

How Art / Color Affects Us - I Think I Gave Myself Color Therapy

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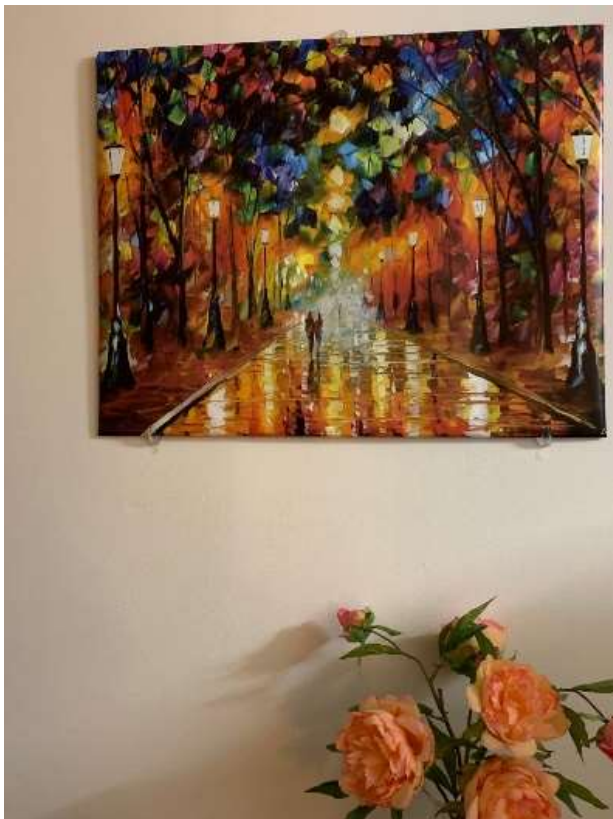
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Today I think I gave myself color therapy! I recently purchased a box of blank cards to have on hand when the need arises. I sat for about an hour soaking in the assorted pastel colors of the envelopes, the floral watercolor artwork on the cards, enthusiastically anticipating the day when I might brighten someone's mood by sending a card.

At the dentist's office also, I recently had a kind of spiritual experience with art. While waiting for a procedure, yes, the dreaded root canal therapy, I glanced at a painting of a nautical scene hanging on the wall, and immediately a wave of calmness

saturated my spirit. It was truly remarkable, almost as if I was actually at the water's edge!



In our apartment as well, green house plants against the white drapes and inexpensive art prints, such as one by Leonid Afremov hanging on our white wall, are additional sources of beauty and either vibrant energy or calm. Images of the natural environment, on TV, or other visual media, can calm our spirits, even if we cannot actually be outdoors. Images depicting nature can captivate us.

Forty years ago, an apron captured my heart with its colorful images of tulips and daffodils; though stained, this gift still sits in my kitchen drawer because I am unable to part with it. And I can still recall a turtleneck top I once wore and loved because it had the crimson, golds, and browns of autumn.

There are different seasons in life, different situations that we live through, and thus different colors and different types of art that benefit us at these different times. Sometimes we may need the strong energy provided by wearing the color red, may need to see/experience vibrant orange, or the dramatic contrast of black lines against a white background. At other times, when feeling sensitive,

such strong colors might jar one's spirit! In those times soft, soothing pastels are needed. I am not an expert on color therapy but I can attest that colors affect me in the ways I have described. I hope that when you have a need, you can find ways to explore color and receive the benefits.