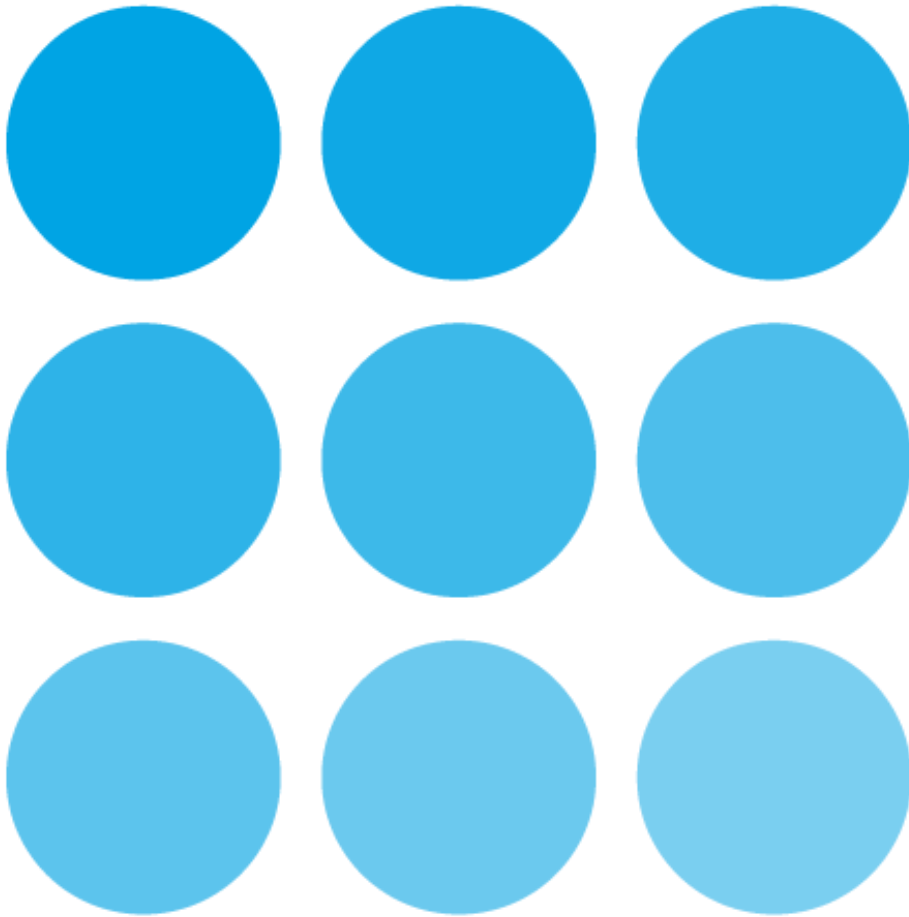


B L U E



Blue

Properties

POSITIVE	NEGATIVE	NOTES
Accepting Accommodating Agreeable Approving Calm Collected Communicative Composed Constant Control Co-operative Dedicated Dependable Diplomatic Dutiful Expressive Fair Faithful Flexible Graceful Helpful Honest Immaculate Innocent Intuitive Loyal Moral Outgoing Peaceful Placid Problem Solver Prudent Relaxed Reliable Reputable Responsible Self-Controlled Serene Stable Steadfast Tactful	Blues Controlling Dependent Depressed Disturbed Introvert Not trusting Sad Withdrawn Worrying	

Properties cont'd

POSITIVE	NEGATIVE	NOTES
Talkative Thoughtful Tolerant Tranquil Trustworthy Unfailing		

Expression

Trustworthy, calm, clear, controlled, diplomatic, clean, constant



Personality

If you predominantly wear the colour blue, it will reveal the following about your personality:

You are a reliable, honest and faithful person for whom sincerity and integrity is important. Friends and colleagues can depend on you and your commitment. Integrity, trust and faith are very important characteristics which you look for in others and wish to reflect in yourself.

You need a tranquil and peaceful environment and do not like arguments or confrontation and in order to keep the peace you will not always speak your true feelings.

You love to nurture, support and take care of others making you a good caregiver, counselor, teacher, nurse and parent. You have a creative mind and you enjoy problem solving and when given enough time you will come up with good solutions. You have a diplomatic and practical approach to life which is sustained by your logical thinking and analytical mind, giving you sound leadership skills.

You portray a confident and soothing nature giving people the trust to confide in you. Peace and calmness are very important to you; because of this you enjoy and appreciate music and the arts to nurture your needs.

One of the big challenges in your life is to maintain inner peace even in uncertain circumstances. You have a fear of the unknown and want to be in control of the future. Control over yourself and your life is important to you. Be aware that you do not worry too much about your future or your friends, as it can bring you 'the blues'.

More about blue

The colour blue is worn very frequently because of the worldwide use of jeans. 'Blue jeans' comes from the words 'bleu de Gênes', Genoa blue. Blue has been and still is a popular colour for work clothes, like blue jeans and the grey-blue uniform worn in China.

Those who wear predominantly the colour blue are great carers, teachers and communicators. They love to solve

problems and will do so in an analytical and practical manner. Their communication skills help them to be diplomatic. They need calmness and peace around them and will therefore not always speak their mind.

Trust is a very important aspect in their relationships and they are people who are responsible and reliable.

Just be aware that too much blue can indeed give you 'the blues'. One of the challenges for someone who wears a lot of blue is giving up control and releasing physical, mental and emotional tension.

Blue light is used worldwide in hospitals to cure new born babies with jaundice. Blue is a calming and soothing colour and whenever there is an infection you can use the colour blue. Sleeping with a blue light in the bedroom, wearing blue pyjamas or using blue bed sheets can help overcome insomnia.

Surrounding your work or study area with the colour blue will induce calmness and support vocal and written communication.

Connotations

Water
The blues
Blue blood
Blue sky
Blue planet
Blueprint
Ink
Robe of Virgin Mary
Sea
Blue jeans
Cold water tap

Crystals and gemstones

Turquoise
Chrysocolla
Blue lace Agate
Blue topaz
Sodalite
Aquamarine
Azurite

Kyanite
Indicolite
Lapis lazuli
Sapphire

Food

Fish, blue-skinned fruit as plum, blueberry, bilberry, asparagus, sea vegetables, dried prune, raisin.

Blue food has a calming effect on the body. It can relieve pain, heal, and is antibacterial and antiseptic.

Opposite Colour

Orange