

BLUE

Colour Assessment

Never worn the colour blue (0)

Your conditioning or upbringing has made you believe that life is not to be trusted and that you are better off not expressing your feelings and ideas.

Stopped wearing the colour blue (0)

You had difficulties in trusting life and having faith in yourself, others and the future. You were intimidated by the unknown future and it was difficult to go with the flow and let go of control. You found it difficult to express and communicate.

Your life has taken another turn or direction, one you did not anticipate, leaving you feeling vulnerable and out of control.

Started wearing the colour blue

You have faith in yourself and in the future and you are willing to go with the flow of life and let go of complete control. You are experiencing more calmness and peace.

Wearing the colour blue regularly (4–6)

You are a reliable and faithful person for whom sincerity and integrity is important. Friends and colleagues can depend on you and your commitment. Whenever a friend needs you, you will be there for them. Integrity, trust and faith are very important characteristics you look for in others and want to display within yourself. Most of the time, you have a calming effect on others and the ability to solve arguments and confrontations.

You are a great diplomat with leadership qualities as well as a good communicator. You love to nurture, support and take care of others, which makes you a good host, caregiver, teacher, nurse and parent. You have a creative mind and you enjoy problem-solving and when given enough time you will come up with good solutions. You have a practical approach to life which is sustained by your logical thinking and analytical mind.

You portray confidence and people can confide in you. Music and the arts are quite important to you because they bring about calmness and peace. These two aspects, peace and calmness, are very important to you to feel good.

Wearing the colour blue often (7–10)

You are a reliable and faithful person for whom sincerity and integrity is important. Friends and colleagues can depend on you and your commitment. Whenever a friend needs you, you will be there for them. Integrity, trust and faith are very important characteristics you look for in others and want to display within yourself. Most of the time, you have a calming effect on others and the ability to solve arguments and confrontations in a diplomatic manner.

You are a great diplomat with leadership qualities as well as a good communicator. You love to nurture, support and take care of others which makes you a good host, caregiver, teacher, nurse and parent. You have a creative mind and you enjoy problem solving and when given enough time you will come up with good solutions. You have a practical approach to life which is sustained by your logical thinking and analytical mind.

You portray confidence and people can confide in you. Music and the arts are quite important to you because they bring about calmness and peace. These two aspects, peace and calmness, are very important to you to feel good.

One of the big challenges in your life is to maintain inner peace even in uncertain circumstances. You have a fear of the unknown and want to be in control of the future.

Control over yourself and your life is important to you. Be aware that you do not worry too much about your future or your friends. It can give you 'the blues'.

Colour Goals

Start wearing blue

You can start wearing the colour blue when you want to express yourself in any form, through singing, writing, speaking in public. Blue can support you to communicate with authority and diplomacy conveying your message in a calm and trustworthy manner.

Use blue to let go of the 'blues' and regain trust in life, others or yourself. Blue is the colour of trust, protection and faith and also the symbolic colour of water helping you to feel calm and supported, allowing you to go with the flow of life.

Blue can support you to communicate with authority, loyalty, dedication and diplomacy bringing a message of calmness, peace and trust.

You can wear or carry a blue crystal in your pocket. Turquoise, azurite, chrysocola, kyanite, blue lace agate, indicolite, blue topaz, lapis lazuli, sodalite, sapphire, aquamarine.

You can eat blue food.

Fish, blue-skinned fruit as plum, blueberry, bilberry, asparagus, sea vegetables, dried prune, raisin.

Decrease wearing blue

Reduce wearing the colour blue when you are feeling withdrawn or depressed (having the 'blues') or when you have a need to be in control of your life or other people's life. Wear less blue when you cannot switch off mentally or when you feel mentally overloaded.