

## **INDIGO / NAVY BLUE**

### **Colour Assessment**

#### ***Never worn the colour indigo/navy blue (0)***

Your conditioning or upbringing made you believe that you cannot follow your own vision but that other people or a situation have authority over you

#### ***Stopped wearing the colour indigo/navy blue (0)***

You lost faith and trust in authority or experienced feelings of resentment and frustration with people who had authority over you like a parent, partner or boss. A situation or someone has dominated you and left you feeling excluded from the group, not accepted or understood for who you are.

#### ***Started wearing the colour indigo/navy blue***

You started to understand and actually follow your vision for your life. As you experienced more focus, discipline and clarity of direction allowing you to become the author of your own life in other words, trusting your own authority

#### ***Wearing the colour indigo/navy blue regularly (4-6)***

You are a wise person who is able to communicate your ideas clearly. You are a good judge of character and you enjoy decision-making. You are intelligent and self-reliant and have a great sense of inner spirituality and awareness of life's truths.

You could be an executive, judge or business manager because you allow others to express their opinions and viewpoints and this makes you a great mediator.

Your intuition and sensitivity is well developed and this enables you to listen to and be guided by your inner feelings. People respect your wisdom and intelligence and will seek your advice and teaching.

You enjoy authority, power and wisdom and your credibility is important to you. You are capable of distinguishing the important issues from insignificant ones, maintaining focus with objectivity and subjectivity. When necessary you detach your emotions and let your inner wisdom guide the way. This attitude makes you a great teacher by example. You are articulate and possess an orderly mind.

***Wearing the colour indigo/navy blue often (7 – 10)***

You are a wise person who is able to communicate your ideas clearly, is a good judge of character and enjoys decision-making. You are intelligent and self-reliant and have a great sense of inner spirituality and awareness of life's truths.

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**Be aware that you take time out to play and relax otherwise you may suffer from mental stress or experience feelings of aloneness or of not belonging. Although you are a sensitive person, most people do not recognize this at once, due to your private and distant attitude. It is important for you to focus on the positive aspects of yourself and your life; otherwise you may slide into a state of depression or may feel isolated, unwanted and misunderstood.**

## **Colour Goals**

### ***Start wearing indigo/navy blue***

You can start wearing the colour indigo/navy blue to help find your vision, your dream and support you to become the author of your own life. The colour indigo/navy blue will assist you when you need focus, discipline and clarity of direction. This colour can help you to find a way to inner peace, self-discipline allowing you to express your ideas and vision.

### ***You can wear or carry an indigo crystal in your pocket.***

Azurite, indigo sodalite, iolite, lapis lazuli, sodalite, sapphire.

### ***You can eat indigo/navy blue food.***

Black soybeans, black beans, soy sauce, black olives, blackberries, boysenberries, black cherries, dried raisins and currants, vanilla beans, wild mushrooms.

### ***Decrease wearing indigo/navy blue***

Reduce wearing the colour indigo/navy blue whenever you want to be included and accepted and not to be seen as too dominant and authoritative. Reduce the colour indigo/navy blue when you want to have spontaneous fun and need to let go of control, rules and regulations

If you are having nightmares and feelings of not belonging or not being understood.