

Thoughts from the Manse 5th March 2021

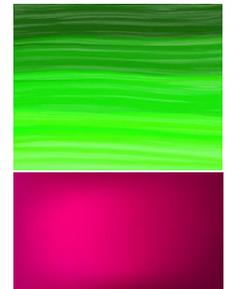
I wonder what the colours of Spring are in your mind. It is easy to say yellow as we see daffodils swaying, or green as we see the buds arriving on the trees but there are other factors that influence colour, our emotions not least. How you view Spring will influence the colours you associate with the season.



For many Spring is a time for planning the garden, preparing the soil for planting, sowing seeds and visits to the garden centre for ideas. There is a wealth of different colours in that alone. For some, it is a time to plan days away, and we are all looking forward to that this year, and so the colours will be different again.

Colour is an important tool in spiritual journeying, and I often encourage people to consider which colour they associate with a photograph or event as this can help to explore the emotions tied to the photograph or event. We can even explore the colour we associate with a favourite bible reading, or use colour association to explore a bible reading. It can be an enlightening moment when you realise the colour you expected to associate with something is not the colour in your mind and you continue to explore why the particular colour is important.

I remember when studying person-centred art therapy, we were invited to explore colour and the feeling associated with different colours. For years I had said my favourite colour was green but when I painted green onto the paper and studied it I 'felt' very little, whilst when studying a splotch of magenta I felt alive and invigorated. Since then, my favourite colour has been magenta. As an artist, I realised that there are many shades and hues to colour and a different shade of green may provoke a different response, but this was an interesting lesson in not assuming.



As a family we became aware of the effect of colour on feelings when our youngest child simply refused to wear brown clothes. There were tantrums and very emotional moments as we tried to persuade her. Then I happened to mention it to a friend who explored complimentary medicine, and she shared that colour effects the way we feel and perhaps brown was making our child unhappy. My friend demonstrated the power of colour, and I have repeated this demonstration in spirituality classes many times, people are always amazed at the change thinking of a least favourite colour has on their strength.



If you are drawn to wear a particular colour it may be because that colour affects your emotions, and how you feel about yourself. Why not take some time to explore colour for yourself, draw or paint patches of different colours on a piece of paper and then look at each colour and try and write down your feeling as you look at that colour. If you do not have any coloured pencils or paints, you could simply explore the colours in your jumper drawer or wardrobe in the same way.

So, back to my original question what, for you, are the colours of Spring? When you discern this why not share with a friend and compare the 'what and why'? You never know where the conversation may lead. For me there is still some neutrality to Spring colours with flashes of hope in the early blossom, and then the wonderful range of greens displayed as the trees begin to unfurl their leaves.



Why not take time to explore the colours of Spring?

