



## THE SHRINE OF JHUTY HERU NEB HU PRESNETS:

### Winter Energy Chart

**Sekhm shen Ra (Chakra):** root – located at the base of your spine:  
sense of security and stability/grounded

**Colors:** red, orange, yellow, dark green & brown

**Ntchrw/Zodiac signs:** Herishef (Capricorn), Hapy (Aquarius), Hat-Mehyt (Pices) , Set & Khnum

**Planets:** Hapy (Neptune) -Imagination, faith, trust, compassion

Amen (Jupiter) – Expansion, optimism, hope & Asr (Saturn) - Law

Ast (Venus) is in retrograde – Love - explore & clarify what we value in relationships, finances, etc.

Khonsu/Jhuty (Eah, Moon) – energy of the moon and protectorate by way of mastering the emotions, through the breath or meditation.

Transitioning from the full moon that was in Asr (Gemini) – rediscover your passion

On the Winter Solstice Ra (sun) leaves Khonsu (Sagittarius) and enters Herishef – structures & responsibilities in our lives, accomplishing our goals

**Elements:** Geb (earth) – terrestrial authority – his color is green, the fertility of the earth

**Crystals:** quartz crystal; Ra: agate, garnet, black onyx; Asr: lapis lazuli; bloodstone, tiger's eye, black hematite, red jasper – the red stones also correlate with the root chakra in regards to grounding; the black stones repel negative energy

**Essential oils:** grounding/warming: musk, patchouli and pine

**Herbs:** roots: burdock, dandelion, dong quai, echinacea, mullein, nettle

**Food:** root foods, dark leafy greens, whole grains and beans such as yams, carrots, beets, collard greens, mustard greens, onions, barley, whole or sprouted oats, black beans, lentils prepared with warming spices such as cayenne pepper, ginger, cloves.

Seasonal fruits such as apples, pears, pomegranates, cranberries (whenever possible should be organic, whole grains – preferably sprouted, raw or slightly cooked )

**Body:** bones, skeletal system – particularly the knees – works as a support structure for your body. It gives the body its shape, allows movement, makes blood cells, provides protection for organs and stores minerals. The knees symbolically represents being flexible in your actions.