

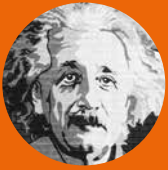


# What is the **colour** of your soul?

by Prune Harris



“We are slowed down sound and light waves, a walking bundle of frequencies tuned into the cosmos.”



Albert Einstein

## THE ENERGY OF YOUR SOUL

**H**

ave you ever wondered what your soul looks like? Or where it lives, or how it is attached to you? I have been able to see energy since I was tiny and the

one part of the human energy system that was always the most apparent to me (way before I understood about meridians, chakras, dantiens or the components of the biofield) was the energy of the soul.

Mostly this soul energy is so apparent as it is the brightest, the deepest, the most profound and exquisite vibration that you have and also because it is totally inseparable from every other part of who you are. It is housed in your energetic core, an energy system that runs through the very centre of you from the Earth Star energy centre below your feet to the Sun Star energy centre above your head.



From this deepest place in your entire body system, your soul energy emanates throughout your every physical, energetic, emotional and cognitive systems.

Energy fields are waves of coded information vibrating with a specific frequency. Depending on the unique information that your soul holds, it will have a different vibration than that of other people. In this way, it will also have a different colour, for remember that colour is simply a vibration, so the vibration of green is different from the vibration of blue, and that is why we perceive them as different colours.



## YOUR SOUL COLOUR



our soul has a colour that is unique to you; you could call it your soul colour or life colour. Every cell you have is bathed in your soul colour. Your skin is resonant with your soul colour, and as it continues through the energy field that surrounds your physical body, the soul colour spreads out to the very edge of your aura.

This soul colour helps illustrate the strengths and the challenges that you have at your depths. If I was to look at you, I would see many different layers of colours all expressing different emotions and themes. Remember that colours are only vibrations so there is a different vibration for the emotion of love, a different vibration for the emotion of anger, a different vibration when you are feeling happy etc. Your energy fields are deeply affected by thoughts, so the colours will continually change depending on what you are thinking.

Some of these colours would be moving, swirling, exploding, popping, spinning like a tornado, dispersing like mist. Others may be quite still, showing up a specific theme or a set pattern of emotions. Some of these colours or vibrations of energy, thought and emotion are quite superficial and will spark or whizz across your energy fields quickly (think a comet); a quick burst of thought emotion. You may experience this as a flash of irritation, a sudden humour, or simply a remembering of part of your shopping list. Other colours are a much more permanent part of your energetic whole, and the most permanent of them all is your soul colour.

I remember the first time I ever identified soul colours. I was sitting in the back of a class that energy medicine pioneer Donna Eden was teaching. Donna was a very important teacher in my life and her



### DID YOU KNOW

A synesthete is someone who experiences synesthesia, from the Greek word 'synth' meaning together, and 'esthesia' meaning perception.

wisdoms are woven into my heart. On that day she was talking about life colours, a topic I had heard her talk about several times. She had trained with synesthete Nancy Ann Tappe, who had begun the process of interpreting the energetic coding held in the specific vibration of each person's deep and essential energy system.

A synesthete is someone who experiences synesthesia, from the Greek word 'synth' meaning together, and 'esthesia' meaning perception. Synesthetes experience a merging of perception through senses other than what is thought of as usual. So instead of hearing music you may perceive it primarily through your eyes and see it as waves of colour. Or instead of feeling something like an emotion, you may taste or smell it. As a synesthete myself, I can tell you that I see energy that most people feel, I see music as well as hear it. The vibrations made by someone playing a musical instrument shimmer and shine in waves and bars of dynamic colour all around them. I see lines of energy, thick and deep, on the ground around buildings or sacred sites. I taste the direction of the wind as well as see its colour and I smell diseases such as cancer or hepatitis. All of my senses seem to get very involved with experiencing the world and when this information enters my brain for cognitional processing it just keeps on flowing through all the sense centres instead of being categorised into specific sensory neural pathways.



“  
AS A  
SYNESTHETE  
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I CAN TELL  
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I SEE ENERGY  
THAT MOST  
PEOPLE  
FEEL, I SEE  
MUSIC AS  
WELL AS  
HEAR IT.”





THE  
VIBRATION  
OF EVERY  
HUMAN'S  
SOUL IS SO  
VIBRANT, SO  
BRIGHT, SO  
MAGNIFICENT."

So Nancy Ann Tappe saw each person's colour and, like Donna Eden, called this a person's life colour because of what it illustrates about the individual's life. For me, the name Soul Colour is what I choose to use, as the colour emanates from deep within the energetic core of your energy system, the home of your soul. We must also remember that at the time of Nancy Ann Tappe's writing there was still a culturally held understanding that the word 'soul' belonged exclusively to the domain of religion and as such was not very available to be used by anyone other than a priest or a theologian. Nowadays, our collective and cultural consciousness is in a very different place as we all get curious about our life purpose and how to nurture our journey along our own soul path as well as be soul guardians for others.

As Donna was talking, a friend turned to me and said, 'Do you see life colours?'. I realised I had never looked. The vibration of every human's soul is so vibrant, so bright, so magnificent that I had not looked to break this magnificence down into the more subtle vibrational information within it. Imagine if you had seen a thousand sunsets and been wowed by their beauty and then, one evening, the person watching the sunset with you asked you what the strongest colour was within the vast array of colours before you, the one colour that was constantly present throughout the entire sunset sky. You'd have to look a little differently wouldn't you? And so it was for me on that day. Energy is my language, it is how I perceive

the world, so I looked at my friend who had asked me the question, and looked through all the other vibrations/colours in her energy field. I looked from the edge of the aura into her energetic core. I looked from the depths of her energetic core and out to the edge of her aura, and I saw the one vibration that was a constant. Her soul colour. I asked another friend if I could do the same with her energy field and I saw soft raspberry pink through her entire field, sometimes strong, sometimes subtle but always there. I tracked the information in the colour back to its source within her soul and understood the gifts of ease and the gifts of challenges that were held within that vibration. I heard the colour humming its unique and specific vibration and knew it. Since then I have worked with thousands of clients, and always have the great honour and privilege of seeing, hearing and understanding their soul colour.

## WHAT YOUR SOUL COLOUR MEANS:

**Your soul colour can help you understand:**

- Your gifts of power and the unique qualities that will help you live with ease, vitality, and joy
- Your gifts of challenge that you need to pay attention to in order to assimilate their wisdom and transform them into gifts of power
- How to consciously engage with your soul path and life purpose
- Your soul needs and how to align with them

In this book I am going to concentrate on an overview of these six colours, and also include three additional colours as they are especially important to the transitions occurring in our world today.



**DID YOU  
KNOW**

**It is possible to have  
two soul colours  
emanating from  
your soul, very  
rarely people will  
have three.**

## THE SIX SOUL COLOUR FAMILIES

There are as many different soul colours, as there are hues, shades and vibrations of colour in the world. And yet, before that feels potentially overwhelming in your quest to understand your own soul colour, all hues can come back to six primary and secondary colours of yellow, orange, red, violet, blue and green.

You can think of the primary and secondary colours as being akin to vibrational soul families. For example, all people in the world that have a green soul colour will have certain similarities,

even if there will also be subtle differences between someone with a ruby red soul colour, and someone with a soft rose pink colour, although both will be held within the red soul colour spectrum.

It is also possible to have two soul colours emanating from your one exquisite soul, and very, very rarely I see people with three. When there is more than one soul colour then there are more gifts of power and also more gifts of challenge that you will be working with as you move through your life and along your soul path.

# YELLOW

## **Soul Archetype:**

Web Weavers, Architects, Cosmic Connectors

If you are in the yellow soul colour family you have a natural and easy joy that radiates from deep within you. You are both gentle, and strong. You are sensitive to the environment around you, being deeply empathic not only to people but also to animals, plants and the natural world. However, this sensitivity is not overwhelming to you but rather, you use your intuitive knowing to inspire your pathway through life, often choosing work that aligns with your deep desire to help bring about more balance, more equilibrium and a more efficient way of living together on Mother Earth. You thrive on gentleness in your life as harshness can penetrate you deeply. However, it never breaks you. Your beautiful gentle soul vibration can stand against any harshness that you encounter or perceive, and even fix against it. You are brilliant in positions such as organisations/charities that work for justice, as although you see the injustices, you are able to stay resilient and look for whole system solutions. You have huge environmental awareness and easily understand that all is connected. Depending on your hue of yellow you may be powerfully efficient, creating your to-do lists and ticking them off with vigour as you walk your soul path with determination and focus. Or, you may dance a gentler path, taking time to fuel your inspiration and energy with time in meadows or near water where you can think deeply. You have a vast intellect and can apply your cognitional wisdom easily, connecting the dots and building new societal pathways forward in these uncertain times of transition and emergence.



**Gifts of Ease:**

Revel deliciously in your ability to access easy joy and increasing resilience as you grow through your life. Intellectual prowess. Determination. Courage. Quick cognitional processing.

**Gifts of Challenge:**

Pay attention that you don't allow your goals to drive you forward in thoughtless righteousness. Be cautious not to embrace arrogance as you strive to be efficient. Because we live in a society that values quick minds and active insights, yellow soul colours often begin their working life in the corporate world and can thrive in that rewarding environment, only waking up in your 40 or even 50s to the fact that despite your material wealth and seeming abundance you feel frustrated and dried up. This is the wake up call from your soul that you are far wiser than you are valuing yourself. Always be mindful that your heart brings forward the deepest wisdoms and that the continual journeying between the head and the heart is essential in your personal soul path. Can have big energy dips. Can be sensitive to food or have allergies.

**Soul Supports:**

Dynamic friendships. Travel. Intellectual stimulation. Laughter. Purple for bringing peace to your heart. Green for grounding. Gold for inspiration.

**Other prominent soul colours in the yellow family:**

Gold, Buttercup, Buttermilk, Lemon, Corn, Primrose.

**FAMOUS  
FACES**

Well known people with yellow soul colours include Brad Pitt, pictured (sun yellow and tan). Cameron Diaz (gold).



**ALWAYS BE MINDFUL THAT YOUR HEART BRINGS FORWARD THE DEEPEST WISDOMS AND THAT THE CONTINUAL JOURNEYING BETWEEN THE HEAD AND THE HEART IS ESSENTIAL IN YOUR PERSONAL SOUL PATH.”**



# ORANGE

## **Soul Archetype:**

Warriors, Adventurers, Activists

If you are in the orange soul colour family you are bold, adventurous, and naturally curious. Brimming with a desire to do things your way, you walk your walk and talk your talk as you need to in order to experience your deep soul needs. This often means by your mid-teenage years, you are determined to burst out of any familial or societal confines and will find your pathway out into the world quickly and decisively. It is likely that you'll love sport and be the life and soul of parties with a quick sense of humour and a readiness to laugh. Always wanting to challenge yourself you need freedom and may shy away from being 'tied down' until at least into your 40s. You will be at your happiest travelling, both physically and also through direct experiences of expansion such as transcendental meditation or training in mystery traditions. Gradually your orange soul colour will guide your big heart to help you more and more to travel inwards as well as through the world, and you will take these inner journeys with as much willingness and boldness as every other path in your life.

## **Gifts of Ease:**

Revel deliciously in your natural boldness, and your ability to focus on what you need to do to feel fulfilled and expansive. You have a deep lust for life, abundant energy and a natural leadership quality.



### **Gifts of Challenge:**

Be mindful not to be dismissive of others who don't share your boldness. Because you are physically and emotionally bold you will not understand the fear that others experience as a daily reality. Transforming fear into courage brings the gift of humility, and this gift is something you may feel a long way away from as you blaze through your life. You may value your own independence above the deep and secret gifts born of being in a committed relationship. It may take the experience of a deep loss before you begin to understand the real cost of bravery. Learn to be discerning rather than judgemental. In your big passion for adventure, don't belittle others or view them as inferior. You have huge capacity for compassion, it is part of your soul lesson to learn to be closer and closer to this capacity as you move through your life.

### **Soul Supports:**

Travel (anywhere, anytime), physical movement, trees and wood, surrounding yourself with any of the rich yellow/orange colours such as saffron, gold or amber.

### **Prominent soul colours in the orange family:**

Sunset/Sunrise Orange, Bronze, Sienna, Saffron, Amber, Pumpkin, Peach.



## **FAMOUS FACES**

Well known people with orange soul colours include Wim Hof (orange and Green). Dalai Lama (sienna with a small band of purple). David Beckham, pictured (bronze). Me! My soul colour is sunset/sunrise orange.



**IT IS LIKELY THAT YOU'LL LOVE SPORT AND BE THE LIFE AND SOUL OF PARTIES WITH A QUICK SENSE OF HUMOUR AND A READINESS TO LAUGH."**

# RED

## **Soul Archetype:**

Life Dancers, Magicians, Life Lovers

If you are in the red soul colour family you are expressive, creative, and passionate. You hold a natural fire in your heart that is determined to have its full expression through creativity and movement. You are dynamic, often even explosive with your laughter or your fiery proclamations. You are a shining light in any situation, attracting others to you to bathe in your warmth and light. There is a vast difference in the different hues of red within this soul colour, so a powerfully passionate ruby red will be quite different from a grace-filled, gentle rose pink. The similarity between the red soul colours family is that you pulse with a deep love and awareness of beauty. You see it, notice it, love it, live it.

## **Gifts of Ease:**

Accessing the beauty of life is your natural gift of ease. You breathe in beauty, you breathe out life. As creators you renew the world soul with each of your acts of creation whether that is a dance, a painting, a meal, or a sacred witnessing of the unfolding of a flower.



### Gifts of Challenge:

For the deep red soul colours the biggest gift of challenge is how to temper your passion so you are able to find harmony at the very centre of your expressive and creative life? Moderation and temperance are seen as anathema to you and you have a tendency to mock those with less fire and passion in their lives. Your journey along your soul path will invite you to understand that at the very centre of your world is not an explosion but a steady, beautiful, life-giving flame ready and waiting to shine your natural light and beauty to empower others, not only yourself. For the deep red hues you have the tendency to burn bright and hard, so you also have the tendency to burn out, and also to burn others. If you are more on the pink spectrum within the red soul colour family your gifts of challenge will be how to live in a world that devalues the immense beauty of gentleness, you may feel invisible with your understanding that simply witnessing the unfolding of a flower is a magical act of co-creative consciousness. Holding your bravery and feelings of self worth will be your challenge as you grow.

### Soul Supports:

Music, especially live music. Dance. The creative arts and especially ones that ground you such as pottery, sculpture, clothes designing and creating. Yin yoga to balance your fire. Poetry to remind you that you are not alone in your creativity. When you feel tired out or emotionally wobbly, wrap yourself in supportive colours such as soft amethyst or sea green.

### Prominent soul colours in the red family:

Pink, Coral, Flame, Scarlet, Cherry, Ruby, Garnet, Cinnabar, Maroon.



### FAMOUS FACES

Well known people with red soul colours include Pastora Galvan (garnet red). Ru Paul, pictured (fuschia and purple). Gordon Ramsay (claret).



THERE IS A VAST DIFFERENCE IN THE DIFFERENT HUES OF RED WITHIN THIS SOUL COLOUR, SO A POWERFULLY PASSIONATE RUBY RED WILL BE QUITE DIFFERENT FROM A GRACE-FILLED, GENTLE ROSE PINK.”

# VIOLET

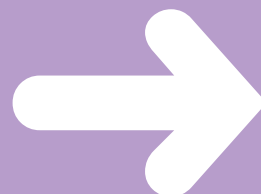
## **Soul Archetype:**

Alchemists, Time Spinners, Edge Walkers

If you are in the violet soul colour family you are insightful, intuitive and wise. You are a quick learner and often have the feeling that you are remembering how to do something rather than learning a new skill. This is because you have the ability to access the memory held within collective consciousness. It means that you process information quickly and often already know what people are going to say before they begin. You care deeply about the world and can feel shocked at the imbalance and pain you perceive in our current societal structures. This often calls you to vocations to bring about change and improvements in your communities. All of you in the violet soul colour family have a high vibration moving through your entire body system which can make grounding more difficult. This is exacerbated by you being highly sensitive to energy around you, increasing the likelihood of you being an empath, experiencing other people's emotions as keenly as your own. Learning how to navigate these complex energetic fields is a major part of your soul purpose. Although you can be structured, organised and efficient, you may find you spend a lot of time day-dreaming or feeling a little detached from the fast pace of consensual reality. Discovering your personal joy is a big part of your journey .

## **Gifts of Ease:**

Intuitive wisdom is as natural to you as breathing. You have a constant exchange of energy and information within and outwith you.





### Gifts of Challenge:

Pay attention to your tendency to create too much structure in your daily life. This is often a survival strategy to suppress or manage your deep intuitive wisdom, for it is difficult being so intuitive in a world that devalues the importance of that unique and powerful way of knowing. Also be mindful of taking yourself too seriously, as a violet soul colour you can be deeply committed to doing your duty; ensure that part of your definition of 'duty' is to question how you are living your deep soul expression, not just how you are contributing to society. Depending on where you are in the violet spectrum you may feel very, very alone in your experiencing of the world. Part of your gift of challenge is to find yourself inside yourself and as such lead the way forward for all of us to experience the deep sense of belonging that is our collective birthright.

### Soul Supports:

Playtime is essential for your soul needs. This may be anything that inspires your personal sense of playfulness such as joining a local drama group, playing with a puppy or child or joining a messy creative play group. Commit to being 'silly' at least once a day. Surround yourself with colours of chocolate and gold. Be with animals. Garden. Identify like minded people and dream big with them.

### Prominent soul colours in the violet family:

Aubergine, Lavender, Amethyst, Plum, Indigo



### FAMOUS FACES

Well known people with violet soul colours include Amanda Gorman (purple). Keanu Reeves (indigo). Dame Judy Dench, pictured (lavender). Colin Kaepernick (indigo).



ALTHOUGH YOU CAN BE  
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# BLUE

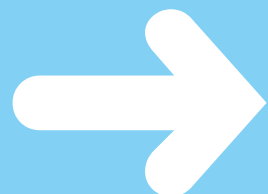
## **Soul Archetype:**

Soul Guardians, Soul Midwives, Dreamers

If you are in the blue soul colour family you are caring, compassionate, and have a vast reservoir of understanding. Your wisdom is held in the understanding of the cycles of life and as such you are able to connect with others easily, no matter who they are, where they are in their lives, or their background or life situation. You move through your day with a natural fluidity, able to flow from one thing to the next and through it all you are able to experience a deep devotion to all of creation. You notice the beauty in the sound of a river flowing, or the shape of a cloud, or a beetle scuttling on the garden wall. You witness the seasonal changes in the natural world and in the human condition too. All in the blue soul colour family are natural dreamers, weaving the imaginal realm with all of its vast potential into the daily world of consensual reality, this makes you powerful co-creators of the world we all live in as you navigate through the place where collective and individual consciousness meet.

## **Gifts of Ease:**

You are so deeply immersed in your way of being that you do not realise just how special a gift you offer to the rest of the soul families who are often amazed at how deeply you can understand, reflect and help them transmute their challenges. You have an easy ability to understand the dynamics of any situation, often helping others as they traverse their healing journeys.



### Gifts of Challenge:

There are two distinct areas that are gifts of challenge for the blue soul colour family. Be mindful that you do not get stuck in simply thinking about your dreams, forever living in the imaginal realm and dreamworld and struggling to bring your dreams into fruition. Any soul path needs a balance of personal volition, collective support and the dreaming or imaginal realm. You have a tendency to use your easy access to the imaginal realm as escapism which can begin to lead you away from its profound and life-affirming dreamtime and into a reluctance to engage with the daily 'chore' of living!

The other area of challenge is regarding time. You are a space walker, able to easily move through the liminal space between all things. This is a beautiful gift and it means that living in a consensually time bound world can be DIFFICULT! You may find that you are continually feeling squeezed for time, regularly being late and experiencing stress because of it. Even if you give yourself plenty of space between the next thing you need to do in your day, you'll fill it with simply being. I want to emphasise here that this time fluidity is not a soul challenge in any way but fully recognise that it might well be a life challenge, for you and for your family/work colleagues who are continually needing to either wait for you or urge you to hurry.

### Soul Supports:

Ensure that you have people around you who can help bring gentle and compassionate dynamism to you when you feel a bit derailed by the hectic nature of modern life. This may be friends or family, or it may be a community group such as a dance class or anything that inspires movement in your day. Eat nourishing food, sing, swim, luxuriate in a bath, wear pinks and purples when you need support. If and when you feel pinched for time, then use movement to support your whole-body system.

### Prominent soul colours in the blue family:

Periwinkle, Cobalt, Royal Blue, Navy, Sky, Electric Blue.



### FAMOUS FACES

Well known people  
with blue soul  
colours include  
Gwynyth Paltrow  
(royal blue and  
yellow). Tom Hanks,  
pictured (navy  
blue).



**YOU HAVE AN EASY ABILITY TO  
UNDERSTAND THE DYNAMICS OF  
ANY SITUATION, OFTEN HELPING  
OTHERS AS THEY TRAVERSE  
THEIR HEALING JOURNEYS.”**

# GREEN

## **Soul Archetype:**

Earth Guardians, Catalysts, Visionaries

If you are in the green soul colour family you are grounded, resilient and smart. You have a natural strength to your physicality and have an easy relationship with your body. You have the ability to have extraordinary clarity of vision and thought and are able to see the long road through any situation. You are the movers and shakers, the visionaries and the catalysts for change in our world. You do, big time! You can often feel impatient with small talk, too much talk, going around in circles talk, as it is your way to figure out all of the details of a situation and leap into solving problems and bringing about change quickly. You are deeply connected to the natural world, understanding that all of creation is interdependent and interconnective.

You can thrive in our modern world of action, and bring about the necessary bravery and vision to ask difficult questions and dream into unknown possible answers. With a green soul colour, you can go high and far into the cosmos to gather information and then immediately apply it to your world.

## **Gifts of Ease:**

You are cosmically competent, able to leap into action and bring your problem solving intellect into your world. You have a natural lust for life and have loyal and rewarding friendships. You are a natural leader and are deeply protective of those you love.



### **Gifts of Challenge:**

Pay attention to the fact that many others in the world don't move as fast as you! You can have a tendency to experience constant frustration and irritation with people who live through a slower way of being. Be mindful of not allowing your competence and efficiency to lead towards arrogance and condescension. Finding your own way of transforming this impatience into understanding and compassion helps you to become a richer and more developed person, enabling you to embrace the subtleties of life experiences and realising that you missed a lot of life's beauty by forging your way through it so quickly and determinately.

### **Soul Supports:**

Being outdoors. Being in large groups, especially concerts and festivals. Easy repetitive movement such as cycling, jogging or rowing. Drumming. Soft shades of yellow will calm and soothe you when you are moving out of balance and purple will help you feel safe when you are leaping ahead as well as inspire you to notice more subtlety.

### **Prominent soul colours in the green family:**

Emerald, Teal, Turquoise, Pine, Moss Green, Olive.



### **FAMOUS FACES**

Well known people with green soul colours include Jane Goodall (forest green). Tony Robbins (emerald green). Venus Williams, pictured (teal).



**YOU ARE THE MOVERS AND SHAKERS, THE VISIONARIES AND THE CATALYSTS FOR CHANGE IN OUR WORLD.”**



## NEW COLOURS FOR OUR UNIQUE TIMES AND EMERGING CONSCIOUSNESS

**A**lthough there are always all shades of soul colours alive at any one time, there are also time periods in history where more of one soul colour family will be born. Remember that colour is a vibration and therefore holds its own vibrationally coded information. As we continue to evolve as a human collective, as an essential part of this amazing sentient organism we call 'Earth', we are in continual relationship with the emergent energy field of the Earth. This powerful and dynamic interface means that depending on what is needed for our collective evolution there may be a concentration of one soul colour as they hold the gifts and abilities to anchor the transition that is needed. Thus the late 1980s and 90s saw a concentration of people being born with Indigo soul colours. Other than a few early forerunners, most were born in the transition time before the turn of the millennium. Afterwards came those with an opalescent soul colour, and now I'm seeing many children with silver soul colours. I wanted to share information about both of these soul colours so that we are empowered to understand, protect and nurture them, and all young people, as the visionary leaders of the future. We are all the soul guardians of each other as well as of the world soul.



# OPALESCENT

## **Soul Archetype:**

Wisdom Keepers, Heart Guardians, Consciousness Catalysts

If you are in the opalescent soul colour family then you are amazing and younger than 40! You are insightful, wise, and fierce. You are born knowing that there is a better way for us all to live. You are uncompromising in your expectations of humanity as you know in every part of your being that we can do better. You reflect current inherent incompetencies back to those around you, often in ways that can make others immediately understand that the old ways of doing are outdated and harmful.

You are unique among the soul colour families because you hold the transparent quality of opalescence plus another soul colour vibration shining through. Therefore you can be born with a Red Opalescent soul colour, or a Turquoise Opalescent soul colour, or a Cobalt Opalescent soul colour etc. This means that you will have the original qualities, gifts of ease and gifts of challenge of the individual colour AND you'll have the additional qualities, gifts of ease and challenge that is specific to the Opalescents. Your uniqueness comes from your ability to perceive on a whole different level than most people with non-opalescent soul colours. You move seamlessly between cosmic understandings, collective wisdom and individual commitment, weaving the information coded in these three separate vibrations together for the rest of us and packaging those understandings in your being in ways that the rest of us can begin to understand differently. You are essential for the transitional time we are currently living within.



### Gifts of Ease:

You have a deep ease in the natural world, you are able to connect with and understand animals easily. You are hardwired to radiate joy through your energy fields, whether or not you are feeling joyful at that particular moment. Just your presence lights up a knowing in other people's energy system. You see injustice and have a warrior's fierceness to help bring more balance in our beautiful world. Compassion is always close to your heart and the way you live your life.

### Gifts of Challenge:

You are deeply empathic and can be challenged by too much stimulus around you. Because you are always tapped into greater fields of information as well as what is going on in your daily life/family/work or school life you can feel overwhelmed. Take good time for yourself every day. You need time to process at a subconscious level what is playing out through every part of your system. Also be mindful of any tendency to feel isolated and alone. You are a new kind of soul family colour and as such you are not yet quite understood by others. Your outlook can challenge others to think differently and at times you may feel very, very alone in your outlook and life. Know that you never are. The Indigos that came before you will always understand and love you. The silvers that are coming after you are already so grateful that you are paving the way for all of us, and your own opalescent soul family members will delight in your very existence. You'll naturally gravitate towards other opalescents and once you find them you'll be nourishing each other as you light up your lives together.

### Soul Supports:

Taking time alone to rest and restore. Being with other opalescent soul colours. Listening to stimulating podcasts. Watching visionary films. Being with animals. Wearing soft blue, whites or soft greys. Vibrational medicine such as essences or sound baths. Consciously nurturing your joy; what brings you joy and how do you get more of it in your life?



## FAMOUS FACES

Well known people  
with opalescent  
soul colours include  
Anne Hathaway,  
pictured  
(opalescent pink  
and periwinkle).  
Tom Holland  
(opalescent green  
and tan).  
Xiuhtezcatl  
Martinez  
(opalescent violet).



**YOU MOVE SEAMLESSLY BETWEEN  
COSMIC UNDERSTANDINGS, COLLECTIVE  
WISDOM AND INDIVIDUAL COMMITMENT.”**

# SILVER

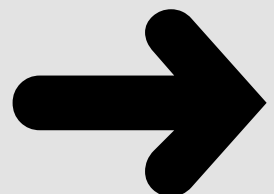
## **Soul Archetype:**

Peace Keepers, Healers, Realm Weavers

If you are in the silver soul colour family then you are leaders of the future. You have a unique gift of being able to live in the space beyond duality. Silver is created by mixing black and white and this is a powerful understanding to your ability to hold the balance between opposites, to be able to understand both sides of an argument or polemic, and create a third way forward. A pathway that holds harmony rather than disparity, interconnectivity rather than separateness. Your silver soul colour enables you to find the way to the centre of all things, accessing powerful insight to share with those around you. You are wise and penetrating in your awareness, able to assimilate all that has gone before, and to heal the wounds of the past. You move quickly - there is a reason quicksilver is called quicksilver and, like quicksilver you can be unpredictable, quick to laugh and leap into joy, and also quick to anger. You touch the world in a light way, taking less than those who have come before you, and showing us all how to live more in balance.

## **Gifts of Ease:**

You have amazing quickness of thought, able to understand and analyse even the most complex situations. You have a natural understanding of how to synthesise all aspects into a central place of integration, harmony and wholeness. You are brilliant with technology and with understanding the big picture.



### **Gifts of Challenge:**

Be mindful to actively hold the space for patience to be a part of your life. Your intellect moves so quickly that patience with understanding the old ways and therefore understanding the majority of people around you could be challenging. Don't make your world so small as to only be surrounded by others who think like yourself. Pay attention to seeing your life path as one that spirals in and out and that all parts of that spiral can bring richness and experience. If you feel like you are running too fast or working too hard for the change you wish to see in the world then you are at risk of moving away from your own centre, and this could greatly affect your physical health. Remember to laugh and your light touch will be more effective.

### **Soul Supports:**

Being with the night sky, its bigness will help you ground and feel held in your expansiveness. Breathwork. Massage, especially ones with sacred traditions such as Lomi Lomi. Meditation. Wear Indigo or black when you need to feel supported, and gold when you want to shine. Anchor yourself in research and history so you understand how to support your soul and the world soul by making those great leaps of understanding. Myth and stories will be a soul balm for you as you help create the new stories of our time.



### **FAMOUS FACES**

Well known people  
with silver soul  
colours include  
Billie Eilish, pictured  
(silver). Nyombi  
Morris (silver).



**YOU TOUCH THE WORLD IN A LIGHT WAY,  
TAKING LESS THAN THOSE WHO HAVE  
COME BEFORE YOU, AND SHOWING US ALL  
HOW TO LIVE MORE IN BALANCE.”**



## SO WHAT IS THE COLOUR OF YOUR SOUL?

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s you have read through this little book I hope that your own unique and amazing soul wisdom guides your intuition and perception to help you

identify and honour your own soul colour with all of its rich gifts and guidance. Never doubt that you are amazing. I have seen hundreds of thousands of people, maybe millions, in my lifetime and every person I've ever seen has a soul that radiates with profound potential. You are always emerging. You are always becoming more you. As you dance further along your own soul path, you align more with your life purpose and can live the life that you are here to live.

I have two requests as you move forward from this book;

1. Be gentle with yourself, be compassionate towards yourself and be curious about who you really are in all of your wisdom, in all of your aligned energy and empowered joy.
2. Trust your intuition. There is an amazing magic and alchemy in uniting both logic AND intuition. It is the beautiful alchemy of connecting your head and your heart, your body and your soul and it releases in you the wild wisdom that will help guide you on every step of your journey.

With much love to you and blessings of wild wisdom on your pathway forward. Always remember you are the only person in the world who can be totally, fully, wonderfully you.

*Prune*



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# “What matters is how quickly you do what your soul directs. Shine like the whole universe is yours.”



Rumi

## ABOUT PRUNE

Able to see energy since she was born, Prune Harris is an energy expert, consciousness educator and soul activist. Knowing that understanding your energy means being able to understand and change your life, she trained with healers, teachers, elders and wisdom holders throughout the world, certifying in kinesiology, Eden Energy Medicine, Celtic and Norse Shamanism. She synthesised these wisoms during her 20 years' experience of clinical practice in Canada and the UK.

A passionate educator, Prune teaches in-person and online courses with a primary objective of sharing her knowledge and insights around energy to empower individual healing and inspire collective change.





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