



LUMINE YOUR WAY, LLC

THIRD EYE CHAKRA ELEMENTS

- IMPRINTS ENERGY: Adolescence.
- THIRD EYE CHAKRA: Transcends time; see beyond mind and words.
- BIRTH RIGHTS: To see, self-reflection, clear thoughts, gifts of spirituality, perception/discrimination.
- COLOR: Indigo; opposite color orange.
- SENSE: Mind/intuition.
- PLANETS: Saturn, Moon.
- METAL: Silver.
- ELEMENT: Light/time.
- FORCE: Neutral.
- FOODS: Blue-green algae, purple-red foods like eggplant, purple kale, purple grapes, raisins and plums.
- HERBS: Almond blossom, golden poppy, reishi mushroom, centella, lavender, ginkgo, blue lotus, CBD.
- ESSENTIAL OILS: Mug wort, day laurel, jasmine, palo santo, carrot seed, Melissa, chamomile, rose, clary sage, neroli, geranium, lavender, lemon balm.
- CRYSTALS: Amethyst, moldavite, purple fluorite.
- ANIMALS: Hawk.
- VERB: I see.
- DEMON: Illusion.
- SOUND: Om (pronounced aaum or ohm).

