



## LUMINE YOUR WAY, LLC

### ROOT CHAKRA ELEMENTS

- **IMPRINTS ENERGY:** 2nd trimester to 12 months of age.
- **ROOT CHAKRA:** Family/tribal/earthly roots and foundation, sense of basic needs being met, solid sense of security and survival.
- **BIRTH RIGHTS:** Stillness, security, stability, to be and to have.
- **COLOR:** Red; opposite color green.
- **SENSE:** Smell.
- **PLANETS:** Earth, Saturn.
- **METAL:** Lead.
- **ELEMENT:** Earth.
- **FORCE:** Gravity.
- **FOODS:** Proteins/meats/beans, red fruits, root veggies.
- **HERBS:** Cedar, sage, dandelion root, ginger, ashwagandha.
- **ESSENTIAL OILS:** Patchouli, cinnamon, lavender, bergamot, myrrh, rosemary, ylang-ylang.
- **CRYSTALS:** Garnet, carnelian, black tourmaline, onyx, smoky quartz, lodestone, ruby, red jasper, bloodstone.
- **ANIMALS:** Elephant, ox, bull.
- **VERB:** To have.
- **DEMON:** Fear.
- **SOUND:** lam (pronounced laam).

