



# ÉSPRIT WITH SOZOKI



# ÉSPRIT WITH SOZOKI

## SESSION ONE

### COURSE INTRODUCTION & EDUCATION FOUNDATION

By

Nancy Anna Blitz Ruff, MSN, RN

NEVER ALLOW THE SKY TO LIMIT YOU

I have spent 25 years learning, applying, developing, and now teaching this program I have developed, to assist you in learning about your energy body, sometimes called the ethereal body, so you can create an achievable daily living energy self-practice – with a strong emphasis on an achievable practice.

If you have had the opportunity to read my books, *SoZoKi/Creation's Energy* and *Ésprit with SoZoKi/A Practitioner's Manual*, you know the meaning of the name and how it came to be. For those not in the know, Esprit (es-pree) is French and translates to lively or vivacious, and SoZoKi (so-zo-key) is two Japanese words, sozo translates to creation and ki to energy. SoZoKi is Creation Energy and when woven into your life you will experience and sustain a Lively Spirit filling you with energy you didn't know you could access.

*Ésprit with SoZoKi/A Practitioner's Manual* is a reference for you to access whenever needed to assist you in developing the art of inviting energy of the spirit into to your life, to live your best life.

Ésprit pronunciation: ( [https://www.merriam-webster.com/dictionary/esprit?pronunciation&lang=en\\_us&dir=e&file=esprit01](https://www.merriam-webster.com/dictionary/esprit?pronunciation&lang=en_us&dir=e&file=esprit01) )

**A SoZoKi Ideal: NEVER ALLOW THE SKY TO LIMIT YOU**



# Ésprit with SoZoKi

## STEPS TO SUCCESS



01

INVEST IN  
YOURSELF  
SPEND TIME

02

DEVELOP THE  
FINE ART OF  
INVITING ENERGY  
OF THE SPIRIT  
INTO YOUR LIFE  
EVERY DAY

03

LIVE YOUR BEST  
LIFE WITH  
CREATION'S  
ENERGY

04

SHARE YOUR  
EXPERIENCE

**WHEN YOU LEARN, DEVELOP & PRACTICE YOU EXPERIENCE A LIFE YOU WANT TO SHARE**

I'm addressing this early, as it brings to surface an unintentional barrier created as people engage in an 'energy' experience. I have had conversations with clients who have described themselves as well-versed in their knowledge surrounding chakras. On most occasions, at some point in the conversation, they share they have great tools to look up information. In their statement lies a significant barrier to a successful self-practice. Rather than own the knowledge, their behavior was to look for information when an event occurred. Living the information daily, rather than going to a tool intermittently, allows for a successful practice. I am not suggesting a moment-to-moment practice, as that would be a rather unrealistic expectation, regardless of where you live or the culture you live within.

With your commitment to investing time, to explore all aspects of your life (physical and ethereal), comes the opportunity to develop your Ésprit with SoZoKi practice. This is what I mean when I say, "Develop the Fine Art of Inviting Energy of the Spirit into Your Life Every Day", and you will be able to achieve it with the tools I have created.

This process will be different for each of you, so I developed a six-step process based on the scientific method to assist everyone. All energy practices are of the Spirit and as we individuate on Earth, Ésprit with SoZoKi provides a pathway to raise our Human to our Spirit Consciousness.

Once accomplished you will be living your best life, and ready to share your experience to help others find their way to a Lively Spirit with Creation's Energy.

When you learn, develop & practice, you experience a life you want to share, just as I have. With your individual practice comes opportunity to advance consciousness for many; *out of one comes many*, the opposite of E Pluribus Unum (out of many comes one), and I propose that both are 'self-evident' so should be contemplated.

**Nancy Note ~ ONE GROWS A COMMUNITY, FOR A COMMUNITY TO BECOME**

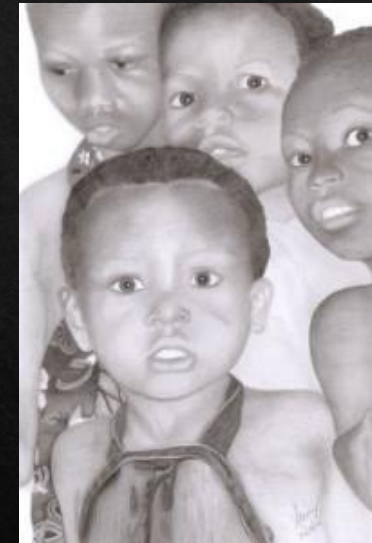


# Ésprit with SoZoKi

## COURSE INTRODUCTION

### THE QUESTIONS ANSWERED

- ✦ HOW DOES THE CHAKRA SYSTEM INFLUENCE HEALTH?
- ✦ WHAT ARE THE MULTIFUNCTION ASPECTS OF EACH CHAKRA ?
- ✦ WHAT METHODS CAN I USE TO INCREASE SOZOKI (CREATION ENERGY) FLOW?
- ✦ WHICH ORGANS ARE ASSOCIATED WITH EACH CHAKRA?
- ✦ HOW ARE ORGANS AFFECTED BY LOW OR NO ENERGY FLOW?
- ✦ HOW DO I DEVELOP MY INDIVIDUAL ÉSPRIT WITH SOZOKI PRACTICE?



IF YOU DON'T ASK A QUESTION, YOU WILL STRUGGLE FOR AN ANSWER

I think the best way to introduce Ésprit with SoZoKi is to share an important goal for this education program. I want to ensure you understand the energy self-practice program early in your time investment, to allow you to make the decision to continue, or not, on this journey. To achieve my goal, education is focused on the following questions presented on this slide for each chakra, to develop skills you can implement, when pursuing insertion of SoZoKi intentions into your activities of daily living. The intentions will be developed based upon the data you create during the First Step of the Ésprit with SoZoKi Six-Step Process.

There are 11 Ésprit with SoZoKi Education Sessions to complete for this course of study.

The questions include:

#### HOW DOES THE CHAKRA SYSTEM INFLUENCE HEALTH?

This question will be answered by you, as you use your self-assessment data to look at your behaviors influencing your energy body and impacting your physical and emotional wellbeing (positive & negative).

#### WHAT ARE THE MULTIFUNCTION ASPECTS OF EACH CHAKRA?

This question will be answered in Ésprit with SoZoKi Education Sessions Four through Ten, where the focus on the seven major chakra.

#### WHAT METHODS CAN I USE TO INCREASE SOZOKI FLOW?

The answer is not located in one place, but rather woven into the education sessions as you move through them. Examples include but are not limited to the use of mantras, energy intentions, self-practice energy hand position sessions and meditations.

#### WHICH ORGANS ARE ASSOCIATED WITH EACH CHAKRA?

In the Ésprit with SoZoKi Six-Step Process, the Self-Assessment is the first step to complete. It includes your behaviors, health history, pain history, emotional history, social history, and your personality traits. From this data you will begin to assign your health diagnoses relating to the prime function of the associated chakra, with the two Impact on Energy Assessments by self and others.

#### HOW CAN ORGANS BE AFFECTED BY LOW OR NO ENERGY FLOW?

Each of the Ésprit with SoZoKi Education Sessions (4-10) are focused on the chakras and will address the organs/glands/systems impacted by low or not energy flow. The health diagnoses data extracted from your Self-Assessment (Step One) and entered into the Influencer Behavior Impact on Energy Assessment and the Personal Behavior Impact on Energy Assessment (Step Three and Four), will provide insight into how your health is affected by low or no energy flow.

#### HOW DO I DEVELOP MY ÉSPRIT WITH SOZOKI SELF-ENERGY PRACTICE?

The answer begins with some basic elements of learning, that have no direct relationship to energy, yet are essential to determine and develop before you begin a focused course of study on energy. Once accomplished, you will move through Ésprit with SoZoKi Education Sessions and Six-Step Process before ultimately entering your data into the Ésprit with SoZoKi Energy Self-Practice Strategic Plan Calendar. Visualize a future that includes a calendar mapped out to identify positive and negative interactions, daily, weekly, monthly, allowing you to strategically use your mantras and intentions to walk away from negative interactions with your energy intact.

**IF YOU DON'T ASK A QUESTION, YOU WILL STRUGGLE FOR AN ANSWER**

**Next - determine how you learn!**



# Ésprit with SoZoKi

## SESSION ONE SYLLABUS



- ✦ ESSENTIALS TO SUCCESS
- ✦ IDENTIFY HOW YOU LEARN
  - ✦ SEVEN RECONGNIZED TRADITIONAL LEARNING STYLES
  - ✦ HOW TO FIND ACCURATE INFORMATION
  - ✦ RECOMMENDED READING – HYPERLINKS PROVIDED
  - ✦ RECOMMENDED VIEWING – HYPERLINK PROVIDED (17 minutes)
- ✦ SETTING GOALS
  - ✦ WHAT IS YOUR GOAL FOR ÉSPRIT WITH SOZOKI?
  - ✦ WHAT DO YOU NEED TO SUCCEED AT YOUR GOAL?
  - ✦ RECOMMENDED READING TO ASSIST IN DEVELOPING A GOAL – HYPERLINKS PROVIDED
- ✦ LEARNING THE LANGUAGE
  - ✦ *ÉSPRIT WITH SOZOKI/A PRACTITIONER'S MANUAL GLOSSARY*

WHEN YOU HAVE AN IDEA OF WHERE YOU ARE GOING THE JOURNEY IS FAR MORE ENJOYED

I have divided education for this program into sessions dedicated to specific topics. As you can see from the session syllabus, this first class is a purposeful focus on the essentials you will need to learn to develop your energy self-practice. There is no discussion of the energy system. You will be introduced to learning styles to determine how you learn. As goal setting may not be familiar to many, or those aware have not had consistent success in achieving goals, you will also learn how to set an achievable goal for yourself. Then you will spend time learning the language of Eastern energy practices. By creating a strong foundation, you will have every opportunity to live your best life. If you feel you already know how you learn, it is good to know how others learn as well, so please don't fly by these screens to get to the next session. The video by Barbara Oakley | TEDxOaklandUniversity gives us new understanding to traditional learning theories.

WHEN YOU HAVE AN IDEA OF WHERE YOU ARE GOING, THE JOURNEY IS FAR MORE ENJOYED



# Ésprit with SoZoKi

## ESSENTIALS TO SUCCESS

### SLEEP

- ◆ 7 – 8 hours for most
- ◆ Studies in healthcare providers working excess of four continuous 12-hour shifts has resulted in errors in patient care and provider injury.
- ◆ You cannot 'catch-up' on sleep, and over-sleeping is also energy draining so get up after 8 hours.
- ◆ A sleep deprived person is a tired person and tired people unwittingly attract negative interactions.

### MAKING THE REQUIRED EFFORT

- ◆ Most people make attempt to try to succeed and in that action is the reason for failure. Trying is very rarely enough to succeed. Making the required effort is the second most significant behavior you need to possess as you begin learning and then develop your energy practice. If you follow this advice, you will find opportunities throughout your day to bring focus to your energy body and take action to increase flow.



TRYING LIMITS OUR ABILITY TO ACHIEVE ANY LIFE GOAL MAKE THE EFFORT REQUIRED

I have given you an overarching course introduction and the syllabus for this education session. Now, I would like to heavily touch on two items required to successfully implement the Ésprit with SoZoKi Energy Self-Practice. They are presented early for a reason, as they are essential elements I cannot provide, for they can only come from you. The first is sleep. Most of us require 7-8 hours of sleep every day to maintain mental capacity and sustain a physical state of good health. When a google search is performed on the topic of sleep deprived healthcare workers, there are over four million results. I am fairly certain there haven't been 4M studies, but there has been extensive academic research on the sleep patterns of healthcare providers, and many drilled into the impact on the health of the provider rather than patient care outcomes. The long and short is that WE NEED SLEEP!!!

No, you cannot ‘catch-up’ on sleep so stop trying to make up for lost time on weekends. And, yes, you can sleep too much, which can leave you in a ‘fog-headed state of mind! If you are experiencing the inability to focus, give yourself the best gift you can, a consistent sleep routine, seven days a week. If you go to bed at 7pm one evening and 11pm the next, there is no rhythm created for your body to trust. Once trust is established, the need for an alarm goes away and you will find yourself waking just as the eight hours are ending. IT TAKES TIME and CONSISTENCY! If you find yourself experiencing negative interactions, think sleep, you could be inviting them without awareness.

‘Make the required effort to accomplish whatever you take on in life’, what do I mean by that? Most folks try to succeed when attempting to complete a task or achieve a goal. Right there, the impact of limiting to try is often the foundation of failure. Let me share a story. Years ago, when talking with my doctor (not a surgeon at work but my PCP) I made the statement, “Well I try, that’s how I do it.” He cut me short and said, “Never say that again. You do far more than try, you make the required effort.” We were talking about my drawing ability. Woven throughout the SoZoKi website and education sessions are reminders your effort will ultimately determine your failure or success!

**TRYING LIMITS OUR ABILITY TO ACHIEVE ANY LIFE GOAL, MAKE THE EFFORT REQUIRED**



# Ésprit with SoZoKi

NEXT STEP TO SUCCESS ~ IDENTIFY HOW YOU LEARN

- ◆ Visual (spatial) Learner ~ READING
- ◆ Aural (auditory) Learner ~ LISTENING
- ◆ Verbal (linguistic) Learner ~ TALKING
- ◆ Physical (kinesthetic) Learner ~ WRITING
- ◆ Logical (mathematical) Learner ~ SYSTEMATIC
- ◆ Social (interpersonal) Learner ~ CLASSROOM
- ◆ Solitary (intrapersonal) Learner ~ ALONE



THE FOUNDATION TO UNDERSTANDING IS THE ABILITY TO LEARN

When beginning to learn anything new, it is beneficial if not essential, to identify your learning style. Listed are the seven main characteristics of learning identified by leading educators. Research has shown teaching should accommodate the learner rather than vice versa, so I have developed this format for some, and will offer interactive zoom class sessions for others.

Your learning style is not limited to one of these, you could have a combination of 2 or more, and they can change depending on the subject matter. Do not forget, the desire to learn and the GRIT to grow, will make this a journey rather than a task to complete.

Primarily, we learn by reading, listening, speaking, and writing, but we also learn in settings, some needing the classroom volley of ideas and questions, while others feel that environment slows their learning process. Not one style is right or best. No one is better for having a specific learning style. Just as we individually breathe, we individually learn.

After self-discovery of my ability to keep up and produce a clear thought on a keyboard, something I could not consistently do writing, I reached to my son's principle. This was more than 20 years ago so I wrote a letter, asking her to look into this aspect of learning and the potential for writing to create a barrier for some learners that need not occur. Of course, I didn't hear back, and I was a mom/nurse/wife who let it go after I sent the letter, hoping I had started the ball rolling.

## **THE FOUNDATION TO UNDERSTANDING IS THE ABILITY TO LEARN**



# Ésprit with SoZoKi

## IDENTIFY YOUR LEARNING STYLE

### HINTS TO FINDING ACCURATE INFORMATION

- ✦ When searching for information on the internet, include the words 'scholarly articles' to ensure you are reading evidence-based articles on the subject.
- ✦ When searching for information on the internet, look for 'org/edu/gov', this action will also ensure you are reading information that comes from a known credible source.

### RECOMMENDED READING~ Traditional Styles Questioned~ Keep an Open Mind

#### ✦ **Evidence-Based Higher Education– Is the Learning Styles 'Myth' Important?**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5366351/>

#### ✦ **Learning Styles: A Review of Theory, Application, and Best Practices**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2690881/>



MAKE THE REQUIRED EFFORT TO KEEP AN OPEN MIND AS YOU ENGAGE NEW INFORMATION

Having just shared with you the recognized traditional styles of learning, along with my personal experience of typing versus writing. I like to look at opposing views when I am learning about something new, to ensure I am not falling down a rabbit hole of conspiracy. That said, I now provide opposing views on this topic. It is not ethical to present a one-sided stance on the variety of hypothesis's surrounding this essential aspect of our human conscious experience. My recommendation is to follow my lead and seek opposing views as you consume new ideas. Just as we have

learned to read, write, add, subtract, multiply and divide, with all available in the toolbox developed in our brain, I want you to do the same for your energy/ethereal body.

Both articles on this slide are hosted at NIH.gov (National Institutes of Health), the first is from the UK and the second the USA. The focus leans more to the methods of teaching rather than on experience of the learner and their style, however the conclusion for the US paper was the following: “While research in this area continues to grow, faculty members should make concentrated efforts to teach in a multi-style fashion that both reaches the greatest extent of students in a given class and challenges all students to grow as learners.”

I have you focused on this topic because you need to learn rather than memorize the information awaiting you. As mentioned before, going to a chart or book for basic information about your energy body is not knowing and implementing the knowledge into your activities of daily living.

**MAKE THE REQUIRED EFFORT TO KEEP AN OPEN MIND AS YOU ENGAGE NEW INFORMATION**



# Ésprit with SoZoKi

IDENTIFY YOUR LEARNING STYLE

NEW UNDERSTANDING AND INSIGHTS  
TO HOW WE LEARN

Learning how to learn | Barbara Oakley | TEDxOaklandUniversity

<https://youtu.be/O96fE1E-rf8>



SCIENCE PROVIDES OPPORTUNITIES TO IDENTIFY YOUR LEARNING STYLE

Let's review the information provided – repetition is a good process to ensure you understand what you are asking yourself to learn – this is about you not me – I know this ☺:

I have shared the 4 overarching steps of the program. Although formally presented they essentially mean #1 learn, #2 apply, #3 experience, #4 share. I have provided 6 questions representing the syllabic outline for the Ésprit with SoZoKi program, aka., my goals. I have reviewed the traditional learning styles and provided further reading materials with opposing viewpoints.

With my experience as an Operating Room Nurse Educator, I had benefit to teach from the AORN Periop 101 education program. It is built with a variety of education approaches, computer articles, books, journals, videos, labs, and actual clinical setting experiences. Although I may not be able to replicate the program, I will certainly use it as a guide, to provide you with a professionally formatted learning opportunity.

**So Now I am** providing another format (video) with additional information to consider, to ensure you have removed any previously self-imposed learning barriers from early academic experiences. This slide includes additional insight into learning based on how our brain processes the onslaught of information our brains filter. Learning how to learn by Barbara Oakley is a TEDxOaklandUniversity 17-minute video available on YouTube.

**In future sessions** I will ask you to participate in tactile processes, either written or typed, depending on the best style you have identified. There is one exception, when you are completing the Ésprit with SoZoKi Six-Step Process documents. I encourage you to print and write the information. The tactile writing process is slower, giving you more time to contemplate your response as you create the data to guide you through the development of your energy self-practice.

### **SCIENCE PROVIDES OPPORTUNITIES TO FIND YOUR STYLE**



## Ésprit with SoZoKi



### ✦ WHAT IS YOUR GOAL FOR ÉSPRIT WITH SOZOKI?

- ✦ WHY ARE YOU SEEKING TO CONSCIOUSLY BRING INCREASED ENERGY INTO YOUR LIFE?
- ✦ WHAT IS MISSING FROM YOUR LIFE YOU BELIEVE ÉSPRIT WITH SOZOKI WILL BRING?
- ✦ WHO IS MISSING FROM YOUR LIFE YOU BELIEVE ÉSPRIT WITH SOZOKI WILL BRING?
- ✦ WHAT IS PRESENTLY IN YOUR LIFE YOU BELIEVE WILL BE IMPROVED WITH AN ÉSPRIT WITH SOZOKI PRACTICE?

### ✦ WHAT DO YOU NEED TO SUCCEED AT YOUR GOAL?

- ✦ HOW OFTEN WILL YOU NEED TO DEVOTE TIME TO YOUR PRACTICE?
- ✦ HOW MUCH TIME WILL YOU NEED?
- ✦ WHAT STEPS CAN YOU TAKE TO ENSURE YOU CONSISTENTLY MAKE THE TIME?

ANOTHER'S IDEA CAN STIMULATE YOUR THOUGHTS TO ACHIEVE GOAL SUCCESS

I cannot tell you the number of times I have had an idea and when shared with another they provided insights that had not occurred to me. Here is an example of me almost causing harm with the best of intentions. When I was working as a manager in the OR at a DC hospital, there were 21 rooms divided into 3 pods of six rooms plus another 3 located off a back hallway. In the middle of each pod were the supplies needed for surgeries scheduled in the surrounding rooms. When rounding I noticed a lot of energy waste on equipment left on when not in use. This included room lights, an easy way to conserve resources, it's just a flip of the switch. So, I decided I would start turning off room lights no longer in use for the day when rounding. It didn't take long for one of the nurses to ask me if I was

trying to hurt someone by turning off the lights, as they used the unoccupied rooms to run through to get equipment or supplies needed in another area of the OR. My best intention and bright idea needed another's insight for me to reach my goal without causing harm.

## ANOTHER'S IDEA CAN STIMULATE YOUR THOUGHTS TO ACHIEVE GOAL SUCCESS



# Ésprit with SoZoKi

## DEVELOPING YOUR GOAL STATEMENT

- ✦ *The role of personal purpose and personal goals in symbiotic visions.*

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4396129/>

- ✦ 23 Realistic Educational Goal Examples/**The following list provides an overview of some universally accepted goals for education:**

<https://icebreakerideas.com/educational-goals/>

- ✦ *Writing a Quality SLO GOAL STATEMENT (Student Learning Objective)*

<https://dpi.wi.gov/sites/default/files/imce/ee/pdf/SLO-Example-GoalStatement-principal.pdf>



CONFIDENCE COMES WITH SUCCESS ~ SET ACHIEVABLE GOALS

I have recommended using the words 'scholarly articles' in your internet search to ensure you are finding quality information but did not explain what it is. The articles are found in academic or scholarly journals which are periodical publications having scholarship relating to a particular

academic discipline that is published. Academic journals serve as permanent and transparent forums for the presentation, scrutiny, and discussion of research. They are usually peer-reviewed or refereed.

The first article, *The role of personal purpose and personal goals in symbiotic visions*, pertains to an employer/employee relationship, so think of me as the teaching employer and you the student employee.

The second article, *23 Realistic Educational Goal Examples/The following list provides an overview of some universally accepted goals for education*, is not from an academic journal, but does provide solid information to assist in understanding the importance of goalsetting through examples. I believe the following is most relevant:

***Master Basic Skills:***

The learner needs to know whatever basic skills are applicable to their specific area of specialized learning.

***Define Areas of Interest and Talent:***

We need interest and pursuits outside of one's field of employment to truly feel fulfilled.

***Become a Critical Thinker***

Critical thinking allows you to strategize the implementation of time needed for learning to consistently occur, emphasis on consistently!

***Develop A Moral Framework***

We need to be able to distinguish right from wrong when making decisions. Right from wrong does not apply to the individual mindset, a religious ideology or cultural expectation, but rather broadly to the setting within which they interact.

The third article is a tool to assist you in goal writing.

Your goal statement for this program should be something similar to this: *"My goal for this program is to develop understanding of my energy body to implement and sustain a daily practice of Esprit with SoZoKi."*

**CONFIDENCE COMES WITH SUCCESS ~ SET ACHIEVABLE GOALS**

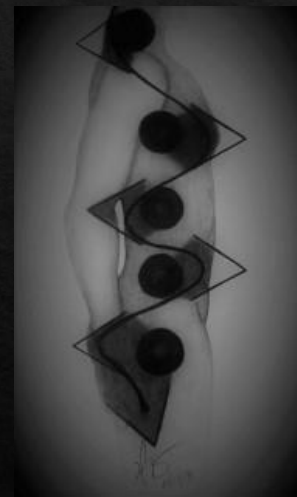


# Ésprit with SoZoKi

## UNDERSTANDING THE LANGUAGE

LIKE MUSIC, MEDICINE AND ALL OF THE OTHER PROFESSIONS

THERE IS A LANGUAGE YOU MUST LEARN TO PRACTICE



LANGUAGE IS DEFINED AS THE PRINCIPAL METHOD OF HUMAN COMMUNICATION

While in nursing and medical schools we all learned the language of healthcare. I've been an operating room nurse and nurse leader for almost four decades, and there is a language specific to the specialty practice within healthcare. Attorneys have their language, just as do musicians, financiers, teachers, firefighters, and police to name a few. Most every profession has a language that must be understood to successfully learn about the subject matter. You will need to do the same as you begin your Ésprit with SoZoKi education as 'energy practices' have a language of their own. I have not provided a dictionary, but I have included those words I used in the books. I encourage you to broaden your vocabulary with words I may have not included!

**LANGUAGE IS DEFINED AS THE PRINCIPAL METHOD OF HUMAN COMMUNICATION**



## Ésprit with SoZoKi Glossary

- ✦ **Aura:** a subtly pervasive quality or atmosphere seen as emanating from a person, place or thing
- ✦ **Body:** the physical structure and material substance of an animal or plant, living or dead
- ✦ **Chakra:** any of the seven major energy centers in the body
- ✦ **Creation Energy:** the act of producing from The Creator, God, available power Creation: the act of producing or causing to exist
- ✦ **Creator:** a person or thing that creates; The Creator, God
- ✦ **Divine:** of or relating to a god, especially the Supreme Being
- ✦ **Energy:** available power; a term used to describe a trait of matter and non-matter fields
- ✦ **Energy Vortex:** available power in a whirling mass



WORDS HAVE ENERGY

Words have energy, what does that mean? First, let me remind, everything you sense and feel, is energy condensed to form mass so spirit can have a human experience. The age-old nursery rhyme sticks and stones may break my bones, but words will never hurt me. That needs to stop as soon as possible for it plants an early seed that you can say whatever you want without causing harm. Our children are sponges, so it is not just what we tell them to say, it is also what they hear us saying! Let me tell you the story of Dr. Maria Montessori.

When we are young children, we learn a vast amount through observation. Many are familiar with the Montessori Method, but I am not sure if the story behind the method is as familiar. Maria **Montessori**, Italy's first female doctor, opened the Casa dei Bambini (Children's House) to

provide **education** to low-income children in Rome. During WWI, many parents were forced to abandon their children at the hospital where Dr. Montessori worked. They lived in the hallways and the staff did their best to make sure they had food and a place to lay down. There was not much interaction with these children, as focus was on the sick. Dr. Montessori noticed the abandoned children were learning by observation, which had no positive or negative connotation in the process, identifying them as sponges, ready to absorb and learn great things, if it was presented in a non-threatening way. She developed the Montessori Method, which introduces a task, allows the child to try to the task, never tells them they are wrong, re-presenting the task and asking them to try again until they get it right.

✧ **Aura:** a subtly pervasive quality or atmosphere seen as emanating from a person, place, or thing

✧ **Body:** the physical structure and material substance of an animal or plant, living or dead

✧ **Chakra:** any of the seven major energy centers in the body

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## WORDS HAVE ENERGY



## Ésprit with SoZoKi Glossary (cont.)

- ✦ **Ethereal:** light, airy, heavenly or celestial
- ✦ **Ethereal Energy Body:** light, airy, celestial with available power to fill our physical structure
- ✦ **Human:** of, pertaining to, characteristic of, or having the nature of people
- ✦ **Human Being:** any individual of the genus Homo, especially a member of the species Homo sapiens
- ✦ **Mantra:** the vocalization of a sound, a word, or a series of words that are repeated when practicing meditation to bring calm to the onslaught of thought that engages our mind and focus to what needs your attention.
- ✦ **One:** being or amounting to a single unit or individual or entire thing, item, or object rather than two or more
- ✦ **One will of the Creator:** a singular, determined or sure source, found in the center of all that exists
- ✦ **Place:** a particular portion of space, whether of definite or indefinite extent



WORDS HAVE THE POWER TO DO GOOD OR CAUSE HARM ~ CHOOSE GOOD WORDS

George Orwell wrote in 1946, “But if thought corrupts language, language can also corrupt thought.” This is not a new idea or theory.

Some of you may have heard of the prestigious Brookings Institution, a nonprofit public policy organization based in Washington, DC. Their mission is to conduct in-depth research that leads to new ideas for solving problems facing society at the local, national, and global level:

**“Recognizing that words have the power to harm, we commit to using more just language to describe places.”**

✦ **Ethereal:** light, airy, heavenly, or celestial

✦ **Ethereal Energy Body:** light, airy, celestial with available power to fill our physical structure

✦ **Human:** of, pertaining to, characteristic of, or having the nature of people

✦ **Human Being:** any individual of the genus Homo, especially a member of the species Homo sapiens

✦ **Mantra:** the vocalization of a sound, a word, or a series of words that are repeated when practicing meditation to bring calm to the onslaught of thought that engages our mind and focus to what needs your attention.

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**WORDS HAVE THE POWER TO DO GOOD OR CAUSE HARM**

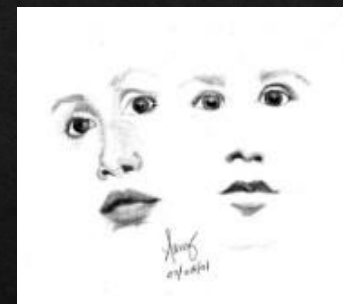
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**CHOOSE GOOD WORDS**



## Ésprit with SoZoKi Glossary (cont.)

- ✦ **Reiki:** a form of therapy in which the practitioner is believed to channel energy into the patient in order to encourage healing or restore wellbeing
- ✦ **Sagacity:** having or showing understanding and the ability to make good judgments
- ✦ **Serendipity:** the occurrence and development of events by chance in a happy or beneficial way (aka. ‘A Happy Accident’)
- ✦ **SoZoKi:** creation energy
- ✦ **The Place for Humans:** the earth is our home; we are the custodians of the natural world & have a duty to protect both human civilization and the biosphere
- ✦ **Vortex:** a whirling mass; something regarded as drawing into its powerful current everything that surrounds it
- ✦ **Will:** expected or required; determined or sure



LEARN THE WORDS YOU MAY HAVE NEVER HEARD

One of my favorite books is *Spiritual Serendipity/Cultivating and Celebrating the Art of the Unexpected* by Richard Eyre. The word serendipity was coined by the eighteenth-century British writer Horace Walpole, who defined it as “that quality of mind which, through awareness, sagacity, and good fortune, allows one to frequently discover something good while seeking something else.” And that pretty much describes my Ésprit with SoZoKi journey in one sentence! Within the book is the ancient Persian fable, The Three Princes of Serendip (Serendip was the ancient name of where we now know as Sri Lanka—and before Serendip it was called Ceylon). The reader is asked to read the fable twice, first for themselves and then to a child. I did just that when my son was 10 years old, and when we finished, he asked me to read it again.

In *SoZoKi/Creation's Energy* I spent time delving into the idea of 'The Bucket List', sharing my experience of not having one and the reasons behind its absence in my journey. For those of you intent on a bucket list, I implore you to allow serendipity to steer you off course on occasion and allow spirit to guide you into the unexpected.

## LEARN THE WORDS YOU MAY HAVE NEVER HEARD



# Ésprit with SoZoKi

## IT'S ALL ABOUT KI

### ◆ ARTICLE ABSTRACT REVIEW

- ◆ How Far Can Ki-energy Reach?—A Hypothetical Mechanism for the Generation and Transmission of Ki-energy

◆ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722212/>

### ◆ DEFINITIONS

- ◆ **KI Energy** is the unseen life force in your body and everywhere. It is a universal energy that penetrates everywhere uniting all the manifestations of the universe, visible or invisible. Mostly in Japan it is referred to as "Ki", China it is referred to as "Chi" or "Qi" and in Sanskrit it is known as "Prana".
- ◆ The ancient Chinese described qi as "life force". They believed it permeated everything and linked their surroundings together. Qi was also linked to the flow of energy around and through the body, forming a cohesive functioning unit. By understanding the rhythm and flow of qi, they believed they could guide exercises and treatments to provide stability and longevity.



EVERYTHING IS ENERGY

This group of researchers dived deep into Ki in 2009 in an attempt to see and measure Ki (energy).

### *The ABSTRACTSTATEMENT*

“Although Ki-energy can play an important role in complementary and alternative medicine (CAM), as yet it is unknown how Ki-energy is generated, transmitted through air and received by another individual. We previously proposed that Ki-energy may include near-infrared radiation, and that the wavelength was between 800 and 2700 nm. Since Ki-energy is reflected by a mirror, we believe that the ‘Ki-beam’ has a small divergence angle. It can also be guided in a desired direction. The acrylic mirror reflection experiment suggests that the wavelength may be between 800 and 1600 nm. Using a linear variable interference filter, we found that Ki-energy may have a peak around 1000 nm. We have also observed that ‘sensitive’ practitioners responded to Ki sent from a distance of 100 m. All of these results suggest that (i) Ki-energy can be guided as a directional ‘beam’ with a small divergence angle; (ii) the beam can be reflected by a mirror and (iii) Ki-energy may have a specific wavelength. Since these properties are characteristics of the laser radiation, we propose a quantum physics-based mechanism of ‘Light Amplification by the Stimulated Emission of Radiation’ (i.e., LASER) for the generation of Ki-energy. Volunteers responded to Ki even with a blindfold. This suggests that the skin must be detecting Ki-energy. We propose that the detector at the skin level may also have the stimulated emission mechanism, which amplifies the weak incident infrared radiation.”

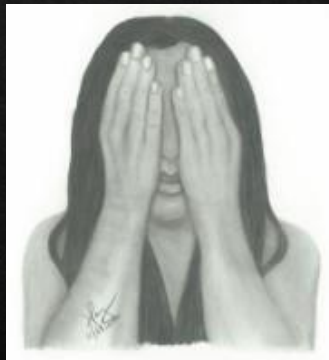
“Without having a scientific model, we cannot advance the research. Therefore, we will present in this article a hypothetical model for the mechanism of how Ki-energy is generated, transmitted through air, and received by another individual. Obviously, this model is still preliminary, and it needs further rigorous investigation. However, we decided to present this model for two reasons, namely, **(i) currently there is no model to explain how Ki-energy is generated and transmitted through air and (ii) we hoped that the presentation of our model will stimulate the progress of scientific investigation of Ki-energy.**”

### **EVERYTHING IS ENERGY**

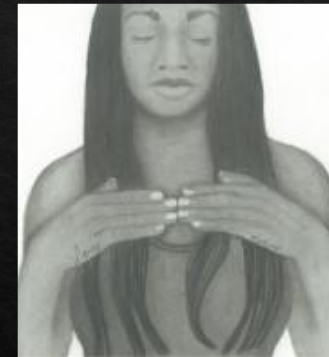
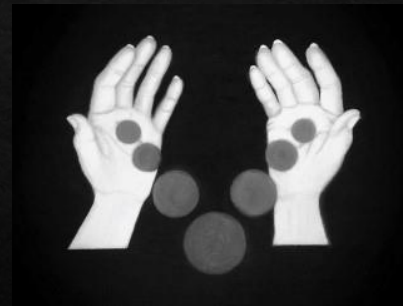


# Ésprit with SoZoKi

IT'S ALL ABOUT KI (CONT.)



PUMPING KI



FEEL YOUR ENERGY

A good way for you to feel your energy is an exercise called pumping Ki (key) or Chi (Chee). In a sitting position bring your hands to chest level with palms facing each other and about 4 inches apart. Begin moving your hands closer to each other, maybe an inch, and then back to the original space between. The motion is rapid, similar to the rate of chest compressions during CPR. Once you get a feel for the movement, close your eyes and continue the hand movement. Focus attention on the space between your palms. You should begin to sense the creation of a ball as you move hands

toward each other and a resistance like stretching a rubber band as you move the hands away from each other. Once you begin to feel these sensations, slow the motion of your hands to allow yourself to absorb the feeling, not the energy. When you feel or intuit you have completed the exercise push the energy to any area of your body with your intention.

## FEEL YOUR ENERGY



# Ésprit with SoZoKi

## UNDERSTANDING ENERGY



### ✦ ENERGY

#### ✦ Christianity

- ✦ Some theologians see the cardinal symbolizing the Holy Spirit, combining the fire element of the Spirit's work with the energy and life found in the Spirit. Tied with the blood of Christ, the cardinal represents the eternal life-giving nature of Jesus and His ministry. The red bird may be giving you a **message** that you should accept the flaws in yourself and love yourself exactly as God made you.

### ✦ ENERGY

#### ✦ Esotericism

- ✦ Proponents and practitioners of various esoteric forms of spirituality and alternative medicine refer to a variety of claimed experiences and phenomena as being due to "energy" or "force" that defy measurement and thus are distinguished from the scientific form of energy.

### ✦ ENERGY

#### ✦ SoZoKi – Polarity versus Intention

- ✦ Energy does hold a charge – either positive or negative – HOWEVER – charge has NOT ONE THING to do with good or bad Energy does not exist in a 'bad' state, it is the human who makes a choice with freewill that is bad and has NOTHING to do with the energy but the human behavior– I am willing to debate this with anyone in the world!

## ENERGY IS ENERGY

I thought to place this slide earlier in the presentation, however, this is a thought I want to stay with you with on your energy self-practice journey, and so it remains here. I want to start with reading the Christian and Esoteric information provided on this slide and then I will provide the Ésprit with SoZoKi point of view. I am not sure what drives all of the behavior of labeling, but humans love to do it, and not limiting labels to identifying

a new discovery. Labeling is a proven process that provides the foundation and scaffold that allows addition of anything new to a body of knowledge that is fact driven. It standardizes the world around us, bringing together a consensus of what is occurring in our natural world. Science cannot exist without labels, laws of nature cannot exist without labels, and we would not recognize the Milky Way collectively around the world without labels. All that said, humans have carried that behavior into the world of the unexplained by science but reproducible with behavior, e.g., energy practices. Just as humans have divided religious beliefs, there is now an attempt to divide energy into categories that do not exist – energy IS energy – it is natural – it does not come from evil – it is Creation’s driven by Devine Design through our Spirit. You are the only one who can make decisions to use energy in a negative interaction. When you give credence to evil or bad, giving credence makes it exist although it may not really be there. Only humans make evil, not some Satan in a place labeled HELL. Who the heck has been there and come back to let us know it exists? What does exist the is hell we create on Earth through words and actions – WE NEED TO OWN THIS BEHAVIOR and explore how our choice perpetuates hell on earth.

I recall attending an ‘energy share’ by Reiki practitioners. The event had multiple massage tables set up and teams of two were assigned. I had not been exposed to other practitioners in a group environment, my work with energy was acute or part of a research program. The person I was partnered with (I will not share gender) was first on the table and I began at the head using the traditional 4 head positions for the Crown and Third Eye chakras, after setting my intention at their feet. There was a great deal of static energy in the three upper chakras (Crown/Third Eye/Throat) which calmed as I moved to the two lower chakras (Sacral/Root). We then traded places, and I had my first opportunity to see how others practiced, and boy was I surprised. Arms were moving through the air in an attempt to ‘fluff’ and ‘move’ energy in my aura – quite the sight but not sure of the impact if any. For me I can say that I never felt ENERGY while I was the recipient with my team member. What did occur was a knock on the door, no one was answering, and the visitor was persistent with the knocks. This frustrated the person I was assigned to, to the point they vocalized with a frustrated tone that the knocks were interrupting their ability to channel energy. Things that make you go huh.

## **ENERGY IS ENERGY**



# Ésprit with SoZoKi

## REVIEW

- ✦ WHEN YOU LEARN, DEVELOP & PRACTICE YOU EXPERIENCE A LIFE YOU WANT TO SHARE
- ✦ IF YOU DON'T ASK A QUESTION, YOU WILL STRUGGLE FOR AN ANSWER
- ✦ WHEN YOU HAVE AN IDEA OF WHERE YOU ARE GOING THE JOURNEY IS FAR MORE ENJOYED
- ✦ TRYING LIMITS, THE ABILITY TO ACHIEVE ANY LIFE GOAL, YOU MUST MAKE THE REQUIRED EFFORT
- ✦ THE FOUNDATION TO UNDERSTANDING IS THE ABILITY TO LEARN
- ✦ MAKE THE REQUIRED EFFORT TO KEEP AN OPEN MIND AS YOU ENGAGE NEW INFORMATION
- ✦ SCIENCE PROVIDES OPPORTUNITIES TO FIND YOUR STYLE
- ✦ ANOTHER'S IDEA CAN STIMULATE YOUR THOUGHTS TO ACHIEVE GOAL SUCCESS
- ✦ CONFIDENCE COMES WITH SUCCESS ~ SET ACHIEVABLE GOALS
- ✦ LANGUAGE IS DEFINED AS THE PRINCIPAL METHOD OF HUMAN COMMUNICATION
- ✦ WORDS HAVE ENERGY
- ✦ WORDS HAVE THE POWER TO DO GOOD OR CAUSE HARM ~ CHOOSE GOOD WORDS
- ✦ LEARN THE WORDS YOU MAY HAVE NEVER HEARD
- ✦ EVERYTHING IS ENERGY
- ✦ EVERYTHING IS ENERGY
- ✦ FEEL YOUR ENERGY
- ✦ ENERGY IS ENERGY



### Session One Review

Much was covered in this introduction session, and it will take time to complete, but in doing so you will be ready to begin work on creating your Ésprit with SoZoKi Energy Self-Practice. If you get frustrated, SLOW DOWN, this is not a race, there is no timeline, you will not be graded or compared to anyone else in this world! Take one slide at a time and before you know it you will be ready to learn about your energy body.

These are the significant take-a-ways. Remember when you learn, develop and practice, you experience a life you want to share. If you don't ask a question, you will struggle for an answer. When you know where you are going, the journey is far more enjoyed. The act of trying limits our ability to achieve any life goal, you must make the required effort to succeed. Know the foundation to understanding is the ability to learn and making the required effort to keep an open mind, is essential as you engage new information. As time goes by, science continues to provide opportunities to assist you to understand self, how you learn, and how others learn. Note that another's idea can stimulate your thoughts to achieve goal success, and confidence comes with success, so set achievable goals to keep you on your path. As language is defined as the principal method of human communication, it is also the foundation of all professions and vocations. When you communicate, remember your words have energy, holding the power to do great good or cause tremendous harm, so always do your best to choose good words (I am a work in progress). Make sure you learn the words you may have never heard, so you can easily apply meaning as you read and learn all new courses of study.

Finally – YOU CAN FEEL YOUR ENERGY - EVERYTHING IS ENERGY – ENERGY IS ENERGY



# Ésprit with SoZoKi

THANK YOU FOR YOUR TIME SPENT WITH THIS PRESENTATION

## AFTER YOU HAVE

- ✦ IDENTIFIED YOUR LEARNING STYLE
- ✦ READING THE ARTICLES BROADENS YOUR LEARNING EXPERIENCE
- ✦ WATCHING THE TED TALK GIVES NEW INSIGHT TO HOW WE LEARN
- ✦ CREATED YOUR ACHIEVABLE GOAL FOR YOUR ENERGY SELF-PRACTICE
- ✦ READING THE ARTICLES PROVIDES KNOWLEDGE AND EXAMPLES TO ASSIST YOU IN CREATING AN ACHIEVABLE GOAL.
- ✦ STARTED LEARNING THE LANGUAGE OF ALTERNATIVE HEALING PRACTICES
- ✦ CONSIDER CREATING A SENTENCE WITH EACH WORD, JUST AS YOU DID IN EARLY CHILDHOOD LEARNING
- ✦ INCREASED YOUR UNDERSTANDING OF ENERGY
- ✦ ACCEPT THE POWER OF WORD AND THE IMPACT OF THE WORDS YOU CHOOSE

YOU WILL BE READY TO BEGIN EDUCATION SESSION TWO:

THE ÉSPRIT WITH SOZOKI SELF-ASSESSMENT  
THE ÉSPRIT WITH SOZOKI INFLUENCER ASSESSMENT  
&  
ELEMENTS OF A SOZOKI PRACTICE



This has been a long presentation and I appreciate you staying the course to complete your first education session on your Ésprit with SoZoKi Energy Self-Practice journey. Having filled the role of nurse educator, teaching registered nurses how to safely work in an operating room, and I applied those teaching methods to ensure you have the tools you need to succeed. While an energy self-practice is not as essential as a surgical procedure, both are extremely important and impactful, in and upon the human experience.

If you cannot answer yes to the following, spend more time on this session, go to the websites, watch the videos, and spend time learning the language. Writing a new word in a sentence helps to secure meaning, rather just knowing a definition.

**Questions to ask yourself before you move to the next education session:**

**Have you identified your style of learning?**

**If you knew your style, did you review the ways people learn?**

This is an important one, they all are, but this stands out right now ☺ You will greatly benefit if you know how people consume life, which is other words, how they learn. When you know that, frustration with interactions can be avoided. Don't be fooled by statements of world views, politics, religion, you know, all of the challenging topics of conversation. None of that is representative of how someone learns.

**Have you created your achievable goal statement?**

Emphasis is on the word achievable. If not, and you did not try the information provided, then spend some time, it will be worth it, and not just for your energy self-practice, all areas of life will benefit with the ability to bring a want or need to a successful end! Giving structure to your intentions allows you to identify steps to keep you on the path to your life goals.

**Have you started using the language of energy?**

**Did you write sentences, using the words?**

**Have you increased your understanding of energy?**

**Do you understand there is a difference between good/bad and positive/negative?**

They are not interchangeable when it comes to energy. Energy either has a positive charge or it has a negative charge, that's it, nothing more, nothing less, it is.

**Have you come to an understanding of the power of your words?**

**Do you understand the next generations, either your kids or another's, are sponging your behavior and may well incorporate it into their own behaviors?**

One sure fired way to stop hate is to keep it away from display and live with the approach that someone is always watching.

If you answered yes – by all means move on and thank you again for joining me on the Ésprit with SoZoKi journey!

# Ésprit with SoZoKi



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# Ésprit with SoZoKi



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Thank you – from my Spirit to Yours!

Nancy