



ÉSPRIT WITH SOZOKI



ÉSPRIT WITH SOZOKI

SESSION FIVE

THE SACRAL CHAKRA

by

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NEVER ALLOW THE SKY TO LIMIT YOU

Hello Again ~ This is Nancy, founder of SoZoKi, back for the Fifth Education Session, the Sacral Chakra, designed to assist you in developing your Éspirit with SoZoKi Energy Self-Practice.

A reminder, if you are in an Éspirit with SoZoKi Interactive Zoom Group Session, this presentation is around 30 minutes, and the remaining time is for questions and discussion. Please ensure to note your questions and ideas to share with your classmates and stimulate growth ☺ after the presentation. Should time not allow, please send an email to Nancy@SoZoKi.com so I can continue to respond and help as needed.

The following statement is in each of the chakra education sessions:

A medical exam is essential to ensure medical treatment PRN (as needed). You want to make sure that an advancement of symptoms won't result in an untreatable terminal disease. Once cleared by an MD, DO, or NP, you can seek the help of a complementary provider. And it might be you find that you don't need to see the medical doctor again for the particular disorder. As an RN, I have seen mistakes on both "sides" of the health care spectrum. That's why I so strongly believe that those who begin their SoZoKi self-practice commit to the balanced Eastern-Western approach to good health care.

As you live and learn, always keep in mind our attachment of spirit to energy flow, while naturally occurring, can be subconsciously diminished or blocked. But, more importantly you can request to increase, you just need to know to do it!



Ésprit with SoZoKi

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



TOOLS ARE GOOD

OWNING KNOWLEDGE IS GREAT

LIVE YOUR BEST LIFE WITH ENERGY KNOWLEDGE

ALWAYS

I want to spend a moment focused on owning knowledge. What do I mean by that statement? I have had conversations with clients who have described themselves as well-versed in their knowledge surrounding chakras. On most occasions, at a point in the conversation, they share they have great tools to look up information. In their statement lies a large barrier to a successful self-energy practice.

Rather than owning the knowledge within their being, the behavior was to look for information. Living the information within the chart, rather than going to the chart when an event occurs, is your first step to success. I am not suggesting a moment-to-moment practice, as that would be a rather unrealistic expectation in this world, regardless of location and culture.

With your commitment to investing time to learn about your energy body comes the opportunity to develop an energy self-energy practice. This is what I mean when I say, “Develop the Fine Art of Inviting Energy of the Spirit Into Your Life Every Day.”

This process will be different for each of you, even though I offer the Éspirit with SoZoKi Six-Step Process and step-by-step instructions for all to follow. All energy practices are of the Spirit and as we individuate on Earth, Éspirit With SoZoKi provides a pathway to raise our Human to Spiritual Consciousness. Once accomplished you will be living your best life, and ready to share your experience to help others find their way to an Éspirit With SoZoKi Energy Self-Practice.



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 in every chakra education session. This is to standardize the format from session to session, allowing the teacher (me) and learner (you) to keep our focus on the target or goal. The goal for this session is to learn about the Sacral Chakra, identify the pertinent data relating to the Sacral Chakra from the Self-Assessment, and develop intentions to improve energy flow to and through the Sacral 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 your behaviors that fill your life:

- sleep, caffeine consumption, caustic conversations (where they occur and with whom)
- exercise, nicotine, alcohol consumption (where, when, frequency and why)
- recreational drug use (where, when, frequency and why)
- work/school (interactions and requirements)
- nutrition (what, when, why and frequency/volumes)

You will use this information, the data from your health/pain/emotional/social histories, and identified personality traits, to complete Step Four in the Six Step process, the Personal Behavior Impact on Energy Assessment. Influencer Impact on Energy is Step Five, but you need to look inward first.

Step Six is the Ésprit with SoZoki Intentions Chart. Using your identified data in Step Four, and influencer impacts in Step Five, you will develop specific and targeted intentions based on diagnoses and behaviors by utilizing the help opportunities for the Sacral Chakra. As you identify actions in need of intervention, and learn the specific components that provide help, you will have the tools to begin creating methods to assist in increasing energy flow into and through each chakra.

Continue 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 a powerful health and wellness state by purposefully sustaining SoZoKi flow.



Ésprit with SoZoKi

THE SACRAL IS THE SECOND OF THE SEVEN MAJOR CHAKRAS



LOCATION

POLARITY

&

ROLE IN THE CHAKRA SYSTEM

The second energy vortex is known as the Sacral Chakra. Located below the navel at the level of the bladder, where the intersection of twenty-one lines of meridian occur, it is one of the five major chakras located within what is exhibited as the physical body. Remember, the chakras are not a physical structure, they are energy-based whirling vortices that cannot be seen with the human eye. But just because we cannot see does not mean they do not exist. The lines of meridian used in acupuncture and acupressure cannot be seen yet consistently produce desired outcomes due to the stimulation and release of neurotransmitters.

The polarity of this chakra is negative, pulling energy into this vortex from the Root Chakra. As energy flows up from the Root's inspired thought or bright idea, we experience intuition in the Sacral Chakra, bringing the thought/idea into our conscious mind.

The action of inspired thought or idea entering the energy body via the Root Chakra and then transformed into an intuition in the Sacral Chakra is part of the multifunctional aspect of the Chakra System. We are not aware of the inspiration until it moves into the Sacral Chakra. When we are receptive to this intuition, we conceptualize into an idea. When energy to our Sacral Chakra is blocked or inhibited, we reject the insight, losing the opportunity to experience the inspired thought.

Also, with disfunction of the Sacral Chakra, the internal organs associated experience failure, dysfunction, and/or disease. When we reject intuited ideas and deny non or limited researched knowledge, we reject the natural flow of SoZoKi to produce health and wellness of the entire body, both physical and emotional aspects.

The role of the Sacral Chakra in the chakra system is to incorporate inspiration and intuition into a function of daily living through awareness of the subtle messages that are constantly filtered out of typical thought patterns in western societies. More rigid thought patterns, often required in professional practices, have far more negative impact on our ability to recognize inspired thought than most realize. We can successfully participate in both with awareness of the Sacral Chakra's important role in our energy system.



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THE SACRAL CHAKRA PRIME FUNCTION

GOVERNANCE

OF

EMOTIONS & RELATIONSHIP

GIVING ~ RECEIVING

CREATIVITY

INTUITION



The primary function of the Sacral Chakra is the governance of emotions and relationships. Expression of the sexual and intimate aspects of our nature is associated with the energy of this vortex. When the chakra is open and energy is flowing freely, we experience intuitive understanding in our intimate relationships. We know we are loved, have no need for constant reassurance; and this love inspires us. We understand that allowance of freedom to individuate in a partnership, results in a relationship unencumbered by fear of loss, and results in one of the highest expressions of a

healthy Sacral Chakra. When this chakra is open and flowing, we are sensitive in our relationships. We easily give, and with equal ease, receive, responding to the needs and gifts of those who share our life.

This chakra is also associated with our creative life. When it is healthy, we have a sense of “feeling alive” and creativity flows. When blocked we experience frustration in our creative process or even lose the ability to be creative. Creativity is not limited to art forms but figures into everything, from business ventures to lifestyle choices. When energy is blocked to the Sacral Chakra, it can also manifest as illness, depleting or depressing our natural immune response.

A closed Sacral Chakra results in a loss of access to our intuitive process. In Western culture, intuition is pitted against a patriarchal, yang approach to life and the belief that a person experiences only that which can be objectively measured. Both men and women have often seen the feminine nature as hysterical, and intuitive thought as flights of fantasy lacking verifiable data to substantiate the experience. But denying our intuition in turn dampens our creative flow.



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THE SACRAL CHAKRA DIVINE PRINCIPLE OR GOAL
ANATOMY ASSOCIATED WITH THE SACRAL CHAKRA
IMPACT OF A CLOSED SACRAL CHAKRA
&
THE SACRAL CHAKRA PROPERTY

The Divine principle or goal for this chakra is sensitivity, sensual desire, reproduction, giving, receiving & creativity. This could be interpreted as the chakra's goal to reproduce a human being, but the creativity housed in the Sacral Chakra is not limited to one aspect. Giving birth in this chakra is associated with new relationships, new businesses, new pieces of art, new – you name it - the possibilities are endless!

Anatomical associations with the Sacral Chakra include the spleen, kidneys and urinary tract system, ovaries, fallopian tubes, uterus, prostate, and testes. Some of this anatomy was associated with the Root Chakra, which is another facet pointing to the Chakra System rather than energy vortices functioning independently without association to anything else. This energy vortex also works in conjunction with the third chakra, the Solar Plexus,

to maintain normal blood sugar levels. The gonads, or reproductive glands, drive this chakra. The Divine principles of this energy vortex are sensitivity, sensual desire, reproduction, responding, giving, and receiving.

When the flow of energy to and through this chakra is blocked or diminished you may experience inability or difficulty in giving as well as receiving intimacy. A female may lose sexual desire when this chakra shuts down, limiting the opportunity to reproduce. Men with strong yin tendencies may have difficulty expressing emotions or experience loss of vitality or libido.

Subjective well-being has been studied by psychologists along with strategies to cope with moods. Thoughts of hopelessness enter our psyche and manifest as anxiety in Western cultures and clinical depression in Eastern cultures. Addressing cross-cultural rates of occurrence in Eastern and Western societies have uncovered a much higher incidence of anxiety and depressive experiences in the Western-based culture of United States and Eastern-based culture in China. Psychologists attempt to understand why America reports to being a “happier” society than that of China when it has a higher occurrence of reported anxiety and depression episodes. For years it was believed that social norms in China caused under-reporting, but cross-cultural researchers are finding that speculation fails to hold truth, proposing that the difference in cultural views produces different responses to emotions. The world view of Western cultures is analytical while Eastern cultures hold a more holistic view. Eastern cultures believe opposites should coexist in an interdependence with self-defined obligations and relations. Western thought processes isolate and objectify an idea of an independent self in their intra-personal interactions.

This energy vortex has yin or feminine properties and is associated with such phenomena as passivity, negativity, darkness, mother earth or downward seeking, the night, northern slope, cloudiness or opacity, the Moon, water or moisture, slow approach, consuming, cold temperatures, odd numbers, and docile or soft aspects of things. Under the influence of the Sacral Chakra, women often struggle to let go of emotions, use negative communications or actions, and hold onto grudges of a perceived slight for a lifetime. A man, on the other hand, can have a verbal or physical fight with another man and then seen sharing a drink and laughing at their actions shortly after the interaction has ended.



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SACRAL CHAKRA

INTENTIONS

MANTRAS

RITUALS

INTERVENTIONS

METABOLISM



This slide will remain 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 a significant amount of attention focused on mantras and rituals, and now we turn that focus to 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. Raised in the Catholic religion, the prayer before a meal was, "Bless us Lord, and these Thy gifts,

which we are about to receive, from Thy bounty, through Christ our Lord, Amen.” This is a statement, not an ask. Remember, the easier it is to perform the ritual, the more you will use it – KISS!

Consider these mantras as you hold recommended yoga posing:

I love
I give freely
I receive love
I feel desire
I am creative
I live to create
I live to love

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 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 ☺



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SACRAL CHAKRA INTERVENTIONS

FOODS

SYMBOLOLOGY

COLOR

SCENT

GEMSTONES

PLANET MEDITATION

EARTH ELEMENT

YOGA POSES

To support an open and healthy Sacral Chakra the fruits and vegetables to include in a diet are sweet potatoes, yams, mangos, oranges, peaches, apricots, orange peppers, and carrots.

Food's rich in Omega-3 are also important for this chakra's health, so seek sources like salmon, sardines, oysters, olives, eggs, navy beans, chia seeds, soybeans, Brussel sprouts, and canola oil.

Proteins like meat, eggs, nuts, and beans provide nourishment and enhanced energy flow to this chakra, so increase protein and reduce carbohydrates.

This is the second chakra in need of a higher protein diet. If being treated for diabetes make sure you are in conversations with your endocrinologist before changing diet. High protein diets for a diabetic patient can result in spilling proteins in urine due to the diminished ability of the kidney to filter protein without harming the organ. One of the kidney's functions is to keep the body healthy by filtering blood. They have small blood vessels called glomeruli, structures that remove waste and deposit it into urine. When functioning correctly they reabsorb protein (albumin which helps carry vitamins, enzymes, and other important substances) which allows it to remain in the blood rather than being excreted in urine. Most people associate diabetes with the inability of the pancreas to excrete adequate amounts of insulin to stabilize blood sugar, but as you can see there is more going on with this systemic process.

The sense associated with the Sacral Chakra is taste, the color is orange, and the symbol is the circle. Often associated with a lotus flower shape within an orange circle, using this symbol when meditating, or just having it in view, will help to increase the energy flow to and through the Sacral Chakra. You do not always need to meditate, placement in our view is a reminder each time we see it to increase health and wellness with SoZoKi and listen to our inner voice, aka., intuition.

There are a variety of yoga poses for the Sacral Chakra to spark creativity. The first is the Goddess pose. Stand with feet wide apart and turned outwards, bend knees as deeply as comfortable, aligning knees over the center of feet while ensuring the shoulders are stacked above hips. Push tailbone downward while lifting crown of the head, giving the spine a full stretch and bring hands palms together in a prayer position at chest level. The second is the Reverse Warrior follows the Goddess pose, which leaves one foot turned out and the other facing forward while keeping the back foot aligned with the arch of the turned-out foot. The hand of the arm of the back leg on the leg while the other arm is lifted to the sky while you look up to it. After holding this pose, change feet and arms to the other side of the body. There are other poses to support this chakra, but I recommend you start with these, especially if new to yoga.



ÉSPRIT WITH SOZOKI



THE SACRAL CHAKRA

&

LOW BACK PAIN

EMOTIONAL

POSTURAL

STRUCTURAL

This slide is a specific focus on the Sacral Chakra and the relative location to the lower spine, as there are those who experience low back pain or significant discomfort. Understanding the variety of reasons for low back pain is extremely important, especially if you have mobility limitations.

When I was 12 years of age, I experienced my first episode of low back pain. Those three simple words, low back pain, translated to on the floor for a week, and taking Flexeril and Indocin, two medications targeting muscle relaxation and tissue inflammation. This occurred multiple times a year, without any action associated. Doctors felt I had over-developed muscles as a young dancer (I started at the age of four), as there were no structural deficits in my back to induce the event or any identified actions. I could provide a boat load of details about my experience, but this is not about me, it is about you. The long and short is that I was wearing a TENS unit (transcutaneous electrical nerve stimulation therapy involves the use of low-voltage electric currents to treat pain), via electrodes on my low back, so I could work in the operating room as a clinical RN (a physically demanding

job, lifting, pushing, twisting, crawling and standing for hours, to meet the needs of a patient undergoing a surgical procedure). Fortunately for me, I worked part-time, and had the opportunity to listen to a spine surgeon from NYC speak to the mind-body relationship of back pain, and not just low back but neck/shoulders too.

I am not sending you to purchase anything else, these are my take-aways that changed my life, and the nurse in me hopes this information helps you too!

There are three conditions/behaviors associated with back pain.

First is emotion, our psyche can only tolerate so much pain, and then it starts housing the pain in various locations, similar to the bodies physiologic fight or flight response. Second is postural, the result of a decrease in the amount of oxygen we are breathing or rate of breaths, producing the physiologic fight or flight response. The third is a structural problem in need of surgical intervention. For the emotional pain, the suggestion was to determine when the pain started and the events occurring. I was twelve and suffered the loss of my first life dream, to be a professional dancer. My teacher put me 'on pointe' in the fourth grade. Because I did not drink milk, I did not have the bone strength in my feet to safely perform. As a result, I had to wear orthopedic shoes as I entered middle school and told I would not be able to dance as I had dreamed of since I was four, and that was the first time I experienced debilitating back pain. My ah-ha moment led me to a long talk with my inner child, identifying the things I had achieved that I was very proud of. A dancer would not have helped thousands of people have a surgical procedure and I would not have been where I met my husband to then have my wonderful son. After that inner conversation, I never experienced the pain again! I let go of the psychologic pain stored in my back since childhood, who would have thought!!!!

Second is postural low back pain and remedied with two actions. Number one, notice when you are in a position that would decrease the amount of air when you breathe, like bent over gardening. Think about it, when stooped over, you do not fill your lungs as when upright, and over time your body thinks you are in distress, shunting blood to vital organs and away from the large muscles supporting the back (quadriceps, hamstrings, gluteal/buttock), resulting in low back pain. Again, the mind enters in this equation. While focusing on your breaths, being mindful to sustain good title volumes (the amount and frequency of air breathed into lungs), also tell your brain you are not in distress. Yes, you are talking to your own brain, to stop it from making the wrong decision! Remember, your brain is not the center of consciousness, it is a relay center for what is going on with the body, and so this is another way to support the concept.

Finally, there is structural issue with the spine, a loss of disc between the vertebra, can compress nerve roots. There is a couple of ways to have this corrected, depending on the severity, which is why I recommend always checking with your doctor or nurse practitioner before relying on complementary opportunities. If diagnostic tests identify structural impingement, I always recommend a second opinion before having surgery.



ÉSPRIT WITH SOZOKI

USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

INFLUENCER IMPACT ON ENERGY

INTENTIONS

FOR

THE SACRAL CHAKRA



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

I'll break this down, step by step, in the next slides, with a focus on:

Your personal behavior

Your influencers behavior

Intention/intervention strategies based on data to improve health and wellness.

Remember, intentions are thought, and interventions are action. Include in your interventions mantras, rituals, meditations, use of food, exercise (yoga poses), color, symbology, gemstones, planets in our solar system and earth elements.

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



ÉSPRIT WITH SOZOKI

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

YOUR BEHAVIOR DATA

SLEEP

CAFFIENE ~ ALCOHOL

NUTRITION ~ EXERCISE



The first step of the Éspirit with SoZoKi Six-Step Process, the Self-Assessment, addressed the behaviors that fill life. To understand feeling depleted and reliant upon 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. Again, you will always be your greatest influencer.

Sleep is one of the most important behaviors impacting health and wellness. Not only will you deplete your energy body but consider these physical and mental impacts. Sleep deprivation induces memory issues, negatively impacts the ability to concentrate to make good decisions and induces mood change. Too little sleep contributes to imbalance which increases the opportunity for an accident to occur, and also impacts your physical body

with development of high blood pressure and weakening the immune system. If developing Type II Diabetes, weight gain and an increased risk of heart disease aren't reason enough to ensure adequate sleep, sleep deprivation also contributes to a low sex drive. Establishing a consistent sleep routine is one of the best behaviors you can create to sustain health.

How does sleep impact the Sacral Chakra? From the Sacral, energy flows to the spleen, kidneys, urinary tract, ovaries, fallopian tubes, prostate, and testes (again we see the interconnectedness of the Root and Sacral Chakras with the prostate gland and testes). A lack of sleep produces cortisol and research points to this impacting fertility in the female. It also puts stress on interactions with others. Remember, the Prime Function of this chakra is the governance of emotions and relationships, and the Divine Goal is sensitivity sensual desire, reproduction, giving, receiving and creativity. A sleep deprived person brings negative interactions.

Again, after the caffeine assessment, which should correlate with sleep behaviors, you will see a pattern of behavior. Does a lack of sleep and a sleep schedule cause an increase in caffeine consumption? Working through this aspect of the self-assessment should shed light on the interconnectedness of these two behaviors. Another negative impact on health and wellness, associated with energy inducing behaviors, is nicotine consumption. People traditionally think of lung, heart or mouth disease associated with nicotine but there is research pointing to the negative impact of caffeine/nicotine on fertility. Consuming nicotine, regardless of the method (cigarettes, vaping, chewing tobacco, dips, patches, nose sprays and gum), while the initial impact is energy, it also causes vasoconstriction and over time can produce a variety of diagnoses. As it relates to the Sacral Chakra, in your health assessment, you are looking for the diagnoses of hypo/hyperglycemia and infertility or diminished reproduction. Be aware that while the mechanisms are not clear, there is a consensus of a negative impact on fertility and miscarriage with the consumption of caffeine, nicotine, and alcohol. Also, studies point to the blood sugar level impact on both natural conception and IVF.

Exercise is always beneficial, however when trying to get pregnant the female needs to know this. The majority of estrogen is produced by the ovaries in a healthy premenopausal female is stored in fat cells, which needs to occur to support a menstrual cycle. Elite athletes, especially runners, need to back off training to sustain a cycle so they can become pregnant. Moderation is key to exercise when the desire is to reproduce a human being.



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. Or more significant, the absence of a plan to ensure these important interactions are not stressed.

Questions to consider from the behavior section of the self-assessment for the Sacral Chakra:

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

In a traditional interaction, do your choices produce a caustic conversation?

If you are the stimulus, identify what triggers a caustic conversation, who it is with and events surrounding?

When we have 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 (seeking the energy drink, nicotine, alcohol, or recreational drugs, used in this circumstance to self-medicate so you just don't care). Remember the prime function of the Sacral Chakra is the governance of relationships and emotions.

The self-assessment continued for this area of behaviors to include aspects of work/school that tend to interfere with a smooth process, if unplanned. Attire seems like a behavior that shouldn't really cause a negative impact on energy, but if you don't know what you are going to wear and have it ready for a tight morning schedule with family, the scramble can leave nerves frayed and easily agitated when interacting. If you commute and are running behind because of attire decisions (or lack thereof) the stress increases, often getting angry with traffic and fellow commuters. If you punch a time clock, and you are running behind, this another stressor, and you haven't even gotten to the work of the job. If you have control of your schedule, consider the time of your first and last meeting, if too early or too late, again this is adding stress. What's the significance for the Sacral Chakra? This stress results in diagnoses of hypo/hyperglycemia and infertility.



ÉSPRIT WITH SOZOKI

THE SACRAL CHAKRA

&

YOUR HEALTH ASSESSMENT

DIAGNOSES

PAIN HISTORY & MANAGEMENT

EMOTIONAL HEALTH HISTORY

SOCIAL ASSESSMENT

PERSONALITY TRAITS



When the prime function for the Sacral Chakra, the governance of emotions and relationships is disrupted, the diagnostic outcomes can be hypoglycemia, hyperglycemia, diminished emotional sensitivity and/or sexual desire, loss of vitality, inability to give and/or receive, inability to communicate emotions, loss of confidence and infertility. And, the organs impacted, the spleen, kidneys, urinary tract, ovaries, fallopian tubes, prostate & testes, correlate with those diagnoses.

Emotions run high when a fertility limitation occurs for someone or a couple trying to bring a new life into this world. The male can feel demasculinized, withdrawing, which results in their inability to communicate in the relationship, and females tend to hold themselves solely

responsible for reproduction. Both views put stress on the self and the couple, which increases the release of cortisol, adding to difficulty in reproducing.

As you saw in the Root Chakra education session, pain impacts emotional and social status's by limiting interaction with others. And feelings of isolation triggers anxiety, fear, and depression, again pointing to the interconnectedness of the chakra within the system. Identified personality traits will help identify what changes you may need to make when it comes to your view on your life experiences.



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INFLUENCER PERSONALITY TRAITS ON THE SACRAL CHAKRA



HOUSEHOLD

PARTNERS

WORK

SCHOOL

FAITH BASED

SOCIAL

Next, look at the section of the self-assessment pertaining to the influencers you identified, when and where in life you interact, their personality traits and how you feel after an interaction. It is easy to identify those in your home who influence your flow of energy but should have been able to identify influencers at work, school, social settings, and faith based, which can translate to church.

Let me share an experience about the negative person in a group interaction. I return to my management training at the University of Virginia and the Crucial Conversations content. One of the subjects covered was the disempowerment of the outspoken negative co-worker. The premise was if you do not engage with the negative person, they will stop their vocalizations and we had the opportunity to witness this in real-time. I cannot recall the exact topic of conversation when this occurred, but that is not the point of this share. So, whatever the topic was, as people in the room were vocalizing opinions, one person went on a litany of disgruntled opinions about the subject. Not one person in the room responded, which left the speaker disempowered as no one even attempted to agree or reject. The room remained silent, and for the remaining sessions, the person never emitted negative thoughts again. This experience gave the information provided by the Crucial Conversations program the exact outcome. Remember, engaging with the negative person empowers, giving energy to them while draining your own.

People may not think those in church would negatively impact your energy body, but if you are in restrictive parish, where teachings do not allow dating or socialization outside of the church membership, can cause stress by limiting life experiences. However, some are fine with this confinement, and as this not a judgement on a church, I want to make sure the take-away is that it is not always an energy draining response.

Last but certainly not least are those in your social circle. Most would think people do not keep friendships or continue to participate with a group if there is energy depleting experiences, however, people do make the choice to not make a change. An example would be someone with limited social contacts, left feeling contact is better than no contact, regardless of the impact on health and wellness. Feeling isolated can be just as debilitating as people who do not share world views, but staying silent while those around rage about religion, politics, policy, government, work settings, does not support health and wellness. Something is better than nothing is very limiting and prevents you from finding new friends and acquaintances with like minds (you will not find them in a judgmental crowd).



ÉSPRIT WITH SOZOKI

HELP FOR THE SACRAL CHAKRA

GOAL: OPEN CHAKRA TO INCREASE SOZOKI

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

SCENTS: DRAGON'S BLOOD, SAFFRON AND ROSE

GEMSTONE: CORAL CARNELIAN

METAL: TIN

PLANET: MOON

ELEMENT: WATER

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

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

MANTRA: I LOVE ~ I AM LOVED

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 Sacral Chakra: Increase SoZoKi as evidenced by normal blood sugar or a monthly menstrual cycle for women. For men consider the increased ability to share deep emotion with a significant other, or increased ability to empathize. Another might be Increase SoZoKi as evidenced by creativity. 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.

In session three, slide 17, the focus was on energy, particularly the importance of energy in the food we consume. For the Sacral Chakra, a high protein diet will help energy flow, as well as stabilize blood sugar. If you are trying to reach a weight goal, a blood pressure or clothing size, limiting carbohydrates are the answer. This does not mean to dump a days-worth of carbs in one sitting but divided throughout the day. Understanding how carbs impact blood sugar is extremely important. When you have a diet high in carbohydrate it raises your blood sugar. The pancreas is then triggered to release insulin to drop the blood sugar level to normal. In Type II Diabetes, most likely you have diminished the pancreas' ability to produce insulin, which is why this type of diabetes can be controlled with diet. Remember, 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 foods and eat fresh or frozen whenever possible.

As the Sacral Chakra is associated with fertility, so it is important to maintain a healthy diet. If significantly overweight, take care of yourself before trying to bring another into this world, by reducing weight. Follow a low carb diet until you reach your goal, then start adding carbs scientifically back into your diet. That means if you have limited carbs to 40grams/day divided into four times to lose weight, begin adding 5 carbs to each time you eat for one week. If you continue to lose weight, add another 5 grams to each of the 4 times/day. If you gained weight, 10 grams 4 times a day is what your body can tolerate to maintain weight.

These are hyperlinks to meditation sessions on You-Tube, but I always suggest you look for what speaks to you, as we are each different in our listening and visual styles. What may be very soothing to me might get on your last nerve!

https://www.youtube.com/watch?v=HdiIR8eVO-M&list=RDHdiIR8eVO-M&start_radio=1&rv=HdiIR8eVO-M&t=0

<https://www.youtube.com/watch?v=N6Kv0dYDCCw>

<https://www.youtube.com/watch?v=P1F9MiPr2Vs>



ÉSPRIT WITH SOZOKI

SESSION REVIEW

WHAT YOU WILL NEED TO SUCCEED IN THIS SESSION

THE SACRAL IS THE SECOND OF THE SEVEN MAJOR CHAKRAS

THE SACRAL CHAKRA PRIME FUNCTION

THE SACRAL CHAKRA DIVINE PRINCIPLE OR GOAL

SACRAL CHAKRA INTENTIONS

SACRAL CHAKRA INTERVENTIONS

USING YOUR DATA TO IMPROVE HEALTH AND WELLNESS

PERSONAL BEHAVIOR IMPACT ON ENERGY ASSESSMENT

THE SACRAL CHAKRA AND YOUR HEALTH ASSESSMENT

INFLUENCER PERSONALITY TRAITS ON THE SACRAL CHAKRA

HELP FOR THE SACRAL CHAKRA



The Sacral Chakra is the second of the seven major chakras (Location/Polarity/Firing up the Chakra System)

The Sacral Chakra Prime Function (Governance of emotions and relationships)

The Sacral Chakra Divine Principle or Goal (Sensitivity, sensual desire, reproduction, giving, receiving & creativity/Anatomy Associated with the Sacral Chakra/Impact of a Closed Sacral Chakra/The Sacral Chakra Property)

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

Sacral Chakra Interventions (Foods/Symbology/Color/Scent/Gemstones/Planet Meditations/Earth Element/Sounds/Yoga Poses)

Using Your Data to Improve Health and Wellness (Personal Behavior Impact on Energy Assessment/Influencer Impact on Energy/Intentions for the Sacral Chakra)

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

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

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

Help for the Sacral Chakra (Goals/Foods/Scents/Gemstone/Metal/Planet/Element/Sound/Movement/Mantra/Ritual/ Sounds/Meditations)

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