

TURQUOISE

Colour Assessment

Never worn the colour turquoise (0)

Your conditioning or upbringing has made you believe that you cannot be creative and express yourself from an emotional level. You had to 'grow up', ignoring your playfulness and creativity.

Stopped wearing the colour turquoise (0)

You were not giving yourself any space for fun, playfulness and creativity. Perhaps you were deeply hurt when you communicated your inner feelings or your creativity was not appreciated?

Started wearing the colour turquoise

You wanted to express yourself in a creative manner e.g. through art, dancing, writing, speaking or music. You started to verbalize your ideas and express your personal emotions. You became more aware of your intuition and wanted more sparkle and playfulness into your life.

Wearing the colour turquoise regularly (4-6)

You have a sparkling personality with great imagination, which helps you to keep a youthful appearance and approach to life. Your openness to new things can inspire others as well.

You have the ability to uplift your environment. You do not like to be alone and you love your family and friends to be around you.

You are an optimistic person who can sometimes idealize in a childlike, fresh manner. You are driven by your feelings and intuition and can therefore have great sympathy and empathy for others, making you a good listener and healer.

Whenever you are present, you can enliven and/or revive a situation with your sparkling and refreshing ideas and attitude. Others will regard you as a sympathetic, playful and spontaneous person. Your progressive view on life can be seen as idealistic.

Wearing the colour turquoise often (7– 10)

You have a sparkling personality with great imagination, which helps you to keep a youthful appearance and approach to life. Your openness to new things can inspire others as well.

You have the ability to uplift your environment. You do not like to be alone and you love your family and friends to be around you.

Occasionally, you will speak out before you think.

You are an optimistic person who can sometimes idealize in a childlike, fresh manner. You are driven by your feelings and intuition and can therefore have great sympathy and empathy for others, making you a good listener and healer.

Because you are sensitive and intuitive you need a peaceful and calm environment to connect with your mind and feelings. Whenever you are present, you can enliven and / or revive a situation with your sparkling and refreshing ideas and attitude. Others will regard you as a sympathetic, playful and spontaneous person. Your progressive view on life can be seen as idealistic.

Colour Goals

Start wearing turquoise

You can start wearing the colour turquoise to communicate in a creative manner through writing, singing, dancing or any other media. This colour can help you to verbalize your ideas and express your own emotions as well as support your awareness of intuition, in-tuition = inner teacher and help you listen to your inner voice. This soft inner voice is one of the best teachers you will ever meet! The colour turquoise is the colour of the Aquarian age, supporting communication from the heart.

Turquoise brings sparkle and playfulness into your life as it is the symbolic colour of the dolphins, playful and at the same time very intelligent and intuitive. Turquoise is also the colour of the sea, assisting you to go with the flow of life.

Turquoise will also support you in reaching many people with your message because this colour is related to the silica technology, the computer and therefore mass communication.

You can wear or carry a turquoise crystal in your pocket.

Chrysocolla, Indicolite, Opal, Topaz, Turquoise.

You can eat green and blue 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

Fish, blue-skinned fruit as plum, blueberry, bilberry, asparagus, sea vegetables, dried prune, raisin.

Decrease wearing turquoise

When you wear too much turquoise you are portraying yourself as idealistic, playful and childlike. Reduce wearing the colour turquoise when you need to narrow your focus and thought patterns and when you want to be taken more seriously.