



LUMINE YOUR WAY, LLC

CROWN CHAKRA ELEMENTS

- **IMPRINTS ENERGY:** Adulthood.
- **CROWN CHAKRA:** Spiritual awakening, wisdom, and enlightenment.
- **BIRTH RIGHTS:** To know and to learn.
- **COLOR:** White or violet; opposite color yellow.
- **SENSE:** Thought/knowledge.
- **PLANETS:** Uranus.
- **METAL:** Gold.
- **ELEMENT:** No element or thought.
- **FORCE:** Experience mystical oneness with everyone and everything.
- **FOODS:** Blueberries, black berries, raspberries, wine, grape juice; clean and wholesome nourishing foods; peppermint or ginger teas.
- **HERBS:** Poppy seeds, Calendula, lavender, lotus flower, ginger, peppermint.
- **ESSENTIAL OILS:** Lavender, cedarwood, lemon, Vetiver, frankincense, jasmine, neroli, rose, sandalwood.
- **CRYSTALS:** Lepidolite, Solecite, Indigo Gabbro, Selenite, Rutilated Quartz, Clear Apophyllite, Clear Calcite, white Agate.
- **ANIMALS:** Eagle.
- **VERB:** I know.
- **DEMON:** Attachment, ignorance.
- **SOUND:** Om (pronounced aaum or ohm).

