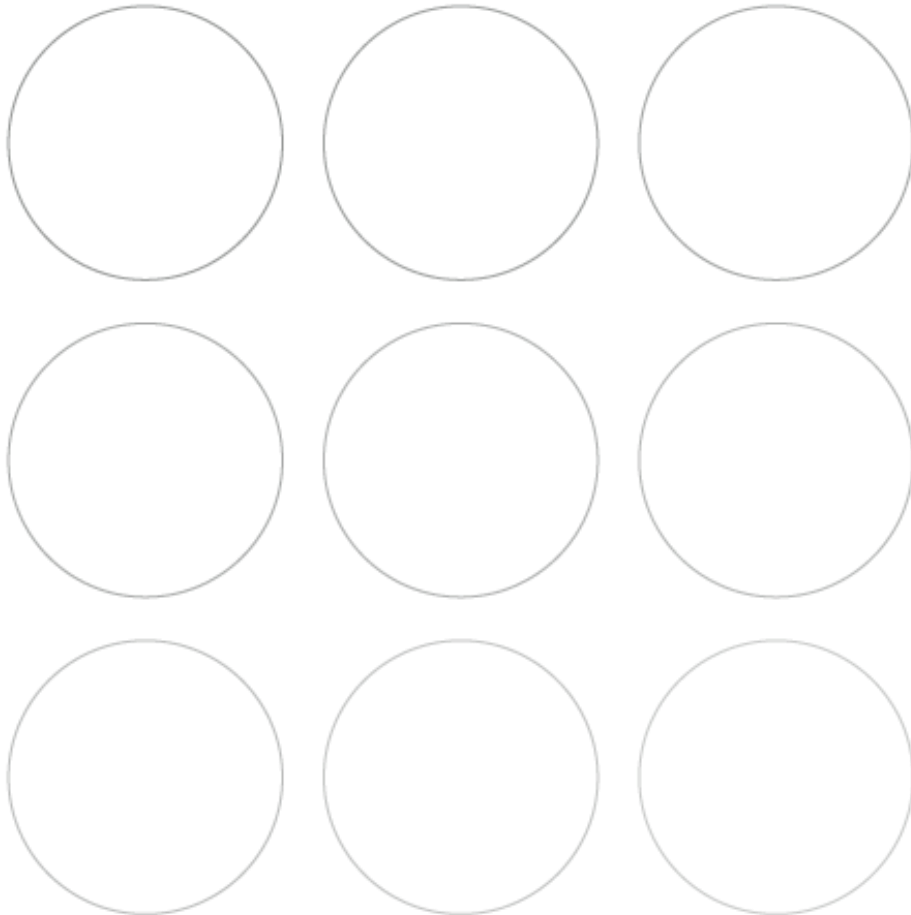


W H I T E



White

Properties

POSITIVE	NEGATIVE	NOTES
Attentive Benevolent Careful Caring Cautious Charitable Clarity Clean Competent Concerned Confident Considerate Convincing Diplomatic Effective Efficient Elegant Empathetic Enlightened Experienced Exquisite Flawless Forgiving Freshness Generous Healing Holy Honourable Idealistic Immaculate Impeccable Innocent Inquisitive Interested Involved Kind Lenient Liberal Loving Meticulous Mindful	Cold 'frozen' Colourless Emptiness Indecisive "freeze" Isolated Loner Rigid Superior Too critical Unapproachable Uncompromising Vulnerable	

Properties cont'd

POSITIVE	NEGATIVE	NOTES
Moral Natural New beginnings Open-hearted Open-minded Openness Openness for change Optimistic Orderly Organised Patient Perfect Philanthropic Polished Positive Productive Prudent Pure Refined Self-assured Self-reliant Spiritual Sympathetic Tactful Tasteful Thoughtful Tolerant Truthful Unblemished Understanding Unselfish		

Expression

Innocent, new, clear, wise, open, clean



Personality

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

Your well-balanced and positive personality gives you an optimistic view on life. You are an honest and truthful person who needs a clean, orderly and simplistic lifestyle and environment. You portray an innocent and pure personality.

Your naturally open-minded character allows you to listen to other people's ideas with clarity and understanding. With this ability you are able to see others' needs and sufferings and although you may not be aware of it, you are a natural healer. Your sensitive, pure and quiet personality allows you to relate sympathetically and empathetically, but at times you reach out for approval, reassurance and recognition from others.

You need space and time for yourself to meditate, pray and reflect on matters which are important to you, and whenever you feel suppressed by outside pressures and influences. You can be reclusive and therefore you have to be cautious not to become a loner and feel isolated.

By nature you can be a perfectionist and this can cause you to be too critical and rigid with yourself and others, hindering your progress and narrowing your perception.

More about white

White, just as a blank sheet of paper!

The colour white contains an equal amount of all colours as we know in full daylight. Everyone needs a minimum of ½ to 2 hours of sunlight every day. A lack of sunlight impairs the natural defense mechanisms of the body. While artificial lighting helps us to read and work, it can also affect our body's immune and nervous systems.

Mal-illumination or Light Starvation can occur when spending too much time indoors, using sunglasses and contacts as well as tinted windows in cars and houses. You may experience a decrease in energy levels, cravings for carbohydrates, sugar and caffeine, difficulty in getting up,

needing more sleep, decreased desire for sex and other pleasurable activities, a decrease in concentration, and attention and mood disturbances.

Luckily, we can buy full-spectrum light bulbs to imitate natural sunlight which balance our hormones and neuro-endocrine system. Research has shown remarkable improvement in concentration and attention in schools and businesses, better results, less hyperactive behaviour and headaches when using full-spectrum lighting.

White Clothing has always been connected to innocence (bride), purity (spiritual teachers) and order and cleanliness (doctors, nurses). People who often wear white are naturally open-minded, sensitive and optimistic. They are also quite sensitive to their surrounding atmosphere or the emotions of others which can make them vulnerable. You can liken this to eating spaghetti Bolognese in your white outfit. Any spilling will be easily noticed.

Be aware that others can feel uncomfortable when you predominantly wear only white because this colour can set you apart and give an air of superiority, of not being approachable. Remember when you had to visit the doctor when you were a small child? Hospitals, nurses and doctors were all in white. To overcome this, just add another colour.

Tip: when visiting areas where there are many sand flies, wear white clothing, preferably shiny.

A *White Interior* can look nice for a short while, however, an overdose of white can cause side effects, like headaches, feelings of frustration and irritation. As with clothing, add another colour and you will have a completely different atmosphere.

Nowadays, hospitals and clinics are using colours to create a friendly and healing environment. Research has shown that different colours can influence emotions and therefore also increase the healing procedure.

Connotations

Snow

Blank page

Wedding dresses
Crystal clear
Full moon
White dove
Light
White magic
White clouds
Pale as a sheet
Ice
Ice creams
White knights

Crystals and gemstones

Clear quartz
Danburite
Diamond
Milky quartz
Moonstone
White topaz

Food

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

Opposite Colour

Black