



Reflection Points

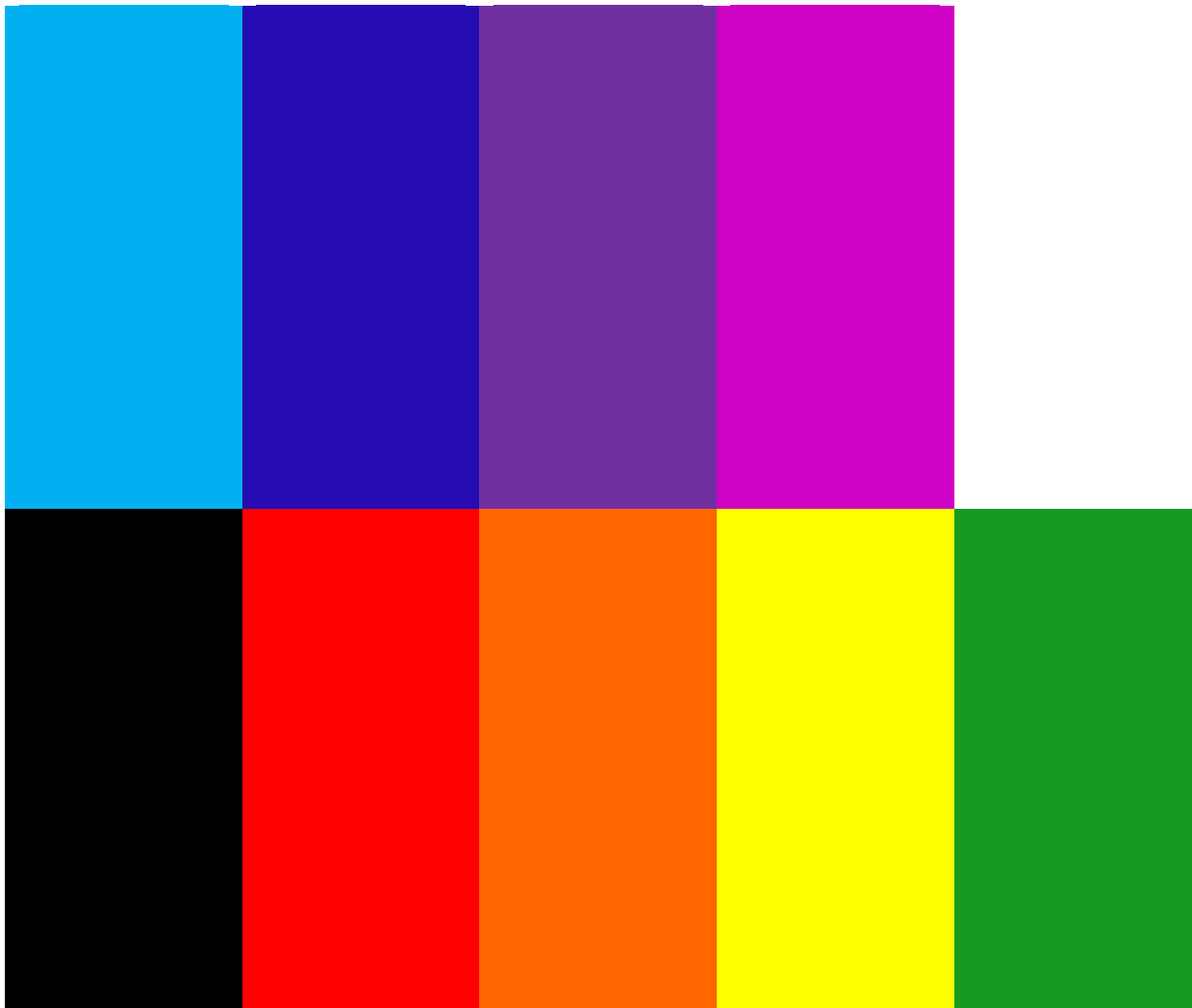
Reflecting on colour choices

The Society of Friends might be thought of as a prism through which the Divine Light passes, to become visible in a spectrum of many colours; many more in their richness, than words alone can express. (Quaker Faith and Practice 18.20).

Print out the colour chart below and give each young person a copy. Ask them to choose their favourite three colours, putting aside any preconceptions they may have about the favourite colours, as per the instructions on the following 'colour bag' sheet. Or cut out strips of each colour and encourage them to take their three favourites.

Then give them each a copy of the 'colour bag' sheet that follows. They should read what it states relating to their first, second and third choices. Offer them the opportunity to share with each other what their preferences say about them and what they think about this. If they like they could share their findings about themselves and each other in the whole group.

They might like to fold the 'colour bag' sheet in half long ways and then again concertina style, with a fold round each section. In this way it makes a little booklet that they can take and do this again in future or use this exercise with their friends.



The following 'colour bag sheet' has been prepared by Mary Penny.

COLOUR BAG

- Use colour to:
- find out your strengths and abilities
 - understand the challenges you face
 - take action to bring about harmony

How to begin...

1. Lay out the ten colour swatches on a white background. Put on one side any preconceptions you might have about your favourite colours or colours which suit you.
 2. Choose the 3 colours that you prefer at this moment and then place them in order of preference.
 3. Your first choice gives an overview of your personality and shows how you approach life on a day to day basis.
 4. Your second choice shows what your current challenges might be, what area you most need to work on or develop.
 5. Your third choice shows what action you need to take to bring about harmony and achieve your goals.
- This process can be repeated every couple of months.



Green

- First choice**
You are basically a calm, serene and sincere person. Your life is well-ordered and you have a deep appreciation of natural surroundings. You are rather cautious and would benefit from tackling some changes.
- Second choice**
Your challenge is to discover your real needs by expressing yourself more freely.
- Third choice**
You may be feeling cut off from others in some way. You will benefit from enlarging your social circle, particularly concentrating on people you feel at ease with.



Turquoise

- First choice**
You are probably known for being cool, calm and collected! Imaginative and youthful in your outlook, you also have a strong spiritual awareness. Sometimes, however, you have difficulty grounding your ideas in reality.
- Second choice**
Your current challenge is to make time for yourself. It may be helpful to take up meditation and enjoy some relaxing natural therapies.
- Third choice**
Be flexible and open to change - it will bring you many benefits and you will find it most rejuvenating.



Yellow

- First choice**
You have a powerful intellect and have highly developed logic. Analysing situations brings you much pleasure. You are very sociable, and fond of being the centre of things.
- Second choice**
You will benefit from developing your physical, emotional and spiritual aspects. Try to be patient with others who think more slowly.
- Third choice**
You may be rather depressed and pessimistic. You will probably benefit from a course of study or further training which will enrich you in the present and offer you more options for the future.



Blue

- First choice**
Your peaceful and gentle nature reflects your attention to spiritual matters. You are eminently reliable and trustworthy. From time to time, though, you lack confidence in dealing with quite straightforward things.
- Second choice**
Your challenge is to express yourself and make your feelings heard. Keeping your feelings inside is stressful and not helpful to you.
- Third choice**
Avoid escaping from reality. Go with the flow and try to be more involved with everyday activities.



Orange

- First choice**
Your basic personality is playful and optimistic. You embrace life and are an uplifting person to be around. Don't be afraid, though, to do what you want rather than what others expect.
- Second choice**
Your current challenge is to balance your overwhelming get-up-and-go with some sit-back-and-relax! Nurture yourself a little more.
- Third choice**
In your anxiety to take action you are sometimes too hasty. Set aside time to plan out your life more carefully so that you can feel confidence in your own decisions.



Violet

- First choice**
Your basic personality embodies spirituality in a grounded way. You may use this in some kind of healing. You are artistic. However, you may lack the confidence to carry through your goals.
- Second choice**
Your challenge is to accept appreciation from others and let this encourage you to persevere until you reach your goals. Don't withdraw or give up!
- Third choice**
Get out and about and use your creativity and spirituality to help others in practical ways.



Red

- First choice**
You are a vibrant and energetic person who finds it easy to achieve their goals. You are passionate and determined. Although you love life in the fast lane don't forget to recharge your batteries!
- Second choice**
Your current challenge is to learn to extend your softer, gentler side and to develop more patience and calmness.
- Third choice**
It's a good moment to move ahead with a project. However if you are over-tired make sure you set aside some time to relax as well.



Magenta

- First choice**
Your basic personality is warm and friendly. You find it easy offer compassion and unconditional love, and are skilled in helping people make the best of their lives. You may not always get the rest that you need.
- Second choice**
Your challenge is to accept love and support from others. It is important for you to develop the ability to receive.
- Third choice**
Beware of becoming overbearing. Use your special gifts wisely with gentleness and humility.



Black

- First choice**
You have great artistic flair, a sense of the dramatic and can excel in creative areas. People find you adventurous and sociable. Watch out for negativity though, which may affect your mood.
- Second choice**
Your current challenge is to enrich your life with new experiences and situations, which will help you to move forward.
- Third choice**
Beware of following the crowd or feeling restrained by convention. Have the courage to be your own person, no matter what anyone else may be doing.



White

- First choice**
You are wonderfully well-organised and precise in all that you do. Your basic personality is optimistic and cheerful. Sometimes, however you may be too much of a perfectionist for your own good.
- Second choice**
Your challenge is to loosen up and have more fun. Physically, you may want to purify your diet. Try to learn to let go and relax.
- Third choice**
Try to be more flexible generally and open to other people's opinions and what they have to offer.