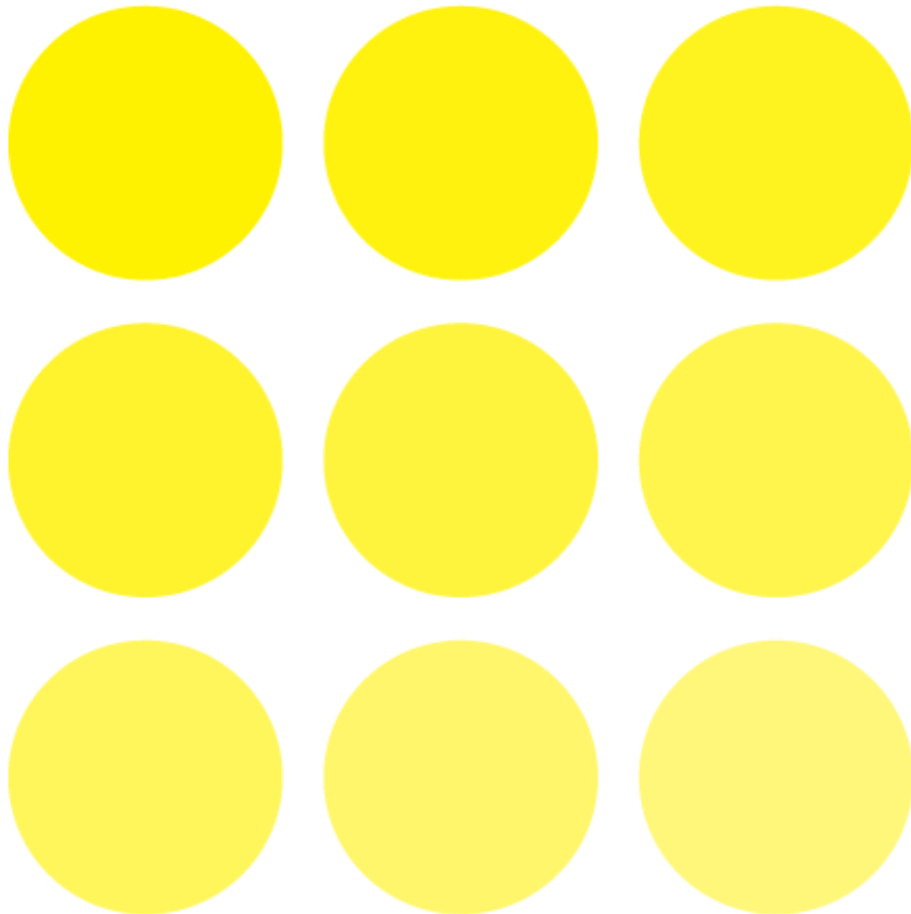


# YELLOW



**Yellow**

*Properties*

POSITIVE	NEGATIVE	NOTES
Alert	Anxious	
Articulate	Confused	
Assured	Critical	
Aware	Cynical	
Bold	Disorderly	
Brave	Embarrassed	
Bright	Fearful	
Broad-Minded	Hasty	
Candid	Illogical	
Certain	Inarticulate	
Cheerful	Insecure	
Clarity	Irrational	
Clear-Thinking	Mental confusion	
Communication Skills	Nervous	
Concentrated	Pessimistic	
Confident	Restless	
Constructive	Sad	
Content	Sarcastic	
Convincing	Self-conscious	
Cosmopolitan	Superficial	
Dauntless	Stressed	
Determined		
Direct		
Distinct		
Enlivening		
Enthusiastic		
Excitement		
Expressive		
Fair		
Fearless		
Firm		
Flexible		
Fluent		
Focused		
Free		
Free-Thinking		
Fresh		
Fulfilled		
Fun		
Glad		
Happy		

*Properties cont'd*

POSITIVE	NEGATIVE	NOTES
Helpful Honest Humorous Incisive Individual Inquisitive Intelligent Intense Intent Jolly Joyful Joyous Knowledgeable Laughter Learned Liberal Light Lively Logical Matter-of-fact Merry Noticeable Open-Minded Optimistic Orderly Persevering Persistent Poised Positive Practical Precise Rational Readiness Reasonable Resolute Responsive Self-Assured Self-Confident Self- Empowerment Self-Reliant Sharp Single-minded		

*Properties cont'd*

POSITIVE	NEGATIVE	NOTES
Sparkling Speedy Stimulating Straightforward Sure Tenacious Tolerant Unprejudiced Unwavering Upfront Well-Spoken Young at Heart		

**Expression**

*Happy, alert, fresh, alert, optimistic*



### *Personality*

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

You have a confident, warm and joyous personality with an optimistic approach to life. You have the ability to think in a focused and rational manner and you are inquisitive and intelligent with a need for mental stimulation. You are broad-minded and blessed with intelligence, however, be aware that not everyone has your level of intellect!

You need your life to be orderly otherwise you have the tendency to become anxious and restless. Your need for constant knowledge can make it difficult for you to 'switch off' mentally. You are an articulate communicator with the confidence to sell, teach, debate and express your own viewpoints.

Whenever you are active and involved, you find life stimulating and exciting giving you great credence and communication skills. A structured lifestyle will bring you emotional happiness and stability giving you a sense of contentment.

### *More about yellow*

Yellow is the colour of fear, to pee your pants! When we feel fearful and confused we feel it in our solar plexus. This makes us insecure and indecisive. Yellow stimulates logical thinking and brainwork, increasing self-control and an optimistic attitude. Yellow food can help release toxins from the liver and intestines and has a purifying effect particularly particular on the skin, and it can stimulate weight loss.

Yellow helps us to focus and concentrate, keeping us awake and stimulating us psychologically. This colour is well suited for schools and libraries for this reason. When people are suddenly attracted to yellow it can be a sign that they are going to take up a new study or learning a new skill or that they are overcoming their fears and getting clarity in their path and focus. The smell of lemon has a stimulating effect on our mind. The sun is related to the colour yellow, bringing joy and happiness. When there is no fear and confusion there is an opportunity to experience true joy and happiness.

*Connotations*

Lemons

Urine

Sun

Yellow pages

*Crystals and gemstones*

Citrine

Topaz

Tiger's eye

Yellow sapphire

Yellow zircon

Gold

Gold topaz

*Food*

Pepper, corn, grapefruit, melon, banana, lemon, pineapple, egg, cheese, yellow lentil, chickpea, turmeric, mace, mustard, saffron, butter, whole grains, rice, lemon grass, bergamot, anise, dill, marigold, evening primrose.

Yellow food has a cleansing and laxative influence on our body and is also a good mental stimulant to improve concentration.

*Opposite Colour*

Violet/Purple