



## Impact of Color and Light

Color can transform our environment and increase our productivity by influencing our lives in many different ways: from affecting the alignment of our bodies, to impacting our emotions, to promoting healing, personal growth and spiritual development.

*“The effect of color on our bodies does not depend on our eyesight alone. The superficial layers of skin and flesh – and even the skull – are particularly sensitive to ultraviolet light. Exposure to blue light over the whole body has long been a cure for children with jaundice, and ultraviolet light causes the skin to produce melanin and vitamin D, which is crucial for the body’s metabolism of calcium.*

*Research has shown that visually impaired people may be affected by color; some are sensitive enough to identify a color with great accuracy by feeling the density of the air that surrounds it. For example, the air over a red colored surface may feel more dense than the air next to a blue colored surface.”\**

The psychology of color provides an avenue of expression and brings forth a more in-depth meaning to the selection of one’s environment. Having a basic understanding of the interpreted meaning of color may be beneficial. Please see the accompanying Color Chart for a summary of the use/effect of various colors along with the corresponding Images available through Vara Kamin’s Impressions of Light®. The replicated backlit Images of Kamin’s original works of art provide a positive point of focus for patients, families and staff in high stress hospital and healthcare settings.

### \*References:

Color Healing: A Practical Guide by Graham Travis, 2000 Astrolog Publishing House

Color in Interior Design and Architecture by Robert F. Ladau, Brent K. Smith, & Jennifer Place, 1989 Van Nostrand Reinhold

Colour Talks! By Philippa Merivale, 2000 Laramar

\*Healing with Color and Light by Theo Gimbel, 1994 Simon & Schuster

The Power of Color by Faber Birren, 1997 Carol Publishing Group

### NOTE:

Vara Kamin's Impressions of Light Inc. makes no claims, expressed or implied, of healing, only that its products assist in creating an environment that may facilitate the healing process.

## COLOR CHART

COLOR	USE/EFFECT	SUGGESTED VKI IMAGE
<b>RED/PINK</b>	Makes rooms look smaller Increases pulse rate Stimulates inhalation Keeps us alert Facilitates judgment Enhances activity <b>Keyword: Energy</b>	Infinite Moments© Open Portal© Touching Petals©
<b>ORANGE</b>	Stimulates and enhances dance and movement Encourages joyfulness, lightness, release, pleasure <b>Keyword: Joy</b>	Priscilla's Garden© Soul's Eyes© Sacred Soil© View from the Mesa©
<b>YELLOW</b>	Equated with happiness and energy Spontaneous enjoyment of action Relaxation and release from burdens <b>Keyword: Detachment</b>	Priscilla's Garden© Infinite Moments©
<b>GREEN</b>	Promotes balance and careful judgment Often associated with devotion, nature, growth and change <b>Keyword: Balance</b>	Sea Garden© Summer of Sundays© Sacred Passages - Balance© Soul's Eyes©
<b>TURQUOISE</b>	Cool, refreshing, calming, soothing Good for nervous inflammation <b>Keyword: Immunity</b>	Sacred Passages - Balance© Infinite Moments© Still Point©
<b>BLUE</b>	Calms, and relaxes Helps to combat tension and nervousness, Promotes peace, tranquility, and calm <b>Keyword: Relaxation</b>	Bridge of Light© Moon Drops© Sea Garden© Infinite Moments© View from the Mesa©
<b>PURPLE</b>	Encourages purpose, prayer and meditation Calms the body and balances mind Encourages intuitive understanding, feelings of self worth, dignity, and self-respect <b>Key word: Dignity</b>	Open Portal© Still Point© Touching Petals© Morning Melody© Infinite Moments© Soul's Eyes©
<b>MAGENTA</b>	Color of spiritual fulfillment Induces contentment, feeling of completeness, and self-respect <b>Key word: Letting Go</b>	Open Portal© Touching Petals© Morning Melody© Infinite Moments©

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