

OLIVE

Colour Assessment

Never worn the colour olive/lime green (0)

Your conditioning or upbringing has made you believe that it is useless and or difficult to expand, following your own emotions. Were you brought up to be accommodating and flexible or to give way to others to make things easier for others or to keep the peace? Did you have a parent who played that role? Could you expand in the way you wanted to, following your own emotions or is it easier to yield, than to forge ahead with your plans?

Stopped wearing the colour olive/lime green (0)

Have you been over flexible or over accommodating which has left you feeling disappointed and a bit bitter? Have you had to give way a lot and let someone else have their way (family, friends, work etc). Were you not able to expand because someone else was 'in your space'?

Started wearing the colour olive/lime green

Have you decided to spread your wings (or spread your branches) and expand who you are? Have you been able to overcome a tendency to be too accommodating to others which has meant you are now able to claim your own space? You have grown in wisdom from these life lessons which gave you a greater sense of empowerment and strength.

Wearing the colour olive/lime green regularly (4-6)

You have feminine leadership qualities, meaning those qualities are fuelled by creativity and intuition. You know what you are 'worth' and therefore you do not have the urge to overpower. Your empowerment comes from your own inner truth and wisdom.

You have the ability to laugh at yourself, knowing that growth and wisdom do not come without mistakes or failures. You are compassionate towards others and can therefore give space and acceptance to their opinions and life choices. In spite of your inner strength and power, you are a modest person and this colour is like a camouflage for you. You can sometimes be silent or withdrawn, but you can also be powerful at the same time. Even when you

are rejected or defeated you will find the strength and courage to start again, learning from your experiences.

You are interested in many different areas and willing to expand and grow from your mistakes and encounters. You love new challenges, adventures and projects. You have a loyal personality and are a conscientious worker who is not afraid to try new systems or directions as long as they do not go against your principles.

Wearing the colour olive/lime green often (7 – 10)

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Your challenge in life is to maintain inner peace and not let any single fear or fears disturb this. It can be difficult for you to relax and unwind. Try to look after your own emotional needs by trusting your inner feelings. Learn to work with your emotions, releasing any bitterness to enable you to have the opportunity to grow from experience and to use the lessons life has taught you.

**Colour Interpreting
Guidance**

Start wearing olive/lime green

You can start wearing the colour olive/lime green to overcome the heartache of any experience and to move on with renewed hope and trust. This colour will support your intuitive leadership and help you to truly expand yourself and your vision. The colour olive/lime green can support you to reassess your true path in life.

This colour will help you rely on your own inner wisdom and feelings, giving you empowerment and strength. It will give you the ability to laugh at yourself, knowing that growth and wisdom do not come without mistakes or failures. In fact, our past mistakes and failures are our best teachers and these experiences can allow us to expand and grow.

You can wear or carry an olive crystal in your pocket.

Amber, moldavite, fluorite, jade, apophyllite.

You can eat olive or green food.

Olives, 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

Decrease wearing olive/lime green

Reduce wearing the colour olive when you feel disappointed or bitter about the way your life is going as a result of being over accommodating or overly flexible to others and not looking after your own emotional needs.

***The image of
wearing OLIVE/LIME
GREEN***

***Wearing an olive/lime green shirt, blouse, or t-shirt
says the following about your feelings and emotions:***

You are guided by your own inner truth and intuition enabling you to follow your individual direction giving you compassionate and creative leadership qualities.

This is the colour of camouflage, you do not want to put yourself in the spotlight but you are not afraid to expand your viewpoints or beliefs. You are tolerant of and can accept others viewpoints and needs. You are loyal and

consistent, and not afraid to try new systems or directions provided they do not go against your principles.

If you wear an olive/lime green jacket, scarf, tie, cardigan or accessories, you may not feel these emotions, but subconsciously this is how you want others to perceive you.

Wearing olive/lime green trousers or a skirt says the following about what drives you and how you want to present yourself:

You present yourself as being modest, peace-loving and truthful and not afraid to show your vulnerability.

Although practical in your approach, you follow your heart when you want to move on because you realise your inner wisdom will give you strength and direction whenever needed.

You want to create a better world and you have a deep understanding of nature and natural laws.