

AN ASPECT OF THE INFLUENCE OF THE SNOEZELEN ENVIRONMENT





a visual experience to be seen with only one eye, without moving it on a non moving background.

The colors red, green and blue mix together and create all the colors of the rainbow.

Only because we use our brain and experience, we understand what we are seeing!

Definition DIN 5033)

JUST INK SPOTS, OR....?



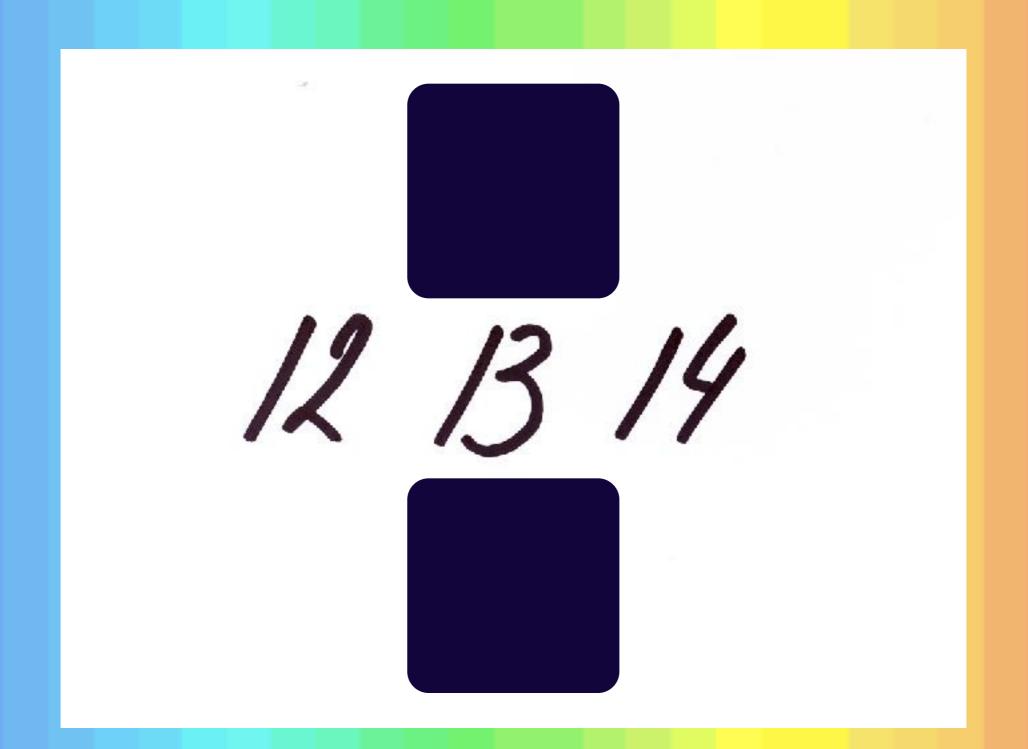
JUST INK SPOTS, OR....?

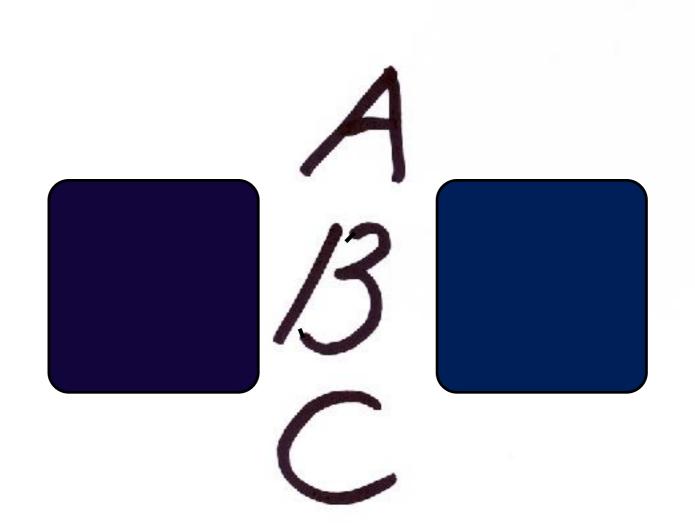


JUST INK SPOTS, OR....?



Top down...or.. Bottom up!



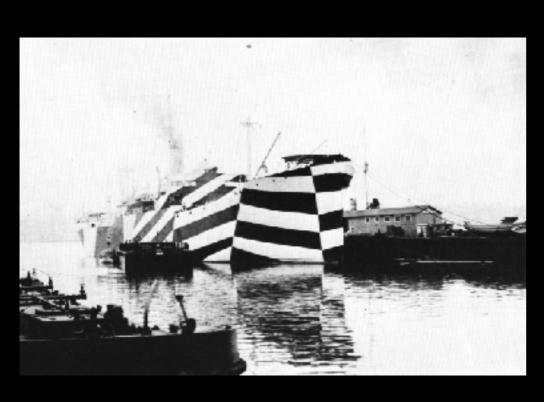


Top down...or.. Bottom up!

A 14 B 14

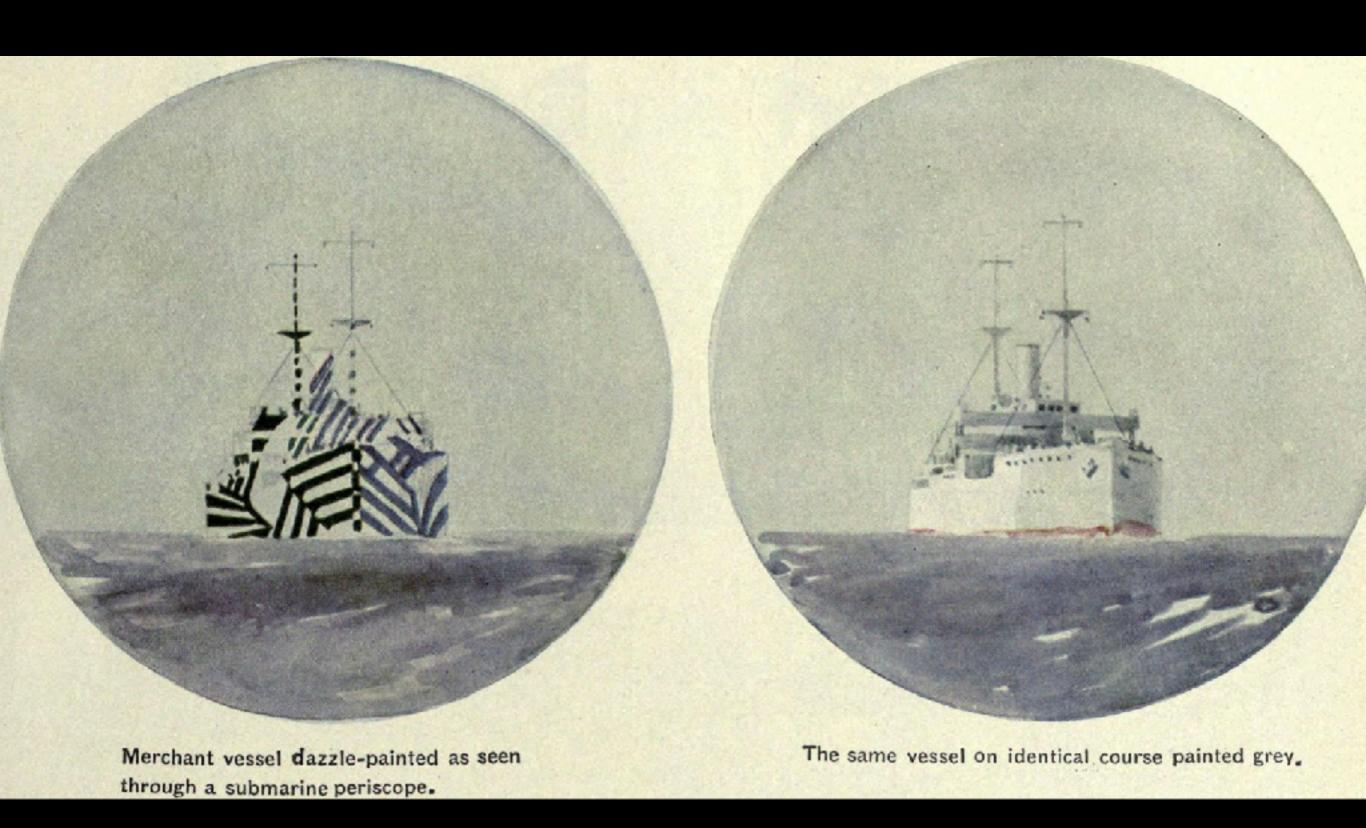
razzle dazzle



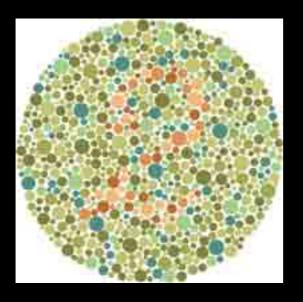


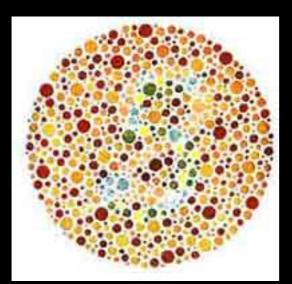


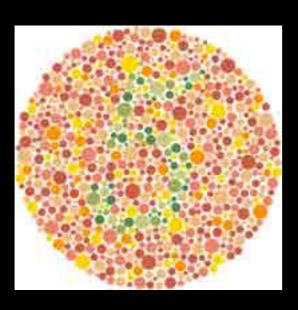


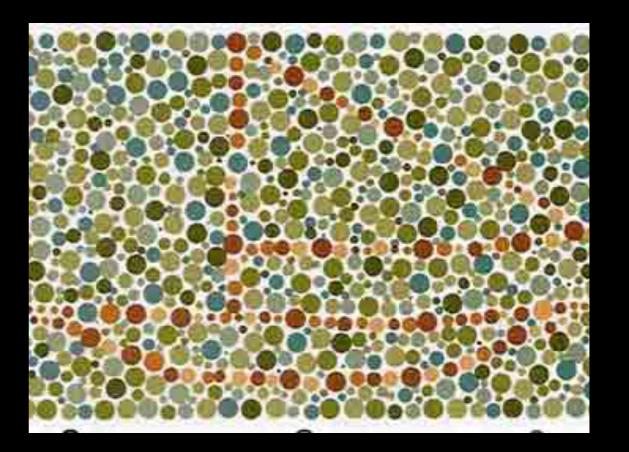


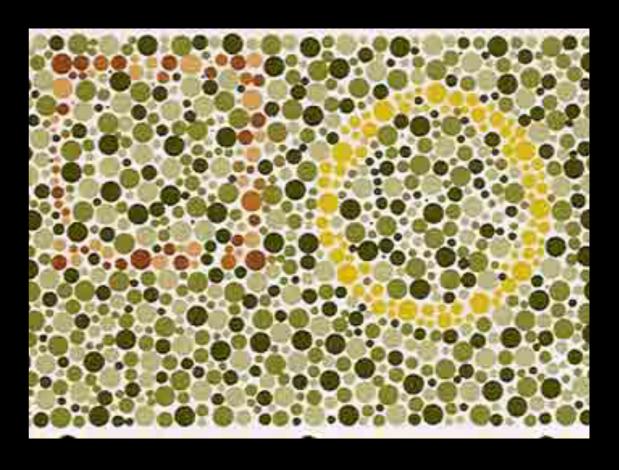
WW1







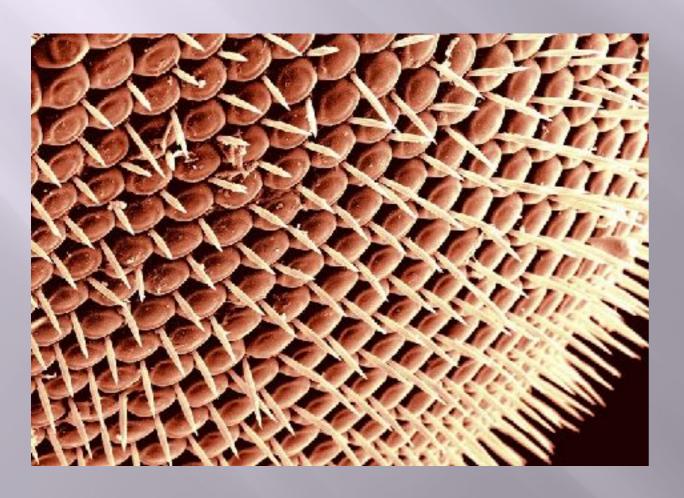


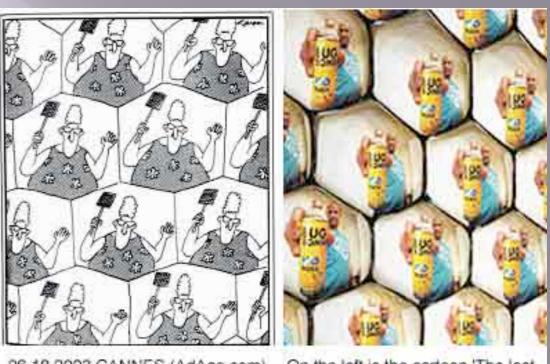


Color is not a property of the visible light, but it is more like a subjective experience of the physical electromagnetic waves!

What we see, we do see, because we ourselves see it!

OBSERVATION

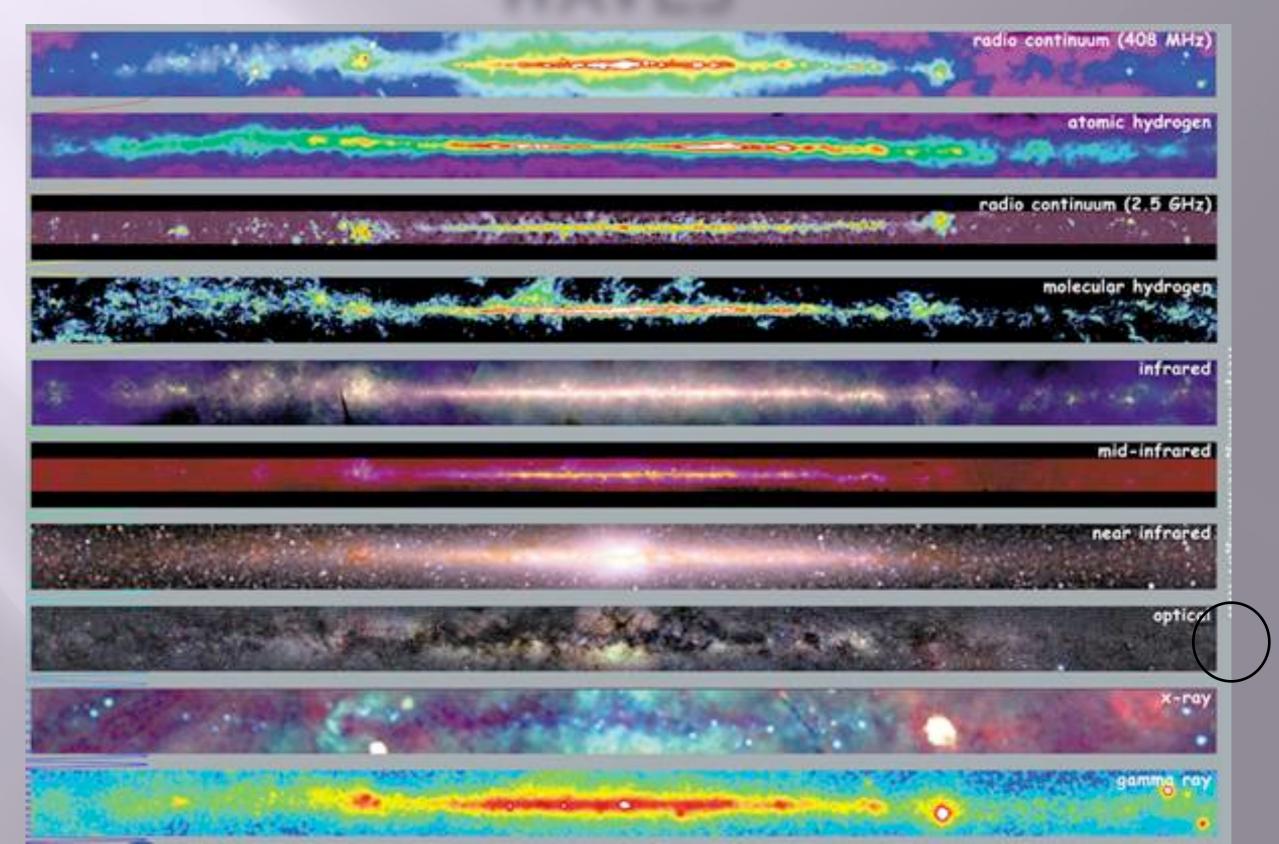




06.18.2003 CANNES (AdAge.com) — On the left is the cartoon 'The last thing a fly ever sees' created by Gary Larson in the early 1990s. At right is a portion of the image from the Cannes' Grand Prix outdoor winner, which uses a tagline similar to Larson's.

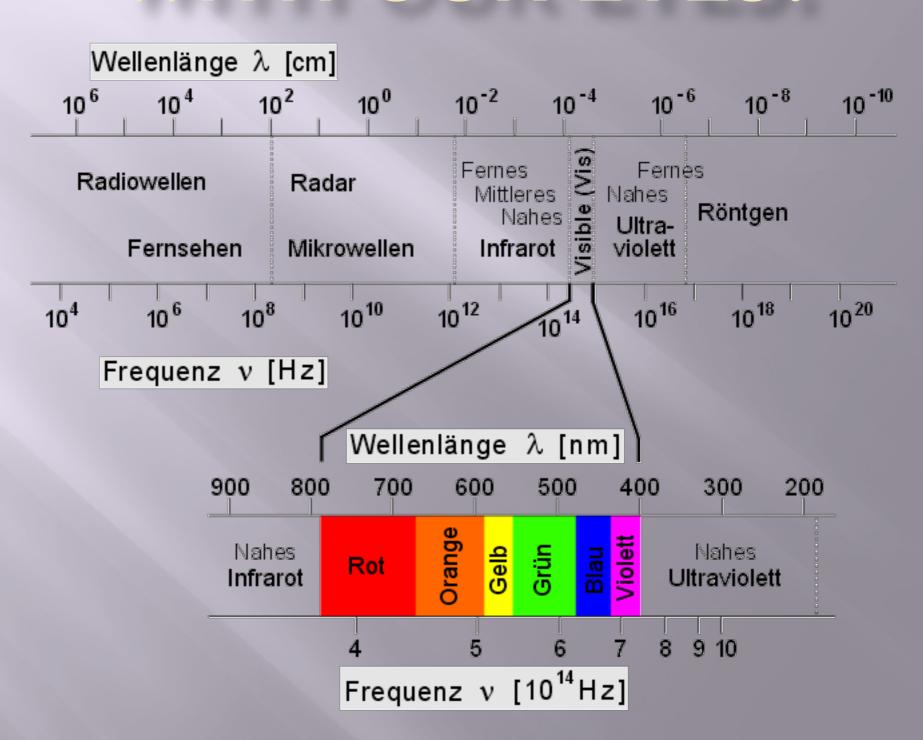


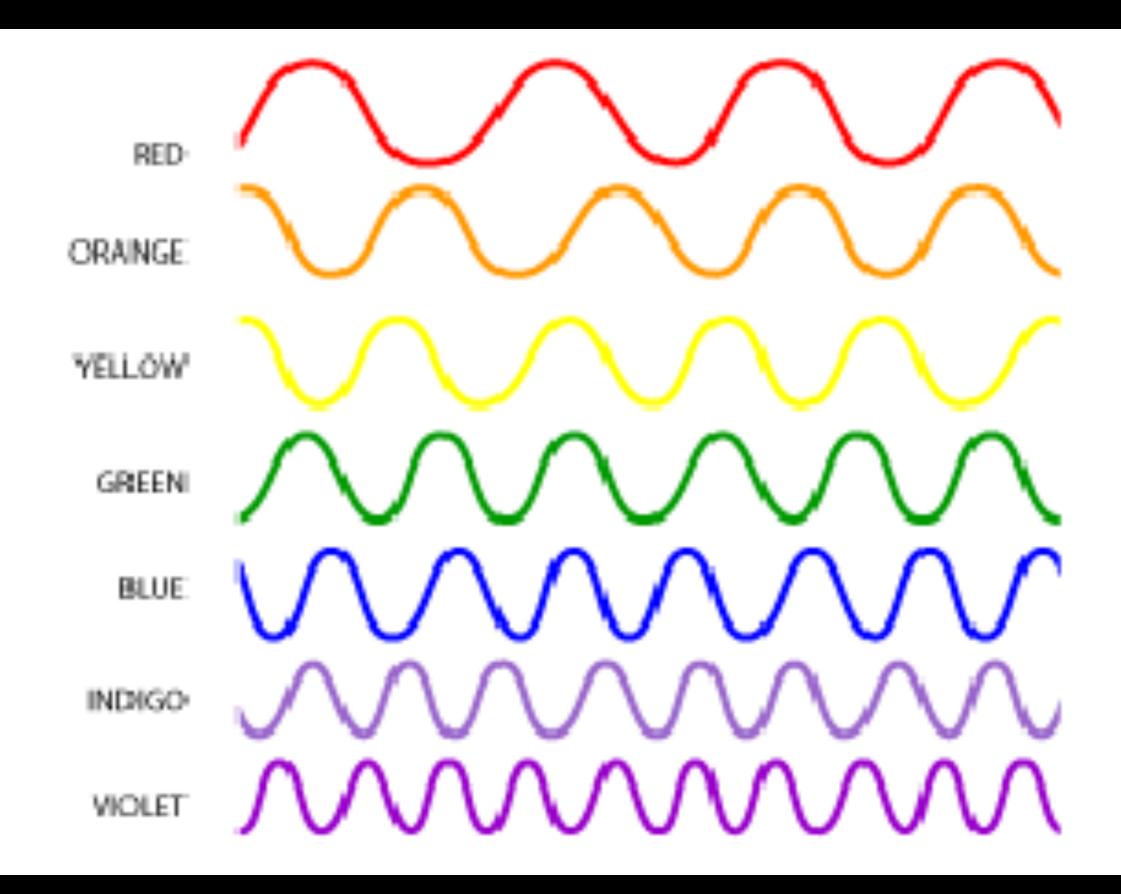
A RANGE OF ELECTROMAGNETIC WAVES

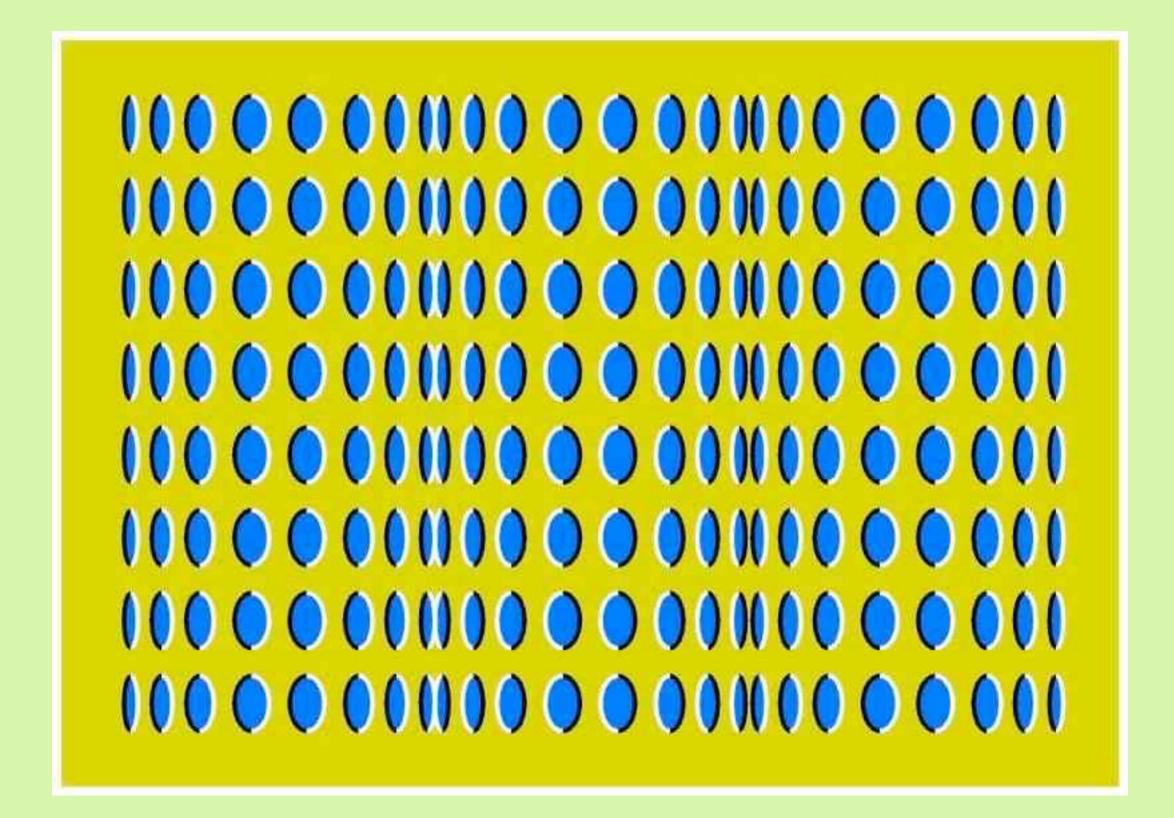


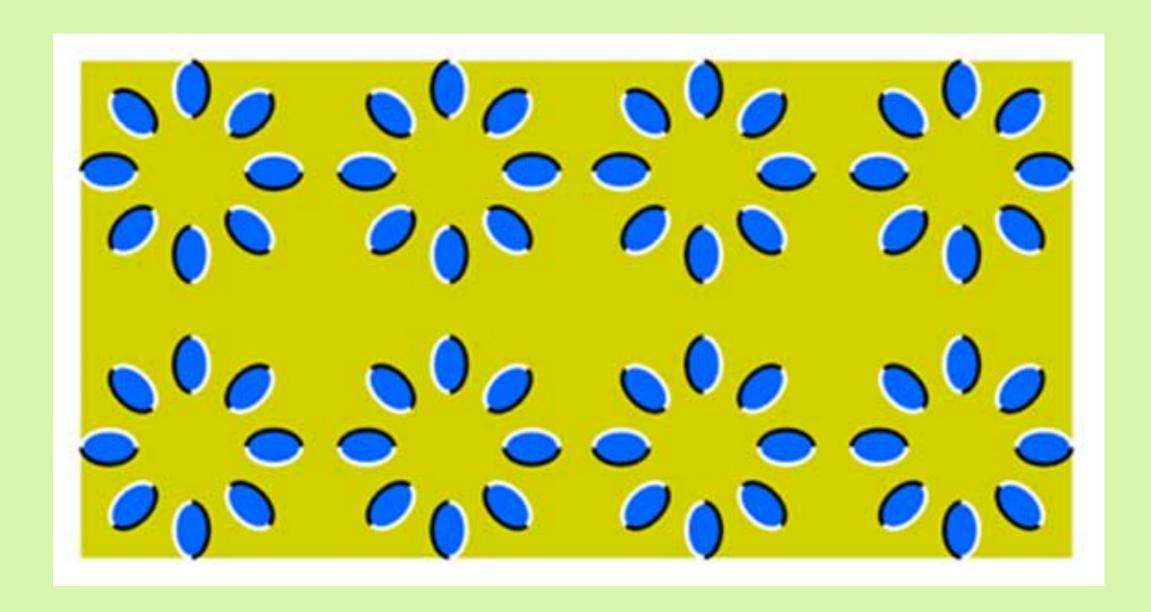


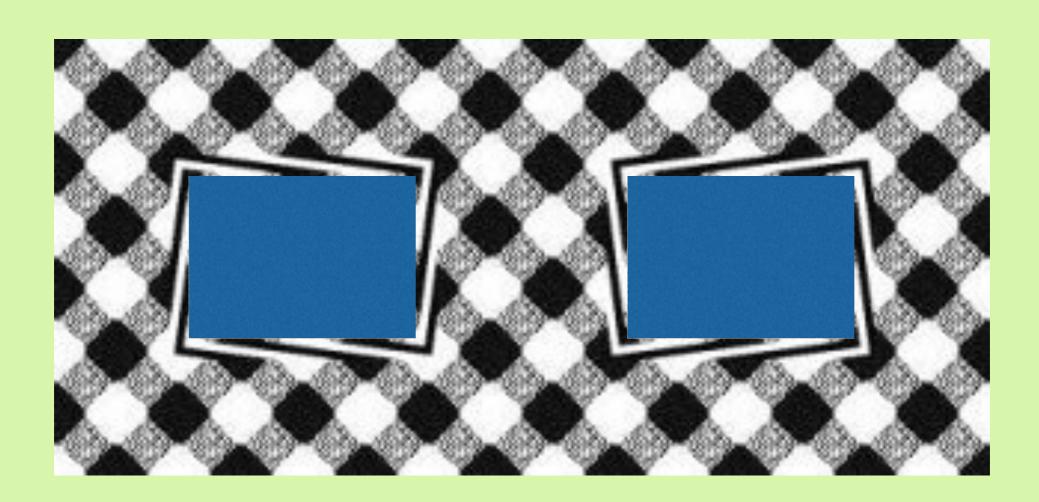
WE CAN ONLY SEE A TINY PART WITH OUR EYES!











UNDERSTANDING AND ANALYZING

What happens:	Effect: where	Effect: how	Scientific understandin
color - flow: "we see"	light - source	visible light	physics/optics
Color - recognition: "we see something"	our eyes transmit	observation	physiology
color experience: "we get the meaning"	our brain	experiences	psychology/ psychiatry

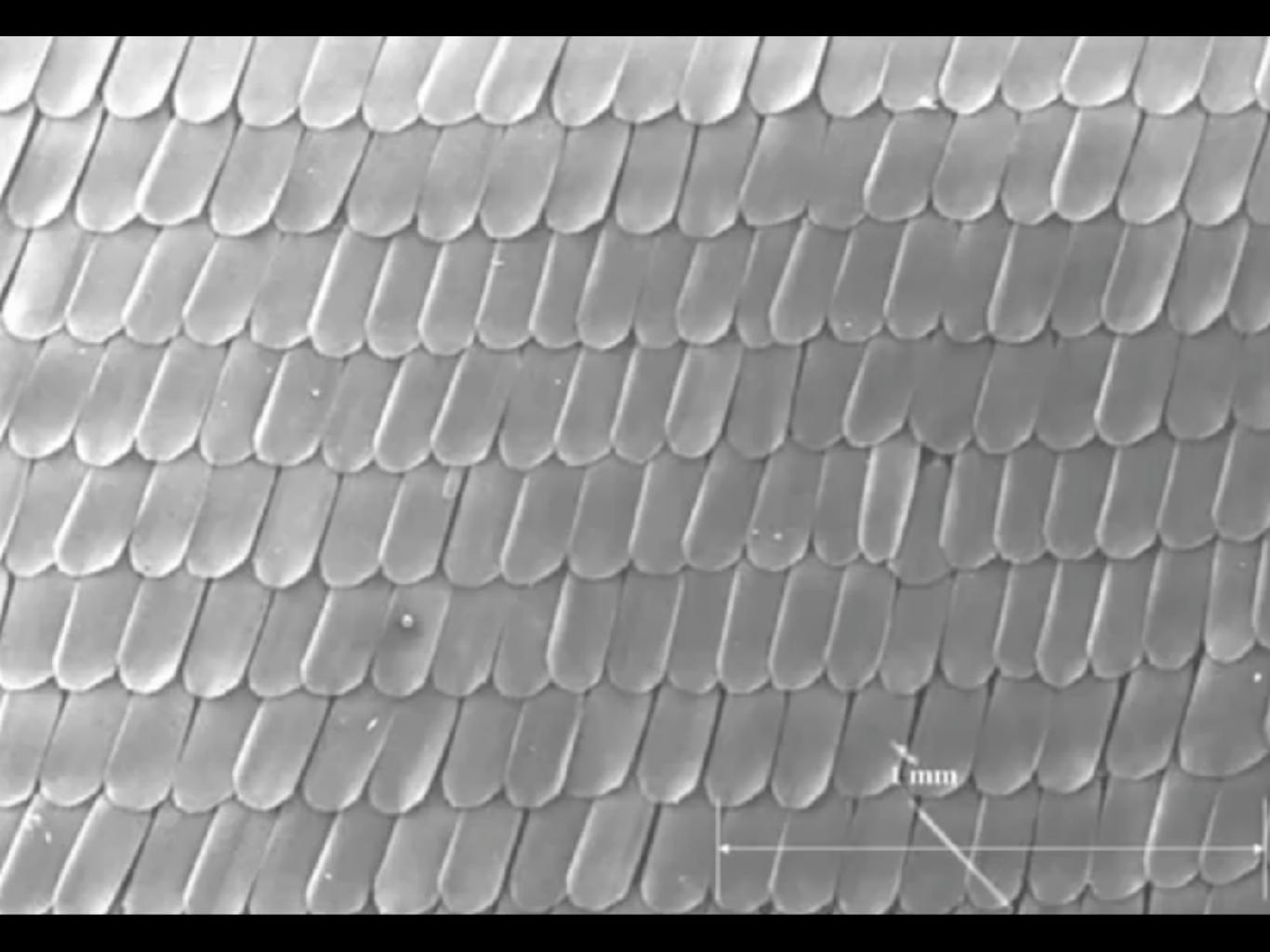
is a color present?

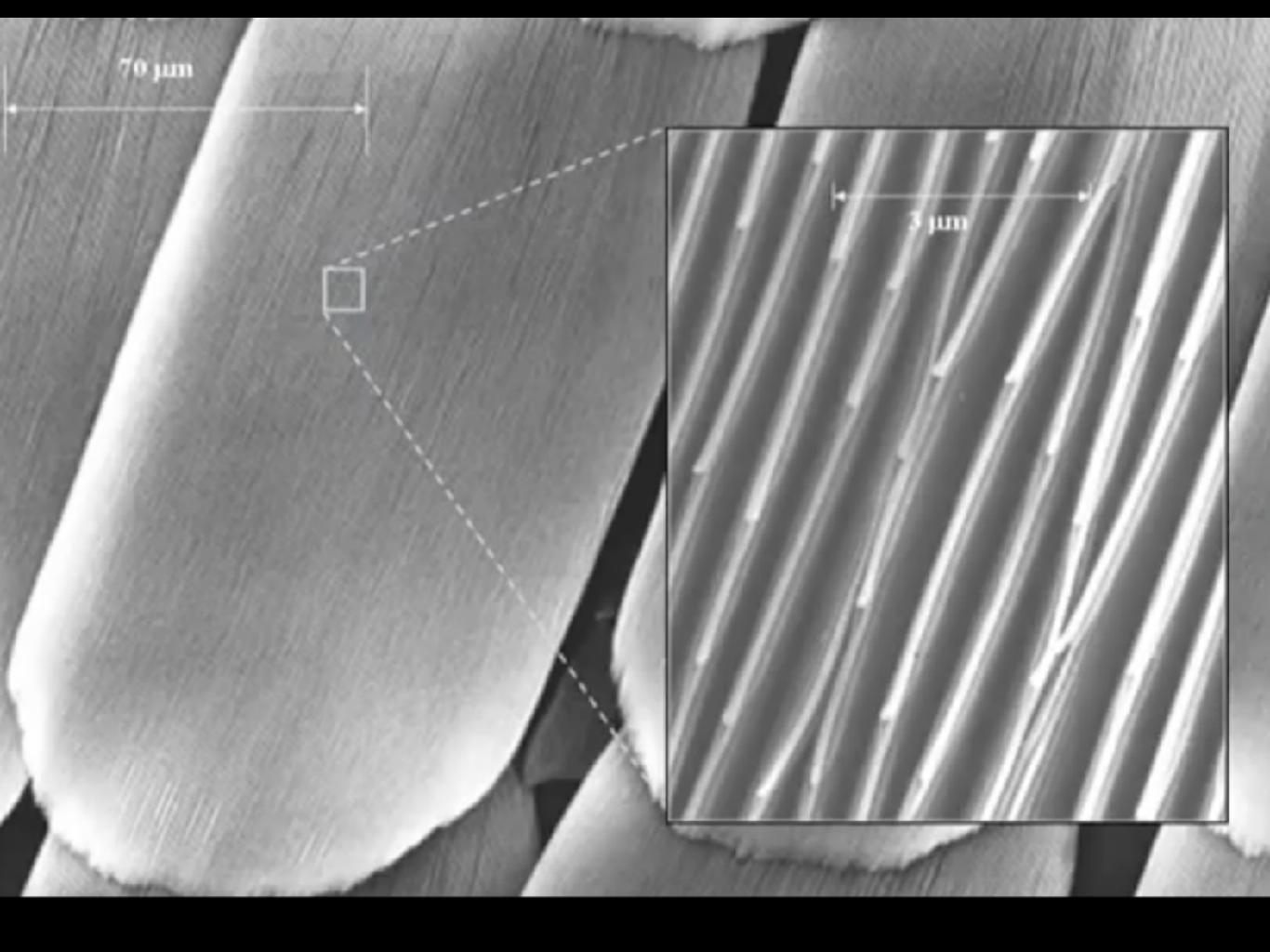
NO!

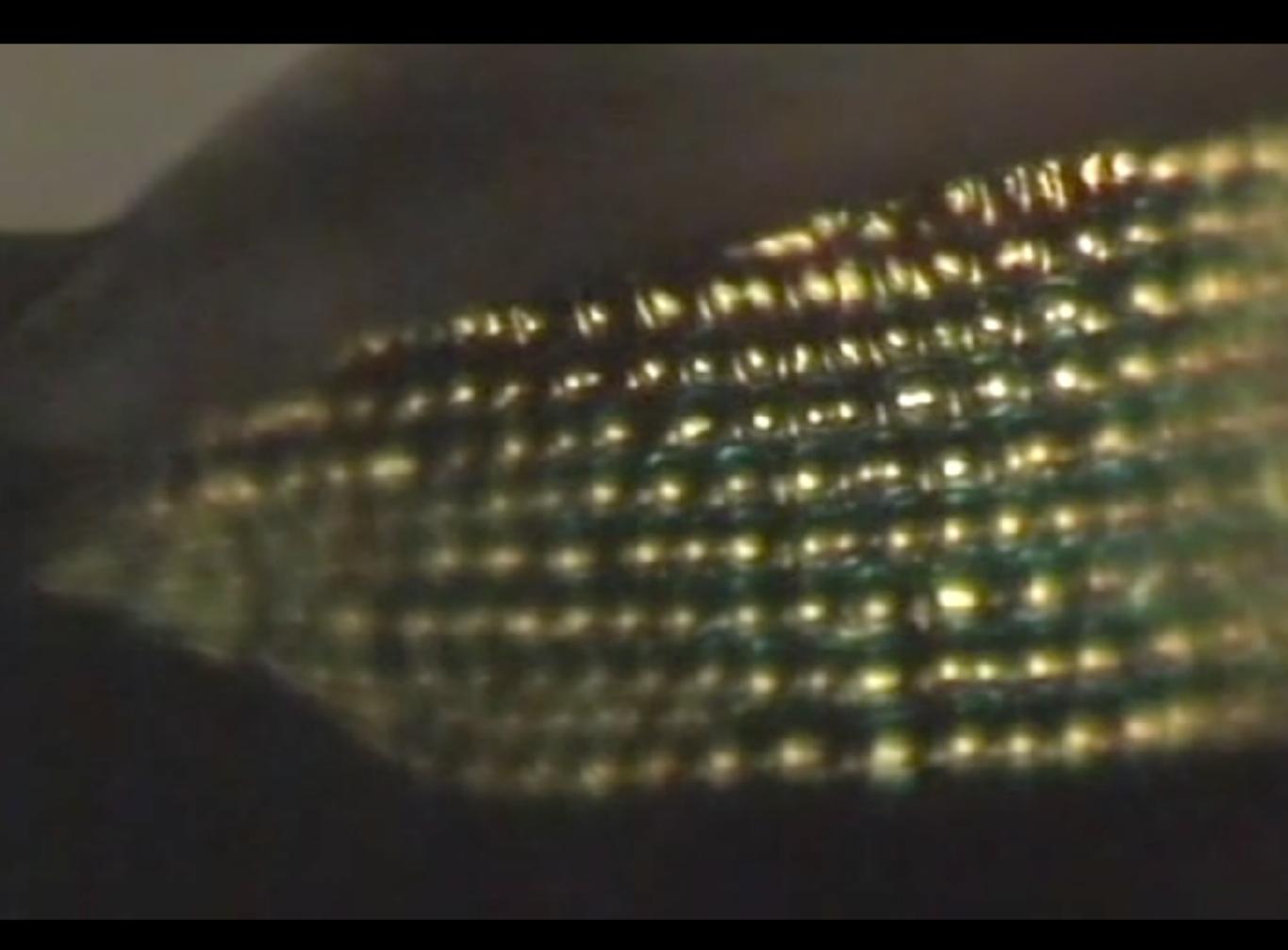


Nanostructure in Morpho









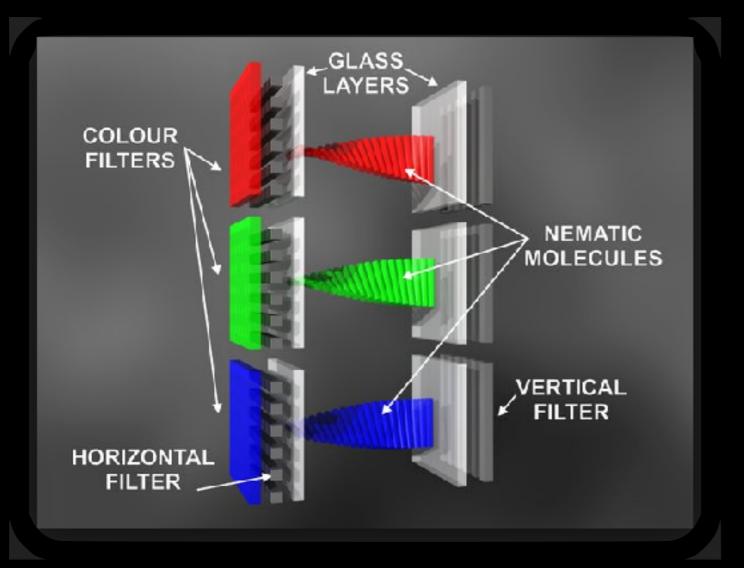


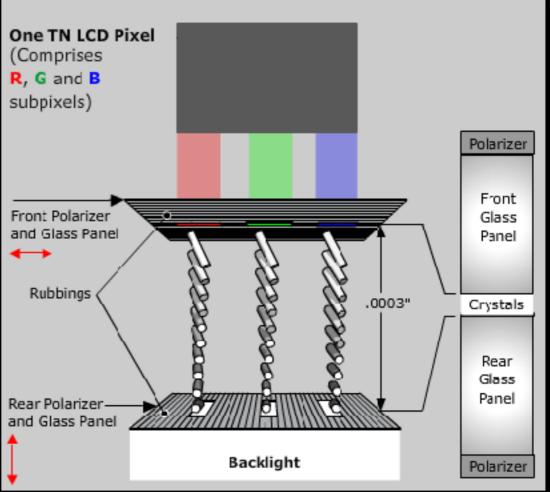


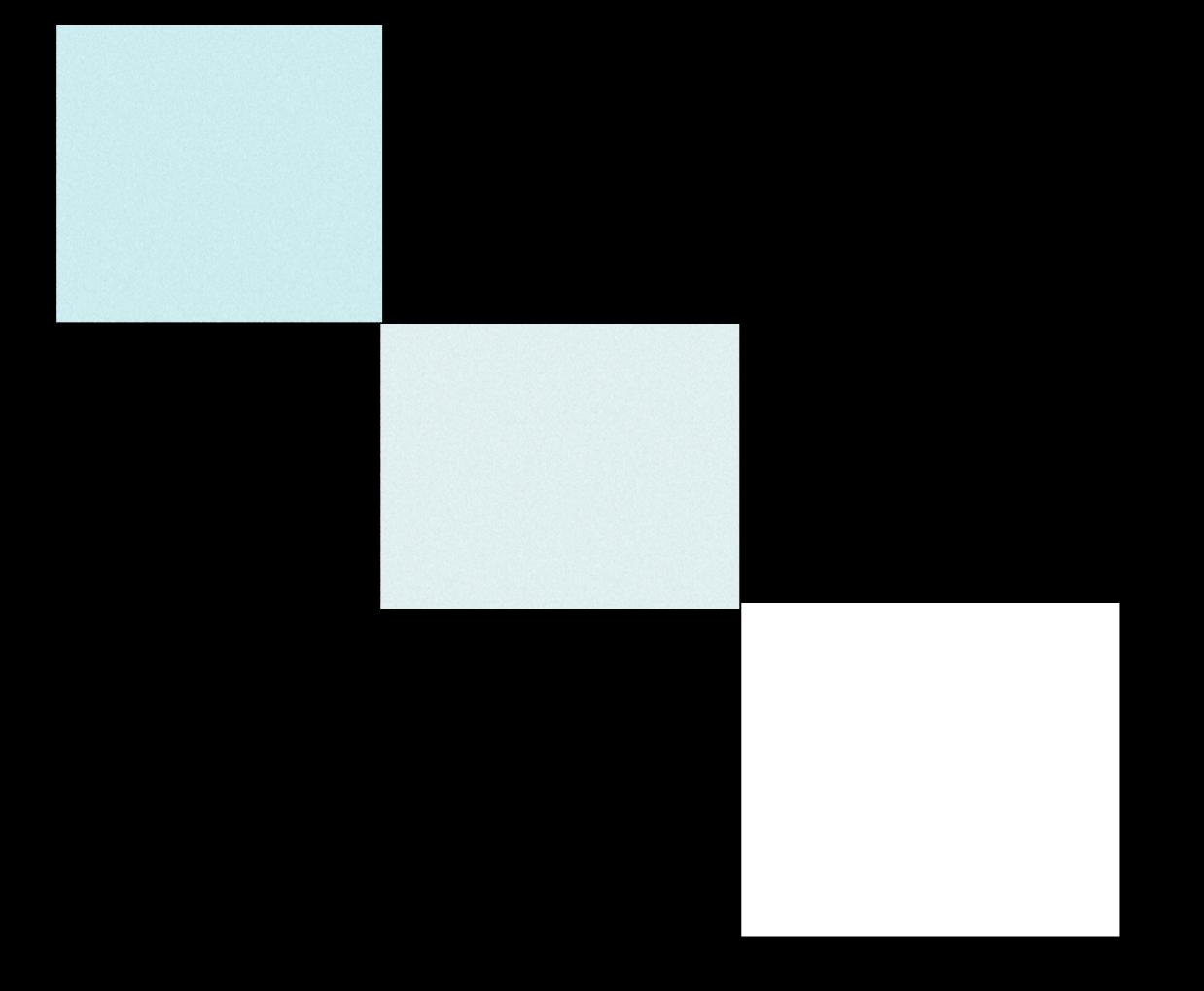
THE PAOMNNEHAL PWEOR OF THE HMUAN MNID. Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttaer in waht oredr the Itteers in a wrod are, the olny iprmoatnt tihng is taht the frist and Isat Itteer be in the rghit pclae. The rset can be a taotl mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey Iteter by istlef, but the wrod as a wlohe.

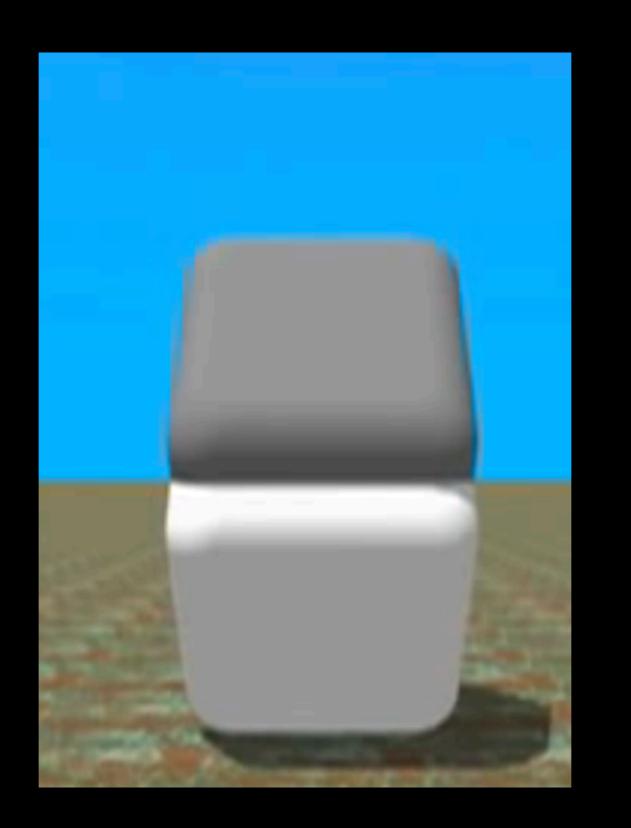






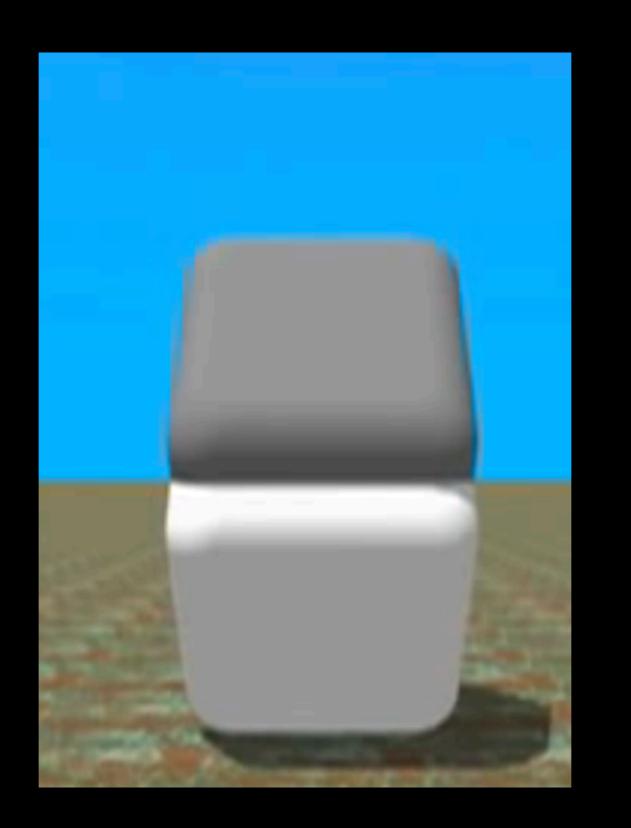














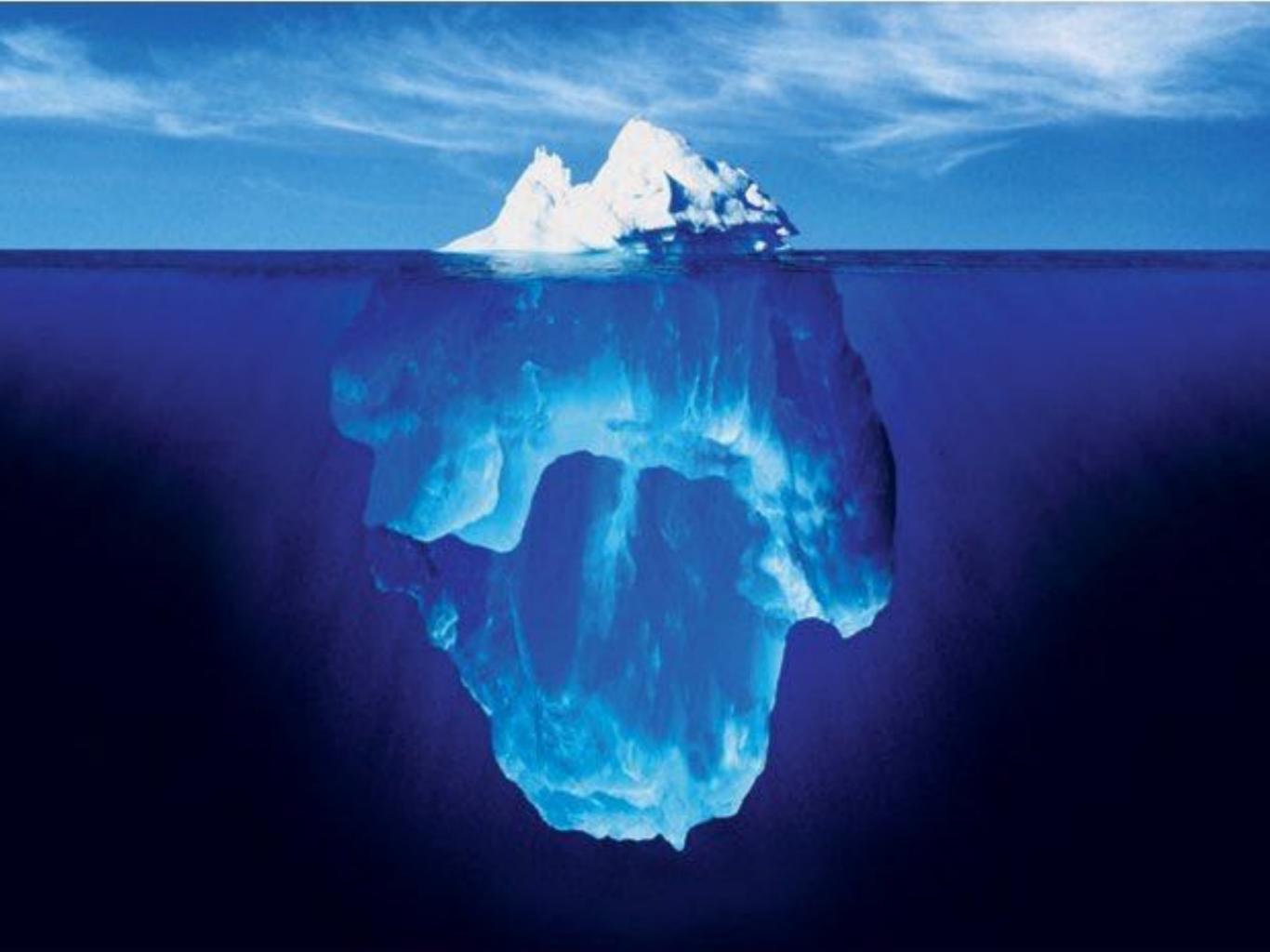


WARMTH....

Warm colors: the hot periode of the year is dominated by yellow and red tones. Open fire has, due to glowing carbon, these particular colors.

Experiences, our own, and tradition, our common experiences, make red/yellow/green and violet/red "warm" or "hot".





"Cold" color: blue water, turquoise ice-shades on Greenland, and icebergs are in cool colors







































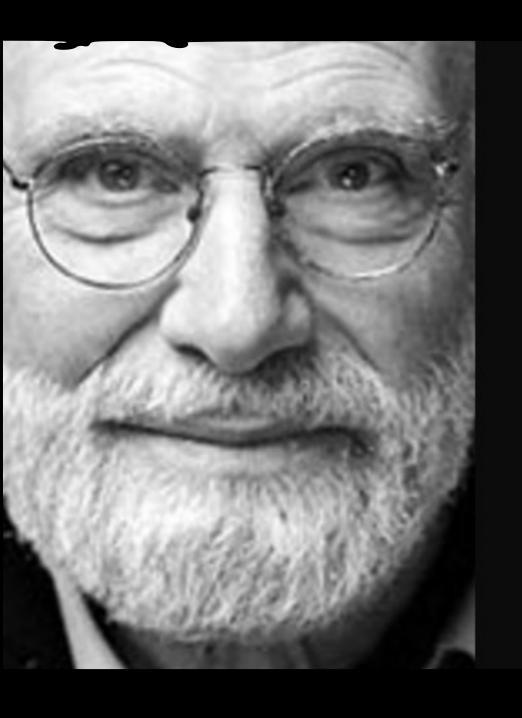






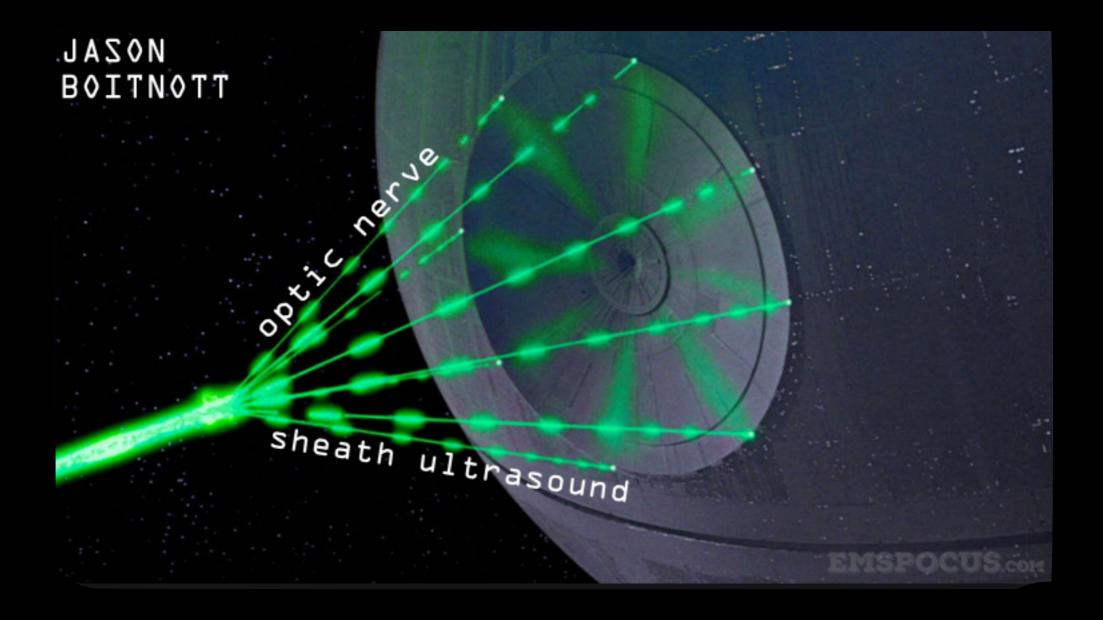






We see with the eyes, but we see with the brain as well. And seeing with the brain is often called imagination.

AZ QUOTES







focussing

- through a changing lens
- through the muscles steering the eyeball:
 - focussing on objects
 - making the eyeball shorter and longer
 - by very small rapid movements

- 1. look at blue black: like the midnight sky!
 - meditate on the color.

2. moving your eyes:

up and down, and in circles

3. blink frequently

3. 'sun your eyes!

sit in a chair early in the morning, and let the upcoming sun skin on your closed eye lids, giving you eyes 'a warm bath' 20 minutes ad day

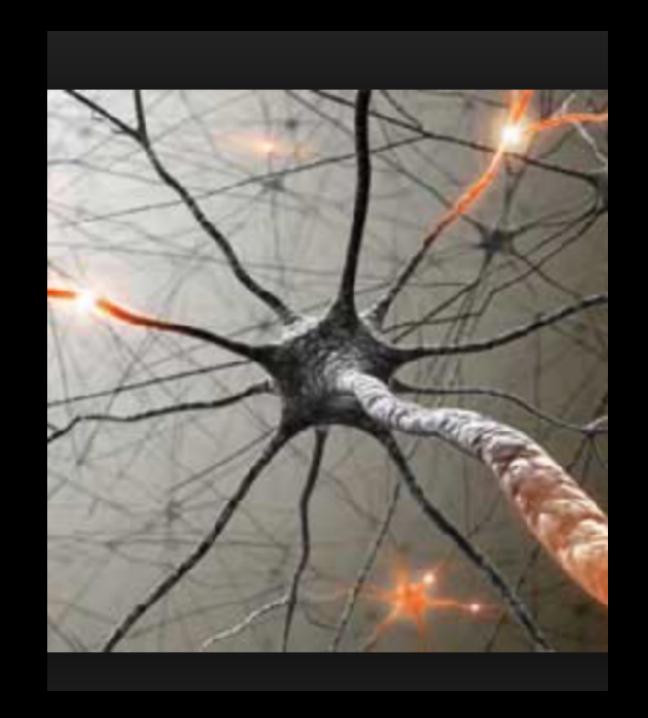
exteroception

Sensitivity to stimuli originating outside of the body



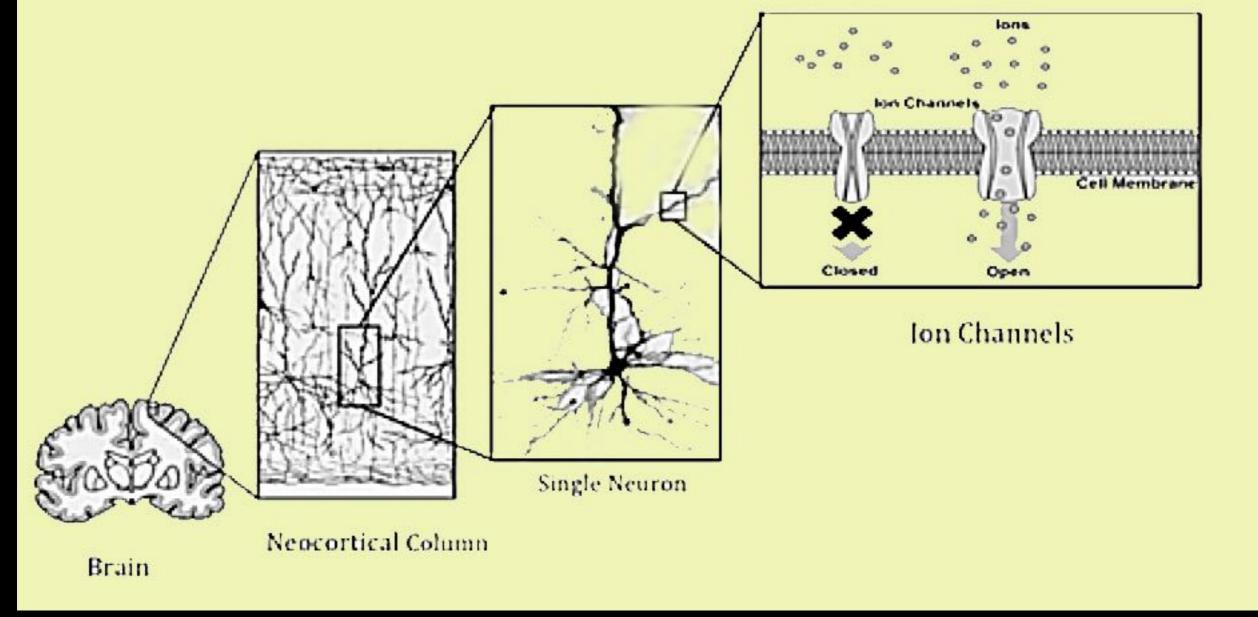
interoception

sensitivity to stimuli originating inside of the body



Hebbs law: Neurons that fire together, wire together





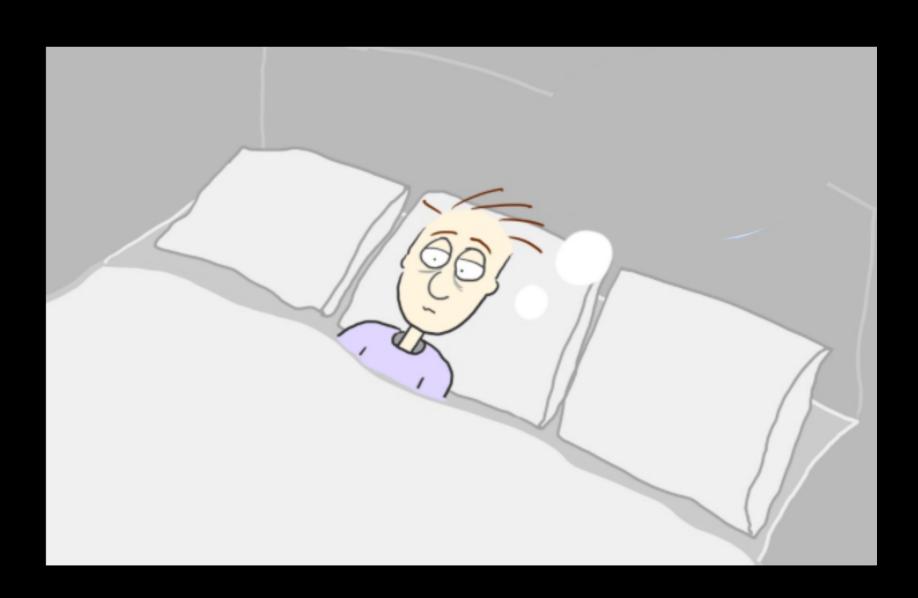
We process sensory inputs and we perform perception; we deduce meaning from perceived inputs; our mind sets goals and tries to achieve them; our mind tries to make sense of the world and of itself; our mind tries to act to reach its goals.

All this is built up from the electrochemical building blocks of neuron cells,

just as books are built up from letters forming words forming sentences forming chapters, or cities are built from people in houses on streets in neighborhoods in districts.

Robert Stone

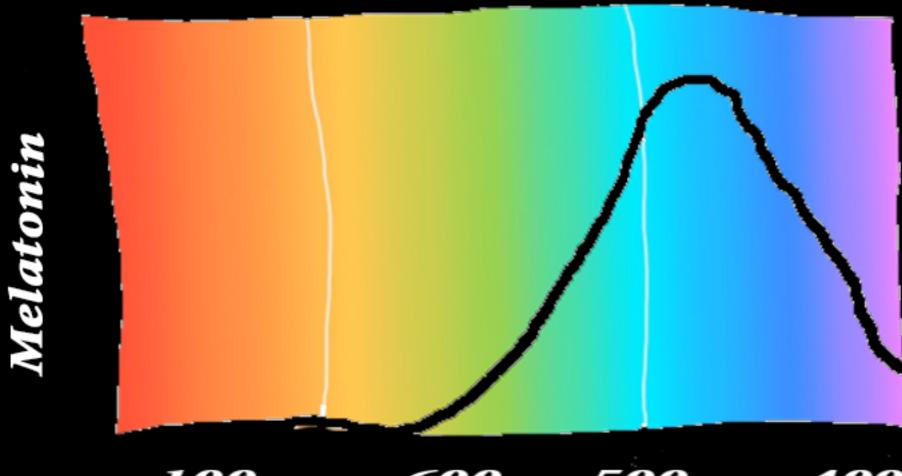
PROBLEMS FALLING ASLEEP?



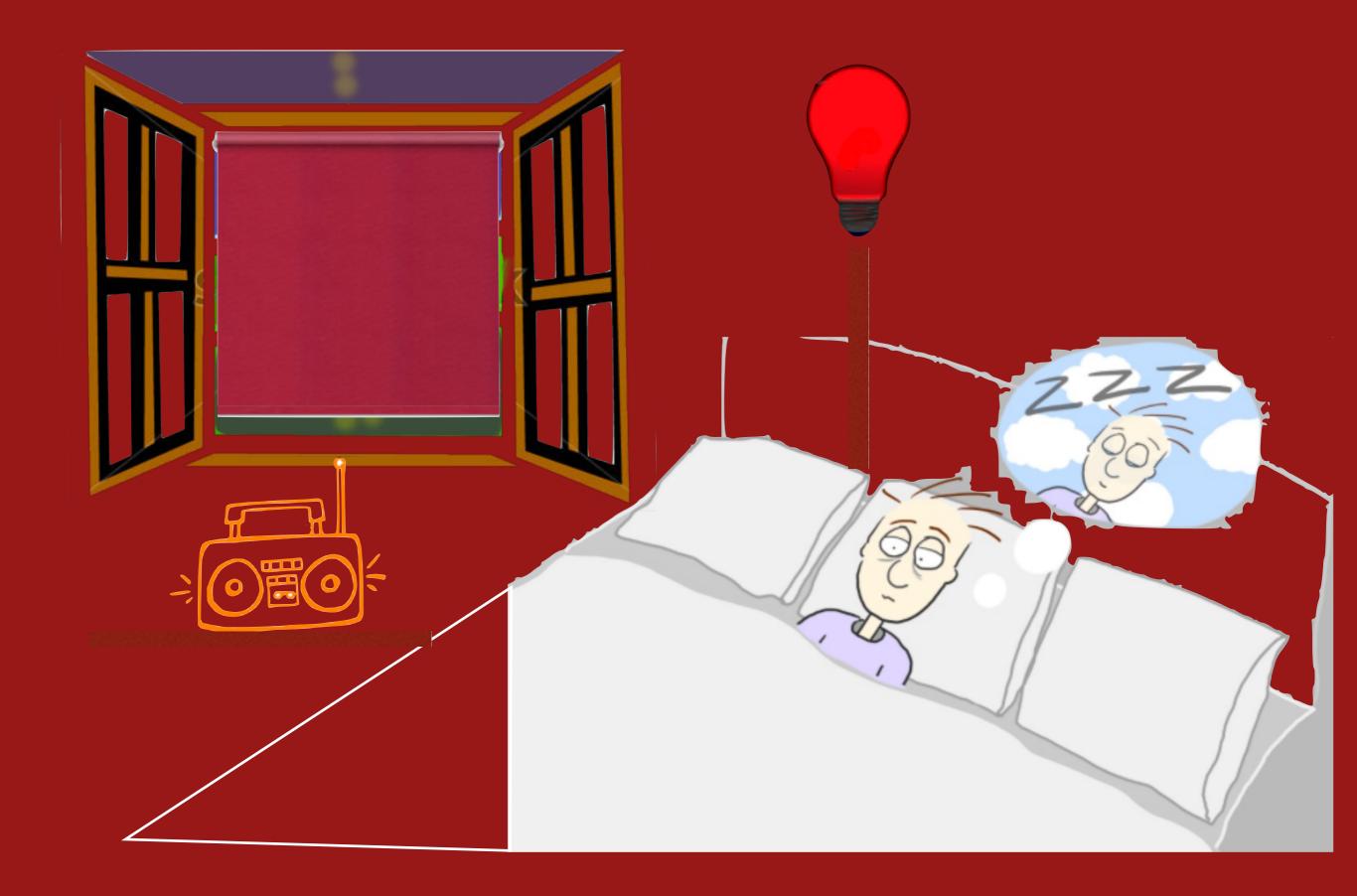
LIGHT KEEPS YOU AWAKE

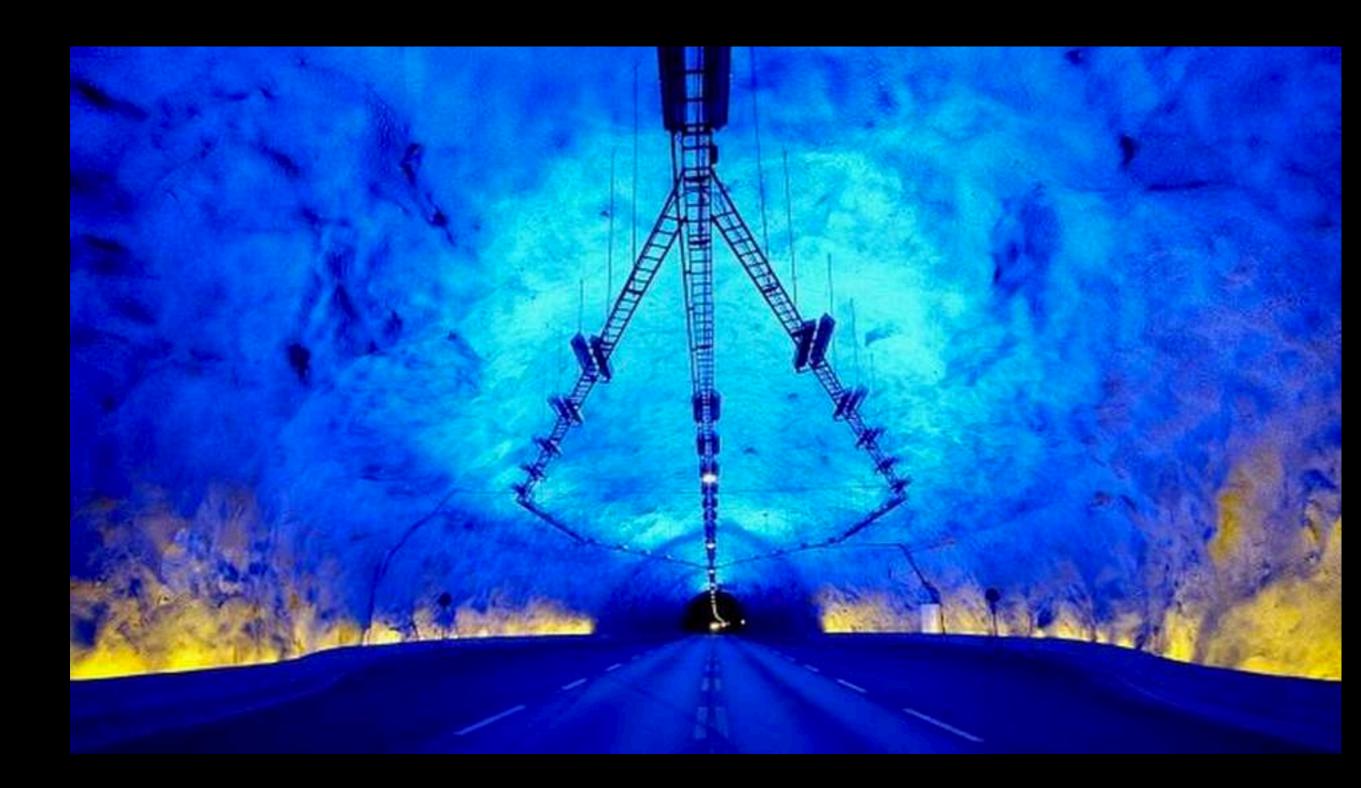
BLUE

Blue light inhibets Melatonin



100 600 500 400 Wavelength









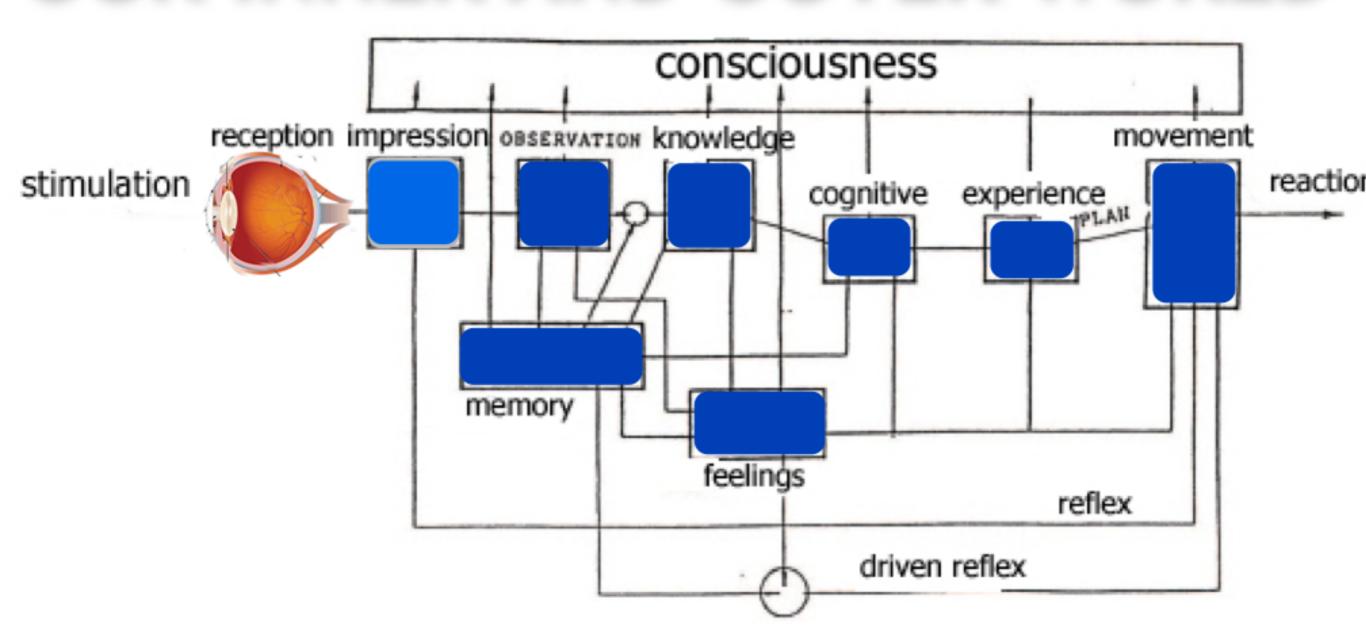




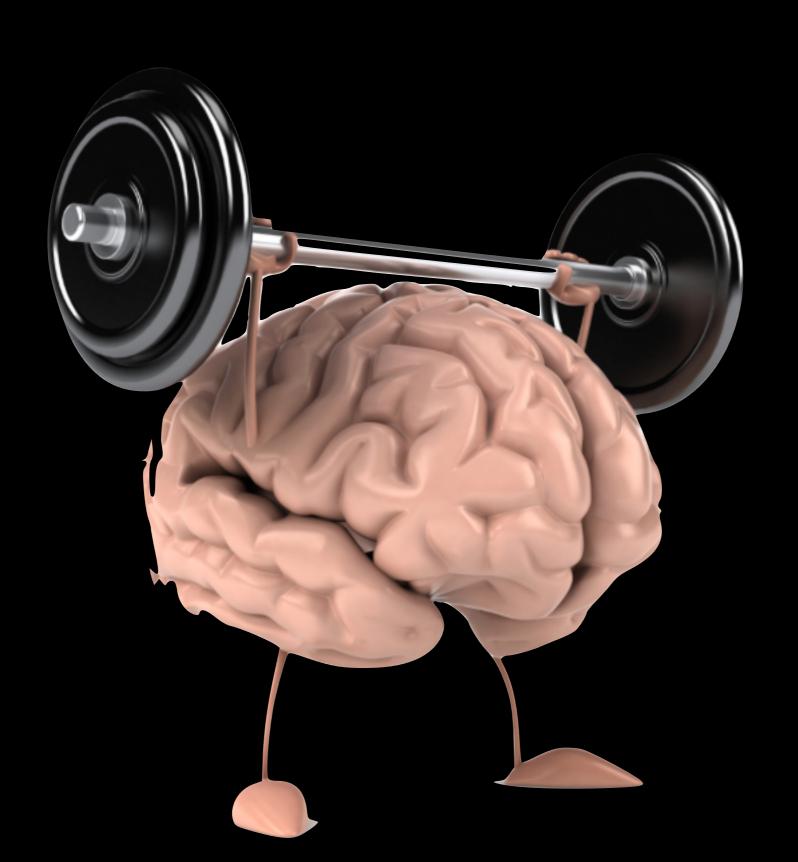




SENSES, THE BRIDGE BETWEEN OUR INNER AND OUTER WORLD



USE IT, OR LOSE IT



überschreiben können, untersuchten die Forscher in der abschließenden Phase ihres Experiments. Sie erklärten den Probanden, dass die Antworten der anderen von Computern gefälscht waren. Daraufhin kam es zu einer letzten Fragerunde. Dennoch kehrten nur 30 Prozent zu den ursprünglichen, richtigen Antworten zurück. Bei den restlichen zwölf

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Anpassung", erklärt Edelson. Die eine ist öffentlich, etwa, wenn Menschen ihre Meinung anpassen, um nicht als Außen seiter dazustehen. Sie übernehmen die Informationen der anderen nur worder gründig. Im Gedächtnis bleibt die eigen Erinnerung gespeichent. Die andere Ander Anpassung ist die persönliche: Hie verändert der soziale Druck tatsächlich die persönliche Erinnerung.

"Menschen nehmen Informationen von anderen Menschen sehr wichtig"

Micah Edelson, Weizmann-Institut in Rehovot

E-MAIL: WISSENSCHAFT@WELT.DE | INTERNET: WEL



Synesthesia

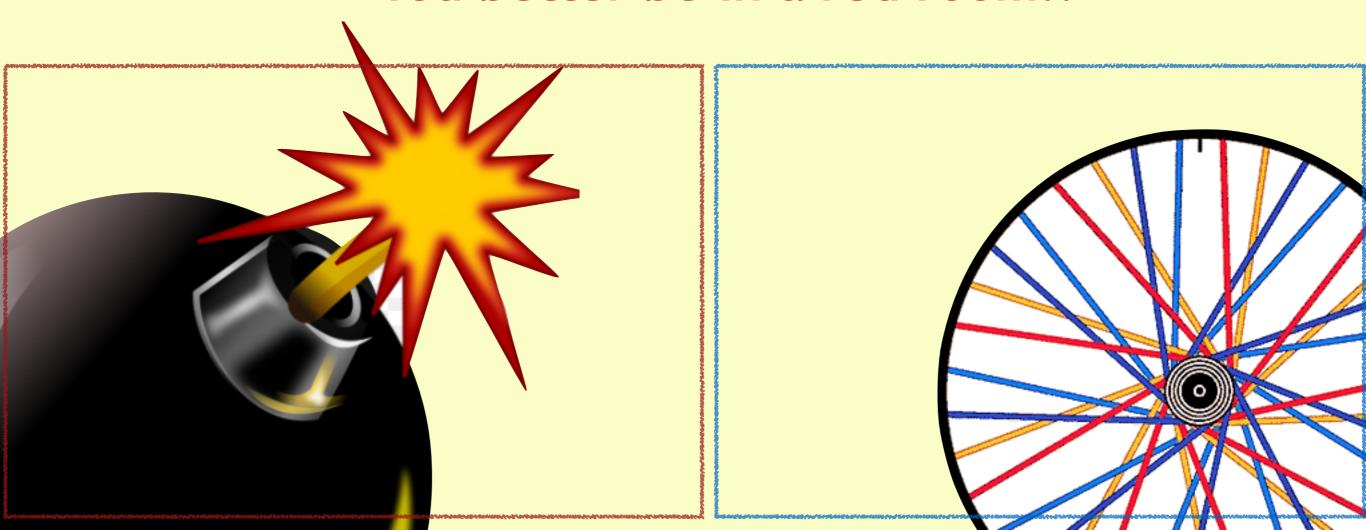
Synesthesia is a rare condition experienced by some people (mostly) on the autism spectrum. An experience goes in through one sensory system and out through another. So a person might hear a sound but experience it as a color. In other words, they will 'hear' the color blue or see letters in words and names as colors.

SCIENCE ABOUT ABOUT RED AND BLUE

do you want to reinvent the wheel??

Do it in a blue room!

do you want to neutralize a bombe? You better be in a red room!!



600 students in British Columbia
University made some tests to find out
if the color of a room has influence on
their cognitive abilities!
Mostly red, combined with some other
colors are investigated.

British Columbia

Durham

Rochester

Red:

there was a bigger attention for details, for instance in test with remembering a number of words.

Blue:

Phantasy, creativity, was better in a blue environment, for instance when producing toys out of waste.









The Olympics:

In the 2004 Olympics **blue** teams in Boxing, TaeKwonDo, and wrestling lost in 60 % of the matches!

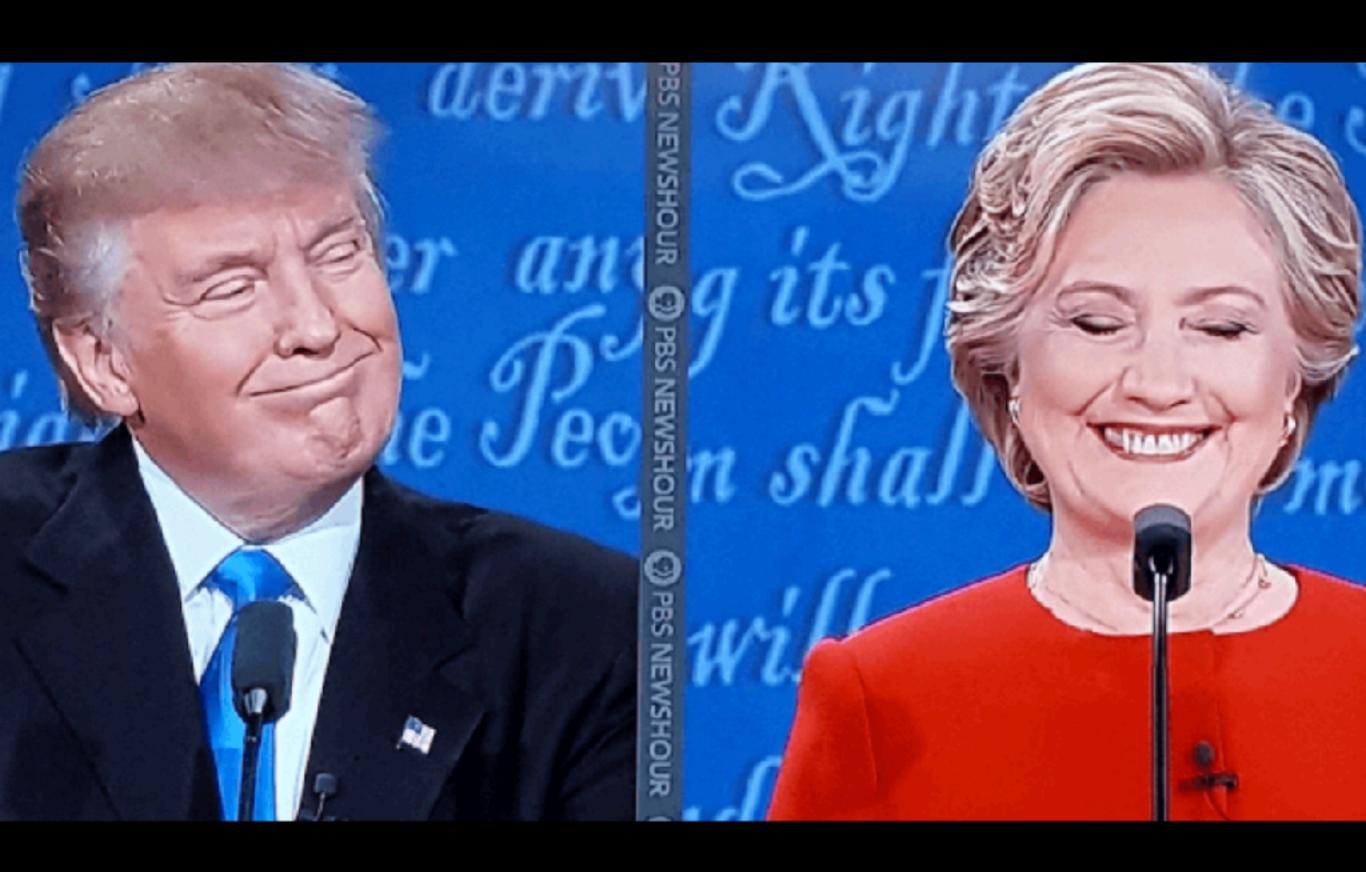
For sportsmen and animals **Red** means dominance! and....



















- · aids mental clarity
- · encourages us to clear clutter or obstacles
- purifications of thoughts or actions
- fresh beginning





Women on a red background seem to be more beautiful than those on a blue one.

Red dressings seems nicer (for men??) than other colors. However, more beautiful colors do not influence the impression of love or intelligence! :-)

2008 Andrew Eliot, Rochester University













Colors do influence our cognitive abilities.

colors express atmosphere and mood.

colors can make us alert so we can do things better
they can also influence creativity, both ways!!

Norbert Schwartz, Michigan claims that happy people in
happy colors are more creative and less analytic.

COLORS INFLUENCE YOU UNCONSCIOUSLY INDFLYDELSE

Red: Problems! Stop! Fire! Alarm! Warning!

(in some countries also: yellow!)

Blue: less powerfull but a little more moody: blue skies...bleu, tranquil water...seem at ease and positive!

an exception: blue ice!

John A. Bargh, Yale







ALSO THE INTENSITY OF THE COLOR IS SIGNIFICANT

Blue (positive) messages are not so clear,

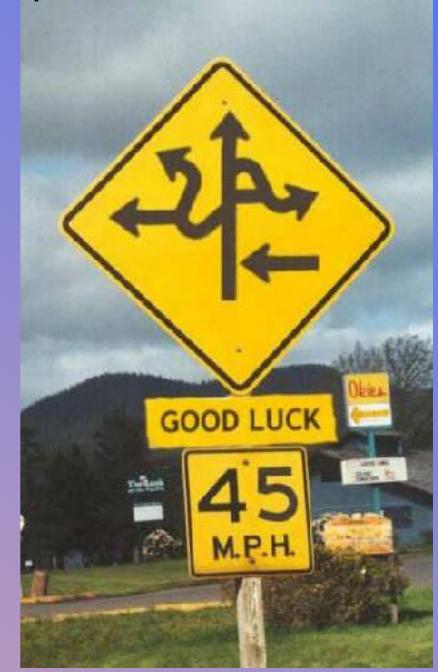
in contrast to yellow and red!





sugar

Sugar means caries
It helps your dentist to
drive an even more
expensive car



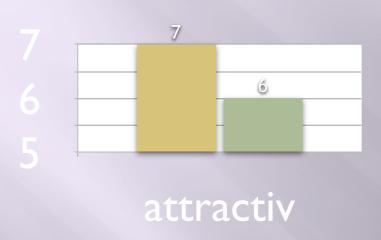
LOVE!

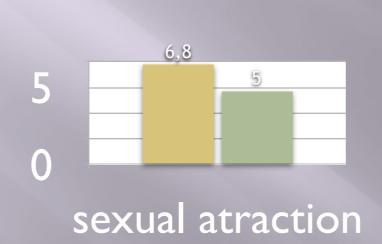


ADULTERY

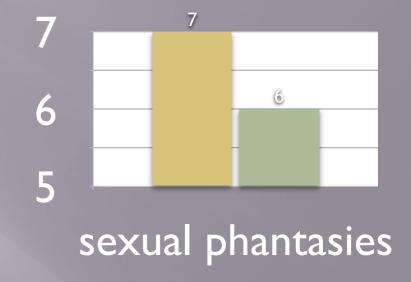


RED AND BLUE



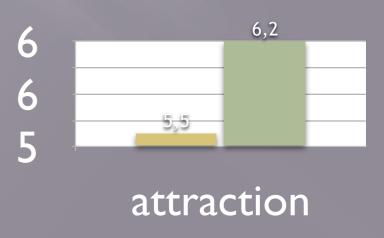


Men



h for a meeting, in real life!..

and the women:

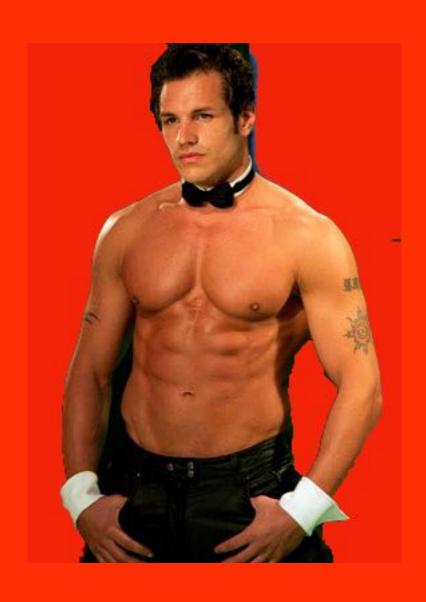


LOVE!: BESA ME-KISS ME





HUNTING



RED OR BLUE IQ?



IQ Test.

assignments, wrapped in blue or red paper indicate that students produce a poor result with red paper!

Eliot: after being exposed for the red wrapping, they made a worse test than the control group that worked with other colors!

also, when given an opportunity to choose, they consistently choose the less demanding tasks when working with a task wrapped in red.

tests with dyslectic people show that color might have influence.

CONCLUSION SO FAR:

 A lot indicates that colors have influence on us through the atmosphere and by creating a certain mood...



COLOR AND CULTURE

Psychological influence in many cultures and languages, are to be seen in expressions. especially commercials know how to use colors and the effect they can have on costumers. Through tradition and upbringing colors get their meaning, collectively, almost without exceptions.

being green
orange revolution
blue blood
white bride
red terror

OSV.







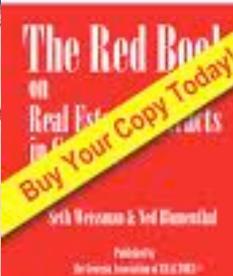












RED IN ENGLISH

Good red

- Red letter day important or significant occasion
- Red carpet treatment make someone feel special,
- Roll out the red carpet same as above
- Red sky in the morning, sailor's warning; red sky at night, sailor's delight - pay attention to good and bad warning signs
- Paint the town red celebrate, go out partying
- Red eye an overnight flight

Bad red

- Seeing red to be angry
- Red herring something that deceives or distracts attention from the truth
- In the red being overdrawn at the bank or losing money
- Red flag denotes danger, warning, or an impending battle

	China	engineer	doctor	Bank
Red	happiness	danger	healthy	debt
Blue		cold water	dead	secure

CHINESE COLOR AND CULTURE

Element +	Wood ≑	Fire ÷	Earth +	Metal ÷	Water ≑
Color	Green	Red	Yellow	White	Black
Direction	east	south	center	west	north
Planet	Jupiter	Mars	Saturn	Venus	Mercury
Heavenly creature	Azure Dragon 青龍	Vermilion Bird 朱雀	Yellow Dragon 黃龍	White Tiger 白虎	Black Tortoise 玄武
Heavenly Stems	甲,乙	丙,丁	戊, 己	庚,辛	壬,癸
Phase	New Yang	Full Yang	Yin/Yang balance	New Yin	Full Yin
Energy	Generative	Expansive	Stabilizing	Contracting	Conserving
Season	Spring	Summer	Change of seasons (Every third month)	Autumn	Winter
Climate	Windy	Hot	Damp	Dry	Cold
Development	Sprouting	Blooming	Ripening	Withering	Dormant
Development		•			
Livestock	dog	sheep/goat	cattle	chicken	pig
•			cattle	chicken peach	pig chestnut

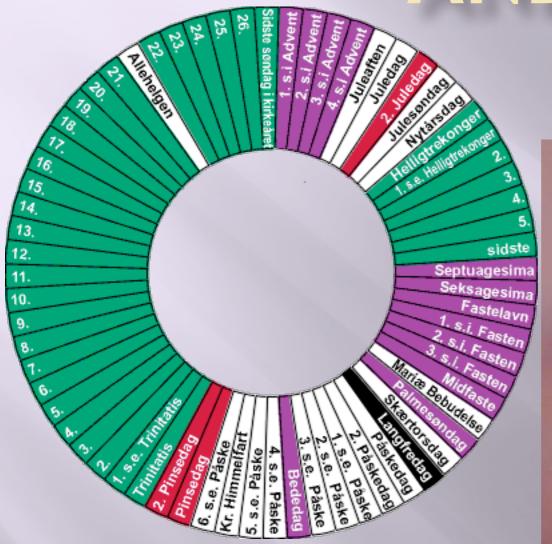
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THE Seasons THE Church Year



Season	Length	Color	Some Symbols
Advent	4 weeks preceding Christmus	blue or purple	four candles, wreath
Christmas	December 25 - January 6 (Christmas Day to the Day of the Epiphany)	white or gold	manger, baby
Season after the Epiphany	January 7 – Shrove Tuesday (length varies)	green	stars, green plants
Lent	40 days and 6 Sundays preceding Easter day	purple	fish, wine & bread, palm leaf
Easter	"The Great 50 Days" (beginning with Easter Sunday)	white or gold	butterfly, empty temb
Pentecost Sunday	The last Sunday of the Season of Easter	red	dove, flames, wind
Season after Pentecost Trinity Sunday to Reign of Christ Sunday (length varies)		green	triangles, circles, green plants

THE LUTHERAN CHURCH AND COLORS







- * White is used for Pascha, Christmas, the Transfiguration and Theophany (color of purity and God's uncreated light)
- * Purple/Black for Lent (color of mourning and repentance)
- * Green for Pentecost and feasts of the Holy Cross (color of plants and new life, renewal)
- * Blue for feasts of the Theotokos and Salutation services in Lent (color of humanity, and also the heavens as we call Panagia's womb "More Spacious than the Heavens")
- * **Red** for feasts of Martyrs, the Nativity fast, and also Pascha in some regions (color of martyrs blood, also color of divinity and royalty











SHAPE AND COLORS COMMUNICATE....

....ANOTHER EXPERIMENT!

THE STROOP-EFFECT

SHOWS US THAT TRAINED ACTIONS GET AUTOMATED!

AND NEW ACTIONS DEMAND ATTENTION!

(JOHN RIDLEY STROOP, 1935)

Red GReen Blue white red orange black yelow grey

ONE MORE TIME...

reremember!!!! colors, not words!

Green Red White Blue grey black elow Brown pink

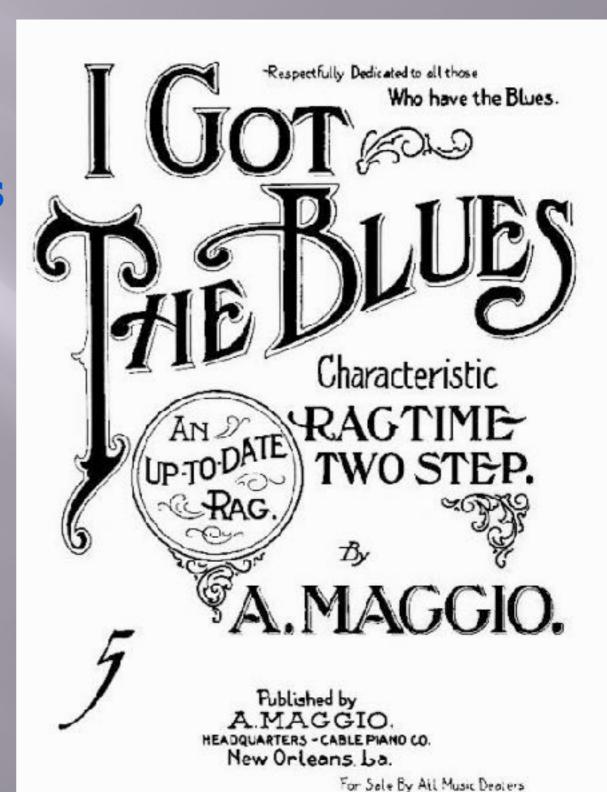
BLUES...

I've got the blues

I feel blue



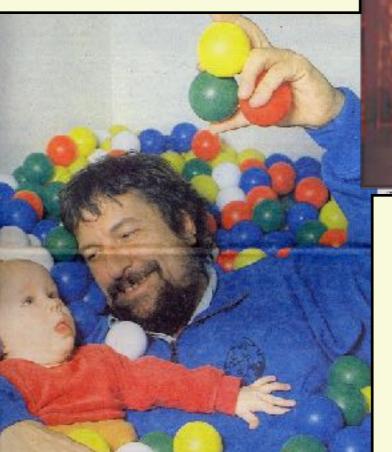
Billie Holiday



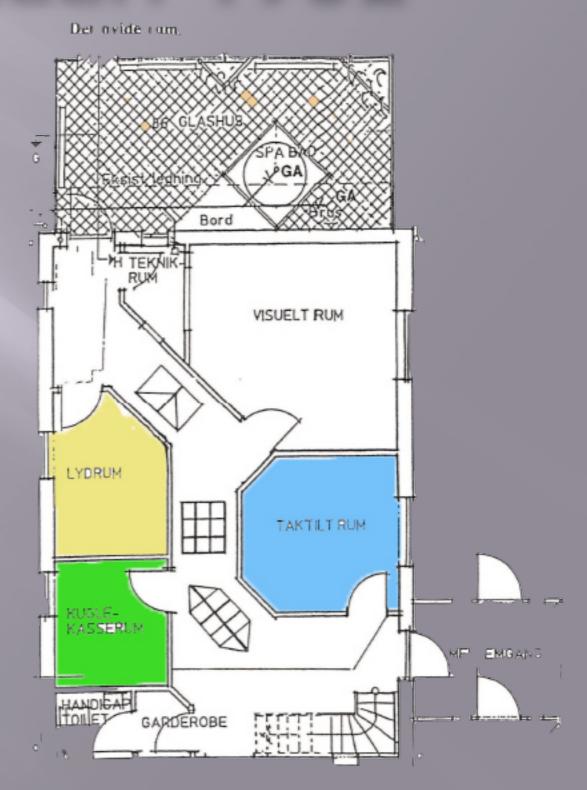
COLORS IN OUR FIRST HOUSE WITH SNOEZELEN 1982

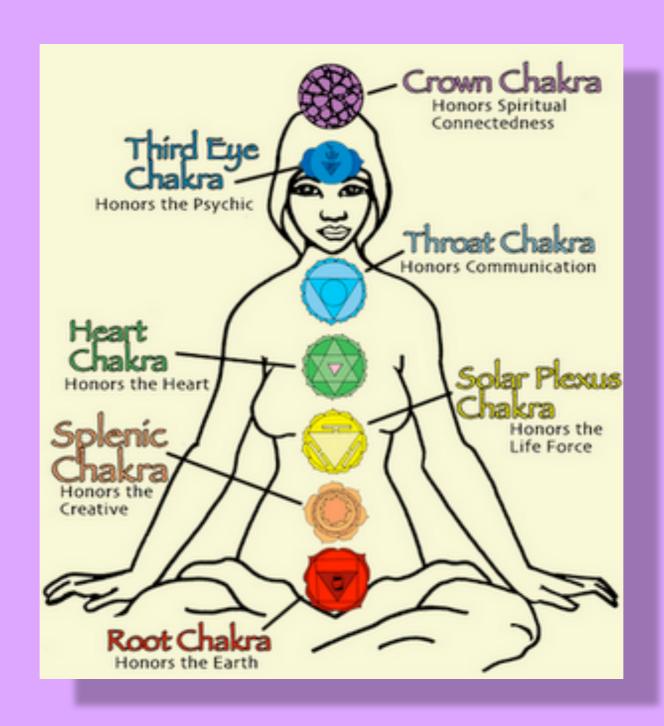


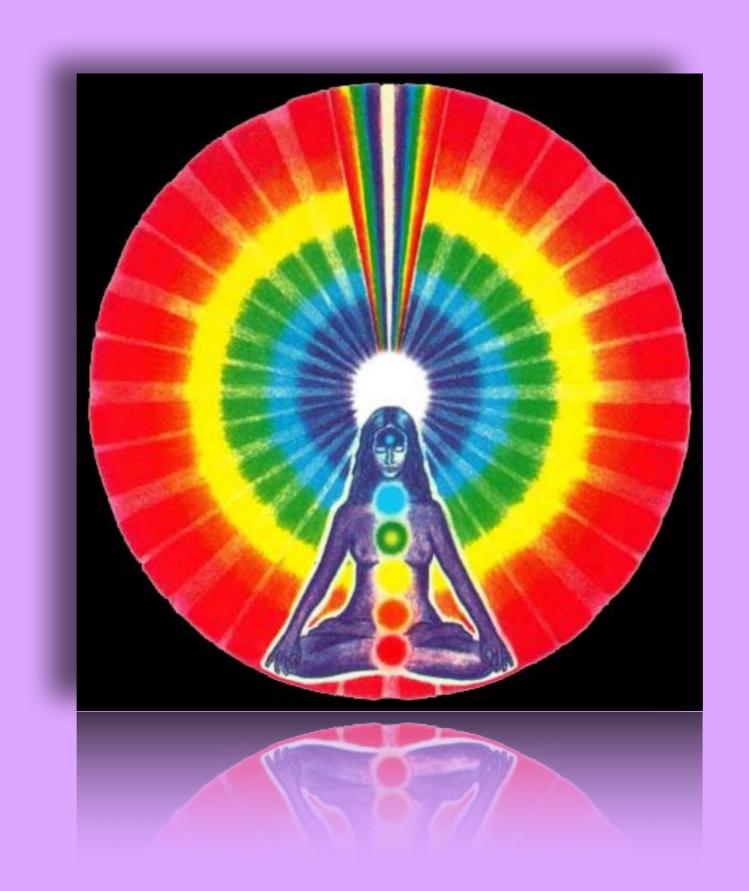
Solbo, Silkeborg, DK

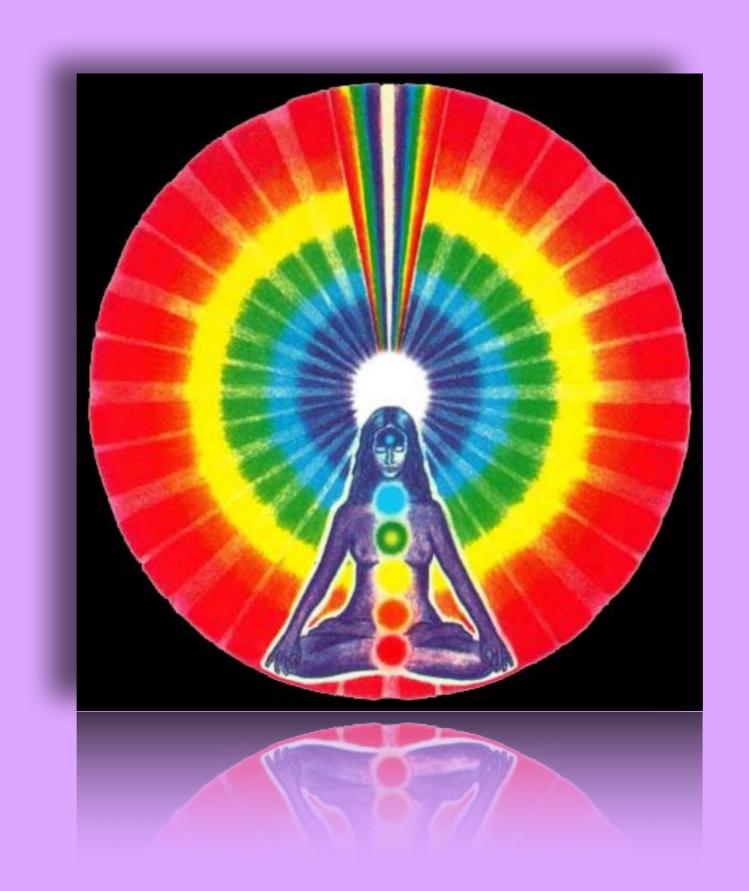






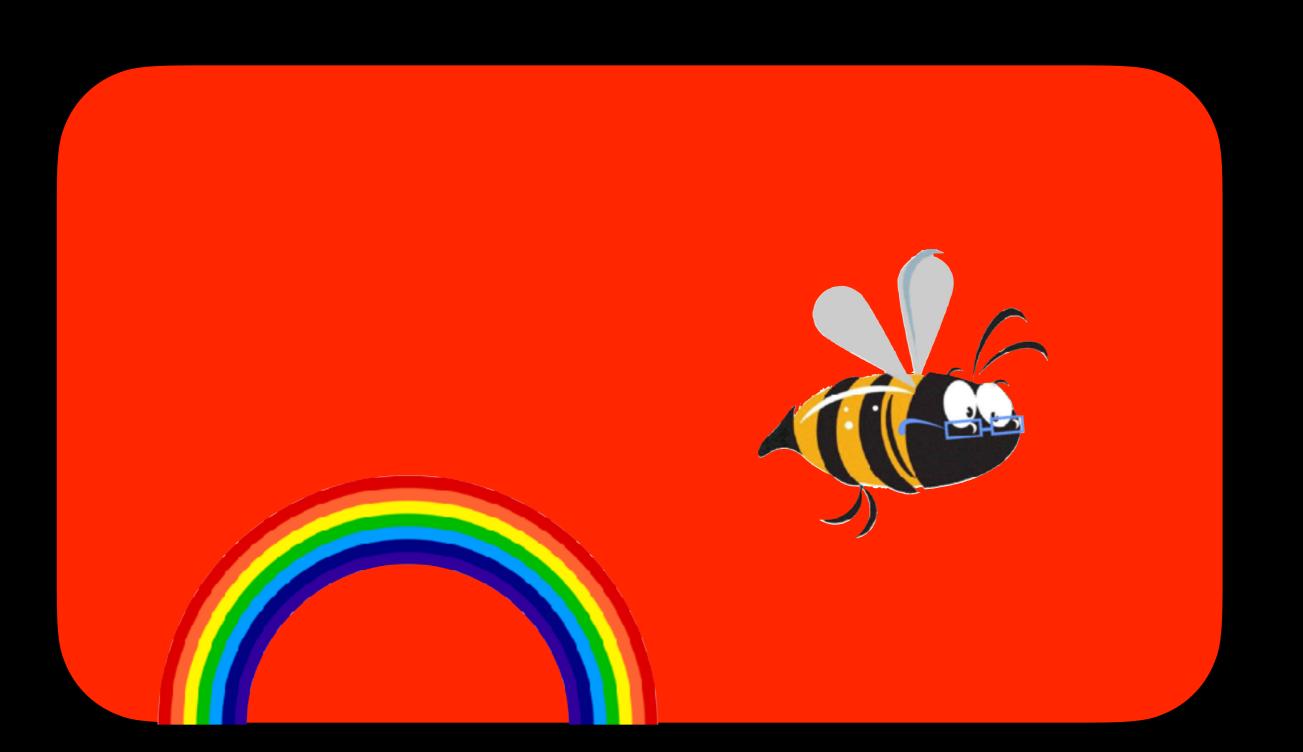






CHAKRA	COLOR	NOTE	HZ FREQUENCY	
Root	Red	С	256 Hz	
Sacral	Orange	D	288 Hz	
Solar Plexus	Yellow	E	320 Hz	
Heart	Green	F	341.3 Hz	
Throat	Blue	G	384 Hz	
3rd Eye	Indigo	A	426.7 Hz	
Crown	Violet	В	480 Hz	
Higher octave of Root	Red	С	512 Hz	

Crown	White Gold Violet	Sahasrara (thousandfold)	pituitary brain head	Light	B ngngng "sing"	clear quartz rutilated quartz any clear crystal	sandalwood myrrh benzoin neroli lavender angelica St. John's Wort
Brow	Indigo Violet	Ajna (to perceive)	pineal eyes temples	Thought	A mmm nnn	amethyst lapis lazuli sugulite azurite	rosemary lavender peppermint spruce frankincense elemi clary sage
Throat	Blue	Visshudha (purification)	hypothalamus thyroid throat ears jaw neck	Ether Sound	G *see*	blue lace agate blue topaz celestite	blue chamomile sage lemongrass hyssop
Higher Heart	Turquoise	~~~	thymus shoulders	Air Ether	G flat F#	turquoise chrysocolla gem silica aquamarine	helichrysum myrtle litsea rose geranium
Heart	Green	Anahata (unstruck)	heart lungs breasts shoulders arms hands	Air	F ay *play*	aventurine green tourmaline green apophylite malachite rose quartz pink tourmaline	rose bergamot melissa jasmine rosewood
Solar Plexus	Yellow	Manipura (lustrous jewel)	solar plexus digestive system liver gall bladder spieen pancreas adrenals	Fire	E ah "father"	citrine sulpher gold yellow calcite	juniper vetivert rosemary yarrow petitgrain palmarosa marjoram lemon
Sacral	Orange	Svadhisthana (sweetness)	ovaries prostate kidneys bladder sacrum	Water	D 	camelien/sard red jasper cuprite	ylang-ylang jasmine neroli rose rose geranium orange sandalwood
Root/Base	Red	Muladhara (root/support)	testicles coccyx perineum public bone legs & feet	Earth	C oh *note*	black tourmaline smokey quartz bloodstone hematite onyx pipestone	patchouli vetiver myrrh frankincense sandalwood cedarwood galbanum benzoin angelica St. John's Wort



- Stimulating, inherently exiting
- amount of red related to level of energing perceived
- draws attention

- first color you lose sight of in twilight
- the highest arc of the rainbow
- the longest wavelength
- bees can't see red





- Increases enthusiasm
- stimulates energy and can increase the blood pressure, heartbeat and pulse rate.
- encourages action and confidence
- provides a sense of protection from fears and anxiety
- · can make you inresistent



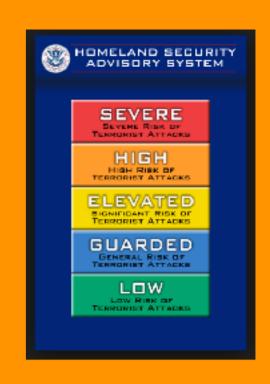






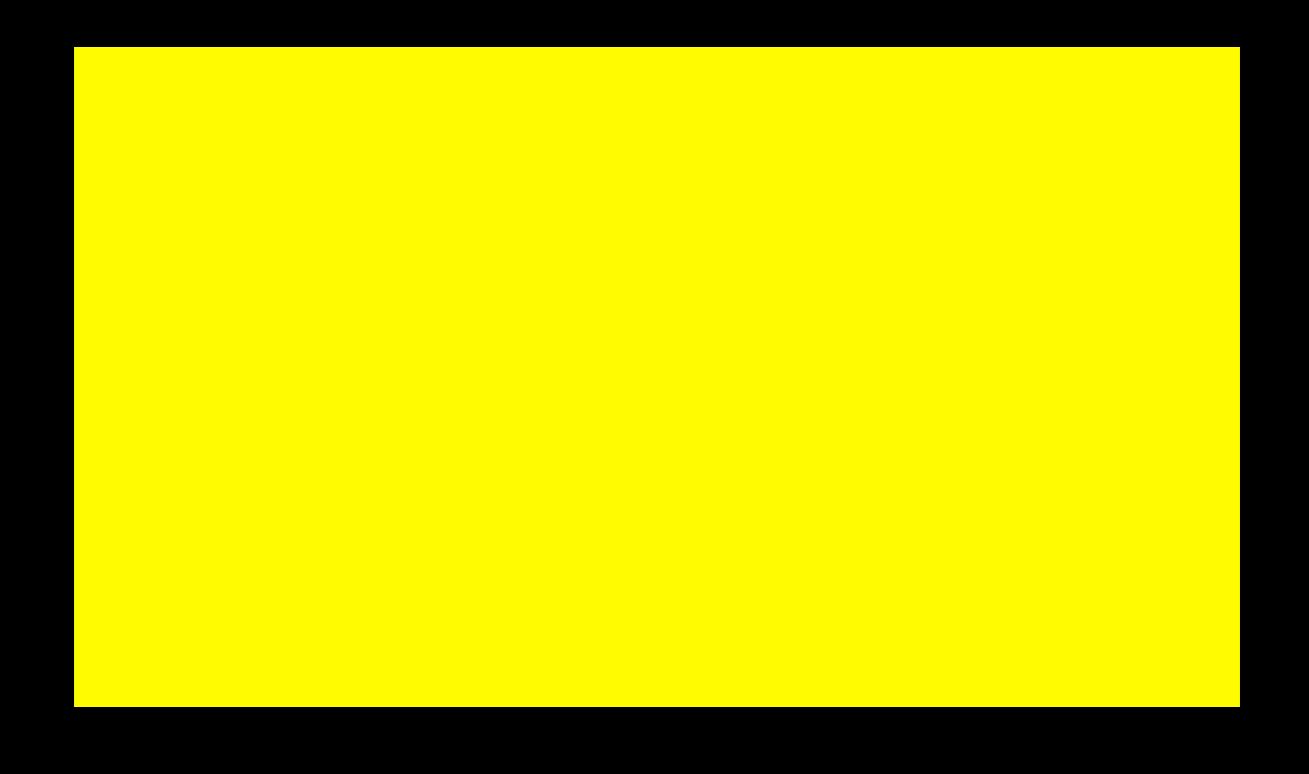
- related to red
- strong controversy: hate it or love it
- can radiate warmth and energy

- high alarm in the color code system
- signal color in army
- uses to mark safety on the road
- agent orange
- stimulates activity, appetite and encourages socialization
- national color in the Netherlands



- stimulates activity,
- stimulates appetite
- encourages socialization



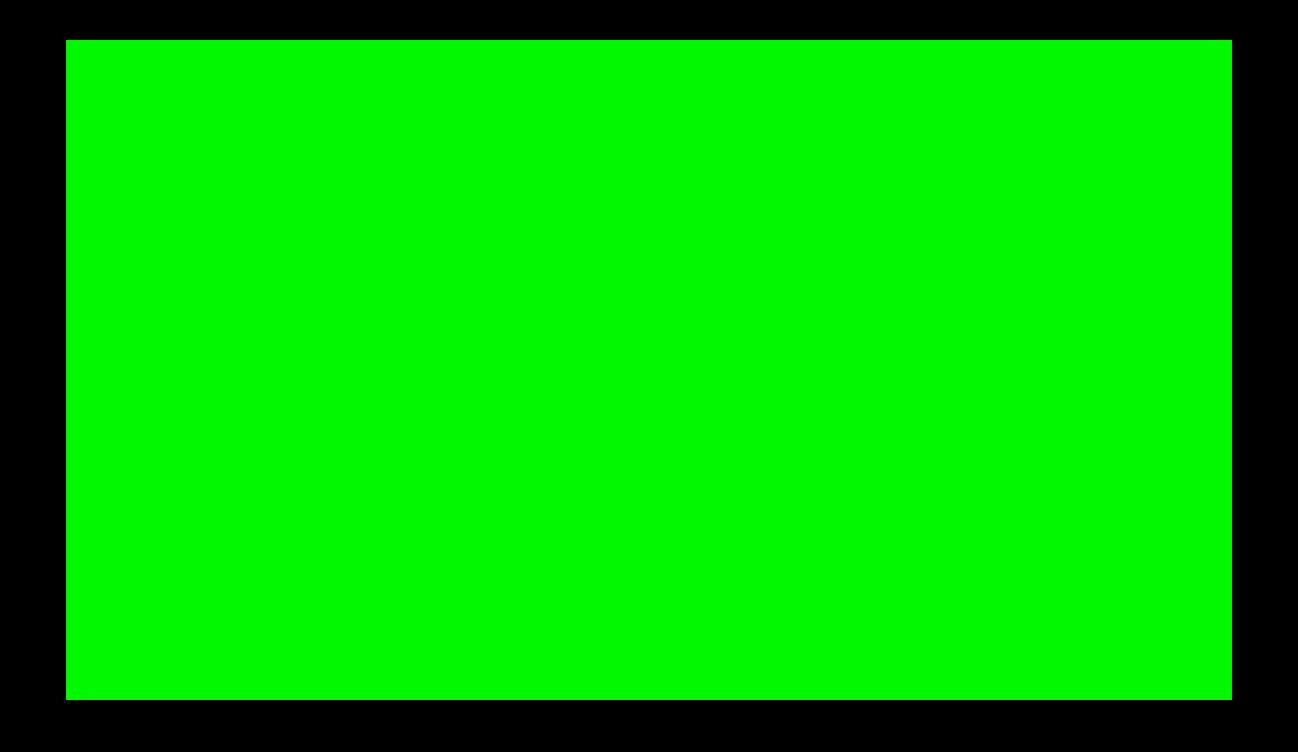


- optimism, enlightenment and happiness
- energy
- creative actions and thoughts

- stimulates the nervous system
- stimulates mental processes
- activates memory
- encourages communication

- · 'sad' in Greece, and jealousy in France
- 75 % of pencils sold in th USA are painted yellow

the happiest color in the color spectrum



- best seen by the human eye, nature?
- second to blue as favorite color in nature
- fits in many homes: former hospitals





- Libya's flag, the only green flag (islam)
- used in night vision goggles

- Soothes
- relaxes, mentally and physically



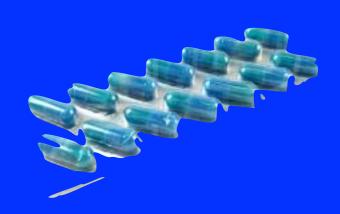
- offers a sense of renewal, self-control and harmony
- green revolution: green a good argument for sale



Blue



- · blue: depression
- tablets are good
- · capsels are better
- big capsules are best!





Blue

- thrustworthy
- · dependable
- committed



- collective color of spirit: mother Marie
- produces chemicals that are calming: The Oxytocin Factor -(Kerstin Uvnäs Moberg)





Blue



- · gender specific: males, although...
- · only seen by Owls, among birds
- · more creative in blue rooms
- Mosquito's are attracted to this color

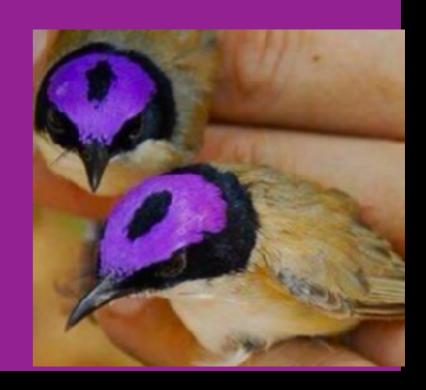
calmes and sedates

· cools

aids intuition

contact and communication

- embodies the balance of red's stimulation and blues calm
- adolescent girls
- · and.....



Prince!



Ceasar

first man made was dye

comic books were purple

on the outside





- · uplifts
- calms the mind and nerves
- a sense of spirituality
- · encourages creativity (inspiration)



- Purity and cleanliness
- neutrality
- containes all colors
- some funerals

- · a white flag
- best selling t-shirt in the USA
- white bride
- white picket fence surrounds a safe an happy home
- physicians coats: authority and clean
- the white house



- aids mental clarity
- encourages us to clear clutter or obstacles
- purifications of thoughts or actions
- fresh beginning
- white lies



- · intellect, knowledge and wisdom
- long lasting, classic, sleek or refined
- conservative
- · neutral (background color)

- New York Times?
- non-involvement, thus a formal authority
- intellect (gray matter)
- not only 50 shades of gray, but 500 :-)

- · creates expectations
- · unsettles
- addiction to your iPhone?





- Powerful, authoritative
- strong emotions, even overwhelming
- lack of color, emptiness
- clothing: thin and sophisticated

· cabs in London



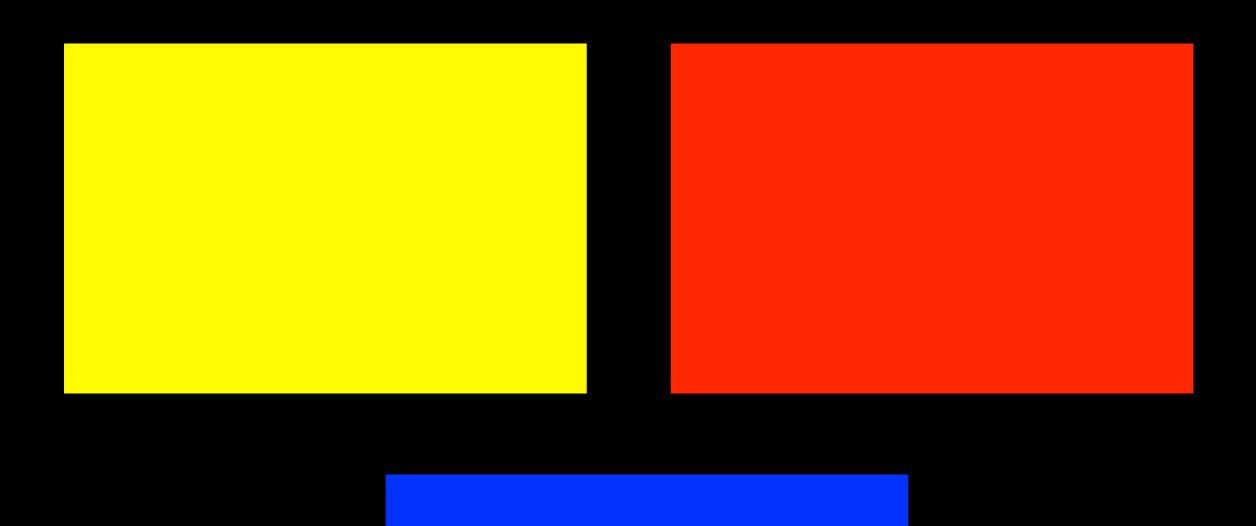
- sophistication and power: judges, priest tuxedos
- an old lady buried in black comes back to haunt the family

- makes one feel inconspicuous
- provides a restful emptiness
- mysterious: a sense of potential and possibility
- most cultures burials

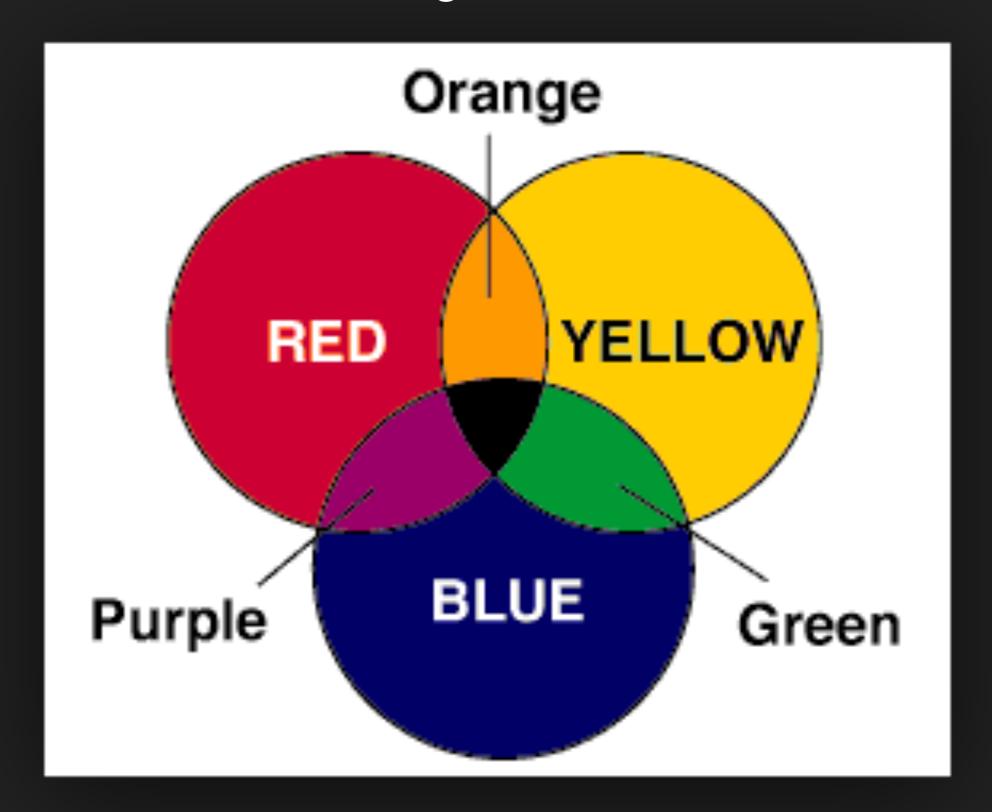
The color wheel is a tool for understanding color and color relationships.

The most common color wheel is the twelve (12) hue wheel. A color wheel could have as few as six hues or as many as 24, 48, 96 or more.





Pigment



led and tv

