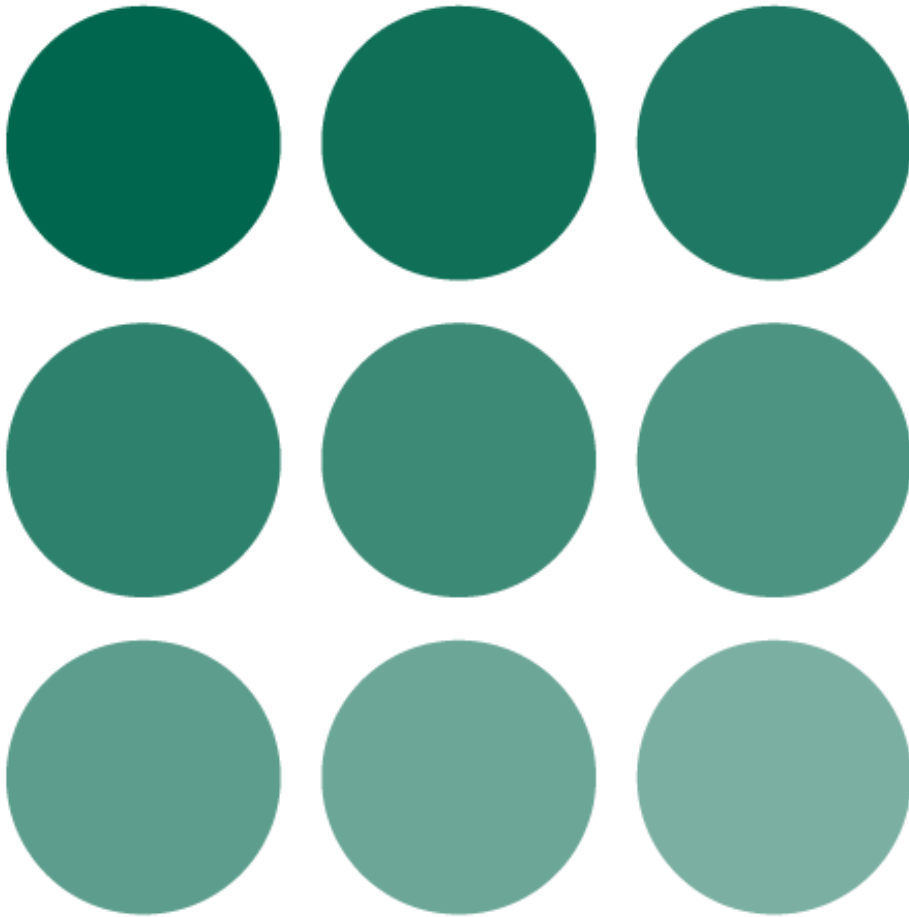


G R E E N



## **Green**

### *Properties*

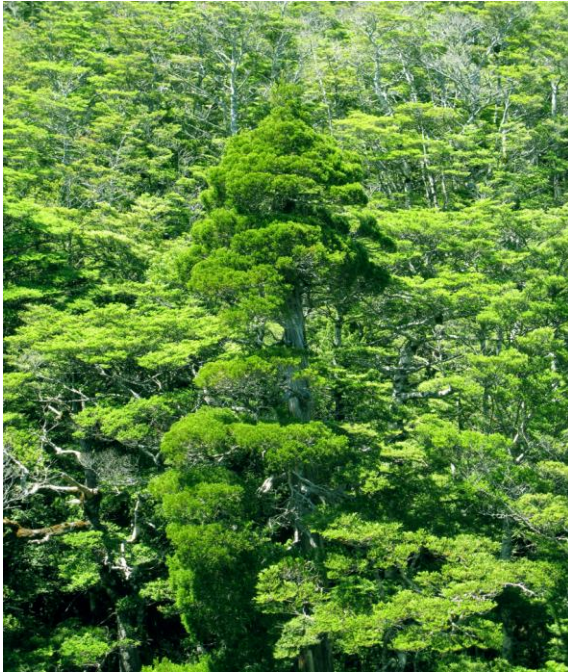
POSITIVE	NEGATIVE	NOTES
Active Compassion Appreciative Attentive Balance Benevolent Calm Careful Caring Cautious Charitable Collected Competent Composed Concerned Considerate Constant Contemplative Co-operative Decisive Diplomatic Discreet Effective Efficient Environmental Forgiving Friendly Generous Green Fingers Grounded Harmonious Healing Hopeful Humane Humanitarian Inquisitive Interactive Interested Introspective Involved Kind	Claustrophobic Control Critical Disharmony Envy Holding on to possessions Insecure Jealousy Lack of direction Overpowering Selfish Trapped	

*Properties cont'd*

POSITIVE	NEGATIVE	NOTES
Kind-Hearted Lenient Liberal Methodical Mindful Optimistic Organised Patient Peaceful Peacemaker Philanthropic Placid Productive Protective Prudent Quiet Reflective Relaxed Self-Controlled Sensible Serene Sincere Sympathetic Tactful Thoughtful Tolerant Tranquil Trustworthy Understanding Unselfish		

*Expression*

*Nature, harmony, rest, peaceful*



### *Personality*

*If you predominantly wear the colour green it will reveal the following about your personality:*

You are a well-balanced, friendly, sincere and generous person. You are able to see situations from all angles, with clear and sound judgment, and clarity and understanding. Because of this you are able to solve conflicts and bring about peaceful solutions. You have a straightforward and open approach to life, and are service-orientated, humanistic and benevolent.

You have a tolerant and balanced nature and are very generous and sharing, allowing others to have their own opinions or viewpoints. Relationships, friendships and trust are very important to you and if this trust is betrayed, you can be easily hurt and will be overly cautious in future relationships.

In general, you will allow others their own "space" because you appreciate your own need for "space" and freedom to do the things you value.

You are a very dependable and methodical team worker.

### *More about green*

The colour green can help you to make decisions and choices whilst listening to your own emotions instead of to the opinion of others. The frequency of our heart corresponds with the frequency of the colour green and therefore this colour can encourage you to "*follow your heart's feelings*". That is why we often reach decisions and know which direction we want to go when walking in nature.

Green is also the colour of nature and we are all familiar with the *Green Party* and *Greenpeace*. These are groups that support the environment and nature, in other words "our space". People who wear a lot of green are often environmentalists or they have a service-orientated, humanistic and benevolent nature.

Too much green, however, can signify an envious nature (*green with envy*), leaving others little or no space and an attitude of wanting to decide for others. One of my clients

is a Wimbledon tennis player and he wears a lot of green, indicating that he has a competitive mindset.

If you dislike the colour green or do not want to wear it this can indicate that you find it easier to give than receive. Keep in mind that the symbolic colour of money is green and maybe you do not value yourself to receive money and live in abundance, or maybe you have experienced disappointments concerning money matters.

Forest green has more blue than olive / lime green. Dislike of this colour can indicate that you find it difficult to communicate (blue) your heart's (green) desire and feelings.

Use the green Aura-Soma air conditioner whenever you want to *sell your house*. The colour green will help you to part with your old 'space' and welcome new opportunities. Potential buyers will feel *'at home'* in this space and will be able to make decisions.

The colour green is in the middle of the colour spectrum (rainbow) and has a *balancing, healing and calming* effect. Have you ever thought why most operating staff in hospitals wear green uniforms? The colour green is also the opposite colour of red. When operating on patients where there is lots of blood (red) the green colour of uniforms will counteract the influence of red.

*'Eat your greens'* has been sound advice for generations. Green vegetables are rich in antioxidants and contain important phytochemicals, such as Vitamin C, flavonoids and carotenoids.

Every spring we experience feelings of *hope* and *trust* in life when we see the first green leaves appear on the trees and plants. And just like green traffic lights, the colour green can help us to *"go for it... ...follow your heart in a new direction with hope and trust!"*

As a Colour Coach I have noticed that many clients who have been abused (sexually, physically or emotionally) cannot wear this colour. They have allowed someone to disrespect their 'space or boundaries' and feel they are not worth holding their own 'space' or following their own

hearts desires.

Different cultures have different beliefs or customs. In China and France the colour green is not a good choice for packaging and some tropical countries associate green with danger.

#### *Connotations*

The green traffic light

Money

Kingdom of plants

Green fingers

Hug a tree

Operating theatres and uniforms

Heart chakra – relationships

Green with envy

The hulk

Popeye

#### *Crystals and gemstones*

Amber

Apophyllite

Emerald

Fluorite

Green aventurine

Jade

Kunzite

Malachite

Moldavite

Peridot

#### *Food*

Lettuce, green cabbage, cucumber, green bell pepper, zucchini, olive oil, green grape, kiwi, lime, celery, artichoke, green bean, pea, green lentil, broccoli, pear, green apple, aloe vera, oregano, basil, peppermint, parsley, tarragon, garlic, avocado.

Green food is restorative and refreshing, relieving stress and emotional problems.

#### *Opposite Colour*

Red