

MODULE 2

How to read people within seconds

The different messages of colour

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The image of wearing RED

Wearing a red shirt, blouse, or t-shirt says the following about your feelings and emotions:

You are feeling excited and ambitious experiencing passion and enthusiasm for life and unafraid to show your emotions. You are confident, energetic and dynamic and want to make the best out of this day. You have the determination and motivation to be noticed and to take the initiative.

If you wear a red jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing red trousers or a skirt says the following about what drives you and how you want to present yourself:

You are working on manifesting new ideas but are impatient and feel restless in the way things are going in your life, making you ready for change.

You want to present yourself as being excited and passionate about life and you are not afraid to take the initiative and are determined to succeed and do well.

The image of wearing ORANGE

Wearing an orange shirt, blouse or t-shirt says the following about your feelings and emotions:

This colour makes you feel daring, confident and spontaneous. You are undaunted by problems and always persevere with them, usually with fun and humour, until you find a solution! You are motivated and inspired to get things going because you want action. Excitement in your life brings you deep joy and delight.

If you wear an orange jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but sub-consciously this is how you want others to perceive you.

Wearing orange trousers or a skirt says the following about what drives you and how you want to present yourself:

You want to present yourself as being vital and brave whilst still having fun and enjoying life. You are active and competitive and know how to organize your life in order to accomplish your goals. You trust and have confidence in your gut feelings and have the courage and willingness to follow through.

The image of wearing YELLOW

Wearing a yellow shirt, blouse or t-shirt says the following about your feelings and emotions:

You approach life with trust, joy and delight, blessing you with a flexible and adaptable openness to new ideas. You are capable to make quick decisions and putting these into action. With your excellent communicationskills you have the ability to share your acquired knowledge. You have high self-confidence and self-esteem making you articulate and self-assured. With this colour you share your positive and optimistic attitude with others.

If you wear a yellow jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but sub-consciously this is how you want others to perceive you.

Wearing yellow trousers or a skirt says the following about what drives you and how you want to present yourself:

You know who you are and what you are worth, your strengths and weaknesses, giving you the confidence to make your own decisions. You have a fresh and honest approach to life, portraying yourself as being confident and content, although you do have a healthy ambition to acquire material wealth.

The image of wearing OLIVE/LIME GREEN

Wearing an olive/lime green shirt, blouse, or t-shirt says the following about your feelings and emotions:

You are guided by your own inner truth and intuition enabling you to follow your individual direction giving you compassionate and creative leadership qualities.

This is the colour of camouflage, you do not want to put yourself in the spotlight but you are not afraid to expand your viewpoints or beliefs. You are tolerant of and can accept other's viewpoints and needs. You are loyal and consistent, and not afraid to try new systems or directions provided they do not go against your principles.

If you wear an olive/lime green jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing olive/lime green trousers or a skirt says the following about what drives you and how you want to present yourself:

You present yourself as being modest, peace-loving and truthful and not afraid to show your vulnerability.

Although practical in your approach, you follow your heart when you want to move on because you realise your inner wisdom will give you strength and direction whenever needed.

You want to create a better world and you have a deep understanding of nature and natural laws.

The image of wearing GREEN

Wearing a green shirt, blouse, or t-shirt says the following about your feelings and emotions:

Your contentment with life allows you to be generous, sincere and trustworthy with others. You are in harmony with yourself and this is reflected in your relationships. You follow your heart with all decisions you make, allowing personal growth for yourself.

As you feel balanced and secure you are not afraid to try new interests, make decisions and pursue new possibilities.

If you wear a green jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing green trousers or a skirt says the following about what drives you and how you want to present yourself:

You are portraying yourself as being trustworthy, methodical and straightforward. You want to be of service to others and you show your generous and friendly nature.

You are presenting yourself as honest, truthful and fair-minded. You are not afraid to make decisions, improvements or change.

The image of wearing TURQUOISE

Wearing a turquoise shirt, blouse, or t-shirt says the following about your feelings and emotions:

You feel youthful with a sparkling persona, full of spontaneous playfulness. You are sympathetic and sensitive towards others, their opinions and ideas.

You are imaginative and express your feelings in an optimistic and creative way.

You 'go with the flow' but because of your calm nature you are not afraid of change.

If you wear a turquoise jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing turquoise trousers or a skirt says the following about what drives you and how you want to present yourself:

You want to show that you are spontaneous and imaginative but with a sensitive side.

You portray calmness and clarity, not afraid to communicate your inner emotions through your creativity. Your liberal and progressive attitude gives you originality.

The image of wearing BLUE

Wearing a blue shirt, blouse, or t-shirt says the following about your feelings and emotions:

You feel at peace, serene and calm and have faith and trust in yourself and the future. Your reassuring, dependable attitude gives you the ability to be flexible and reliable.

You are a good communicator, honest but diplomatic.

If you wear a blue jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing blue trousers or a skirt says the following about what drives you and how you want to present yourself:

You are portraying yourself as being honest, reliable and steadfast. You communicate independence and originality because you have self awareness.

You enjoy responsibilities and decision-making. You are loyal and respected; someone to be trusted.

**The image of
wearing
INDIGO/NAVY BLUE**

Wearing an indigo/navy blue shirt, blouse, or t-shirt says the following about your feelings and emotions:

You feel at peace within yourself and you can trust your inner feelings to give you clarity of mind and focus. You have great knowledge and understanding which makes you a good communicator or teacher.

You display efficiency, authority and determination. Your detachment of trivial matters helps you to keep focus on the true essence and more important issues.

If you wear an indigo/navy blue jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing indigo/navy blue trousers or a skirt says the following about what drives you and how you want to present yourself:

With this colour you are presenting yourself as trustworthy, committed and dependable and on whom people can rely. You enjoy decision-making and responsibility.

You want to present yourself as being in control of your emotions through your confident and authoritative manner.

**The image of
wearing
VIOLET/LAVENDER**

Wearing a violet/lavender shirt, blouse, or t-shirt says the following about your feelings and emotions:

You feel calm and peaceful and are guided by your intuition and inner feelings. You are receptive to inspiration and spiritual guidance. Although you are modest and open-minded, this colour makes you feel impregnable and unshakeable.

You want to be of service to mankind, helping or healing others, but you will always carry yourself with dignity.

If you wear a violet/lavender jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing violet/lavender trousers or a skirt says the following about what drives you and how you want to present yourself:

You want to present yourself as someone who is open-minded especially towards spiritual matters or visions.

You are portraying yourself as a caring, intuitive and dispassionate person. You have reverence for all life and a willingness to be of service to others and humankind. You are led by your psychic and mental powers.

The image of wearing PURPLE

Wearing a purple shirt, blouse, or t-shirt says the following about your feelings and emotions:

You are feeling inspirational and sensitive. You are very creative and artistic with an eccentric touch. You are in touch with your spirituality, intuition and the realm beyond the physical world, which can make you come across as mysterious.

You are interested in New Age philosophies, mysticism, spirituality and cutting edge technologies.

The colour purple makes you feel sensual and elegant but sometimes misunderstood.

If you wear a purple jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing purple trousers or a skirt says the following about what drives you and how you want to present yourself:

You enjoy exploring the unknown, the mystical and spiritual. Your approach is unique and very creative, sometimes even eccentric and not easily understood by the mainstream.

You are interested in futuristic or new ideas, spirituality or New Age philosophies. You are in touch with your intuition and understand your higher purpose in life or Divine plan. You are interested in spiritual and healing matters and know you can make a difference to other people. You have high ideals and want to be of service to mankind.

The image of wearing MAGENTA

Wearing a magenta/fuchsia shirt, blouse, or t-shirt says the following about your feelings and emotions:

You are feeling excited and energetic which makes you youthful and dynamic in your behaviour. Your compassionate and supportive attitude towards others is natural and genuine and you are willing to co-operate and be of service to others for a greater cause.

Whenever you start wearing this colour you become more self-confident and it could be a sign that you have outgrown a certain pattern and are ready for change and improvement.

If you wear a magenta/fuchsia jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing magenta/fuchsia trousers or a skirt says the following about what drives you and how you want to present yourself:

You are motivated by a deep sense of compassion which makes you a genuine and helpful person who is always ready to be supportive. You are bright, sensual and love the little things in life.

Your dynamic and assertive character means you are not afraid to take action and to improve your life or the life of others, and you do this in a non-aggressive manner.

The image of wearing PINK

Wearing a pink shirt, blouse, or t-shirt says the following about your feelings and emotions:

You are loving, affectionate and love to pamper and nurture others, giving unconditional love. On the other hand, your vulnerability creates a sense of separation from the world because you do not like confrontation and aggression. You are forgiving and submissive, sometimes in detriment to yourself because you want support and love in your life.

If you wear a pink jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing pink trousers or a skirt says the following about what drives you and how you want to present yourself:

You are driven by your emotions and compassion but you are becoming aware of more balance in your life through self-care and self-acceptance.

You are listening to your intuition and quietening and relaxing your busy mind. You are portraying a gentle and non-judgmental attitude.

The image of wearing WHITE

Wearing a white shirt, blouse, or t-shirt says the following about your feelings and emotions:

Wearing a white top indicates you are open-minded and receptive to new ideas and possibilities but do not want to be pressured into making immediate decisions or changes. Your understanding of other viewpoints and your clear and direct approach brings clarity to any situation.

If you wear a white jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing white trousers or a skirt says the following about what drives you and how you want to present yourself:

You are willing and not afraid to go in new directions and to follow new ideas and paths. You are presenting yourself as an orderly, pure and truthful person with optimism and simplicity. White gives a professional impression with an eye for precision and order.

The image of wearing GREY

Wearing a grey shirt, blouse, or t-shirt says the following about your feelings and emotions:

You are portraying a neutral position because you do not want to get emotionally involved. However, your wisdom and intelligence gives you the ability to give good and fair judgments and decisions on an intellectual level.

You handle situations in a quiet professional manner.

If you wear a grey jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing grey trousers or a skirt says the following about what drives you and how you want to present yourself:

Your approach can sometimes appear detached and non-committal because you do not want to become emotionally involved. You will handle situations in a calm, practical and pragmatic way.

You portray dignity and self-control and do not get flustered under most circumstances.

The image of wearing BURGUNDY

Wearing a burgundy shirt, blouse, or t-shirt says the following about your feelings and emotions:

You approach life in a mature and respectful way; always remaining sophisticated and dignified, and you wish for this to be reflected in how others treat you.

You will always choose quality over quantity! You do not make decisions light-heartedly, preferring to think long and deep about a solution before coming to your decision.

If you wear a burgundy jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing burgundy trousers or a skirt says the following about what drives you and how you want to present yourself:

You are a cultured person who can handle situations with decorum and dignity. You are portraying class and elegance. This does not automatically imply that you are conservative or afraid of change.

You have expensive taste and love good food and company and know how to enjoy life and its riches.

The image of wearing BROWN

Wearing a brown shirt, blouse, or t-shirt says the following about your feelings and emotions:

You are conservative, traditional and not ready for drastic changes because you feel most secure with order and familiar patterns.

Although you are a reliable and hard worker, you prefer to stay in the background because this is where you feel safest. You have a warm-hearted, non-threatening and approachable attitude towards others.

If you wear a brown jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing brown trousers or a skirt says the following about what drives you and how you want to present yourself:

Your family and home life are very important to you as you have a love of tradition and family values. You present yourself as a stable, practical and reliable person on whom others can depend.

The image of wearing BLACK

Wearing a black shirt, blouse, or t-shirt says the following about your feelings and emotions:

Although you want to give the impression you are in control of your emotions the colour black creates a protective barrier between you, others and your inner feelings.

By wearing the colour black you block external interference and influences giving you the freedom to follow your own strong convictions and opinions.

If you wear a black jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing black trousers or a skirt says the following about what drives you and how you want to present yourself:

You are portraying control, authority and discipline, giving the impression that you are not affected by outside influences.

Your approach to life can appear to be too inflexible and not receptive to different directions and opinions.

This colour makes you look mysterious and chic but also creates a camouflage for your insecurities.