



## LUMINE YOUR WAY, LLC

### SACRAL CHAKRA ELEMENTS

- **IMPRINTS ENERGY:** 6 months to 18 months/creates curiosity and movement.
- **SACRAL CHAKRA:** Emotional body, sexuality, pleasure, creativity, life force.
- **BIRTH RIGHTS:** Feelings and sensations/to feel to want.
- **COLOR:** Orange; opposite blue.
- **SENSE:** Taste.
- **PLANETS:** Mercury, Jupiter, Moon.
- **METAL:** Tin.
- **ELEMENT:** Water.
- **FORCE:** Opposite attractions.
- **FOODS:** Liquids, seeds, nuts, orange fruits/veggies, watery foods like avocados.
- **HERBS:** Fennel, coriander.
- **ESSENTIAL OILS:** Jasmine, sandalwood, orange, ylang-ylang.
- **CRYSTALS:** Carnelian, orange fire agate, coral, moonstone.
- **ANIMALS:** Sea creatures, fish.
- **VERB:** To feel.
- **DEMON:** Guilt.
- **SOUND:** Vam (pronounced vaam).

