

ORANGE

Colour assessment

Never worn the colour orange (0)

Your conditioning or upbringing has made you believe that you are a 'victim' of life instead of the creator. Your sensitive and deep feelings make you vulnerable and wonder if you are doing things right without others laughing at you.

Stopped wearing the colour orange (0)

You have experienced a shock, trauma or difficult time that has left you physically and / or mentally exhausted. You became disappointed with someone or something and this left you without enthusiasm, joy or the energy to start again or continue. You found it increasingly difficult to regain enthusiasm or joy after experiencing difficulties, set-backs or a trauma.

Started wearing the colour orange

You have regained your enthusiasm and joy after a difficult period and you want to move forward in life. You became more motivated and optimistic.

Wearing the colour orange regularly (4 – 6)

You are an action-orientated person with high levels of energy. You are competent and independent which makes you able to motivate yourself as well as others. Your enthusiasm and energy stimulates others as well.

You are unselfish and you can share well, whether it is material things, wisdom or insight. You are sociable and spontaneous and it is great fun to be around you. With your optimistic, tolerant and warm-hearted personality you can enliven a party or meeting. You learn best by experience and by exploring.

Use your gifts of humour, playfulness, creativity and sensuality.

Wearing the colour orange often (7 – 10)

You are an action-orientated person with high levels of energy, making you sometimes restless. You are competent and independent which makes you able to motivate yourself as well as others. Your enthusiasm and energy stimulates others as well.

You are unselfish and you can share well, whether it is material things, wisdom or insight. You are sociable and spontaneous and it is great fun to be around you. With your optimistic, tolerant and warm-hearted personality you

can enliven a party or meeting. **You learn best by experience and by exploring, which can lead you to become a daredevil or even dependent on stimuli or danger.**

Be careful not to become self-indulgent or complacent, living a superficial life. Use your gifts of humour, playfulness, creativity and sensuality in a constructive way.

Colour Goals

Start wearing orange

You can start wearing the colour orange to feel more enthusiasm for life. This colour will help you to digest your life experiences and to move forward after a difficult period as a trauma, accident, divorce, death etc. This colour can help you trust your gut feelings and can make you more adventurous and confident in your approach to life.

You can wear or carry an orange crystal in your pocket.

Amber, carnelian, cinnamon aventurine, fire opal, orange calcite, red coral, rhodochrosite, topaz.

You can eat orange food.

Oranges, mangoes, papayas, apricots, peaches, nectarines, carrots, peppers, pumpkin, butternut squash, swedes, egg yolks, ginger, tangerines, melons, coriander, cumin, capsicum.

Decrease wearing orange

Reduce wearing the colour orange when you are restless and over-stimulated, or whenever you cannot stop yourself being busy and are doing too much instead of relaxing and taking a more detached view of life. Reduce wearing this colour when you are relying on stimuli or addictive behaviour to escape from realities or avoiding dealing with core issues.