



ÉSPRIT WITH SOZOKI



ÉSPRIT WITH SOZOKI

SESSION EIGHT

THE THROAT CHAKRA

by

Nancy Anna Blitz Ruff, MSN, RN

NEVER ALLOW THE SKY TO LIMIT YOU

Hello again ~ This is Nancy, founder of Ésprit with SoZoKi, back for the eighth education session designed to assist you in developing your energy self-practice, aka. Ésprit with SoZoKi.

In this session we will explore the Throat Chakra.



ÉSPRIT WITH SOZOKI

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION

THE ÉSPRIT WITH SOZOKI WORKBOOK

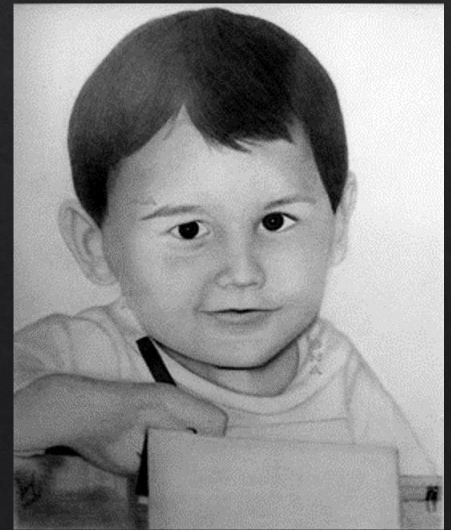
RESOURCES

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 Heart 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 THROAT IS THE FIFTH OF THE SEVEN MAJOR CHAKRAS



LOCATION

POLARITY

ROLE IN THE CHAKRA SYSTEM

The fifth energy vortex resides in the center of neck and is known as the Throat Chakra. While it is the fifth major chakra, it is the fourth time the lines of meridian cross 21 times within the physical body.

The polarity of this chakra is positive, pulling energy from the negative polar aspect of the Heart and pushing into the negative polarity of the Third Eye Chakra. As energy has flowed through the preceding chakras, inspiration and intuition that has been integrated into the first three vortices, with the opportunity to be transformed in the fourth or Heart Chakra, it reaches the throat and gives rise to what we communicate to the world.

When the chakra system is open, and the Heart Chakra is fully functional, we have the capacity to produce positive communication. When closed or dysfunctional our vocalizations become negative, seeking to denounce or denigrate rather than lift or elevate those with whom we interact. While Creation Energy always flows from a source that is positive in charge, impaired lower chakras can twist the intent. Evil can be described as bad decisions made by our conscious, human mind, and we must acknowledge and accept responsibility for our own behavior rather than fall prey to the tendency to blame an external evil which “forced” poor decision-making upon us, denying our freewill (i.e., “The devil made me do it”).



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THE THROAT CHAKRA PRIME FUNCTION

COMMUNICATION & HEALING

SEEING INDIVIDUALS IN THEIR WHOLENESS

CREATIVE ALIGNMENT

&

ACKNOWLEDGING ONE WILL OF THE CREATOR

(a singular, determined or sure source, found in the center of all that exists)



The Throat Chakra's prime functions are communication and healing. The Divine Goal is purpose in life.

Our creative process is also aligned here, and it is the vortex that provides the ability to see others as whole individuals and acknowledge the One Will of the Creator.

The energy of language is filled with powerful words which have the ability to heal and lift higher, but in a negative framework can humiliate, harm, hinder, or humble.

As we interact with others, it is through this chakra that we can stimulate goodness, convey appreciation and respect, and offer comfort, but it can also be the means to disparage and denigrate.

Speech can be used to divide-and-conquer or fracture unity through criticism, defamation, and divisiveness.



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THE THROAT CHAKRA

DIVINE PRINCIPLE OR GOAL

ANATOMY ASSOCIATED WITH THE THROAT CHAKRA

IMPACT OF A CLOSED THROAT CHAKRA

&

THE THROAT CHAKRA PROPERTY



The Throat Chakra's prime functions are communication and healing and the Divine principles or goals of this chakra is purpose in life.

As energy has flowed through the preceding chakras, inspiration and intuition that has been integrated into the first three vortexes, with the opportunity to be transformed in the fourth or Heart Chakra, it reaches the throat and gives rise to what we communicate to the world.

When the chakra system is open, and the Heart Chakra is fully functional, we have the capacity to produce positive communication. When closed or dysfunctional our vocalizations become negative, seeking to denounce or denigrate rather than lift or elevate those with whom we interact. While Creation Energy always flows from a source that is positive in charge, impaired lower chakras can twist the intent. Evil can be described as bad decisions made by our conscious, human mind, and we must acknowledge and accept responsibility for our own behavior rather than fall prey to the tendency to blame an external evil which “forced” poor decision-making upon us, denying our freewill (i.e., “The devil made me do it”).

Anatomical connections associated with the Throat Chakra include throat, neck, ears, sinus, parathyroid and the upper respiratory system. The gland that governs it is the thyroid.

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!

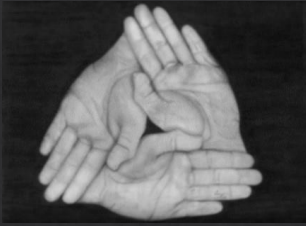
The Throat Chakra property has masculine or yang tendencies and when energy is flowing freely to and through this vortex, active energy, positivity, upward-seeking, heavenly, and productive aspects arise. Communication is positive, engaging without judgment, and conciliatory or collaborative in nature. When energy is blocked or diminished, we can see a tendency towards dominance and unwavering resoluteness in the communication style.

Hearing, you might think ironically, is the sense associated with the Throat Chakra, but communication comprises both speaking and listening. While it is important to vocalize our thoughts, it is equally important to be an active listener. When we insist on dominating a conversation, and deny another’s chance to be heard, we are experiencing a decrease or block in energy flow through this vortex.

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THE THROAT CHAKRA & RAISING OUR CHILDREN

WITH
LOVE
RESPECT
EMPATHY
COMPASSION



We know the Heart Chakra's primary functions are balanced love and connection, and Divine goals are forgiveness, sharing, respect, openness to one another and to circumstance, and its health is a pre-requisite to a healthy Throat Chakra. As the Throat Chakra's primary functions are communication and healing, with the Divine goal of purpose in life, 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 communicate in the manner we want to instill in our children. Do as I say, not as I do, produces confusion in a child, and most often a child will mimic the adults around them. When a child hears their adults gossiping, belittling, judging, arguing, using demeaning language, what else are they to believe is acceptable communication? If you don't have anything nice to say, try saying nothing at all – a goal to strive for when focused on this chakra.

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.

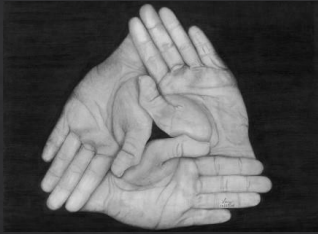
“Empathy is both an emotional and cognitive experience. The emotional components of empathy are the first to emerge. Babies begin reflecting the emotional states and expressions of those around them right away. Thanks to mirror neurons, infants as young as 18 hours old often show some responsiveness to other infants in distress. We don't teach babies how to do this; they are born hardwired to map the experiences of others in their brains and bodies. Cognitive components of empathy really come into their own by six or seven, when a child is more capable of taking another person's perspective and communicate solutions or help when they notice someone in distress.”

“We can't sit our children down for formal lessons in empathy. Instead, empathetic conversations emerge over time in the context of caring relationships, modeling, storytelling, playing, emotion coaching, and a whole lot of patience.”

To learn more about helping your child develop a strong Heart Chakra, follow this hyperlink:

<https://www.psychologytoday.com/us/blog/smart-parenting-smarter-kids/201905/how-children-develop-empathy>

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



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USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

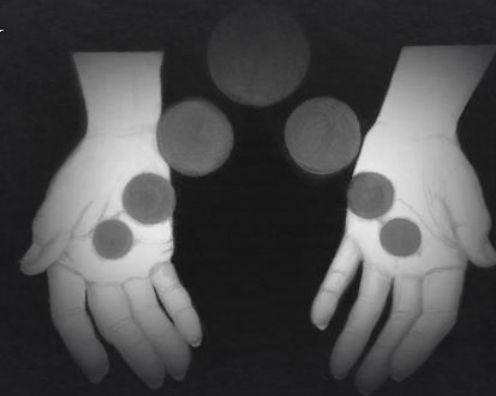
PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

INFLUENCER IMPACT ON ENERGY

INTENTIONS

FOR

THE THROAT CHAKRA

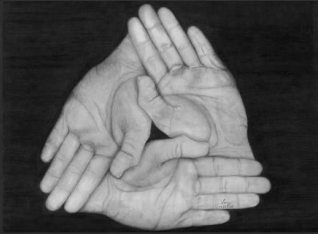


Let's start using the data created in the six-step process, now that you have learned more about the Heart Chakra.
As in previous chakra focused education sessions, I'll break this down, step by step, in the next slides, with a focus on:
Your personal behavior
Your influencers behavior

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 Éspirit 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

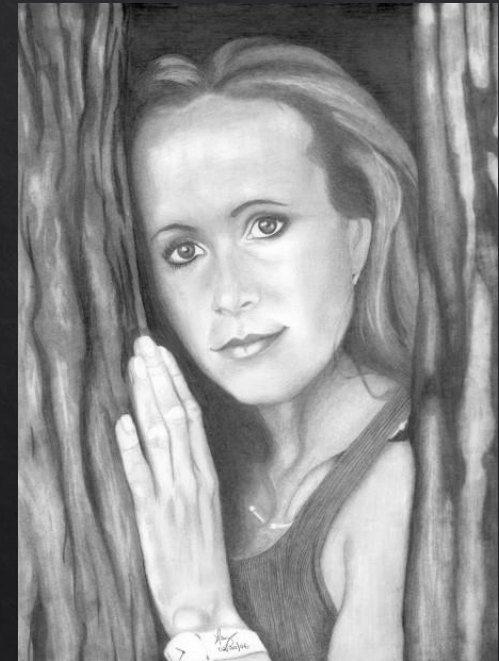
PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

YOUR BEHAVIOR DATA

SLEEP

CAFFIENE ~ ALCOHOL

NUTRITION ~ EXERCISE



The first step of the Ésprit 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.

How does sleep impact the Throat 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 had 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."

All of the conditions are the outcomes of nutrition depleting 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

Now, let's look at behaviors and routines associated with interpersonal relationships, and the impact on energy from these interactions. Our significant relationships impact our ability to have gratitude and provide caring support, which extends past our inner circle to our community. If struggling in our closest relationships, we need an action plan to ensure these important interactions are not stressed.

The impact of stress on communication, among other things, is easy to anger and easy to frustrate, with emotions running high. Choosing the right words with the correct tone can be difficult when stressed. Alternately decisions to withdraw from a conversation may lead to reclusive behavior.

The Throat Chakra is the chakra of communication. When we have a low energy flow, we tend to subconsciously take energy from another via an interaction, it can be positive or negative, but someone walks away energized while the other depleted (possibly looking for that energy drink?)

In a traditional interaction, do your choices produce a caustic conversation? If you are not the stimulus, what triggers the interaction? Who triggers the interaction? What events trigger the interaction?

DO YOU LAUGH AT WORK/SCHOOL?

DO YOU ENJOY YOUR WORK/CLASSES?

DO YOU FEEL YOUR WORK MAKES A DIFFERENCE?

IS SCHOOL PREPING YOU FOR A SERVICE JOB?

DO YOU SEE YOURSELF AT THE SAME JOB IN 5 YEARS?

ARE YOU IN THE MILITARY?



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THE THROAT CHAKRA

&

YOUR HEALTH ASSESSMENT

DIAGNOSES

PAIN HISTORY & MANAGEMENT

EMOTIONAL HEALTH HISTORY

SOCIAL ASSESSMENT

PERSONALITY TRAITS



DIAGNOSIS

Bruxism (grinding teeth)
Cancer
Chewing Disorder
Dental Disorders
Hormone Disorder
Neck Pain

Parathyroid Disease

Thyroid Disease

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

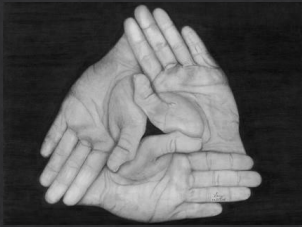
Do you work

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 THROAT CHAKRA
MOUTH DISEASE
SPEECH
&
THYROID & PARATHYROID DISEASE

This section is a specific focus on the diseases associated with the structural anatomy associated with the Throat Chakra.

As mentioned earlier, the anatomical connections associated with the Throat Chakra include throat, neck, ears, sinus, parathyroid and the upper respiratory system.

The gland that governs it is the thyroid.

In the United States, there are around 100,000 new cases of parathyroid disease diagnosed annually. The American Thyroid Association (ATA) reports more than 12% of our population will develop thyroid disease during their lifetimes. An estimated 20 million Americans have already been diagnosed with some kind of thyroid disease. Although it is a very small organ, the thyroid produces a stimulating hormone (TSH) which influences every cell in our body and is ultimately responsible for regulating metabolism (the chemical processes within an organism that maintain life). Statista's statistics portal has reported expected revenue from the sales of cold and cough medicines in the United States to be as high as \$8,977 million in 2018 and rising rapidly. According to the CDC, 26.9 million Americans are diagnosed with a sinus infection annually. While ear infections do occur within adult populations, they are predominately found in young children. Often these infections of the ear canals in children will correct with age, however, left untreated these infections can lead to hearing loss or deafness in severe cases.

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!

Our behaviors and just as important, our thoughts significantly impact our Throat Chakra, health and wellness. Our bodies react immediately to calm breathing exercises, a practice that allows for reflection before communication. That age old expression, "take a deep breath," holds true through the ages. We cannot remove the words we have spoken; at best we can replace them with expressions of remorse. "Think before we speak," another time proven practice.

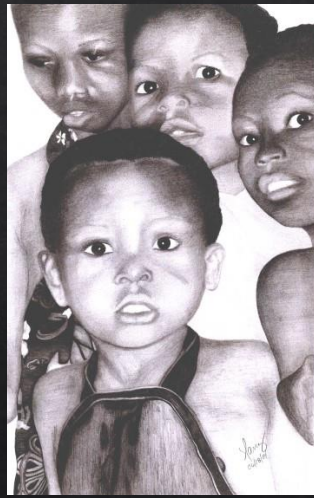
Methods that focus only on the action of breathing, without intent to meditate:

<https://www.sclhealth.org/blog/2019/08/try-these-simple-breathing-exercises-to-calm-yourself-down/#>



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:

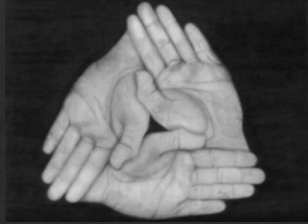
HOUSEHOLD
PARTNERS
WORK

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

THROAT CHAKRA

INTENTIONS

MANTRAS

RITUALS

INTERVENTIONS

METABOLISM



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 safe and express myself truthfully

I speak my truth freely and openly

I am a patient and attentive listener

I am always present when I communicate with others

I am a deliberate listener, pausing to reflect before responding

I only take part in positive conversations

I make eye contact with people when I speak

I express myself with ease

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 every day.

Journal everyday, one line, many lines.

Neck stretches or Gua Sha stone massage

METABOLISM – SYMPTOMS

Raspy throat

Gum Disease

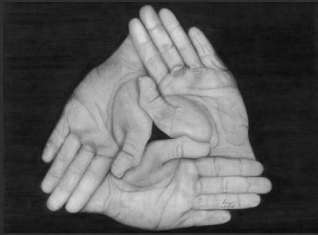
Chronic Sore Throat

Laryngitis

Mouth Ulcers

Thyroid challenges

TMJ disorders



ÉSPRIT WITH SOZOKI

THROAT CHAKRA INTERVENTIONS



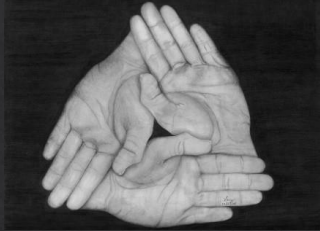
- FOODS
- SYMBOLOLOGY
- COLOR
- SCENT
- GEMSTONES
- PLANET MEDITATION
- EARTH ELEMENT
- YOGA POSES

Symbology is a lotus with sixteen petals, containing a downward-facing triangle surrounding a circle (representing ether).

The Throat Chakra color is blue (turquoise or aquamarine blue), near the end of the color spectrum, blue allows for the calmness of the mind and the slowing down of racing thoughts. The Throat Chakra is directly related to the element of sound, and its proper functioning leads to eloquent speech and good communication ability.

Yoga poses begin with a comfortable sitting position. Begin with shoulder rolls, one side at a time, forward 3 times and backward 3, change sides, forward 3 and backward 3. Repeat the process six times. Raise both shoulders up, move forward, drop and move back to neutral position. Raise both shoulders, move back, drop and return to neutral. Shoulders back and down, lower chin to chest, slowly roll head with ear facing shoulder and chin pointing to center, roll head back to center and then right ear to right shoulder. Repeat head roll six times.

In cross-legged seated position, bring your hands to your knees for leverage, use a meditation pillow if needed. As you inhale, arch your spine forward and gaze up, creating a backbend shape in the spine in a seated variation of Cow Pose. As you exhale, pull the navel back toward the spine, hollowing the front body in a seated variation of Cat Pose. As you inhale, head and tail move back and as you exhale, head and tail curl forward and in. This is a complete undulation of the spine that creates a compression and release action in the throat. Go slowly and let each movement span an entire inhalation or exhalation. Find a rhythm that feels good, fluid but not fast. Continue for 5–10 rounds.



ÉSPRIT WITH SOZOKI

HELP FOR THE THROAT CHAKRA

GOAL: OPEN CHAKRA TO INCREASE SOZOKI

COLOR: BLUE

FOODS: BLUEBERRIES, BLUE CORN & POTATOES, TREE FRUITS

SCENTS: FRANKINCENSE, SANDALWOOD, EUCALYPTUS

GEMSTONE: TOURQUOIS AND AZURITE

METAL: MERCURY

PLANET: MERCURY

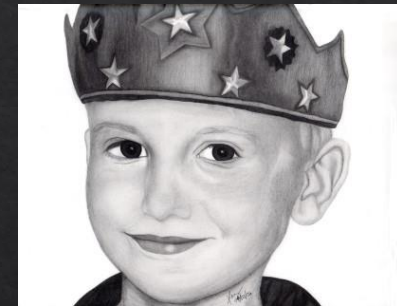
ELEMENT: ETHER

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

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

MANTRA: I SPEAK MY TRUTH FREELY AND OPENLY, I AM A PATIENT AND ATTENTIVE LISTENER

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 Throat Chakra: Increase SoZoKi as evidenced by the ability communicate effectively and to engage in meaningful conversations. Another: Increase SoZoKi as evidenced by the ability to confidently speak my truth. 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.

Diets to support the health of this chakra include adequate amounts of fluid intake to ensure your throat is lubricated. Sore or scratchy throats inhibit our natural speech-patterns, so make sure you not mistaking a chakra issue with a simple lack of fluid intake. The color blue is associated with the Throat Chakra, and while there is a limited number of natural blue foods available for consumption, blueberries, blue corn, blue potatoes and edible flowers such as borage and blue orchids offer support to this chakra. Tree fruits that naturally fall when ripe such as peaches, plums, mangos, and avocados are a great source of hydration for additional food support. Blueberry smoothies, yogurt, pies and cobblers, and salads with edible flowers are appetizing ways to include a boost to your diet to benefit this energy vortex.

Mercury is the planet associated with the Throat Chakra, and ether is the element. In this context ether refers to the upper regions of space, clear skies or heaven, rather than a chemical or physical property. The scents of eucalyptus, frankincense, and sandalwood will enhance the flow of energy to and through this vortex, and turquoise and azurite gemstones are used to bring focused energy to it. When you want to work on the energy flowing to and through the Throat Chakra try the following or develop your own scenario using the information provided above. Fashion your environment using the color blue, wear or hold your chosen gemstone, incorporate your favorite associated scent, and if possible, drink Thai Butterfly Pea Tea made with organic dried blue flowers before you start your mediation. If you cannot find this tea, a bowl of blueberries is a great source of naturally occurring antioxidants that will help in reversing inflammatory responses in your physical body.



ÉSPRIT WITH SOZOKI

SESSION REVIEW

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION

THE THROAT IS THE FIFTH OF THE SEVEN MAJOR CHAKRAS

THE THROAT CHAKRA PRIME FUNCTION

THE THROAT CHAKRA DIVINE PRINCIPLE OR GOAL

THROAT CHAKRA INTENTIONS

THROAT CHAKRA INTERVENTIONS

USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

THE THROAT CHAKRA AND YOUR HEALTH ASSESSMENT

INFLUENCER PERSONALITY TRAITS ON THE THROAT CHAKRA

HELP FOR THE THROAT



The Throat is the fifth of the seven major chakras (Location/Polarity/Role in the Chakra System)

The Throat Chakra Prime Function (Communication and Healing)

The Throat Chakra Divine Principle or Goal (Life Purpose)

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

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

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

Help for the Throat (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

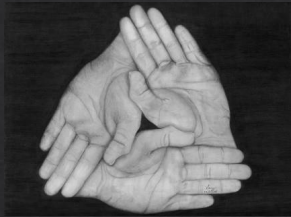
NOTE: THE ART ON THIS AND ALL SLIDES ARE DRAWINGS, I STARTED DRAWING IN MY LATE 40'S

&

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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Thank you – from my Spirit to Yours!

Nancy