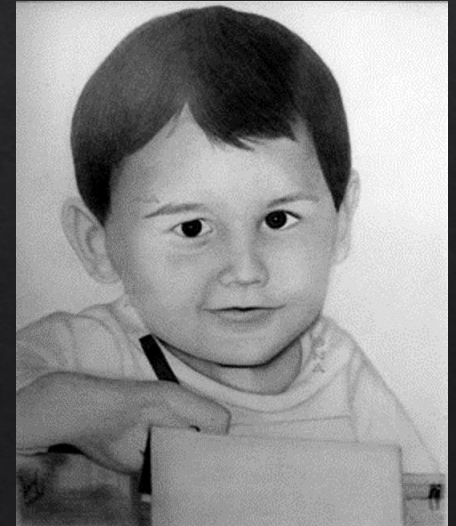
RESOURCES

ASSESSMENTS

INTENTIONS CHART

&

THE ÉSPRIT WITH SOZOKI STRATEGIC CALENDAR



This slide is from session four and you will see it relatively the same 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 Heart Chakra, identify the pertinent data relating to the Heart Chakra from the Self-Assessment, and develop intentions to improve energy flow to and through the Third Eye Chakra.

For all chakra education sessions, you will need the Ésprit with SoZoKi Energy Self-Practice Six-Step Workbook.

In your self-assessment you identified the behaviors that fill your life. Sleep, caffeine consumption, caustic conversations (where they occur and with whom), your exercise routine(s), nicotine, and alcohol consumption (where, when, frequency and why), any recreational drug use (where, when, frequency and why), work/school (interactions and requirements) and last but certainly not least nutrition (what, when, why and frequency/volumes). You will use this information with the data from your health/pain/emotional/social history, as well as the personality traits you identified, to complete step four, the Personal Behavior Impact on Energy Assessment.

Step six is the Ésprit with SoZoki Intentions, which are based on your diagnoses, behaviors, and help opportunities for each chakra. As you identify those aspects, and learn the components to 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 THIRD EYE IS THE SIXTH OF THE SEVEN MAJOR CHAKRAS



LOCATION

POLARITY

ROLE IN THE CHAKRA SYSTEM

The polarity of the Third Eye Chakra is negative, pulling energy from the positive aspect of the Throat Chakra and pushing energy to the Crown. As energy flows into this chakra from the throat, inspiration, intuition, judgement, re-evaluation, and communication have all taken place. It is in this chakra that we come to an understanding of our place in Creation. When we acknowledge the pattern and flow of energy that occurred in the first five chakras, we find ourselves able to accept that we are united with all that exists, neither above, below, nor separate in any way from all else.



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THE THIRD EYE CHAKRA PRIME FUNCTION

INTUITION

INTEGRATION & UNDERSTANDING

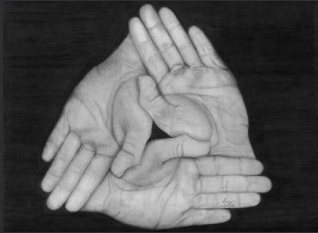
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CENTER OF CLAIRVOYANCE



The prime function of the Third Eye is integration and understanding. It is through this vortex that we are able to see beyond the five physiologic senses of our anatomical body. The Third Eye Chakra is considered the center of clairvoyance, and it is here that we have our sixth sense, our psychic ability, the sense residing within our celestial rather than physical body. The Divine principle of this chakra is the use of imagination and clairvoyance to see our spirit as it relates to all Creation.

Since this chakra is considered to be the seat of our celestial body it is within the Third Eye that imagination emerges and where we open our spirit fully to *SoZoKi*. When energy is blocked or diminished, we may find it difficult to learn new skills. Our memory and pattern recognition, which are the basis of our ability to classify data and experience, may be impaired.



ÉSPRIT WITH SOZOKI

THE THIRD EYE CHAKRA

DIVINE PRINCIPLE OR GOAL

ANATOMY ASSOCIATED WITH THE THROAT CHAKRA

IMPACT OF A CLOSED THIRD EYE CHAKRA

&

THE THIRD EYE CHAKRA PROPERTY



The Third Eye's Divine principle is the use of imagination and clairvoyance to see our spirit as it relates to all Creation.

When we acknowledge the pattern and flow of energy that occurred in the first five chakras, we find ourselves able to accept that we are united with all that exists, neither above, below, nor separate in any way from all else. As mentioned in the previous section, when energy is blocked or diminished, we may find it difficult to learn new skills. Our memory and pattern recognition, which are the basis of our ability to classify data and experience, may be impaired.

Anatomical connections associated with the Third Eye Chakra include brow, eyes, hypothalamus, pituitary gland and autonomic nervous system (regulates unconscious body functions, i.e., blood circulation respiration, digestion).

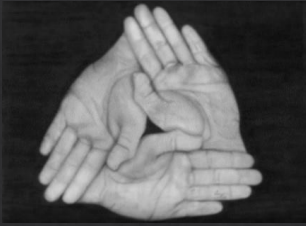
Again, always seek western medical consultation for all health issues prior to implementation of an alternative therapy. Think of it this way, if you get a baseline diagnosis that western has not helped, but energy has, it gives you the opportunity to share your outcomes with your medical provider and introduce the practice to them!

The Third Eye Chakra is identified as having an androgynous property, the state of unified duality. Connected to both yin and yang, it embodies the surrender of each to the other. Not dominated by either alone, the Third Eye energy vortex is the same in females and males and is the seat of a melting-pot of emotions, both positive and negative.

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THE THIRD EYE CHAKRA & RAISING OUR CHILDREN

WITH
LOVE
RESPECT
EMPATHY
COMPASSION



We know the Third Eye's Prime Function is integration and understanding, and Divine goals are imagination and clairvoyance to see our spirit as it relates to all Creation and is a pre-requisite to a functioning Chakra System. As the Third Eye Chakra's primary functions are integration and understanding, with the Devine goal of purpose of imagination and clairvoyance, I again turn the focus of this slide to children.

Recalling Dr. Montessori's observations of children as sponges, learning best from observation without negative connotations, as parents it is important to role model for our children in a manner that incorporates integrating experiences with displays of understanding. Children have active imaginations diminished by domestication to societal norms and mores, but with a healthy Third Eye Chakra the imagination of both child and parent are engaged in mutual flow of SoZoKi.

Empathy means a child understands they are a distinct person, and others may have different feelings; they can recognize feelings in self, others and name them; they can regulate emotional responses and can put themselves in another's shoes or *imagine* how someone may feel, and *imagine* actions or responses that may help someone feel better.

These are signs of a healthy Third Eye Chakra in your child.

WE ARE ALL ROLE MODELS - SOMEONE IS WATCHING TO DECIDE IF THEY WANT TO BE LIKE US - OR NOT!



ÉSPRIT WITH SOZOKI

USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

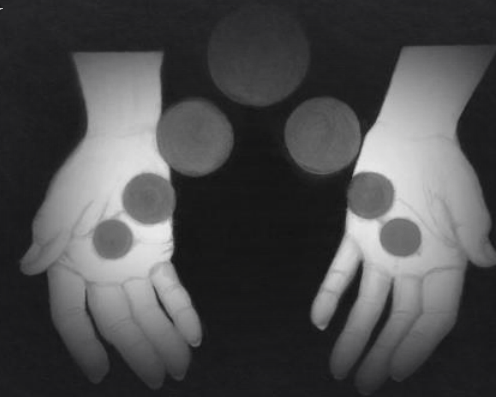
INFLUENCER IMPACT ON ENERGY

&

INTENTIONS

FOR

THE THIRD EYE CHAKRA



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



ÉSPRIT WITH SOZOKI

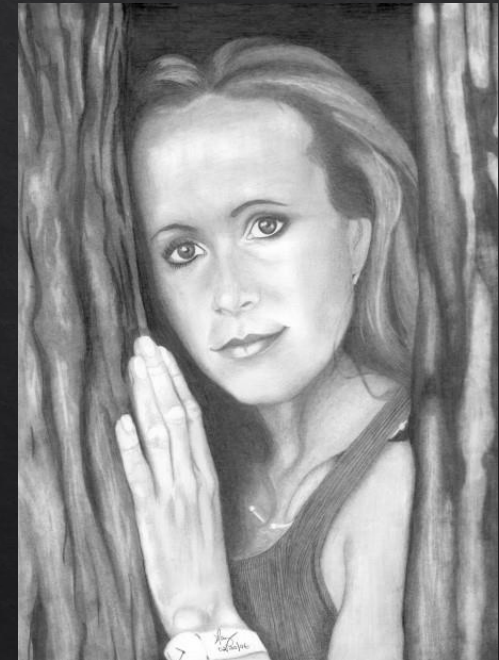
PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

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 caffeine or nicotine products to keep revved up and going through the day, the details uncovered gives direct insight into when, where, why and with whom struggles ensue, as well as those who raise energy. We will look at interpersonal relationships on the next slide but remember, you will always be your greatest influencer.

Knowing that when energy is blocked or diminished in the Third Eye Chakra we may find it difficult to learn new skills, and our memory and pattern recognition, which are the basis of our ability to classify data and experience, may be impaired, it is essential to get the request sleep to function at our highest mental capacity.

How does sleep impact the Third Eye 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.

Adults who sleep less than 7 hours each night are more likely to say they have health problems, including heart attack, asthma, and depression. Sleep deprivation impairs mood and communication skills. Sleep deprived people can experience anxiety, depression and irritability. We have these expressions that continue to describe human behavior, and for sleep deprivation's impact on communication one can be found in the questions "did you get out of the wrong side of the bed?" or "did you get enough sleep?" We can also see the positive impact of sleep on communication when we say, "let me sleep on it and I'll talk to you about it tomorrow."

Fumbling for words or misinterpreting another's words can result in inappropriate responses, if tired and feel confused, like laughing in serious situations, or avoiding communicating with difficult people because they are viewed in a more negative light.

Sleep deprivation increases negative moods (anger, frustration, irritability, sadness) and decreases positive moods. Short or abrupt responses, mumbled speech and lack of eye contact are all communication deficit outcomes from not enough sleep.

Nutrition is important for health and wellness, not a new concept. Using foods to support a healthy energy body enhances the flow of SoZoKi through the chakra system. When we have low blood sugar, we get confused, when we consume too much stimulant, we talk too fast, and when we are hungry, we become "hangry."

In all of these conditions are outcomes of nutrition depleting both of our physical and ethereal bodies of life sustaining energy.



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PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT (cont.)



YOUR BEHAVIOR DATA

FAMILY ~ WORK

SCHOOL

CAUSTIC CONVERSATIONS

RECREATIONAL DRUGS

The Third Eye Chakra is the chakra of integration, understanding and is the center of clairvoyance. When we have a low energy flow, we may find it difficult to learn new skills. Our memory and pattern recognition, which are the basis of our ability to classify data and experience, may be impaired. The impact of impaired sleep patterns or temperature regulation make it difficult to see our place in Creation. The Third Eye Chakra's Divine principle, to use imagination and clairvoyance to see our Spirit as it relates to all is diminished, resulting in rigid thoughts on religion and spirituality.

When the Third Eye is open and energy flows freely our behaviors, relationships, work, school, are positively impacted as we see ourselves with clarity, self-awareness, and emotional balance. When the Third Eye is closed or dysfunctional we can see the impact on our conversations when we communicate with words that are hurtful, critical, or intentionally unkind. Our behavior can turn abrasive and critical of others. Our emotions can become toxic, using critical humor, choosing words that convey harm or belittlement of another.

Recreational substance use, including alcohol, negatively impacts our physical and emotional health when occasional social imbibement turns into abuse to control our emotions or physical urges. The ramifications on our physical body include liver, kidney and heart dysfunction or disease. There can be dental health problems such as cavities and gum disease, which in turn can result in heart valve damage. Mental health impacts include anxiety, depression or anger when the drug cannot be secured to consumed. Signals of dependence escalate, as the user withdraws from social interactions, further isolating themselves from those who could help. Imagination and clairvoyance are numbed, thoughts become rigid, and sleep patterns fall victim to substance use.



ÉSPRIT WITH SOZOKI

THE THIRD EYE CHAKRA
&
YOUR HEALTH ASSESSMENT
DIAGNOSES
PAIN HISTORY & MANAGEMENT
EMOTIONAL HEALTH HISTORY
SOCIAL ASSESSMENT
PERSONALITY TRAITS



DIAGNOSIS

Autoimmune Disorder
Circulatory Disorder
Headaches
Hormone Disorder

Migraines
Parathyroid Disease
Reproductive Disorders
Rheumatoid Arthritis

Thyroid Disease
Vision Disorder/Impairment

REPETITION, REPETITION, REPETITION, READ, RETAIN & THINK ABOUT YOUR LIFE!

PAIN HISTORY & MANAGEMENT

There are a variety of life experiences associated with pain that leave us a challenge to maintain acts of daily living.

Type of pain: acute or chronic

How pain developed: injury, accident or illness

When pain occurred: date and time of onset

Location of injury resulting in pain

Management of pain: medication, therapy, other methods

Intervention: surgery

EMOTIONAL HEALTH HISTORY

There are a variety of life experiences associated with emotions that leave us stressed or traumatized.

Loss of a loved one

Loss of a lifestyle

Loss of a life dream

Infertility

Loss of a career

Victim of abuse (emotional and/or physical)

SOCIAL ASSESSMENT

This assessment includes a variety of elements that span from home, work, school, religion and social events. A few examples include:

Do you live alone

Who lives in your household

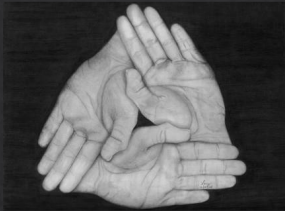
Do you work

Is work remote or in an office

Do you attend religious services

Do you attend social events

Do you volunteer



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THE THIRD CHAKRA DISORDERS & DISEASES



EYE DISORDERS
MIGRAINE
TEMPERATURE REGULATION DISORDER
PITUITARY DISEASES
&
SLEEP PATTERN DISORDER

This slide is a specific focus on the diseases associated with the structural anatomy associated with the Third Eye Chakra.

As mentioned earlier, the anatomical connections associated with the Third Eye Chakra include brow, eyes, hypothalamus, pituitary gland and autonomic nervous system.

Another gland governing the Third Eye Chakra is the pituitary, which is considered the master gland of the entire endocrine system due to the immense variety and volume of hormones it releases into the bloodstream. Hormones responsible for maintaining optimal states of hydration and

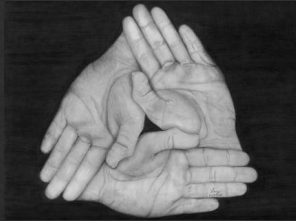
blood pressure, producing breast milk, stimulating growth, and developing eggs in females and sperm in men, among other essential functions, originate in or are stimulated by the pituitary gland.

Again, always seek western medical consultation for all health issues prior to implementation of an alternative therapy. Think of it this way, if you get a baseline diagnosis that western has not helped, but energy has, it gives you the opportunity to share your outcomes with your medical provider and introduce the practice to them!

The pituitary gland plays a key role in regulating sleep patterns with the production of hormones regulating our circadian rhythms. Circadian rhythm, the regular biologic cycle that occurs every 24 hours, i.e., sleeping and waking. Sleep deprivation has the potential to alter the function of the pituitary gland and pituitary disorders can cause disorders of sleep patterns.

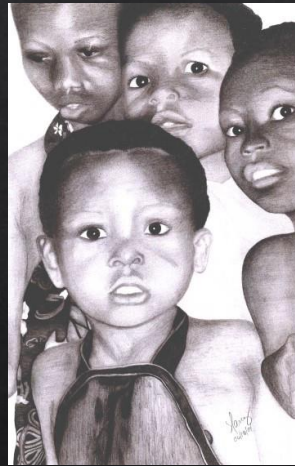
The impact of chronic insomnia on the central nervous system essentially deprives the brain of its function to process new information learned during each day because our brain is exhausted. Difficulty concentrating, learning and even body coordination can occur. Deprived sleep for our brain results in mood-swings, problems with decision-making and our ability to be creative. When the brain is deprived of sleep long enough, we begin to experience hallucinations, seeing and or hearing something that is not really there.

Science recommends we stop stimulating our brain a couple of hours before bedtime. This includes mental activities as well as consuming stimulants. So, what can you do during that time? If you are worried about something, make time early in the day to address your concerns with focused concentration so that it doesn't haunt you in the evening. If something is circling your brain, use that time to write or talk about the concern so that you don't continue to think about it with your head on a pillow. If you are thinking about the following day's activities, plan that day early in the evening, filling in the blanks that keep you up at night. The use of white noise can help our brain from incessant wondering as we try to fall into a sleep state but should be low and on a timer to stop after you have fallen asleep. While it has the potential to improve focus, attention and cognitive ability, it can also do the opposite when it is too loud for too long and impair the brain's ability to filter information.



ÉSPRIT WITH SOZOKI

INFLUENCER PERSONALITY TRAITS



HOUSEHOLD

PARTNERS

WORK

SCHOOL

FAITH BASED

SOCIAL

DISPOSITION IS INFLUENCED BY:

WORLD VIEW ~ PHILOSOPHY ~ PERCEPTION ~ PERSPECTIVE ~ EXPERIENCES

WHO ARE YOUR INFLUENCERS & HOW DO COMMUNICATE WITH THEM:

HOUSEHOLD
PARTNERS

WORK
SCHOOL

FAITH BASED
SOCIAL

REPETITION, REPETITION, REPETITION, READ, RETAIN & THINK ABOUT YOUR LIFE!

PERSONALITY TRAITS

OPEN	WORRIER	HALF FULL
CONSCIENTTIOUS	CAREFREE	OPTOMISTIC
EXTRAVERT	SPONTANEOUS	PESSIMISTIC
INTRAVERT	STRUCTURED	WITHHOLDING
AGREEABLE	RIGID	CONTRIBUTER
NEUROTIC	ANGRY	INTEGRITY
SELF-CENTERED	DISCONTENTED	TRUTHFUL
SINCERE	FORCEFUL	HONORABLE
EMPATHETIC	INTIMADATING	TRUSTWORTHY
SYMPATHETIC	COLLABORATIVE	LIE
POOR ME	MANIPULATIVE	DEPENDABLE
JEALOUS	ACCOMODATING	RESPONSIBLE
SYNICAL	NURTURING	FORTHRIGHT
HOPEFUL	ALOOF	DECEITFUL
JUDGMENTAL	ARROGANT	DISTRUSTING
RETALIATORY	RESILIENT	TRUSTING
FORGIVING	FORTITUDE	ACCEPTS
RESENTFUL	CONFIDENT	QUESTIONS
KIND	CONTROLING	ACTIVE
HAPPY	HARRASSING	PASSIVE
APATHETIC	HALF EMPTY	NEUTRAL



ÉSPRIT WITH SOZOKI

THIRD EYE CHAKRA

INTENTIONS

MANTRAS

RITUALS

INTERVENTIONS

METABOLISM



REPETITION, REPETITION, REPETITION, READ, RETAIN & THINK ABOUT YOUR LIFE!

LIMITED KNOWLEDGE/GREAT IMBALANCE PRODUCES A RIGID VIEW ON RELIGION & SPIRITUALITY

SETTING INTENTIONS TO SUSTAIN AND SUPPORT ENERGY FLOW

Stay focused on your plan.

Be present in the moment.

Stick up for your own beliefs.

Listen to your intuition and let it guide you.

Enjoy your creativity.

Be intentional and organized with your work.

Open yourself to new possibilities without shutting yourself down.

CONSIDER MANTRAS HOLDING YOGA POSE:

I am connected to the wisdom of Creation

I am open to the wisdom within

I trust my intuition and inner light

My intuition is strong and clear

I am connected to my higher power

I see and act in alignment with my divine purpose

I invite insight and clarity into my life

I see beyond my physical life

I live in alignment with my authentic self

I trust my highest good is unfolding

My imagination is vivid and powerful

RITUALS & INTERVENTIONS

Rituals fill our life with words, gestures and objects in a repetitive practice.

Your rituals should address all life-sustaining aspects of your life and treated as sacred.

Daily practice of Lion's breath to release tension and open self-expression.

Incorporate the color indigo in your life every day.

Journal every day, one line, many lines.

Neck stretches or Gua Sha stone massage

METABOLISM – SYMPTOMS

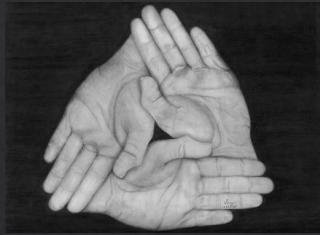
DEPRESSION

INABILITY TO LEARN

LIGHT SENSITIVITY

SOUND SENSITIVITY

ENVIRONMENT



ÉSPRIT WITH SOZOKI

THIRD EYE CHAKRA INTERVENTIONS



FOODS
SYMBOLGY
COLOR
SCENT
GEMSTONES
PLANET MEDITATION
EARTH ELEMENT
YOGA POSES

Including purple or dark blue fruits and vegetables in your diet will assist in opening this chakra and keeping energy flowing. Blackberries, blueberries, black currants, purple grapes, prunes, and plums are fruits that can boost energy flow to this chakra as well as provide powerful antioxidants in their naturally occurring state. Vegetables to consume include purple cabbage, potatoes, peppers, and asparagus. Along with these fruits and vegetables, a diet rich in Omega-3s is important to stave off dementia and depression, including nuts, avocados, salmon, flaxseed and olives. Dark chocolate stimulates the release of serotonin, the “feel-good” hormone, and promotes mental clarity. A diet filled with these recommended foods will nourish and develop our sixth sense housed in the Third Eye.

Symbology is the 2 petal Lotus, and the petals are said to represent the final duality: Self and God. Third Eye Chakra energy support non-physical world functions, including thought, intuition, imagination, intellectual learning, wisdom from life lessons, new ideas and problem-solving skills. The Third Eye Chakra color is indigo, which represents intuition, integrity, spirituality and wisdom. Bring indigo into your life if struggling with confusion, ability to see the truth of a situation, lack of vision for the future, inability to notice signs and messages from your spirit team/higher self, or if you seek to develop your natural psychic abilities.

Scents of lavender, star anise and galangal (blue Thai ginger), the gemstones lapis and amethyst, and the metal silver all promote energy flow to and through the Third Eye Chakra.

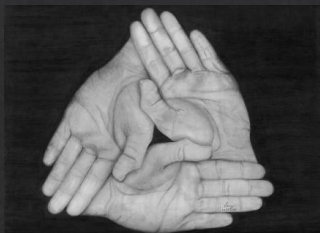
Jupiter is the planet, with multiple guided and non-guided meditations available on YouTube. Light is the element and comes in a variety of representations, i.e., sunlight, moonlight, starlight, each providing opportunities to support energy flow through the Third Eye Chakra.

Yoga poses that push energy upward include Tree, Eagle, Child, Warrior Three, and Downward Facing Dog.

Warrior Three:

requires concentration and stamina to maintain a thoughtful calibration between push and pull—gathering energy in, and extending it out as you stand grounded on one leg, rooted down into the earth, yet at the same time to lift the other leg and stretch horizontally from the tips of our toes to our fingertips,

***As energy moves up through the chakra system, the visible light wavelength of associated colors increases,
reaching highest energy levels in the Crown Chakra***



ÉSPRIT WITH SOZOKI

HELP FOR THE THIRDEYE CHAKRA



GOAL: OPEN CHAKRA TO INCREASE SOZOKI

COLOR: INDIGO

FOODS: PURPLE & DARK BLUE FRUITS & VEGETABLE, OMEGA-3s, DARK CHOCOLATE

SCENTS: LAVENDER, STAR ANISE, BLUE THAI GINGER

GEMSTONE: LAPIS, AMETHYST

METAL: SILVER

PLANET: JUPITER

ELEMENT: LIGHT

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

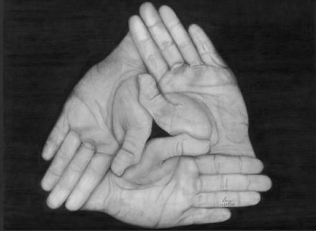
MOVEMENT: YOGA POSES TREE, EAGLE, CHILD, WARRIOR THREE, DOWNWARD DOG, CHILD

MANTRA: I AM ABLE TO SEE AND ACT IN ALIGNMENT WITH MY DIVINE PURPOSE, I TRUST MY HIGHEST GOOD IS UNFOLDING

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 Third Eye Chakra: Increase SoZoKi as evidenced by the ability to quiet myself and allow the answers to come. Another: Increase SoZoKi as evidenced by the ability to open myself to new energy and experience. In the first education session, one focus was on achievable goal setting. 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.

Surround yourself with your chosen scent, unroll your indigo color yoga mat, and center your meditative focus on the Third Eye as you move through these and other yoga poses. If you choose to meditate on Jupiter, you will find it is usually the third brightest object in the night sky (after Venus and the Moon) and is best seen in the southeastern night sky when it reaches opposition with the Sun every 13 months.



ÉSPRIT WITH SOZOKI

SESSION REVIEW

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION

THE THIRD EYE IS THE SIXTH OF THE SEVEN MAJOR CHAKRAS

THE THIRD EYE CHAKRA PRIME FUNCTION

THE THIRD EYE CHAKRA DIVINE PRINCIPLE OR GOAL

USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

THE THIRD EYE CHAKRA AND YOUR HEALTH ASSESSMENT

INFLUENCER PERSONALITY TRAITS ON THE THIRD EYE CHAKRA

THIRD EYE CHAKRA INTENTIONS

THIRD EYE CHAKRA INTERVENTIONS

HELP FOR THE THIRD EYE



The Third Eye is the sixth of the seven major chakras (Location/Polarity/Role in the Chakra System)

The Third Eye Chakra Prime Function (Integration and Understanding)

The Third Eye Chakra Divine Principle or Goal (Life Purpose)

Third Chakra Intentions (Mantras/Rituals/Interventions/Metabolism)

Third Eye 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 Heart Chakra)

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

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

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

Help for the Third Eye (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 A HUMAN BEING

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



Ésprit with SoZoKi

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This is my contact information.

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Thank you – from my Spirit to Yours!

Nancy