

From Lynn Stull, [LynnStull.com](http://LynnStull.com)  
Central Regional Council Talk - May 3, 2017

“When we think of the deceased we can help them by visualizing colors and especially violet - the color that is so intimately connected with everything that is holy, with the depth. Colors are souls-substance and that is something the dead need. Therefore one has to learn to think in color, without words.”

-Liane Collot d’Herbois (1907-1999), Therapeutic Artist,  
Author of *Light, Darkness and Colour in Painting Therapy*

## Art Supplies

9 x 12 paper (60-90 lb.)

Pastels - NuPastel brand - nice blending, transparent quality

Carmine red  
Cobalt blue  
Lilac  
Violet  
Viridian green  
White (goes under the viridian green)

We are going to use five colors: Cobalt Blue, Carmine Red, Light Violet (Lilac), Violet, Viridian Green, and White.

### Carmine Red

Spiritual qualities:

- essential quality: selfless deed
- gentle soul-warmth
- no reflective qualities - it looks ahead to the future

Movement qualities:

- has center of darkness, ‘kernel’
- moves in slow movements
- spreads out
- likes to be in the center

## Cobalt Blue

### Spiritual qualities:

- essential quality: true devotion
- humility
- creates a boundary on the outside and inside it is nourishing and cared for
- reflective qualities - in that it can look to the past

### Movement qualities:

- it is the blue in the lower half of a candle flame, where the flame is the
- surrounded by the blue sky, feel the spaciousness
- it hollows itself out
- it pushes the concentration of its color to the circumference

## Violets

### Light Violet (lilac)

#### Spiritual qualities:

- leads us across the threshold into the spiritual world
- selflessness
- helps in overcoming egoism
- knowingness of the 'washing of the feet' principle: Serve one another lovingly and humbly

### Deep Violet

#### Spiritual qualities:

- self-sacrifice
- demands something from us

#### Movement qualities:

from above to below ... like softly falling snow

## Viridian Green

“The moment we die we find ourselves in the green where we see the life that we have just concluded, then we step into the light violet.” Liane Collot d’Herbois

Spiritual qualities:

- color that represents the spirit
- essential: uprightness, objective truth
- healing
- connection with the Christ

Movement qualities:

- vertical
- transparent
- still

White - because of the mineral content of the viridian green pastel but a foundation of white underneath it. It will help the viridian green go on more smoothly.

Eurythmy Halleluia —

Eurythmy is the form of movement our loved ones can easily see. Eurythmy works with the creative forces of the planets and the zodia.

Use eurythmy as a touchpoint during your day to connect with your loved ones.

Questions — email [lynn@LynnStull.com](mailto:lynn@LynnStull.com)

Kind regards,

*Lynn*

Lynn Stull

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Resources: <http://www.lynnstull.com/resources/>

Blog, lots of free info: <http://www.lynnstull.com/blog/>

Wonders at the Veil <http://www.lynnstull.com/wonders-at-veil-book/>

Sources:

Staying Connected, lectures by Rudolf Steiner

Wonders at the Veil, Creating a Living Relationship with Your Loved Ones Who Have Died, by Lynn Stull

Light, Darkness and Colour in Painting Therapy, by Liane Collot d'Herbois