



## LUMINE YOUR WAY, LLC

### SOLAR PLEXUS CHAKRA ELEMENTS

- IMPRINTS ENERGY: 18 mo to 3 years; terrible threes coming into their will.
- SOLAR PLEXUS CHAKRA: Personal mastery/will, power, assertiveness, authentic self.
- BIRTH RIGHTS: Good self-esteem and power.
- COLOR: Yellow; opposite color purple.
- SENSE: Sight.
- PLANETS: Mars, Sun.
- METAL: Iron.
- ELEMENT: Fire.
- FORCE: Combustion.
- FOODS: Starches, pineapples, banana, brown rice, oats, millet, amaranth.
- HERBS: Dragons blood, sandalwood, saffron, musk, cinnamon, ginger.
- ESSENTIAL OILS: Chamomile, bergamot, cedarwood, rosemary.
- CRYSTALS: Amber, topaz, yellow citrine, rutilated quartz.
- ANIMALS: Ram.
- VERB: I can/to act.
- DEMON: Shame.
- SOUND: Ram (pronounced raam).

