

evolve

by Jennifer M. Blair

DREAM IN COLOR

I love the color (or non-color) white... my favorite wardrobe pieces are my white jeans and T-shirts, as they serve as a great foundation for any outfit. My preferred jewels are my pearls because I love their feminine softness and how they remind me of the beach and their sea-origins. I crave white spaces on a page when I read a book or design my marketing materials because it emphasizes what is really important. I adore how my neighborhood looks just after the first snow when everything is fresh and beautiful. And, I am partial to white walls in my home because they are soothing and allow me to highlight my brightly-colored art (except for the time I painted my office bright pink after my divorce to signify my feminine independence and the bold change in my life that was taking place... it is now white again.)

For some people, too much white can be either blinding or boring. Yet for me, using white by itself can symbolize a divine-like quality of purity, peace, comfort and stillness... a space I often crave with the busyness of life. But I also love color and I use these white foundations to serve as a neutral backdrop to enhance a mood, ignite creativity, highlight something meaningful or provide a place to launch a fresh start.

As the initiation of a new year is celebrated, I love the idea of being given a clean slate. What if you could truly have a crisp new beginning, with the purity and innocence of no fear and then boldly add as many colors to your white, blank canvas? How would your artwork unfold as you set annual goals, embrace resolutions, instill positive intentions and move bravely forward? What dreams and desires do you have for yourself in 2010? How would you design your new work of art, the masterpiece of your life?

Vincent Van Gogh said, "I dream my painting and then I paint my dream." A new vision starts with your thoughts, hopes and aspirations, and adding your favorite colors can greatly enhance the picture you are creating in your life. Like music, color can be nourishing, uplifting, and stimulating, and when positively experienced, can feed your soul and enhance your well being. Bring inspired hues into the life areas you are drawn to; wear the colors that make you feel good; surround yourself with shades that inspire you, and choose colors to best reflect your personal statement. Here are some ideas.

VIBRANT COLORS TO CREATE A MORE COLORFUL LIFE:

Red is the root of passion, power, purpose, stability and focus.

Pink represents the color of the heart, romantic love and is associated with healing for breast cancer patients.

Orange encourages courage, determination, procreation, self-confidence and creativity.

Yellow enhances your mental capacity, decision-making ability, and personal power... why do you think legal pads are yellow?

Green is the color of universal love, self love and compassion. It is often associated with money and abundance.

Turquoise symbolizes the things you love and want to attract into your life, your personal preferences, and is the color I chose when creating my company, Excavive, to assist others in bringing what they want into their lives.

Blue signifies peace, expression, inspiration and communication.

Purple is often seen as royalty or a connection to the Spirit, God or your Higher Power.

Black is a neutral power color, the little black dress or the power suit.

White is a combination of all colors. It epitomizes purity in its highest form and represents higher state of consciousness and self awareness.

Whatever colors you choose, create a life vision that is deliberate, inspiring, balanced and will move you into action. Drew Rozell wrote, "So I need to create a vision of what I want that will bring all of my intentions together. And a vision is just that- something I can see, something that's so exciting and attractive to me that it pulls me forward until I have it." Give yourself the gift of new art supplies... start with a fresh white canvas, and then use your vivid imagination to create your master life work of art using bold vivacious colors.

VIVID COACHING QUESTIONS FOR A NEW VISION:

1. What do you want most in 2010? Think big and consider all areas of your life.
2. If your dreams and desires were put on a canvas, what would you paint?
What colors would you use?
What stories would you tell?
What objects or people need to be included?
3. Get clear by recording your goals. Are they compelling enough to take bold action? Will they create stunning success and marvelous joy?
4. By achieving your vision, will your vitality be expanded? If so, get started. If not, keep imaging and visualizing until you paint the picture you truly long for.

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