

WHITE

Colour Assessment

Never worn the colour white (0)

Your conditioning or upbringing made you believe that you cannot be independent/free or the individual you are.

Stopped wearing the colour white (0)

You felt different, not conforming to the group. Your open-mindedness or new ideas were not understood and this left you feeling alone in a cold and hard world.

Started wearing the colour white

You began to contemplate new ideas or new directions in life. You became more comfortable expressing your individuality.

Wearing the colour white regularly (4 – 6)

You have a well-balanced and positive personality with an optimistic view on life. You are highly individualistic. You are an honest and truthful person with a tendency to need a clean, orderly and simplistic lifestyle and environment. You portray an innocent and pure personality. Although you want to be free from outside pressure and influence, you do reach out for approval, reassurance and recognition from others. You are open-minded to different ideas and are always willing to communicate and listen to others' ideas.

Whilst you are not always aware of your healing qualities, you are a natural healer because you have clarity and insight into other people's needs and sufferings. You have a sensitive and quiet personality and an empathetic nature enabling you to relate well to other people. However, you do need space and time for yourself in order to meditate, pray and reflect on matters that are important to you.

You have a calm and patient nature that helps you to be a perfectionist and you have an eye for detail. You will not be forthcoming with your ideas and thoughts unless asked.

Wearing the colour white often (7 – 10)

You have a well-balanced and positive personality with an optimistic view on life. **You are highly individualistic and have to be cautious not to become a loner.** You are an honest and truthful person with a tendency to need a clean, orderly and simplistic lifestyle and environment. You portray an innocent and pure personality but be cautious about becoming too critical and rigid with others, as well as with yourself. Although you want to be free from outside pressure and influence, you do reach out for approval, reassurance and recognition from others. You are open-minded to different ideas and are always willing to communicate and listen to others' ideas.

Whilst you are not always aware of your healing qualities, you are a natural healer because you have clarity and insight into other people's needs and sufferings. You have a sensitive and quiet personality and an empathetic nature enabling you to relate well to other people. However, you do need space and time for yourself in order to meditate, pray and reflect on matters that are important to you.

Wearing predominantly white indicates you have faith and hope in the future. You have a calm and patient nature that helps you to be a perfectionist and you have an eye for detail. You will not be forthcoming with your ideas and thoughts unless asked. It could well be that you are going through a period of contemplating a new direction in your life and you are expanding your viewpoint.

Colour Goals

Start wearing white

You can start to wear the colour white when you want the freedom to be independent and to be noticed as an individual within a team or group. White will also help you to be open-minded to new directions and ideas with an optimistic view. White can support you to start with a clean slate and can give you clarity of direction. This colour portrays a sense of innocence, simplicity and perfectionism.

You can wear or carry a white crystal in your pocket.

Clear quartz, danburite, diamond, milky quartz, moonstone, white topaz.

You can eat white food.

Cauliflower, potato, rice, white flour, shallots, garlic, ginger, coconut, kohlrabi, peppermint, turnips, parsnips, onions, bananas.

Decrease wearing white

Reduce wearing the colour white when you want to participate in a group. Decrease this colour whenever you are ready to set your decisions in motion and want to get things moving forward instead of just contemplating all options. Too much white makes you vulnerable to the emotions of others and this can drain your energy levels.