



Riccardo Swain

Image 1) Overthinker Cloudy Mind

Image 2) Ocean of Clouds

*Image 3) Freedom of spreading your wings and being colourful
like a butterfly*

Image 4) Being Lost in a Good way

Image 5) Too many wrong turns leading to confusion and disaster

Dear Riccardo,

Your responses show that you are a **deep thinker with a free spirit**. You acknowledge the **complexity of thoughts** yet seek **freedom and color in life**. Your interpretation of being lost in a good way suggests that you find **joy in exploration** rather than fearing the unknown. However, you also recognize how **wrong turns can lead to confusion**, showing that you value **clarity and direction**.

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Your Unique Strength:

You have a **resilient mind that can navigate both structured thinking and creative flow**. While you may overthink at times, your ability to **find beauty in uncertainty and embrace the unknown** is a powerful skill. This adaptability helps you turn **challenges into opportunities**.

Well-being Tips:

Declutter your mind through mindful activities like journaling or meditation. **Trust your instincts**—not all paths need a fixed destination. Engage in **creative outlets** like painting, writing, or music to express your inner world.


Your Personal Power Shade:

 **Teal & Sky Blue** – These colors **promote mental clarity, relaxation, and emotional balance**.

Changes to Your Home & Workplace:

Incorporate **ocean-inspired decor** (waves, fluid patterns) to reflect your connection with flow and movement. Use **mirrors or open spaces** to symbolize limitless possibilities. Keep a **vision board** to provide clarity in decision-making.

Your Lucky Crystal:

 **Labradorite** – A stone of **transformation, intuition, and breaking free from mental fog**.

Books You Should Read:

The Power of Now by Eckhart Tolle – Helps you **break free from overthinking**. *The Alchemist* by Paulo Coelho – A story of **self-discovery and embracing life's journey**.

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Room Decor Tweaks:

Use **softer lighting and fluid art** that inspires creativity and exploration. Keep a **wind chime or water feature** to create a calming effect.


Mindset Shift:

Instead of fearing confusion, **see it as a sign of growth**. Every wrong turn **teaches you something valuable**, and every lost moment **can lead to unexpected discoveries**.


Your Empowering Affirmation:

"I trust my journey, knowing that even detours lead me to where I need to be."

Your Power Symbol:

 **A Butterfly** – Represents **freedom, transformation, and embracing change**.

Your Recommended Song/Genre:



 **Ambient or Chill Electronic Music** – Helps **calm your mind and bring focus**.

Your Auspicious Time of Day:

 **Sunrise (5 AM – 8 AM)** – The time of **fresh starts and mental clarity**.

Your Lucky Herb/Scent:

 **Lavender** – Calms the **overthinking mind and promotes relaxation**.

Riccardo, you have a **powerful mind that can both wander freely and seek clarity**. Your **curiosity, adaptability, and love for discovery** make you someone who will always find **new perspectives in life**. Trust that **even moments of confusion will eventually lead you to the right path**. Keep spreading your wings!   Wishing you clarity and adventure! 