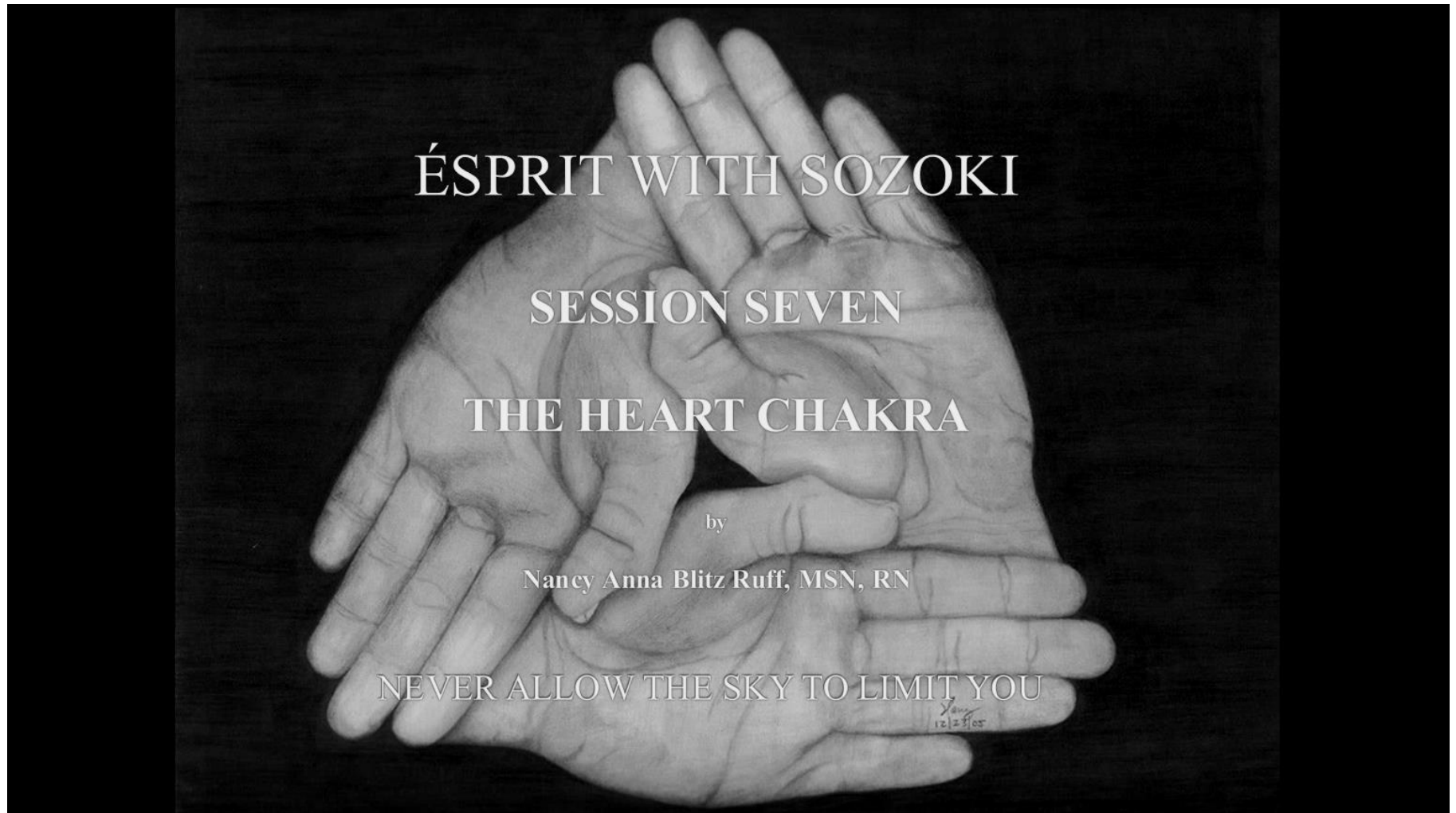




ÉSPRIT WITH SOZOKI



ÉSPRIT WITH SOZOKI

SESSION SEVEN

THE HEART CHAKRA

by

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NEVER ALLOW THE SKY TO LIMIT YOU

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

In this session we will explore the Heart Chakra. Following the same template for the Root, Sacral and Solar Plexus Chakras, there is also additional information specific to the Heart that needs to be explained. Much of the information surrounding help for the chakras, especially the types of foods to consume has been similar to what you find on the internet, provided by people without a medical background. Their experiences are good but without the appropriate education, their information, without intent, is misguided and can cause harm rather than help.

This is why it is important to see your medical doctor, osteopathic doctor, or nurse practitioner before making substantial changes in life, especially if you have diagnoses, with or without prescriptive medicine, before making any behavior changes that could well impact your health and wellness. If you do take prescribed medicines, always consult your pharmacist, and while on this note, it is best to keep the same pharmacy and get to know the professionals at the location. Once you have consulted your healthcare professionals, jump into developing your Ésprit with SoZoKi Energy Self-Practice, knowing you will not do any harm to your western medical regimen.



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, the Root Chakra, 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.

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 HEART IS THE FOURTH OF THE SEVEN MAJOR CHAKRAS



LOCATION

POLARITY

ROLE IN THE CHAKRA SYSTEM

Our heart organ, the muscle responsible for the constant flow of blood through the arteries, veins and capillaries woven throughout our body, is located slightly to the left of chest center. The fourth energy vortex, the Heart Chakra, is not located over our physical heart but resides directly in the center of our chest, mid-sternum, or breastbone. It is the fourth major chakra, but it is only the third time the lines of meridian cross 21 times within the physical body. Its location is significant to the hand position used for channeling SoZoKi to the Heart Chakra, which you will learn about later in your Ésprit with SoZoKi Energy Self-Practice.

Polarity for the Heart Chakra is negative, pulling energy from the Solar Plexus and pushing energy to the Throat Chakra. As energy flows into this chakra from the Solar Plexus, the judgment or opinion on the intuition and inspiration is given a second chance, as reconsideration emerges and the opportunity for change occurs. When the flow of energy through this vortex is diminished or blocked, we miss the opportunity to replace negative with positive thoughts or intentions.

The role of the Heart Chakra in the chakra system is to assist you in the manifestation of thought patterns to produce conceptualized experiences, witnessed or relayed, in a manner free of appraisal that devalues another. As inspiration, intuition and then judgment or opinion occurred with the flow of SoZoKi through the first, second and third chakras, they arrive in the Heart where we have the opportunity to reconsider an opinion or reconcile a judgment. The influence of a healthy Heart Chakra is not limited to an inspired thought process but is commonly seen in our everyday interpretations of human interactions that remain free of judgment.



ÉSPRIT WITH SOZOKI

THE HEART CHAKRA PRIME FUNCTION

BALANCED LOVE & CONNECTION

CENTER OF LOVE
FOR SELF ~ FOR OTHERS ~ FOR NATURE ~ FOR THE DIVINE

EMOTIONAL EQUALIBRIUM

WHERE EGO RESIDES

&

HOPE SPRINGS ETERNAL



The prime function of the Heart Chakra is balanced love and connection. As the center of love for self, others, nature, and the Divine, it provides emotional equilibrium. It is within the Heart Chakra that ego resides and hope springs eternal.

As the Heart Chakra is our center of love for self and others, it produces our ability to have compassion, empathize and find forgiveness. Many think forgiveness is for the one who has caused harm, emotional or physical, but I hold a different point of view. When we forgive someone, known as the act of taking the higher road, we choose to follow an ethical, noble, or diplomatic course, freeing our heart and mind of the negativity of a grudge, the emotion hate, and their negative impacts on our energy body, which manifests as disorder in our physical body. When we hold either of these emotions, they are internalized, and we are causing further harm to ourselves.

Sometimes grudges can last a lifetime, and so I will share a story related to this behavior. I knew a woman who occasionally vocalized her dislike of her mother-in-law. It wasn't a subject that was often shared, but knowing this person for decades, I heard about the dislike on more than one occasion. Finally, after what seemed a lifetime and many years after the passing of her mother-in-law, I asked what she had done to make her continue to have bad feelings. She shared while raising a toddler with a newborn, and a husband away working, her mother-in-law traveled a far distance to help. While she focused on the newborn, the grandmother spent time with the toddler, each night getting into bed to read stories until the child fell asleep. My friend, knowing she would not be able to continue the ritual, asked her mother-in-law to stop, but she continued with the nightly ritual until she departed. This was the terrible act that had caused a lifetime of harsh, internalized feelings? A grandmother wanting to read to her grandson, yes ignoring a request not to, but still such a shame- the road to hell is paved with good intentions. It brings great sadness that such an act of love could produce so much negativity, yet such is the potential for humanity on any given day.

Throughout her life my friend suffered from multiple autoimmune diseases, and science is now beginning to study the relationship between stress and autoimmune diseases and disorders (some of the most well-known include psoriasis, multiple sclerosis, and rheumatoid arthritis). When we hold a grudge, we're recalling a past event and the negative emotions associated with it, subjecting our body to stress repeatedly over a prolonged period. To err is human, we all make mistakes, and when forgiveness wells, it makes US better.



ÉSPRIT WITH SOZOKI

THE HEART CHAKRA

DIVINE PRINCIPLE OR GOAL

ANATOMY ASSOCIATED WITH THE HEART CHAKRA

IMPACT OF A CLOSED HEART CHAKRA

&

THE HEART CHAKRA PROPERTY



The Divine principles or goals of this chakra include forgiveness, sharing, respect, and openness to one another and to circumstance. So, when open, energy flows to and through this chakra, and we experience compassion for ourselves and others, and are lifted by a positive attitude. In a healthy Heart Chakra, hope resides in the forefront of our thought processes.

Remember to forgive yourself, we are often our own worst enemy. When holding negative emotions against someone else, think about it, are they aware or constantly reminded of how you feel toward them? NO, you are the one who lives with the negativity, and you are the one who is harmed. I am not suggesting you readily forgive and forget those who cause harm, but I do want you to make the required effort to ensure you are not causing further harm to yourself. Remember, new research points to autoimmune diseases, stress and potentially allergies, which are the outcomes of negative emotion held over time.

Anatomical connections and systems impacted by the Heart Chakra include cardiac function (heart, circulation, blood pressure), lungs, lymphatic, and immune systems, as well as allergies. The gland that governs this chakra is the thymus, an organ which is closely aligned with the immune system in its responsibility for producing white blood cells that defend our bodies against infection.

When this energy vortex is blocked or diminished, we lose our ability to be flexible, holding only to rigid beliefs and behaviors. Our coping abilities decline. Feelings of trust and the impulse to share go missing, inhibiting our ability to love, or be loved, and organs and body systems may exhibit disease or even failure.

The Heart Chakra possesses transformative yin properties. Dark moist places yielding to the Creation of new life correspond to the ability to reconsider opinions and judgments made in the Solar Plexus, giving birth metaphorically to new opinions by means of processing and removing dysfunctional critical judgments. The Heart Chakra can, however, when unhealthy, nurture grudges and unreleased judgmental thinking.

ÉSPRIT WITH SOZOKI

THE HEART CHAKRA & RAISING OUR CHILDREN

WITH
LOVE
RESPECT
EMPATHY
COMPASSION



The Heart Chakra's primary functions are balanced love and connection, and the Divine goals are forgiveness, sharing, respect, openness to one another and to circumstance, and so I thought it is appropriate for the focus of this slide to be on children.

In the first Ésprit with SoZoKi Education Session, I shared information about Dr. Montessori's experiences and the development of the Montessori Method to teach children. Basically, children are sponges, learning best from observation without negative connotations. As parents it is important to behave 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 raising my son, I taught as I lived, ‘The Four Rs,’ which include ‘Respect for Self, Respect for Others, Respect for Nature, Respect for Property.’

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.

Did You Know:

“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 offering solutions or help when they notice someone in distress.”

“We can’t sit our children down for formal lessons in empathy. Instead, empathetic responses emerge over time in the context of caring relationships, modeling, storytelling, communication, 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 CONSTANT ROLE MODELS - SOMEONE IS WATCHING TO DECIDE - TO BE LIKE US OR NOT



ÉSPRIT WITH SOZOKI

HEART CHAKRA

INTENTIONS
MANTRAS
RITUALS
INTERVENTIONS
METABOLISM



This slide remains relatively the same in each of the chakra focused education sessions. Repetition of new information and concepts increases the ability to consume and use as knowledge, rather than reliance on an informational chart.

Intention is defined as an act or instance of determining mentally upon some action or result; **intention** is a purpose or attitude toward the effect of one's actions or conduct. In previous education sessions there was much attention focused on mantras and rituals, and now we will focus on interventions. But before we turn to intentions and interventions know this about mantras. Mantras are similar to prayer; in that we state the expectation rather than ask for something. The Lord's prayer is used by all practicing Christians. "Our Father, who art in heaven, hallowed by thy

name...” As the prayer continues there is no ask, the entire prayer is a statement. Remember, the easier it is for the ritual to be performed, the more you will use it – KISS!

Consider these mantras as you hold recommended yoga posing:

I love
I respect
I forgive
I have empathy
I have compassion
I share

The word intervention is defined as the act or fact of intervening, or to occur or happen between two things. In this case, you will intervene between your behaviors, your health barriers (diagnoses) and the methods specific to each chakra to improve and move to health and wellness. Use of rituals or repetitive behaviors, used to produce an intended outcome, are essential to success. Just as important as identifying negative behaviors, is the need to bring to awareness positive interventions throughout the day. Each of you have your unique assessment data, so you will have rituals specific to the behaviors and health diagnoses identified in the self-assessment. The Esprit with SoZoKi Six-Step Process gives you the ability to drill into your life to identify intentions and interventions that produce desired outcomes via documented trial and error. In other words, you aren’t addressing one chakra, you are specifically addressing your chakra system.

Before we focus on interventions on the next slide, there are a few things about nutrition and how our body uses food, that needs to be understood. There are three kinds of food your body uses for metabolism to occur. Metabolism means breathing, heart beating, liver filtering, intestines absorbing and kidneys creating urine. Those processes are constantly occurring without thought or intention.

The most important take away is our body will use the food we eat that is easiest to breakdown for metabolism to occur. The carbohydrate is the easiest and all carbohydrates, simple or complex, are broken down to sugar. The second food group the body will use for metabolism to occur is protein, which is much harder to breakdown. The third food is fat, which is the most difficult to breakdown and stored by a lazy body (I don’t mean person) whenever possible. So, if you have a high carb diet with animal protein which most often has fat, your body will use the carbs first, then go to protein if needed, and rarely breakdown the fat, which is how we gain weight, if we don’t burn more calories than we consume. Remember, metabolism is not exercise, it is the processes that keep us alive. If we have high protein with little carbs, our body has to work harder, which increases our metabolism, and burns calories. Lean muscle on our body is developed by the protein we consume. And that is your nutrition lesson from this nurse ☺

Additional information on the foods to support a healthy heart and a healthy Heart Chakra is provided later in this education session.



ÉSPRIT WITH SOZOKI

HEART CHAKRA INTERVENTIONS



FOODS

SYMBOLOLOGY

COLOR

SCENT

GEMSTONES

PLANET MEDITATION

EARTH ELEMENT

YOGA POSES

Diets supporting the health of the Heart Chakra are filled with greens, both vegetables and fruits. Herbs and green algae supplements are valuable as well. Spinach, kale, zucchini, Brussels sprouts, green beans, Asian greens, peas, broccoli, and asparagus serve to open and maintain this energy vortex. Helpful fruits include limes, kiwi, avocado, green grapes, apples, and cucumbers. You can also consume herbs such as mint, parsley, coriander, oregano, thyme, tarragon, thyme, sage, and basil, as well as superfoods like wheatgrass, spirulina, barley grass and green tea.

Studies suggest replacing high-fat meats with more heart-healthy proteins like fish, poultry, low-fat dairy, nuts, and beans may help prevent heart disease. This is one of the rare times when there is an insignificant increase in sugar when fat has been reduced (there is 4.8g of sugar in 100ml of full

cream milk compared to 4.9g in 100ml of skim). Nutrients in these proteins help lower cholesterol and blood pressure, while assisting in a healthy weight maintenance. Reported by the Cleveland Clinic, choosing these proteins over high-fat meat options, reduces your risk of heart attack and stroke. Fish is one of the top protein picks to help prevent cardiovascular disease. You should eat one 3- to 6-ounce fillet or one 3-ounce can of fish each week. Lean protein from tuna provides the benefit of omega-3 fatty acids. Omega-3 fatty acids have been shown to reduce the risk of several cardiovascular problems. Tuna also contains vitamins B-12 and D, niacin, and selenium. Salmon is also a smart choice for your heart. It also contains omega-3s, as well as phosphorous, potassium, selenium, and vitamins B-6, B-12, and D. The Harvard School of Public Health notes that a 6-ounce broiled porterhouse steak provides 40 grams of complete protein with 38 grams of fat (14 are saturated). The same serving size of salmon provides 34 grams of protein and only 18 grams of fat (4 are saturated).

Taking care of the structural heart is just as important as taking care of the Heart Chakra!

The six-pointed star is the symbol for the Heart Chakra and green is the associated color. The hottest planet in our solar system is Venus which rules our Heart Chakra. In 2021, Venus is best seen May 24th to December 31st in the western sky at dusk. The element of the Heart Chakra is air, and slow deep cleansing breathe with your mind focused on the mantras you have created will open this energy vortex to SoZoKi. Scents of heliotrope, chamomile, and rose will enhance energy flow through this vortex as will the gemstones green tourmaline and kunzite, worn as jewelry or resting on a surface in your environment in their natural state.

Yoga poses to support the Heart Chakra should be simple and not strenuous, as the intent is to focus on heart and not the rest of the body attempting to find balance. Begin in the Lotus position (use a meditation pillow as needed for comfort) sitting with knees bent, legs crossed with feet pulled toward the body. Start with hands resting on bent knees, and after several deep cleansing breaths, move hands to chest level in a prayer position (palms of hands flat and touching) with elbows resting at the sides. After several deep cleansing breaths, lean forward to lay on the front of your body, legs extended and tops of feet resting on the mat with pointed toes. With palms down and elbows bent, slowly lift the chest with legs remaining on the mat (Sphinx Pose) holding this position for several deep cleansing breaths before straightening the arms to lift the chest further off of the mat, while legs remain on the mat (Cobra Pose). These are gently poses that allow you to focus on your breath and the mantras you created for your Heart Chakra.



ÉSPRIT WITH SOZOKI

THE HEART CHAKRA



CARIOVASCULAR & PULMONARY DISEASE

This slide is a specific focus on the diseases associated with the structural anatomy associated with the Heart Chakra. Understanding the rates of occurrence and variety of reasons for cardiovascular and pulmonary diseases are important as they have consistently been a leading cause of death (Cardiovascular disease causes 1 out of every 4 deaths in the U.S., 198.8 deaths for every 100,000 population) and COPD was the fourth leading cause of death in the United States in 2018. According to the CDC one person dies every 36 seconds in the United States from cardiovascular diseases and someone has a heart attack every 40 seconds. Chronic obstructive pulmonary disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems and includes emphysema and chronic bronchitis.

The Centers for Disease Control and Prevention (CDC), reports approximately 610,000 people in the United States die annually from heart disease; it's the cause of one in every four deaths. Coronary artery disease alone kills over 370,000. More than 735,000 people experience a heart attack annually. Each year the NIH, in conjunction with the American Heart Association (AHA), the CDC and other government agencies, produces a single document with the most current statistics concerning heart disease and stroke, and factors that contribute to their outcomes.

According to research, the core behaviors impacting the health of the cardiovascular system include smoking, diet, physical activity, and weight. These factors directly impact the systemic functions of blood pressure regulation, glucose control, and cholesterol levels. But missing from the government data, as might be expected from Western medicine authorities, is any mention of the potential role blocked energy may play in the development or outcomes of these diseases.

Our behaviors and just as important, our thoughts significantly impact our Heart Chakra, health, and wellness. Our bodies react immediately to calm breathing exercises. Lowered heart rates, decreased muscle tension, lowered blood pressure and less oxygen consumption are significant responses. The rolling breath technique I teach, is used when learning to meditate, and requires removal of all stimuli except for the flame from a single candle. You may need to start at a slow count of 4 and work your way up to 8, or you might have great breathing already and can count to 8 without difficulty. The idea is to begin a slow inhale through your nose, filling the lower lobes of your lungs and then filling them to capacity. Just as you have reached capacity there is a very brief pause before you begin to exhale slowly through your mouth. If you have difficulty breathing through your nose don't worry, you can use only your mouth and still get the same outcome. Purposeful breathing is what you are trying to train yourself to do as we rarely think about breathing unless we can't do it. If you can do no more than a count of 4 you will begin filling your lungs mentally counting to 4 and then count again to 4 on the exhale. At the end of inhale and exhale is a very brief pause. This is the rolling breath technique. Eventually with practice you will increase your capacity to 8 and will also no longer need to count as you have trained your body to the process.

There are other methods that focus only on the action of breathing, without intent to meditate, so here is a hyperlink to get you started:

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



ÉSPRIT WITH SOZOKI

USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

INFLUENCER IMPACT ON ENERGY

INTENTIONS

FOR

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



ÉSPRIT WITH SOZOKI

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

YOUR BEHAVIOR DATA

SLEEP

CAFFIENE ~ ALCOHOL

NUTRITION ~ EXERCISE



The first step of the 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 will give 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 Heart 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. Health problems that raise the risk for heart disease, heart attack, and stroke include high blood pressure, type II diabetes and obesity. Insomnia refers to trouble falling sleep, staying asleep, or both, with short-term episodes reported by as many as 1 in 2 adults. Linked to high blood pressure and heart disease, poor sleep patterns often leads to unhealthy habits causing harm to your heart. These include increased stress, decreased motivation to engage in physical activity and unhealthy food choices.

So, if you have a bad heart, high blood pressure and are over-weight, how do you exercise? Many do not attempt, falling further into the spiral of dysfunction. The U.S. adult obesity rate stands at an alarming 42.4 percent in the US, and that is a rise of 26 percent since 2008. What is driving this rise? The food we eat, the exercise we don't get, the sleep we lack and the amount of stress we experience. I have spent much time-sharing information surrounding nutrition, sleep, and stress, so now let's look at exercise, specifically for those who have limited mobility due to heart/lung disease.

Did you know Hydrotherapy has been around since 2400 B.C. when the ancient Egyptians used it for a large variety of therapeutic purposes?

Research shows swimming is terrific for our heart, even if currently in a cardiac rehab program following a heart attack or heart failure. If reluctant to exercise because of arthritis, swimming and other water activities are easier on our joints, and it doesn't have to be swimming. Water aerobics or water walking in both shallow and deep-water is very beneficial, even a slight increase in activity is beneficial to your heart (structural and the heart chakra).

Many private insurance companies and Medicare can help with cost of ordered by your doctor, but always check the status with your particular healthcare coverage. If you live in an area that does not have a local health club with a pool, public pool, or YMCA, or live in a region with limited months for outdoor swimming, check the area high schools and community colleges near you. And don't forget friends and family, a pool may be easier to find that you think. Also, you do not need to do this seven days a week, plan your exercise around what is available without causing stress!



ÉSPRIT WITH SOZOKI

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. Stress on our cardiopulmonary health and our immune system, as previously stated, have detrimental impact on our health and wellness.

A question to consider from the behavior section of the self-assessment for the Heart Chakra:

Do you have a half-full or half-empty life view?

How does our life view impact our health? If we have a half-empty point of view, we are more likely to be focused on self rather than life. I call it the 'poor me syndrome,' and have witnessed it all of my life. Personality traits most likely include mistrust, resentment, jealousy, rigidity, anger, apathy, resentful, retaliatory, intimidating, deceitful, mistrusting, and the list goes on. Just reading these traits is energy depleting, so image the impact on the energy body, specifically the Heart Chakra, when this is how a life is experienced!

Because our immune systems is associated with the Heart Chakra, and the Divine goal of sharing, with a half-empty view we struggle to help others. Recent research points to improved health for those who are grateful, not because of gratitude, but because those who are grateful have increased supportive care for others. What does that mean? When we give, not as a traditional item purchased but, in the care, and support, we give another, these acts lower levels of interleukin 6 (an endogenous chemical - substance that originates within the body of a living organism - that is active in inflammation and in B cell maturation.) If possible, find a way to volunteer in your community!

While seeking the volunteer opportunities, you also want to embark on a process to change the way you see and respond to life. In my book, *SoZoKi/Creation's Energy*, I recommended the following to assist you in changing your mindset. "In your practice of Ésprit with SoZoKi you will need to create rituals to create your self-energy practice. To help you get started, I ask that you set this book aside after reading this section and have pencil and paper at hand. I suggest you put yourself on a timer so that you don't lose an afternoon unintentionally! Limit this kind of time to an hour of your day to begin with. Consider what is included in rituals. We eat and drink, sleep, exercise the body/brain – we work, play, have sex, give birth, and create. Very importantly, we also think. We are constantly filtering a barrage of data points and monitoring seemingly endless variables, while trying to maintain course and speed and a sense of balance. Your energy practice rituals should touch on each of these aspects of your life. You may choose to achieve this throughout the day at different opportunities or to practice at one set, recurring time. If you are a negative thinker, begin where your thoughts flow naturally, setting down on that piece of paper in front of you whatever comes to mind. Do phrases usually start with something like 'I can't' or 'I don't' or 'They won't' or 'they shouldn't'? Any of those sounding familiar? Make a list on paper of those and similar comments that you say or think, but make sure you leave a space next to each phrase, because you are going to want to painstakingly rewrite those negative statements to read – and implant in your heart and mind – 'I can,' 'I do,' 'they may' or 'they shall.' The degree of your attachment to your usual monologue will dictate the amount of time you spend with this daily ritual. I suggest you do this several times a day, and that you limit the number of phrases; say to six. Just as it takes a few times to get the hang of almost everything we learn to do, we need to accommodate ourselves when we are learning to observe, with the intention of changing, our thoughts. Eventually you can choose a time, at the ending of your day if the mornings are too rushed, to do this practice."



ÉSPRIT WITH SOZOKI

THE HEART CHAKRA
&
YOUR HEALTH ASSESSMENT
DIAGNOSES

PAIN HISTORY & MANAGEMENT
EMOTIONAL HEALTH HISTORY
SOCIAL ASSESSMENT
PERSONALITY TRAITS



The Heart Chakra's prime functions of balanced love and connection, and the Divine goals of forgiveness, sharing, respect, and openness to one another and to circumstance, are impacted by the health of both Sacral (relationships & ability to give and receive) and Solar Plexus Chakras (judgmental tendencies). When this energy vortex is blocked or diminished, we lose our ability to be flexible, holding only to rigid beliefs and behaviors.

The anatomy associated with the Heart Chakra is cardiac function which includes the heart, blood circulation and pressure, lungs, lymphatic and immune systems, and allergies. Associated diagnoses include asthma, coronary artery disease (CAD), chronic obstructive pulmonary disease (COPD), lung cancer, peripheral vascular disease, hypertension/hypotension (high and low blood pressure), autoimmune diseases and allergies. The most common autoimmune diseases are rheumatoid arthritis, lupus, celiac disease, Sjogren's syndrome, multiple sclerosis, polymyalgia rheumatica, ankylosing spondylitis, type I diabetes, alopecia areata, vasculitis, and temporal arteritis.

Just as our physical immune system is taxed by an injury, our energy body is challenged. Significant pain (physical or emotional) often results in stress induced asthma, hypertension, allergy and/or autoimmune disease. Our state of mind, life view or philosophy, our religious beliefs and family/community support all influence our ability to surmount or succumb to the circumstance we find ourselves in. Recognizing the powerful support your energy body has to offer in achieving and sustaining well-being, identifying behaviors to change and intentions to insert, are assets to assist you on your energy self-practice journey to live your best life.

HINT: In session five I shared my experience with low back pain and my injured inner child. If you suffer from an allergy, I recommend an internal review of when the allergy started and the circumstances occurring in your life at that time.

Some see a disability as a challenge while others use it as an excuse to feel sorry and therefore limit themselves. Each could be correctly following their life's path and should not be judged. BUT, if you find yourself falling naturally into a negative thought pattern and experiencing negative encounters/outcomes, AND you desire to have a different experience, then build your energy self-practice to sustain a state of wellbeing to achieve health and wellness.

Emotional pain may be the result of feeling socially isolated when personality traits push others away, most often aggressive, judgmental, or sarcastic, but can be the ultra-shy complicating a natural flow when interacting. Some may not be able to change traits, but there is opportunity to 'read an audience' to limit or modify behavior. For extremely shy individuals, in-person interactions may not be the best venue, a texting friendship could balance the energy interaction.



ÉSPRIT WITH SOZOKI

INFLUENCER PERSONALITY TRAITS



HOUSEHOLD
PARTNERS
WORK
SCHOOL
FAITH BASED
SOCIAL

After reviewing your health diagnoses and personal behaviors, if you have not identified reasons to cause low energy flow to the Root, Sacral, Solar Plexus and Heart Chakras, it's time to look at the influencers filling your life. Here comes another story, to show I do not write about topics I do not have experience with.

After nine years of marriage, I made the difficult decision to get a divorce, and did not receive support from my parents. My staunch catholic father, because of his faith, did not support my decision. My mother was more concerned about my relationship with my son and personal security, believing a marriage was the best choice for a woman. They were members of the 'greatest generation' born in 1923 & 1925, and products of generational acceptable norms within the American society. I divorced in 1999 and views surrounding a divorced woman had changed significantly, being more acceptable as the rate of divorce rose in this country. Years after my divorce both came around and decided I had done what was best for me and in the long run my son, setting the example that we should not spend a lifetime in a marriage if it did not fulfill and left one of the two feeling unsupported. I do not mean financial support, but emotional with a sense of comradery, as two seek to achieve their common life goals. But let me be clear, I like and appreciate my ex-husband, we just weren't the right fit in life, with different world views and life goals.

The point of the story is even when we do not have support of those closest to us, we cannot allow our influencers to sway us from what we believe to be good for us. Stress between two adults' overflows to children, but for some their work is not impacted, as it is an escape. Faith can bring people together, but it can also create stress if there is a difference in beliefs. Our family and friends, and their personality traits, should be uplifting, giving us hope and leaving us with the desire to share life with them. Not every relationship holds perfection, we are not perfect, and life presents opportunity to experience opposed ideas on occasion, but the overarching relationship should be supportive.



ÉSPRIT WITH SOZOKI

HELP FOR THE HEART CHAKRA

GOAL: OPEN CHAKRA TO INCREASE SOZOKI

FOODS: PROTEIN, FOOD RICH IN OMEGA-3, AND FOODS ORANGE IN COLOR

SCENTS: HELIOTROPE, CHAMOMILE, AND ROSE

GEMSTONE: GREEN TOURMALINE AND KUNZITE

METAL: COPPER

PLANET: VENUS

ELEMENT: AIR

SOUND: YAM 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 LOVE; I FORGIVE; I HAVE GRATITUDE; I SHARE

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 Heart Chakra: Increase SoZoKi as evidenced by a healthy heart, normal blood pressure, heart rate, increased physical activity or exercise. Another might be: Increase SoZoKi as evidenced by gratitude, the ability to share or joining a volunteer opportunity. 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.

Green is the color of the Heart Chakra and the sense associated with it is touch. Diets to support the health of this chakra are filled with greens, both vegetables and fruits. Herbs and green algae supplements are valuable as well. Spinach, kale, zucchini, Brussels sprouts, green beans, Asian greens, peas, broccoli, and asparagus serve to open and maintain this energy vortex. Helpful fruits include limes, kiwi, avocado, green grapes, apples, and cucumbers. You can also consume herbs such as mint, parsley, coriander, oregano, thyme, tarragon, thyme, sage, and basil, as well as superfoods like wheatgrass, spirulina, barley grass and green tea to ensure the health of the Heart Chakra.

In session three, slide 17, the focus was on energy, particularly the importance of energy in the food we consume. Gratitude for the food and the people in the production processes who made it possible for you to have a healthy diet. For the Heart Chakra, a protein diet that is lean (low saturated fat) will help energy flow to support a healthy heart and cardiac output. A reminder, if you are trying to reach a weight goal, a blood pressure or clothing size, limiting carbohydrates is the answer for many. Remember, this does not mean to dump a day's worth of carbs in one sitting, but rather divided throughout the day. And, when fat is reduced in a processed food it is replaced with sugar, so it is far better to avoid low fat labels and processed food as much as possible, eating fresh or frozen whenever possible. If you are seeing an endocrinologist, have a conversation about a high protein/low carbohydrate diet.

Many are familiar with the scents of rose and chamomile, but some not so much with heliotrope. It is a plant with purple or blue flowers which are described to smell like fluffy, baby powdery and almond mixed with syrupy cherries. Some say there is a hint of vanilla, while others describe a trace of licorice. A trip to your local nursery may be the best way to find out how this scent will impact your senses and heart chakra.



ÉSPRIT WITH SOZOKI

HELP FOR THE HEART CHAKRA (CONT.)

GOAL: OPEN CHAKRA TO INCREASE SOZOKI

FOODS: PROTEIN, FOOD RICH IN OMEGA-3, AND FOODS ORANGE IN COLOR

SCENTS: HELIOTROPE, CHAMOMILE, AND ROSE

GEMSTONE: GREEN TOURMALINE AND KUNZITE

METAL: COPPER

PLANET: VENUS

ELEMENT: AIR

SOUND: YAM 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 LOVE; I FORGIVE; I HAVE GRATITUDE; I SHARE

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



Gemstones used in complimentary healing arts are finding more support in their use to support intentional behaviors. This article from WebMD offers an interesting story of crystals and courage.

<https://www.webmd.com/balance/news/20180116/can-crystals-heal-separating-facets-from-facts>

There are two gemstones specifically associated with the Heart Chakra. Kunzite is described as a glassy stone naturally pale pink but available in other colors and is used to expand loving thoughts. Green tourmaline is used as a heart-activation stone, to bring growth to our emotional body. Copper, a soft metal with high thermal and electrical conductive components, is the metal associated with the Heart Chakra. Eastern medicine uses copper bracelets to alleviate arthritis and increase circulation. A Buddhist shrine includes 7 copper bowls filled with water as an offering every morning to collect merit and virtue. It is said ancient Tibetan monks meditated on mandalas painted on walls of caves, while sitting on stools in large copper vessels holding water, to increase energy.

The planet Venus rules our Heart Chakra, and the associated element is air. If you live outside of a metropolitan area, it can be easy to take an evening stroll, breathing in the fresh air with awareness and intention. If living in an urban area, I would recommend a daytrip to the countryside for a hike or bike ride, to breathe in the cleansing freshness of our natural world. If Venus is in its evening star phase and you can stay long enough after sunset, look for the bright planet and spend some time meditating on its unbridled magnificence.

The sound for the Heart Chakra is Yammmmm. Feel the vibrations through your throat and chest as you connect with your Heart Chakra, with sound energy balancing mind, body, and spirit, encouraging mindfulness and promoting emotional healing.

Yam Meditations

https://www.youtube.com/watch?v=-Kfw8YD_-fU

&

<https://www.youtube.com/watch?v=m5h7aDfDmjI>

Tibetan Singing Bowls

<https://www.youtube.com/watch?v=qxLoVPZvtTY>



ÉSPRIT WITH SOZOKI

SESSION REVIEW

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION
THE HEART IS THE THIRD OF THE SEVEN MAJOR CHAKRAS
THE HEART CHAKRA PRIME FUNCTION
THE HEART CHAKRA DIVINE PRINCIPLE OR GOAL
HEART CHAKRA INTENTIONS
HEART CHAKRA INTERVENTIONS
USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS
PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT
THE HEART CHAKRA AND YOUR HEALTH ASSESSMENT
INFLUENCER PERSONALITY TRAITS ON THE HEART CHAKRA
HELP FOR THE HEART



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

The Heart Chakra Prime Function (Grounding/Security/Survival/Primal Energy/Impulse to Take Care of Self and Others/Inspired Thought/The Center of Consciousness)

The Heart Chakra Divine Principle or Goal (Anatomy Associated with the Heart Chakra/Impact of a Closed Heart Chakra/The Heart Chakra Property)

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

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

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

Help for the Heart (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



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Thank you – from my Spirit to Yours!

Nancy