



LUMINE YOUR WAY, LLC

HEART CHAKRA ELEMENTS

- IMPRINTS ENERGY: 3-7 years of age.
- HEART CHAKRA: Compassion, forgiveness, love, peace, acceptance, balance.
- BIRTH RIGHTS: Unconditional love.
- COLOR: Green; opposite color pink.
- SENSE: Touch.
- PLANETS: Moon, Venus.
- METAL: Copper, aluminum, tin.
- ELEMENT: Air.
- FORCE: Flowing/balance.
- FOODS: Green veggies and green cruciferous.
- HERBS: Marjoram, hawthorn, hibiscus, Tulsi, rose, violets.
- ESSENTIAL OILS: Rose, neroli, Melissa, Helichrysum, lemon, jasmine, yarrow, eucalyptus, lavender.
- CRYSTALS: Emerald, rose quartz, ruby, green tourmaline, green garnet.
- ANIMALS: Antelope.
- VERB: To love and be loved.
- DEMON: Grief/sorrow.
- SOUND: Yam (pronounced yaam).

