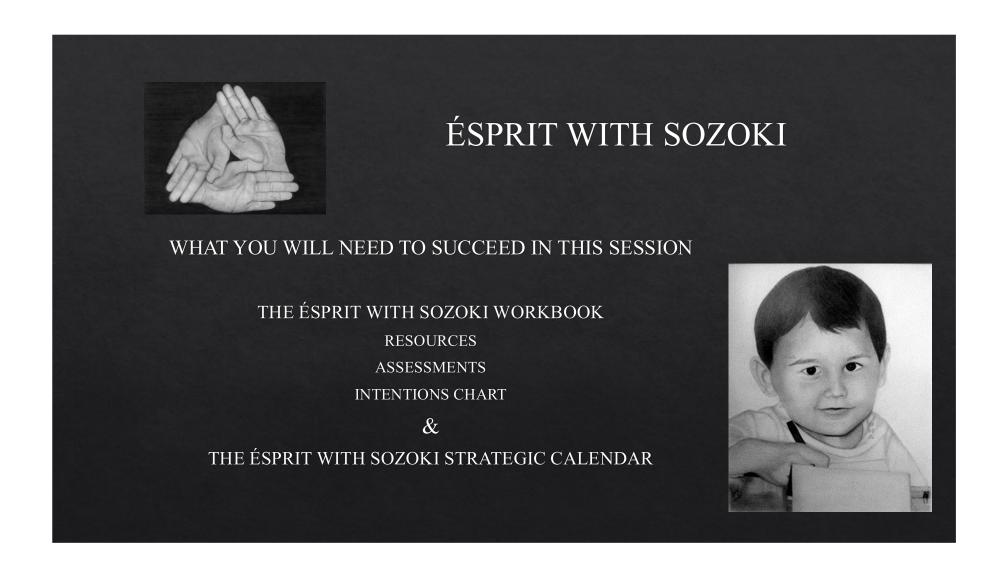


Welcome to Ésprit With SoZoKi, session eleven, the energy program designed to assist you in learning and then create an achievable daily living self-energy practice.

In this session we will complete the chakra education with the Crown Chakra.



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.

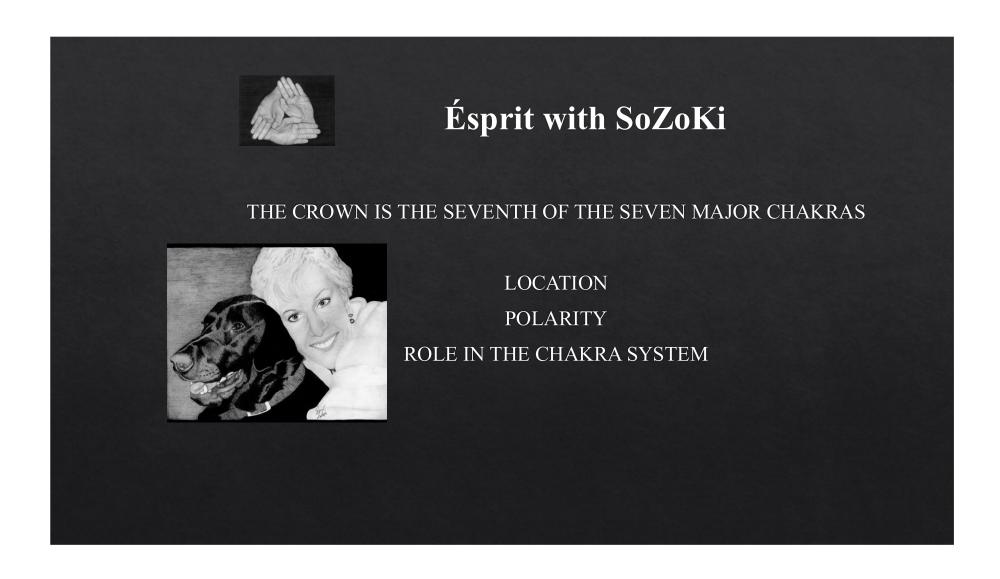
The goal for this session is to learn about the Crown Chakra, identify the pertinent data relating to the Crown Chakra from the Self-Assessment, and develop intentions to improve energy flow to and through the Crown Chakra.

For all chakra education sessions, you will need the Ésprit with SoZoKi Energy Self-Practice Six-Step Workbook, available for free download on this website.

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.

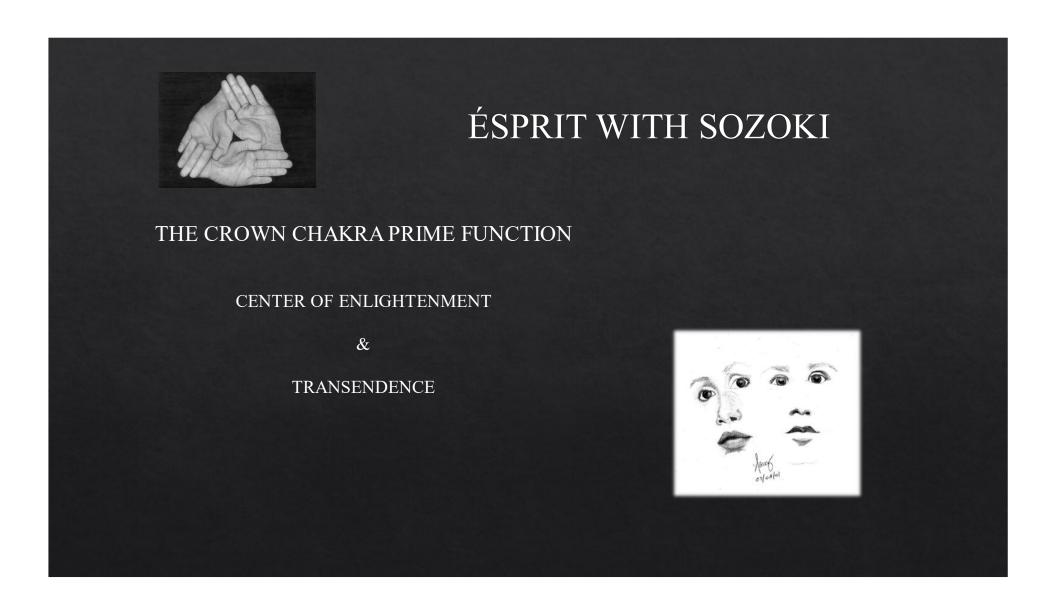
Last but certainly not least, you will begin entering your influencers, their personality traits, and the determination of their positive or negative impact on your energy body during interactions, into your Ésprit with SoZoKi Energy Self-Practice Strategic Calendar. This tool, specific to your life, 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.



The seventh energy vortex, which completes the major chakra system, is known as the Crown, the center of enlightenment.

The polarity of the Crown is positive, pushing energy out to SoZoKi, as completion connects us to the Divine before pushing SoZoKi back into the Root Chakra as its positive polarity pulls and continues the energy circuit.

While the Third Eye focuses on our place in Creation, it is the Crown that attaches us to *SoZoKi* and maintains the energy flow when the chakras are open and functioning freely.



The prime function of the Crown energy vortex is enlightenment and transcendence. It is when the crown chakra is open and fully functioning that spiritual understanding transforms into spirit consciousness.

With a well-developed and high functioning Crown Chakra our spirit surpasses human consciousness, and the stories we have told ourselves – the explanations of how life works – fade away to self-actualization (the achievement of one's full potential through creativity, independence, spontaneity, and a grasp of the real world.)

Does this mean we will no longer experience pain, suffering, or loneliness? No, it does not. What it does mean is the self-centered idea of being. The thought we only need to be accountable for those in our family, tribe or religious communities, fades and we come to understanding that while our spirit may be housed in an individual body and mind, it is a part of something far larger and greater, than all that we know and have yet to know exists.



The Divine principle is divinity in the company of higher values and wisdom. Inspiration, higher reason, and awareness are the goals associated with the Divine's *SoZoKi*.

Anatomical connections include the central nervous system, head, cerebral cortex, upper spine, and hair. The gland that governs this energy vortex is the pineal which is a pea-sized structure located in the middle of the brain. The function is to release hormones that regulate sleep patterns or what is identified as circadian rhythm, by receiving information about the daily light-dark (day-night) cycle from the retinas in our eyes, and then produce

and release melatonin (levels higher at night than day). A dysfunctioning pineal gland impacts sleep patterns and other physiologic functions related to circadian rhythm. When we look at life, it is filled with rhythms, tide, moon, season, sleep, and reproduction cycles are but a few that readily come to mind.

Other symptoms of a blocked crown chakra include a need to control your surroundings, depression, anxiety, chronic fatigue, migraines and amnesia. A negative outlook on life is caused in part by a crown chakra that is out of balance or blocked. Narcissism, greed, destructive or controlling behavior, bleak world view and feelings of abandonment can be experienced.

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!

This Chakra has an exogenous property, meaning it is derived from an external source outside of an organism and is the second vortex where the lines of meridian cross 21 times outside of our physical body. Just as the Root is swirling below what is often identified at the trunk of our body, the Crown is swirling above the top of our head. While the Root is masculine in nature, providing positive SoZoKi that fires up our energy system when open and functioning, it is the exogeneity of the Crown that sustains both our physical and ethereal bodies.

The Divine principle is divinity in the company of higher values and wisdom. Inspiration, higher reason, and awareness are the goals associated with the Divine's SoZoKi.

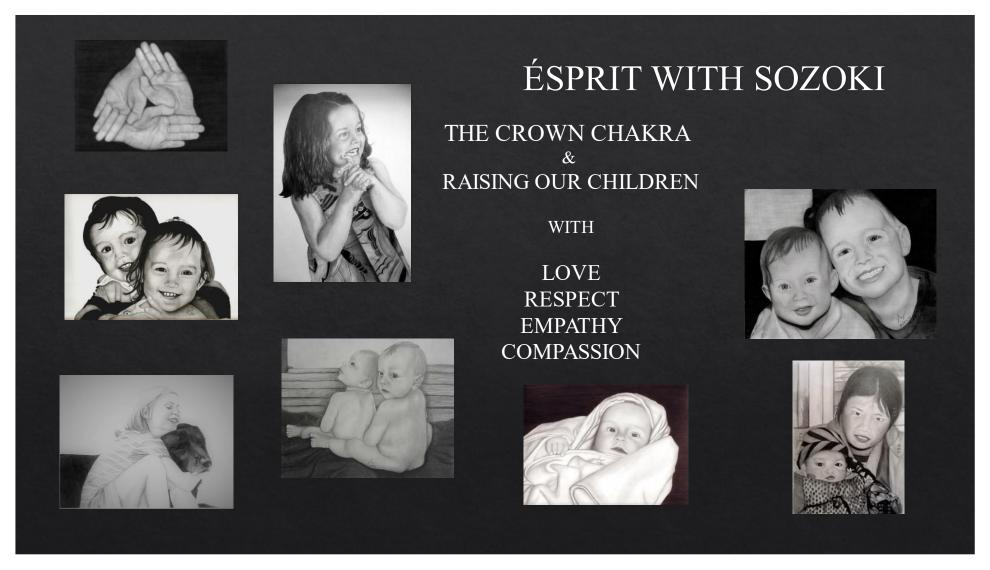
Anatomical connections include the central nervous system, head, cerebral cortex, upper spine, and hair. The gland that governs this energy vortex is the pineal which is a pea-sized structure located in the middle of the brain. The function is to release hormones that regulate sleep patterns or what is identified as circadian rhythm, by receiving information about the daily light-dark (day-night) cycle from the retinas in our eyes, and then produce and release melatonin (levels higher at night than day). A dysfunctioning pineal gland impacts sleep patterns and other physiologic functions related to circadian rhythm. When we look at life, it is filled with rhythms, tide, moon, season, sleep, and reproduction cycles are but a few that readily come to mind.

Other symptoms of a blocked crown chakra include a need to control your surroundings, depression, anxiety, chronic fatigue, migraines and amnesia. A negative outlook on life is caused in part by a crown chakra that is out of balance or blocked. Narcissism, greed, destructive or controlling behavior, bleak world view and feelings of abandonment can be experienced.

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!

This Chakra has an exogenous property, meaning it is derived from an external source outside of an organism and is the second vortex where the lines of meridian cross 21 times outside of our physical body. Just as the Root is swirling below what is often identified at the trunk of our body, the

Crown is swirling above the top of our head. While the Root is masculine in nature, providing positive SoZoKi that fires up our energy system when open and functioning, it is the exogeneity of the Crown that sustains both our physical and ethereal bodies.



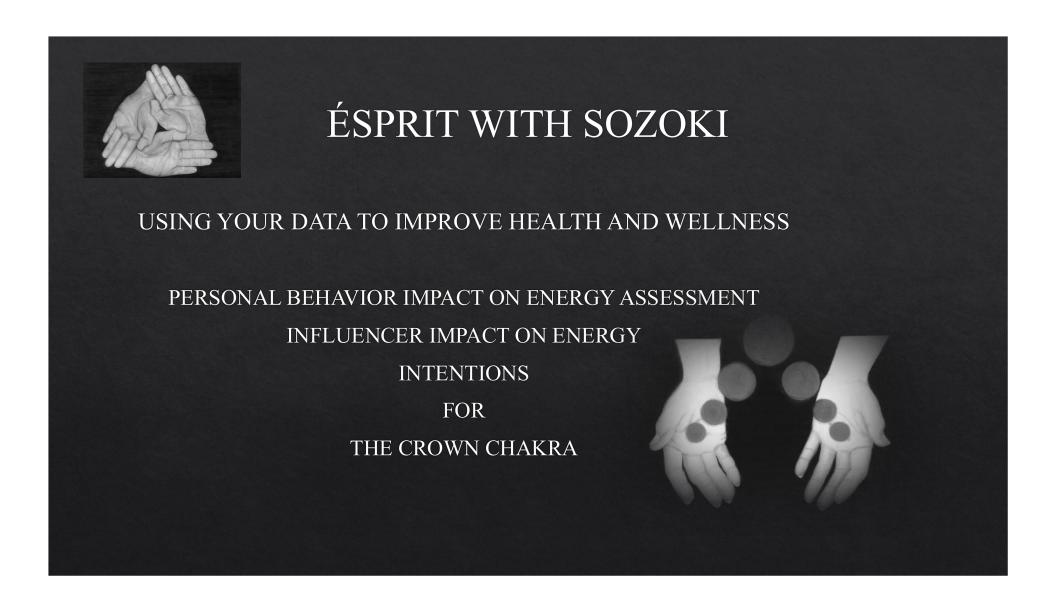
We know the Crown's Prime Function is enlightenment and transcendence, and Divine goal is Divinity in the company of higher values and wisdom, so I again turn the focus of this slide to children.

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 higher values, i.e., integrity, honesty, openness to change. Children who model these behaviors are engaged with their parent(s) 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.

As with the Third Eye, these are signs of a healthy Crown Chakra in your child.

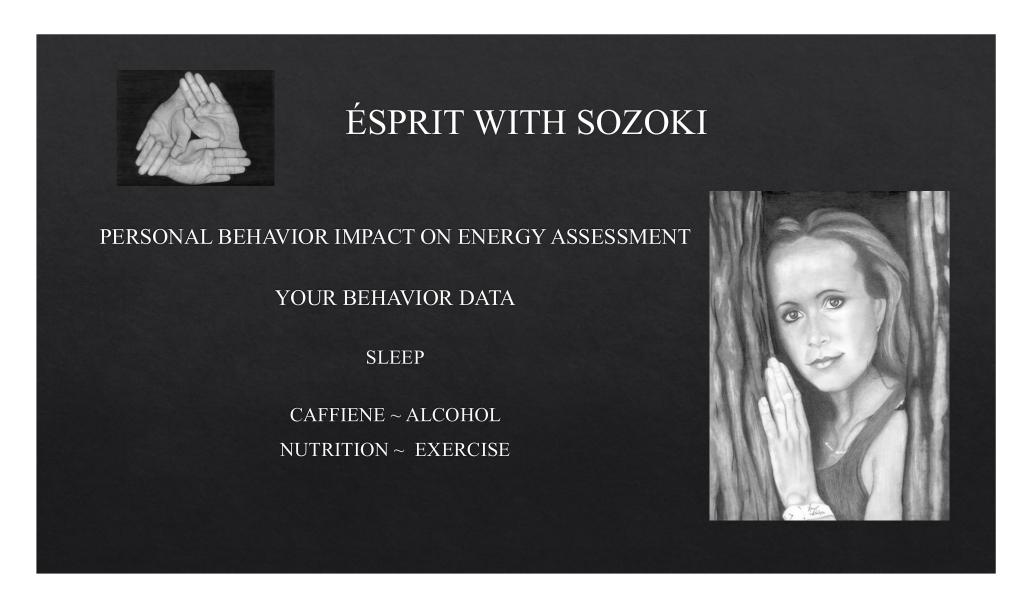
WE ARE ALL ROLE MODELS - SOMEONE IS WATCHING TO DICIDE IF THEY WANT TO BE LIKE US - OR NOT!



Let's start using the data created in the six-step process, now that you have learned more about the Crown Chakra. As in previous chakra focused education sessions, I'll break this down, step by step, in the next slides, with a focus on: Your personal behavior
Your influencers behavior
Intention strategies based on data to improve health and wellness

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

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



The first step of the Ésprit with SoZoKi Six-Step Process, the Self-Assessment, addressed the behaviors that fill life. To understand feeling depleted and reliant upon caffeinated or nicotine products to keep revved up and going through the day, the details uncovered 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.

How does sleep impact the Crown 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.

The pineal gland is a tiny endocrine gland in the middle of the brain. It is influenced by sunlight, impacting the circadian rhythm by the production of melatonin and cortisol. Insomnia is associated with the Crown Chakra.

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."

All of the conditions are the outcomes of nutrition depleting our physical and ethereal bodies of life sustaining energy.



ÉSPRIT WITH SOZOKI

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT (cont.)



YOUR BEHAVIOR DATA

FAMILY ~ WORK

SCHOOL

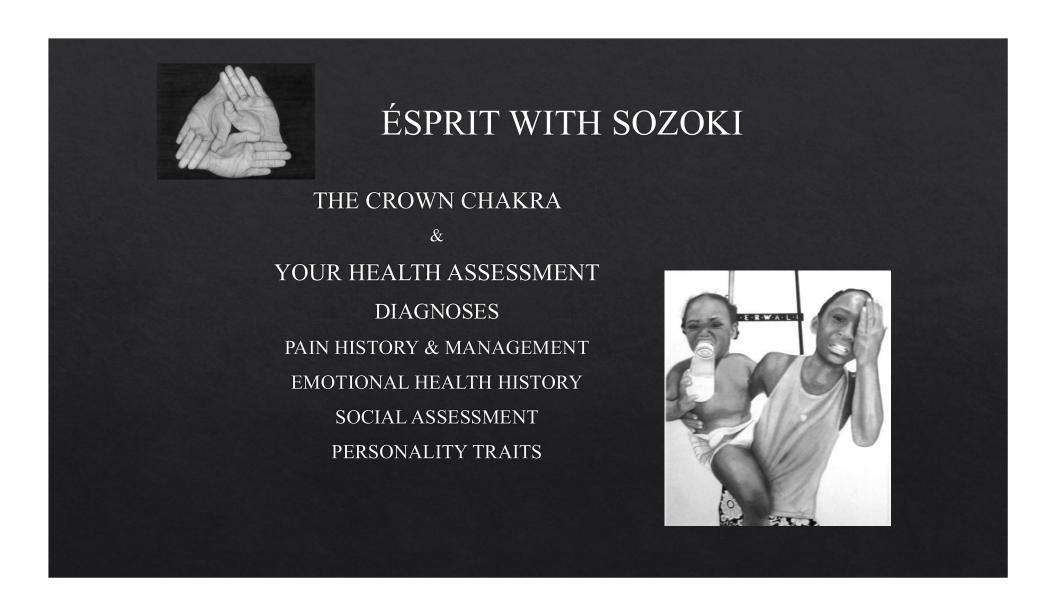
CAUSTIC CONVERSATIONS

RECREATIONAL DRUGS

The Crown Chakra is the chakra of enlightenment and transcendence.

When we have a low energy flow, we may find it difficult to connect with the world around us.

The impact of impaired sleep patterns on the Crown Chakra can result in typical insomnia, dissatisfaction with quantity or quality of sleep.



When the Crown is open and energy is freely flowing, we have clarity of mind, we have a sense of a greater purpose and experience reduced anxiety and stress. We have improved intuition, we have increased empathy and compassion, and often a spiritual awakening is expressed.

SIGNS OF LOW ENERGY FLOW

Difficulty Falling Asleep

Waking Frequently

Difficulty Returning to Sleep

Waking Earlier Than Desired

Dissatisfied With Sleep Quality

Dissatisfied With Sleep Quantity

DIAGNOSIS

Most of these are not associated with poor behavioral choice, however intentions can improve the natural state of the body.

Alopecia (Stress Related Hair Loss)

Alzheimer's

Bell's Palsy

Cerebral Palsy

Multiple Sclerosis

Neurofibromatosis

Parkinson's Disease

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



ÉSPRIT WITH SOZOKI



THE CROWN CHAKRA DISORDERS & DISEASES

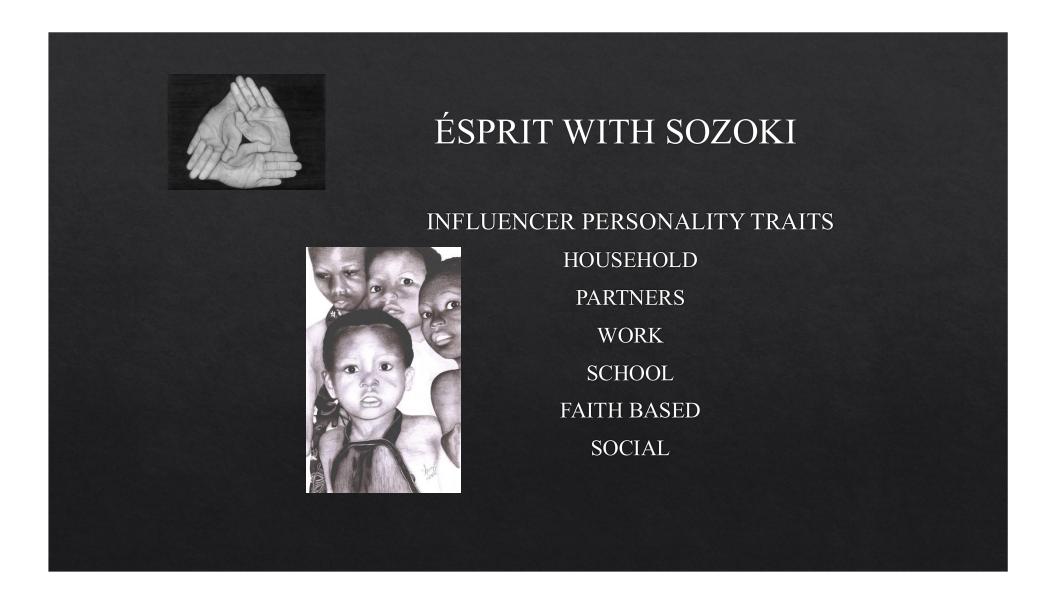
NEUROLOGICAL DISORDERS & STROKE

ALZHEIMER'S
BELL'S & CEREBRAL PALSY
PARKINSON'S DISEASE

Although the Crown Chakra is not located within the body, but rather above the crown of the head, there is still anatomical connections associated with this chakra. These are systems of our body influenced by the Crown Chakra: the central nervous system, head, cerebral cortex, upper spine and head are all influenced by the Crown and the sense is Thought.

The Crown sustains both our physical and ethereal bodies and attaches us to SoZoki, maintaining the energy flow when the chakras are open and functioning freely. Our acceptance of something greater than self is essential, even though we may not understand or even be aware of this energy system.

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!



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

PERSONALITY TRAITS

OPEN WORRIER HALF FULL CONSCIENTTIOUS CAREFREE **OPTOMISTIC PESSIMISTIC EXTRAVERT SPONTANEOUS INTRAVERT** STRUCTURED WITHHOLDING **AGREEABLE** RIGID CONTRIBUTER INTEGRITY NEUROTIC **ANGRY** TRUTHFUL SELF-CENTERED DISCONTENTED 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



SETTING INTENTIONS TO SUSTAIN AND SUPPORT ENERGY FLOW

- 1. Stay focused on your plan.
- 2. Be present in the moment.
- 3. Stick up for your own beliefs.
- 4. Listen to your intuition and let it guide you.

- 5. Enjoy your creativity.
- 6. Be intentional and organized with your work.
- 7. Open yourself to new possibilities without shutting yourself down.

CONSIDER MANTRAS HOLDING YOGA POSE:

I am connected to my higher power

I am connected to the wisdom of Creation

I am able to see and act in alignment with my divine purpose

I am open to new energy and experience

I am a present observer in my life

I am the source of my truth

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 blue in your life everyday.

Journal everyday, one line, many lines.

Neck stretches or Gua Sha stone massage

METABOLISM – SYMPTOMS

DEPRESSION INABILITY TO LEARN LIGHT SENSITIVITY SOUND SENSITIVITY ENVIRONMENT

LIMITED KNOWLEDGE/GREAT IMBALANCE PRODUCING - RIGID VIEW ON RELIGION & SPIRITUALTIY



ÉSPRIT WITH SOZOKI

CROWN CHAKRA INTERVENTIONS

FOODS
SYMBOLOGY
COLOR
SCENT
GEMSTONES
PLANET MEDITATION
EARTH ELEMENT
YOGA POSES

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 Crown Chakra: Increase SoZoKi as evidenced by my ability to release doubt and accept faith.. Another: Increase SoZoKi as evidenced by the ability to trust my intuition and listen to wisdom of the universe. 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 a mat or chair that is violet in color, and center your meditative focus on the Crown as you move through these and other yoga poses. If you choose to meditate on Uranus you will find it is a faint blue-green dot, when the moon is out of the way and allow yourself time to become dark adapted.

The ability to accept you are a spirit in a physical body, know deep inner peace and live in the present moment are all signs of a healthy Crown Chakra.



ÉSPRIT WITH SOZOKI

HELP FOR THE CROWN CHAKRA

GOAL: DIVINITY IN THE COMPANY OF HIGHER VALUES AND WISDOM

COLOR: VIO;ET

FOODS: NONE – MAINTAIN HEALTHY DIET. FOOD & PHYSICAL EXERTION FOR THE BODY TRANSLATE

TO MEDITATION, MINDFULNESS, PRAYER, ENERGY PRACTICES & HELD YOGA POSITIONS

SCENTS: JASMIN, LOTUS & PEONY

GEMSTONE: DIAMONDS, TOURMALINE & CLEAR QUARTZ

METAL: GOLD

PLANET: URANUS

ELEMENT: THOUGHT

SOUND: OM IS THE VIRATIONAL TONE

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

MANTRA: I AM ALIGNED WITH THE HIGHEST VIBRATIONAL FREQUENCY OF LOVE, I AM WORTHY OF LOVE FROM DEVINE ENERGY

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



- The Crown is the seventh of the seven major chakras (Location/Polarity/Role in the Chakra System)
- The Crown Chakra Prime Function (Center of Enlightenment and Transcendence)
- The Crown Chakra Divine Principle or Goal (Divinity in the company of Higher Values and Wisdom)
- Crown Chakra Intentions (Mantras/Rituals/Interventions/Metabolism)
- Crown 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 Crown Chakra)
- Personal Behavior Impact on Energy Assessment (Your Behavior: Data/Sleep/Caffeine/Alcohol/Nutrition/Exercise/Family/Work/School/Caustic Conversations/Recreational Drugs)
- The Crown Chakra and Your Health Assessment (Pain History & Management/Emotional Health History/Social Assessment/Personality Traits)
- Influencer Personality Traits on the Crown Chakra (Household/Partnerships/Work/School/Faith Based and Social)
- Help for the Crown (Goals/Foods/Scents/Gemstone/Metal/Planet/Element/Sound/Movement/Mantra/Ritual)

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

NOTE: THE ART ON THIS AND ALL SLIDES ARE DRAWINGS, I STARTED DRAWING IN MY LATE 40'S AND

I HAVE NOT HAD A LESSON FROM A HUMAN BEING SO ...

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



ÉSPRIT WITH SOZOKI

SESSION REVIEW

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION

THE THIRD EYE IS THE SISTH 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















Ésprit with SoZoKi

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

<u>Nancy@OriginalDNA.com</u>

<u>WWW.SOZOKI.COM</u>

<u>WWW.ORIGINALDNA.COM</u>



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.