

## **PURPLE**

### **Colour Assessment**

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

Your conditioning or upbringing has made you believe that it is better to approach life in a practical way and rely on your intelligence rather than your inspiration. You do not want to give away your own power to institutions and dogma.

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

You could have been disappointed with religion, dogma, institutions or spiritual experiences, making you less interested in the mystical, spiritual realms or religion. You feel more comfortable with a practical approach.

#### ***Started wearing the colour purple***

You followed your own inspiration and have connected to your own power allowing you to develop and expand your artistic and creative gifts. You started to understand that there is more to life than the eye can see. With this colour you are portraying elegance with a dignified and cultured attitude.

#### ***Wearing the colour purple regularly (4-6)***

You are very intuitive, creative and a bit eccentric. You are interested in futuristic or new ideas and the spirituality of New Age philosophies.

For inner guidance you may turn to meditation and or prayer and you are in touch with your intuition. You understand your higher purpose in life or believe in a Divine plan. You are interested in spirituality and healing matters and know you can make a difference to other people's lives.

You have high ideals and want to be of service to humankind. You could say that you are a person with humanistic qualities and great mental powers and inspiration. You are creative and artistic and often have a unique way of doing things. Others can perceive you as mysterious and mystical.

***Wearing the colour purple often (7 – 10)***

You are very intuitive, creative and a bit eccentric. You are interested in futuristic or new ideas and the spirituality of New Age philosophies.

For inner guidance you may turn to meditation and/ or prayer and you are in touch with your intuition. You understand your higher purpose in life or you believe in a Divine plan. You are interested in spirituality and healing matters and know you can make a difference to other people's lives.

You have high ideals and want to be of service to humankind. You could say that you are a person with humanistic qualities and great mental powers and inspiration. **These powers should be used wisely and with humility for the greater good of mankind whilst not becoming fanatical or judgmental.** You are creative and artistic and often have a unique way of doing things. Others can perceive you as mysterious and mystical. **However, your majestic or regal attitude makes you less approachable to others and this can sometimes cause them to be suspicious of your character or purpose.**

**Colour Goals****Start wearing purple**

Start to wear the colour purple to receive inspiration from the spiritual world and to expand your artistic and creative gifts. Whenever you want to be inspired with new and fresh ideas you can wear this colour. This colour can help you to become aware of your true potential and how to contribute your talents and knowledge to the world. This powerful colour supports you to heal grief of the past and to use your knowledge and inspiration to serve the community. Purple is the colour of visionaries and deep thinkers so you can use this colour whenever you want clarity of mind and to be connected to your own power in order to keep focused on your vision or purpose in life.

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

Amethyst, Alexandrite, Sugilite, purple fluorite, selenite, diamond, clear quartz, aragonite.

**You can eat purple food.**

Eggplant, purple grapes, purple plums, purple broccoli, purple onions, globe artichokes, purple cabbage, radicchio, beets, purple sage, thyme.

**Decrease wearing purple**

Reduce wearing the colour purple when you have difficulty with reality or dealing with daily life. Decrease wearing purple when you are grieving or feeling pessimistic and sad. When you have the feeling that you are not being understood by others, wear less purple.