

Spring (Vernal) Equinox Energy Chart

(Shemu Nfr)

Shemu Nfr is the time for change and abundance

Sekhm shen ra (Chakra): *sacral- located above the pelvic bone: directly related to energy flow: of blood, sexual and creative energies*

Colors: *red, rust*

Ntchrw/Zodiac signs: *Amun/Amun Ra (Aries) – the hidden one, the almighty force; Asar – ruler of eternity, of nature*

Planets: *Set (Mars) – action – does not always listen to logic*

Khonsu/Jhuty (Eah – Moon) – energy of the moon is waning after the full moon. This is the time for releasing and concluding. Release bad habits, difficult relationships and anything else that is personally toxic, such as negative thinking. It will then be in alignment with Set (Mars) – action, Asr (Saturn) – law; protector of Ma'at and Ast (Venus) – love and relationships

Elements: fire

Crystals (are crystallized plants or minerals): quartz crystal;

Ra: bloodstone (heightens intuition and creativity, is also grounding), Set (Mars): agate (cleanses & stabilizes the aura, enhances mental function), jasper (supreme nurturer, brings tranquility), red coral (protects from depression), aventurine (activator of love, appreciation), fluorite & malachite (transforms negative energy into positive energy),

Essential oils: cinnamon (warming and grounding, many medicinal properties such as stabilize blood sugar and decrease inflammation), frankincense (mediation/clear negative energy, and medicinal properties such as digestion & oral health) and myrrh (meditation/clear negative energy, oral health, skin conditions)

Herbs: hibiscus flowers, mullein, red clover, red raspberry (purifies the blood, rich in vitamin c)

Food: early spring greens such as spinach, asparagus, dandelion greens, nettles.

This is a time to fast spiritually emotionally and physically to release toxins in preparation for manifesting goals you have reflected on and prepared for during the winter season.

Body: head area – particularly facial features such as the eyes and nose

For more in-depth information of the above topics, please register for the Crystalology class with Mfundishi and the Herbology class with Mut Nfr KaRaa

