

Foundation Course

List of modules

1. **Warmth/light - revealed in Earth tones**
2. **All the colours – Cultural epochs**
3. **Magenta**
4. **Carmines red – Green**
5. **Vermilion –Turquoise**
6. **Orange – Cobalt Blue**
7. **Yellow – Indigo**
8. **Yellow/green – Violet**

Introduction to the Foundation Course

The Foundation Course will enable you to come to a much deeper understanding of how colours arise in the first place through the meeting of light and darkness. Light and darkness are polarities, creative principles. With the first shining of the light into the darkness, movement arises. Colour is born out of this mighty interaction.

The word 'darkness' used in this context means the archetypal darkness that was in the beginning, before creation began. Not the night, nor evil, nor blackness, but a darkness that has as its essence warmth, love, integrity and self-sacrifice. Out of this darkness everything came into being, even the light. Even now everything is born out of the darkness. Light in this context is in some ways opposite to darkness. It is not the light that has to do with daylight, nor goodness, but a light that is able to create space, to activate, to bring to form; a stage of completion where everything dies over into the past as a preparation for the next step of metamorphosis.

With a soft light the movements of the darkness are more quiet, soft and gentle. Then as the light becomes stronger there is quicker movement, and the darkness becomes more transparent and crystalline. The movement is an expression of the love the darkness has for the light, and this becomes visible as colour.

With charcoal and with watercolour 'veil' painting these processes are made visible. The purpose of the charcoal exercises is to show the working of light and darkness. Both are invisible to the human being, but through showing the colour movements with charcoal, their individual power and beauty begins to reveal itself. Later the movements will be translated into colour, through a moist on moist technique and veil painting.

With the veil painting, at first the painting should look like coloured movements of air. The air is the realm of the colours, in which those colours, not bound to matter, appear and disappear. The metamorphosis of colour into form is the next step in the painting process, and then the forms have to dissolve, to become spiritual again.

The gradual coming into being, from an idea, a warmth of intention, through the airy spheres to the watery and finally earthly realm of matter is a principle of creation. The metamorphosis of matter back into spirit is the task set before the human being.

On each module there will also be observation exercises to awaken and train the senses with respect to individual colours.

Time is given to individual colours on this course in order that their unique quality and the way in which they move free from matter can become a living inner reality.

A short description characterizing the colours:

Magenta - A warm darkness softly lit up with an inner light; womb of the world; enfolding and nurturing the seeds of all of creation. An all-pervading world of wisdom and warmth out of which the whole of creation eventually emerged; a world of love, integrity and mercy carrying great possibilities for healing.

Carmine red - A colour that arises as the darkness begins to move, like the slow graceful rounded curve of dolphins rolling through water. It brings a gentle soul warmth; warmth of contentment, a stronger connection to the earth and a feeling of certainty. It is a colour that moves the blood and feeds the heart.

Vermillion - A powerful activity awakens in this colour, as the light grows stronger. The vermilion surges upwards taking us out of old stuck, un-conscious patterns, and revealing hidden impulses deeply buried in the unconscious part of our being. The will is activated as these hidden impulses begin to reveal themselves. This colour carries the awaking power of a cathartic experience.

Orange - Beautifully balanced between the light and the darkness, between the heavens and the earth. The orange lifts itself towards the light glowing and transparent. It also lifts us out of lethargy and dullness; re-kindling enthusiasm for our spiritual striving.

Yellow - Shining in the rays of light, it clarifies our thinking, helping to find the thread of understanding in all that meets us in life. We may become more aware of the wisdom in life. Our mood becomes lighter and more joyful.

Yellow/Green - So light filled it flutters and gleams as flashes of yellow green in front of the light; the last transparent veil of lit-up darkness before the light itself. It is a colour that makes everything seem possible, no hurdle or obstacle is too big to be overcome. The feet want to dance and our whole being is alive with new possibilities.

Viridian Green - This light revealed in all its purity has the colour of a clear emerald. It takes you into itself and you feel as if your higher consciousness is activated. The spiritual essence of the sun sphere is continually streaming in with this light.

Turquoise - Shining with crystal clarity, it almost 'leans' on the light. It has a cleansing effect bringing uprightness and a refined sense of morality into one's being.

Cobalt Blue - This colour carries you and enfolds you, opening up a safe and protected inner space. You are carried and supported and feel the calm of being able to reflect. This inner space that opens up, gives the possibility for the whole of life around you to reveal its true inner being.

Indigo - Further into the distance where the light only creates a softly lit up atmosphere it is easy to lose the way. You have the feeling that forces inherent in youthful enthusiasm are no longer sustaining and invigorating you, but you may discover that even greater depths and possibilities of spiritual awakening can be attained, as you take up a striving path more consciously.

Violet - A softly glowing world lit by its own inner light, taking you into a place full of reverence and devotion. The process of self-transformation is supported and given new depths. It is as if a world opens up within full of warmth, love and wisdom. The impulse to give of the essence of yourself grows stronger.