



LUMINE YOUR WAY, LLC

THROAT CHAKRA ELEMENTS

- IMPRINTS ENERGY: 7-12 years.
- THROAT CHAKRA: Expression and manifestation.
- BIRTH RIGHTS: To speak and to be heard.
- COLOR: BLUE: Opposite color orange.
- SENSE: Hearing.
- PLANETS: Mercury.
- METAL: Mercury.
- ELEMENT: Ether/light.
- FORCE: Psychic development/purification.
- FOODS: Fruit which grow on trees, blueberries, detoxing foods, purple and red fruits, sea vegetables.
- HERBS: Slippery elm, thyme, garlic, lemon, marshmallow, rosemary, sage.
- ESSENTIAL OILS: Lavender, roman chamomile, peppermint, rosemary, cedar wood, coriander, geranium, jasmine.
- CRYSTALS: Aqua marine, turquoise, sodalite, lapis lazuli, angelite, kyanite.
- ANIMALS: Elephant, bull, lion.
- VERB: I speak.
- DEMON: Lies.
- SOUND: Ham (pronounced haam).

