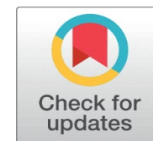


COLOURS: THE ESSENCE OF LIFE

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ABSTRACT

As a renowned psychologist Dr. Rajendra Rajput rightly said, “Anything else that could affect the human activities other than food we take is light. And this energy ‘LIGHT’ comprises of different colors”.

Keywords: Colors, Essence, Life

1. INTRODUCTION

It has all the colours imbibed in it gives us energy. This simply tells us that colours certainly have a great impact on an individual physically as well as mentally. God, the ultimate has created this colourful world. He has fabricated each and every particle with beautiful and eye soothing colours. Colours that are the essence of life, and the life seems to be incomplete without colours. Even if we say Black and White, they are colours, so nature has given colour to each molecule in this world. Nothing is colourless, even sound has its own colour. Colours according to experts are not only the best medium of expression but also play an important role in decision making. The liking towards specific colours can also evaluate the cause nature of any person. It's just a set of wavelengths for a physicist who can measure it using instruments, but an artist can see through these colours. The flight of his imagination in depiction of colours express his thoughts and emotions.

2. PSYCHOLOGY OF COLOURS

The choice of colours lay a deep impact on the mind of the viewers and this becomes the foundation of choice of colours that an artist makes for his artwork. It is said “CHIYATE ITI CHITRAN” i.e., Intellectual, and emotional people have a special sensitivity for colours. According to healing sciences, every colour that looks different also varies in its effect on our lives. Cheerful people have an inclination towards the light and light shades and the people of serious nature are inclined towards darker shades.

The effect that a colour lays is linked with the retina of the eye scientifically and it affects the mind of an individual as well. People who are born and brought up in laps of nature have a great impact of colours throughout their lives. Colours thus become an inevitable part of their lives.

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The origin of all the colours is ultimately live and the only source of light for us on the earth is sun. As the nature shows us that just after rain when a little sunshine fall on the droplets gives us beautiful wonder in the sky that we have named a "Rainbow". These colours of rainbow cheer us deep from inside and fill us with colours in our soul. The nature defines the colours of rainbow into seven main colours. Scientists have given it a name "VIBGYOR". All these colours have psychological as well as symbolic effect that are worth mentioning.

2.1. VOILET

This is an aristocratical colour. It is known as a royal colour that represents prosperity, dignity, bravery, excellence, respect, and honour. This colour purifies the thoughts and sensitive nature of an individual. It binds the self of an individual with all power and dignity.

2.1.1. PSYCHOLOGY OF VIOLET COLOUR

Violet colour leads us to introspection, self-protection, and creativity and is peace giving. It is also said that this colour plays a vital role during meditation in going back into past life.

2.2. INDIGO

Indigo colour is known for fearlessness, obedience, behavioural integrity, symbolism, and unity. This colour depicts self-control and responsible nature. Indigo colour improvises the comparative behaviour, ability, knowledge and self-personality because of its appearance and perspective. The vastness of sky and depth of sea are also seen in this colour.

2.2.1. PSYCHOLOGY OF INDIGO COLOUR

This colour is very useful in stabilizing the environment. People who are fond of this colour have the expertise of understanding the inner conscience. This colour is very suitable for the places like library that impart knowledge. It is not suitable for places where resting takes place like bedroom etc.

2.3. BLUE

This is a cool and soothing colour. It is known for its truthfulness and legacy. It symbolises sea and sky which means it defines depth as well as stability. This colour is meant to be an indicator of truth, confidence, piousness, trust, patience, and loyalty. It is a soft colour by roots and is related to health, compliance, and coordination. The dark shade of blue defines honesty, trust, and care.

2.3.1. PSYCHOLOGY OF BLUE COLOUR

It is a colour of truthfulness and peace. The people inclined towards this colour are well spoken, trustworthy and easy to understand. Blue colour premises make the people more imaginative and productive. This colour also displays meditation and spiritual learning.

2.4. GREEN

Green colour is the indicator of mature. It is a mix of blue and yellow. Blue colour depicts water and Yellow depicts land. The blend of blue and yellow makes it a colour of prosperity. Green colour also depicts steadiness, rest, safety, spring, reproduction, development, freshness, youth, jealousy, and incapability. If we see its spiritual aspect, it is the colour of love. It is the colour of life and of our mother earth of trees, grass, plants that makes us feel the quietness of the environment prevailing around us. Green is the most beautiful colour on this planet. Its planets the colour of Mercury, is green. It indicates purity and compatibility. People generally use green room to refresh themselves. Green colour also led to improvement in the habit of reading. Friendship, hope, peace, and trust and be inculcated by the use of green colour. It is the colour of regeneration and energising. The people inclined to this colour can become good friends and are cheerful and caring. He can be a good orator and a person socially responsible.

2.4.1. PSYCHOLOGY OF GREEN COLOUR

This colour is tranquilizer that helps in regaining mental and physical peace. It eradicates stress and anxiety and leads to hope selflessness trust and creativity. This is the colour of energy, youth, extension, and new life. Nonetheless, some of its negative aspects include jealousy, incapability, and superstitious nature

2.5. YELLOW

This is the most easily and hurriedly recognisable colour to human eyes. This colour is full of shine and light. This also indicates happiness and joy. It can be correlated with the facts that after severe winter conditions the welcoming spring makes every heart full of joy, colours, and happiness. We may symbolise this colour with enthusiasm, happiness, pride joy and brilliance. Thus, indicates light, brightness, intelligence, and proximity.

The colour of Jupiter is Yellow. An artist can display peace, enthusiasm, happiness with the help of yellow colour. It also leads to mental strength and improves concentration and memory. It I am balancing colour for over-anxious people.

2.5.1. PSYCHOLOGY OF YELLOW COLOUR

It is an indicator of warming. It is a colour that centralises self confidence and trust to achieve a person's desired goals. It points towards self-actualization and leading a meaningful life. It is a colour of positivity happiness and joy.

2.6. ORANGE

Orange colour demonstrates happiness, knowledge, bravery, inspiration, and autumn. This indicates fire, desire, and universal power. A very special quality of this colour is that it keeps a passion connected with one's emotions and thoughts. This is the colour of creativity. It inspires people to do something creative and is known for spreading energy and motivation. A colour for entertainment and social

platform. The experience of this colour provides people the strength to identify oneself.

2.6.1. PSYCHOLOGY OF ORANGE COLOUR

Orange colour combines the person's physical and mental energy. This colour is better understood as the colours of thoughts and imagination. People who are inclined towards this colour love their life, but their nature can be defined as addictive. This type of people always welcome learning new concepts and are energetic at all times. Their work capacity is also very high.

2.7. RED

Red colour defines love and compassion. It stands for purity, fire, success and rising of the sun. It is every lady's love. Out of all the seven colours "Red" is most vibrant, attractive, alert, and sharp. The positive perspective of red colour shows most arrogant, attractive, sharp, and active behaviour whereas its negative aspects include anger, violence, and beastliness. In red we see the colour of birth, death, courage, stress, nation love, war, pride, and opportunity in red colour intense feelings can be expressed in this colour and so this colour is known for its warmth.

According to a philosopher and author of "Seeing Red" Mr. Humphrey, "If you want to attract people even in crowd wear red because nature has also given red a special place in this whole green world.

2.7.1. PSYCHOLOGY OF RED COLOUR

Red colour is an indicator of excitement, enthusiasm, and care. This is the colour of very positive and affirmative people who have very strong determination. It provides self-confidence and assurance if we consider it from mental perspective. This colour leads to concentrate on very important things in life. Movement, desire, activity, and mechanism can be highlighted in red colour. Emotionally the colour is connected to love and passion. This is the colour of dominating people who can live only in self-control and are strong in nature.

2.8. WHITE

White colour is the most active, enlightened, light, and soft. It is the indicator of peace, unity, cleanliness, purity, innocence, and truth. It is the colour of Venus. If sometime, somebody is in doubt of which is the appropriate colour for someone. White is the most suitable in that case

2.8.1. PSYCHOLOGY OF WHITE COLOUR

White colour demonstrates purity, peace, and originality. It is known for its holiness. On emotional note this colour denotes knowledge and inner happiness. White colour denotes the acme of spiritualism. People who like this colour believe in truth.

2.9. BLACK

Black is a dull and dark colour. It denotes loneliness seriousness. Black colour indicates darkness, depression, suppression, fear, death, characterlessness, badness, and stress. This colour depicts lack of colour and emptiness. It relates to artificiality and power. Black colour is the colour of planet Saturn, and it protects us from the bad and evils. Black colour has the whole spectrum of colours. Excess of use of this colour leads to stress. This colour is used for over emotional people to keep them cool and stable. Healing through colour makes black colour find a special importance.

2.9.1. PSYCHOLOGY OF BLACK COLOUR

Black colour in fact is a very beautiful colour. This is self-elaborating and protective colour. People who are inclined towards this colour do not express their feelings in front of others. Such individuals always have an invisible wall between them and others. This actually makes them feel that they are internally strong and bold. They are work efficient and laborious. They are task effective and try to complete their work in all possible ways and at their best. They do not have a liking towards crowds.

3. PSYCHOLOGY BASED ON PRINCIPLES OF GESTALT

The theory of Gestalt is explained by a renowned school of Gestalt Psychology where it is analysed under four categories:

- 1) Figure Background Perception
- 2) Principles of Perceptual Organisation
- 3) Principles of Isomorphism
- 4) Field Forces

4. COLOUR SENSITIVITY

Wavelength is a very important aspect in the study of colour sensitivity. Light waves with different lengths are the basis of different colours like sound, colours also originate by vibrations. If we pass a ray of light through a Prism, we see a spectrum of colours. The colour with least vibration and longest wavelength is red colour. Whereas the colour on the other end is Violet which has shortest wavelength but it has maximum vibration. This infers that the longest the wavelength, but it has maximum is its movement and power of attraction. It is because of the wavelength of every colour that gives the specific colour its sharpness and warmth.

As there is a relationship between colours and wavelength of light waves, in the same way there is a relationship between the colours and speed of light waves.

The wavelength of different colours of light are as follows

$$V = 400-476$$

$$I = 400$$

$$B = 476$$

G = 476 - 580

Y = 580

O = 580 - 800

R = 670 - 800

All the wavelengths merge in White colour and Black colour is completely without light. This happens only when there is complete darkness and fluffy black colour has absolutely no base.

5. COLOUR VISIBILITY

By the study of colour visibility, we can understand how the colour is perceived and which specific specialities do we perceive in different colours.

According to experts the colour has three psychological aspects which are related to the three physical qualities of colours which are wavelength, sharpness, and purity.

According to psychologists, the three qualities are defined as:

- 1) **Hue** - A colour is visible because of its wavelength which can be measured in nanometre. The shortest wavelength is 400nm (Violet) and longest wavelength is 700-800nm (Red). All the other colours are visible in between these wavelengths.
- 2) **Brightness** - Brightness refers to the lightness and darkness of a colour which tells us about the sharpness of the colour. The different wavelengths of the light waves make the different colours visible in this range. The longest the wavelength, the most attractive is the colour.
- 3) **Saturation** - Saturation refers to purity of the colour. Sometime some special wavelength cannot be seen in its pure form but can be provided with a mixture of different wavelengths. The more the complex this combination of wavelengths is, the less pure will be the colour. "A person can differentiate between 150 different colours, but brightness and saturation at different levels can combine to make approximately 30,000 different shades.

6. COLOUR VISIBILITY AND INCIDENCE

Three main points that can be studied under this heading i.e., colour mixing, colour customization and colour blindness.

Colour Mixing

In psychological laboratories, there is a special equipment for mixing of colours. If this instrument is rotated in very high speed all the prominent colours are mixed together and this denotes the origin of brown colour. There is another technique which the artists use to mix colours. In this technique two or more colours are mixed and then they come to know which colour is obtained by mixing which two colours.

Colour Customization

If we see any prominent colour for a very long time continuously then we tend to perceive the same colour even after the eyes are taken away from the colour. When one continuously stares at a prominent colour for a long time, then that

specific colour becomes grey or dull. This is called colour customization. If a person stresses on red colour and then on dull sand colour, then looking at red colour again makes the colour green in the second time.

Colour Blindness

It means one cannot differentiate between different colours. Psychologists have divided the general visibility rule into 3 parts – Dark – Light, Yellow-Blue and Red Green. If a person can see these colours, it tells us of normal vision. If certain colours are not visible, it is termed as colour blindness.

7. LAWS AND PRINCIPLES OF COLOURS

Colour Mixing

The technique of mixing colours tells us that many different colours can be obtained by different wavelengths of light, for e.g. If red and yellow on a colour wheel are rotated, orange colour is obtained.

The main principles or colour mixing are –

1) Colour mixing of complementary colours

The colour experts have decided that red colour is complementary to green colour and vice versa. In the same way blue and yellow are complementary to each other. This tells us that if two complementary colours are mixed in a definite proportion then brown colour is obtained. Like (Yellow + Blue = Grey)

In the colour wheel every colour is placed just opposite to its complementary colour

2) Rules for mixing two non-complementary colours

When two non-complementary colours are mixed then a colour is obtained which is a shade that lies between those two prominent colours like (Red + Yellow = Orange)

3) Rules for mixing of mixed colours

The third rule of mixing colours is that the two colours that mix to form brown colour then those two colours if mixed in same proportion as before even then brown colour will be obtained. Like (Red - Green, Blue - Yellow). If all the four colours are mixed together the resultant colour is brown.

4) Rules for mixing three colours

If in place of two, three colours are mixed or all the colours of the colour wheel are chosen in different proportion then we can get back all the colours of the spectrum when red, green, or blue shades are mixed in specific proportion in it. Thus, we can obtain all the colours of the spectrum by mixing shades of red, green, and blue.

8. COLOUR SCHEMES

Colours are the most meaningful element of a painting. By the correct use of colours, a painting can create wonderful effect. Every colour must be given its right place in the colour scheme. An artist must use all his painting instruments with full freedom. Along with this he must follow the following process to enhance and beautify his artwork

1) Achromatic

All base colours made by combination of white and black colour and are dull are called achromatic. If any painting has only such colour scheme, then this painting will be considered as colourless.

2) Monochromatic

In this scheme different shades of only one colour are used in the whole painting like sky blue, blue, and dark blue.

3) Analogous colour harmony

The colours that are close to each other in the colour wheel and belong to the same colour family are chosen in this colour scheme. This choice of colours is called the analogous colour harmony where colours like orange, red, violet, or yellow, hay green, green are used.

4) Intermediate consistency

Any two pure colours and an intermediate colour of those two colours and its opposite colour are the three colours that form the colour scheme of such painting. This is called Intermediate consistency. Like Yellow, blue and violet.

9. COLOUR COMBINATION

The combining of two or more elements in the painting is called combination of colours. In colour combination the elements of the painting like colour, theme, and figure are harmonized together so that the artist can design a beautiful expression in the form of his artwork. Thus, an artwork is an organised combination of many elements. Medium and elements are both equally important information of an artwork. In a painting, watercolours, oil colours, paper or canvas that are used are medium and red, green combination are the elements of the painting.

Colours find their importance in both the painting as well as its colourful expression. Balance and beauty of colour combination can be presented using following aspects –

- Unity
- Harmony
- Balance
- Dominance
- Rhythm
- Proportion

10. PRINCIPLES OF INTRODUCING COLOURS IN A PAINTING

The placement of colours in a painting is just like putting in a soul in a body. This is the main aspect of the painting and thus the placement could be done in the following ways

- **Repetition** – Using of one colour repeatedly brings the flow in the painting

- **Alteration** – Mixing of white black and dull colours can bring the change in the colour scheme of the painting.
- **Gradation** – By diving the scheme of colours through different means gradation can bring the painting in harmony.
- **Harmony** – The relationship between various colours and combining them in appropriate proportion comes under harmony
- **Contrast** – Using the opposite colour shades to make the painting come to life is referred as contrast. Colour scheme, theme, density and the nature of colours, their warmth and coolness, use of complementary colours result, shape, size, distance, variation in land can be easily created by contrast colours
- **Unity** – Keeping a colour as the main colour of the painting and the other colours as subsidiary colours can help to provide unity in the painting

11. CONCLUSION

Colours are universal, viewing them and feeling happy is our psychology. Colours are the recognition of our inner self and are a gateway of expression in our outer world. According to healing sciences, the colours help our body and mind to remain healthy. Colours have a special cultural importance whereby each colour has a special significance in a particular area and era. White, Black, and orange are important spiritually. Choice of these colours make a person follow the spiritual path.

Colour is the sensation that is stimulated in our brain by different wavelengths of light. One wavelength will simulate our perception of red, another orange, another yellow and so on through all the colours of the spectrum.

Dramatic colours combined with a vigour; painting technique are the key elements of expressionism in art expressionist. Painting was more about using colour and the physical qualities of a medium to express you're feeling about the subject rather than simply describing it in a naturalistic fashion. To create the illusion of form in a painting, artists traditionally added lighter and darker figments to the main colour of an object. In order to render the naturalistic effects of light and shade. Yellow is considered the colour of joy and friendship. Van Gough painted a series of seven sunflower pictures to decorate the rooms of his yellow house. These paintings were conceived as a welcome to his friend and fellow painter Paul Gauguin.

So, to conclude I would say, we often use the language of colours to describe our emotions. We talk of being 'Red' with rage or 'Green' with envy. If we feel good, we are in 'Pink' or if we are sad, we have got the 'Blues'. When Pablo Picasso painted "The Old Guitarist" he was certainly suffering from the blues. In 1901, Picasso sank into a deep depression after suicide of his close friend Casagemas. In fact, the main body of his work between 1901-04 is now referred to as his 'Blue Period'. His subsequent work reflected his sad psychological state in both the subject matter and the colours he used to paint it [Kandinsky \(1866-1944\)](#).

Colours find their importance in cultural, medicinal, or healing and spiritual aspects. Colours also find an important use in astrology whereby different planets are treated with different colours to correct their effect on human beings. Yoga and meditation are also based on colours where the seven Chakras of our body are

associated with seven colours of nature. Nonetheless, Colours form an evitable part of our lives and make our life more beautiful each day

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