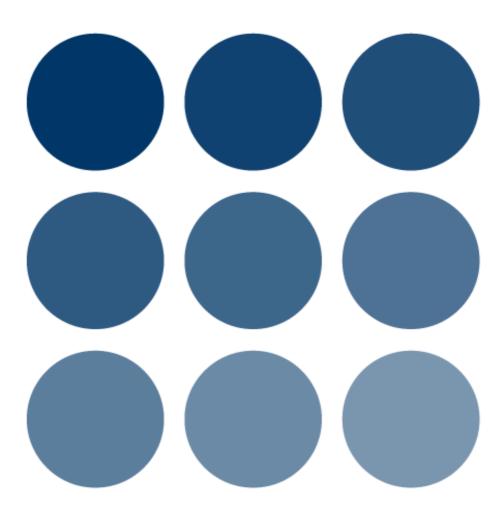


NAVYBLUE





Indigo/Navy blue

Properties

POSITIVE	NEGATIVE	NOTES
POSITIVE Accomplished Accurate Articulate Authentic Authoritative Believable Calm Classic Collected Commanding Communicative Competent Composed Confident Conservative Constant Conservative Constant Contemplative Conventional Convincing Corporate Credible Cultured Decisive Deliberate Dependable Determined Dignified Dignified Diplomatic Discerning Distinguished Educated Effective	NEGATIVE Alone Aloof Calculating Cold Depressed Detached Distant Habitual Imposing Isolated Paranoid Private Secretive Separation Willful	NOTES
Honourable Impressive		



Properties cont'd

POSITIVE	NEGATIVE	NOTES
Inspired		
Intelligent		
Introspective		
Inventive		
Knowledgeable		
Loyal		
Methodical		
Moderate		
Noble		
Organised		
Perceptive		
Persistent		
Productive		
Professional		
Profound		
Prudent		
Quiet		
Refined		
Reflective		
Reliable		
Reputable		
Reserved		
Responsible		
Self-Disciplined		
Serene		
Sincere		
Sophisticated		
Stable		
Steadfast		
Strong-Minded		
Tactful		
Traditional		
Trustworthy		
Truthful		
Unbiased		
Understanding		
Unfailing		
Wise		



Expression

Autority, disciplined, professional, introspective, vision, indigo-children













Personality

If you predominantly wear the colour indigo/navy blue it will reveal the following about your personality:

You are a wise person who is able to communicate your ideas clearly. You enjoy decision-making and have good judgment of character. You are intelligent, self-reliant and you are spiritually advanced and have an inner awareness of life's truths.

You could be an executive, judge or business manager because you allow others to express their opinions, viewpoints and you can mediate and detach from your emotions to come to the best solution for all.

Your intuition and sensitivity is well developed and people respect your wisdom, knowledge and intelligence and will come to you for advice and teaching.

You enjoy your authority, power and wisdom and your credibility is important to you. You are capable of being both subjective and objective and of distinguishing the important issues from insignificant ones.

Be aware that you should take time out to play and relax otherwise you can suffer mental stress, feelings of loneliness and of not belonging. Although most people will not recognise this at once because of your private and distant attitude, you are a sensitive person. It is important for you to focus on the positive aspects of yourself and your life, otherwise you could slide into depression, or have feelings of being isolated, unwanted and misunderstood.

More about indigo/navyIndigo/navy blue is the colour of the night's sky, when ourbluedreams can give us insight and guidance.

During the night we create our vision, dreams and in a state of deep peace and meditation we receive clarity in feelings (clairvoyance/clairaudience). Do not use this colour when suffering from nightmares or depression. During the night we can feel utterly alone, not understood.



The colour indigo/navy blue is the colour of the New Age children – Indigo children. These are spiritual children with an inner awareness of the real truth about life. Indigos already possess the knowledge of the true nature of reality and information known by ancient mystics. They know that in the future we will be living in cooperation with the environment and with each other. People tend to see them as bizarre or eccentric because they are so spiritually advanced. They will not be manipulated by peer pressure or do anything they do not believe in.

Indigo/navy blue is the colour of authority, worn by police force, pilots, business people, and firemen. People who have difficulty wearing this colour have often experienced an authoritative parent, boss, partner or friend. A dislike of this colour can also indicate that the vision or dream has disappeared.

Connotations Midnight blue sky Night-time Police uniform Pilot uniform Business suit

Crystals and gemstones	Azurite
	Indigo sodalite
	Iolite
	Lapis lazuli
	Sodalite
	Sapphire

Food Black soybeans, black beans, soy sauce, black olives, blackberries, boysenberries, black cherries, dried raisins and currants, vanilla beans, wild mushrooms.

Indigo/navy blue food has a calming and anti-depressant influence, stimulating the parathyroid.

Opposite Colour

Orange