

## **GREEN**

### ***Colour Assessment***

#### ***Never worn the colour green (0)***

Your conditioning or upbringing has made you believe that you cannot communicate and follow your own heart's desire.

#### ***Stopped wearing the colour green (0)***

You probably had relationship problems leaving you feeling rejected, indecisive, and lonely or separated. You found it difficult to define your own 'space and worth' and therefore it was easier to give than receive as you did not feel worthy and it was a challenge to trust your own feelings of direction. Has someone overstepped your boundaries?

#### ***Started wearing the colour green***

You felt encouraged to take action and make decisions. There was a need for emotional space and you started to know which direction you wanted to take. You began to listen to your emotions and feelings and began to experience trust and acceptance within relationships as well as trusting your own inner feelings and expressing these.

#### ***Wearing the colour green regularly (4 – 6)***

You are normally a well-balanced person who is sincere and harmonious. You are a peace-bringer, a social person with empathy towards others.

You have the ability to balance conflicts and to see situations from different sides. Because of this you can give clear and sound judgment, clarity and understanding which enables you to make decisions. You have a tolerant and idealistic nature and are very generous and sharing, allowing others to have their own opinion and go in their chosen direction. Relationships, trust and friendships are very important to you.

You are able to allow everyone their own "space" just as you need your own "space" and freedom to do the things you value. You are a methodical worker on whom people can depend. You are a good team-worker who will consider the mutual benefits. You are service-orientated, humanistic and benevolent.

#### ***Wearing the colour green often (7 – 10)***

You are normally a well-balanced person who is sincere and harmonious. You are a peace-bringer, a social person with empathy towards others.

You have the ability to balance conflicts and to see situations from different sides. Because of this you can give clear and sound judgment, clarity and understanding which enables you to make decisions. You have a tolerant and idealistic nature and are very generous and sharing, allowing others to have their own opinion and go in their chosen direction. Relationships, trust and friendships are very important to you.

You are a methodical worker on whom people can depend. You are a good team-worker who will consider the mutual benefits. You are service-orientated, humanistic and benevolent.

**Be aware you do not take on too much, leaving you emotionally overwhelmed. Let others have their 'own space' and freedom to make decisions.**

## **Colour Goals**

### **Start wearing green**

Start wearing the colour green to support your need for emotional space and to listen to your own feelings and desires. This will enable you to see all aspects clearly so that you know which direction to take.

This colour can bring back trust and acceptance within relationships as well as enabling you to trust yourself and express your own decisions. This colour will allow you to set 'your' boundaries and at the same time allow others to have 'their space'.

Green will give you the 'green light' to go ahead, to move forward as it encourages action and decision making. Green is also the symbolic colour of money and by integrating this colour, you are also allowing yourself to accept and receive the energy of abundance - this can be in the form of money, attention, love etc.

I would suggest going into nature at least once day. The green colour of nature will support you to listen to your heart's desire and make the right decisions and at the same time nurturing your emotions.

### **You can wear or carry a green crystal in your pocket.**

Amber, apophyllite, emerald, fluorite, green aventurine, jade, kunzite, malachite, moldavite, peridot.

### **You can eat green food.**

Lettuce, green cabbage, cucumber, green bell pepper, zucchini, olive oil, green grape, kiwi, lime, celery, artichoke, green bean, pea, green lentil, broccoli, pear, green apple, aloe vera, oregano, basil, peppermint, parsley, tarragon, garlic, avocado

### **Decrease wearing green**

Reduce wearing the colour green when you feel emotionally overwhelmed or overworked causing you to feel unappreciated. When you are feeling too competitive or jealous, reduce wearing this colour.