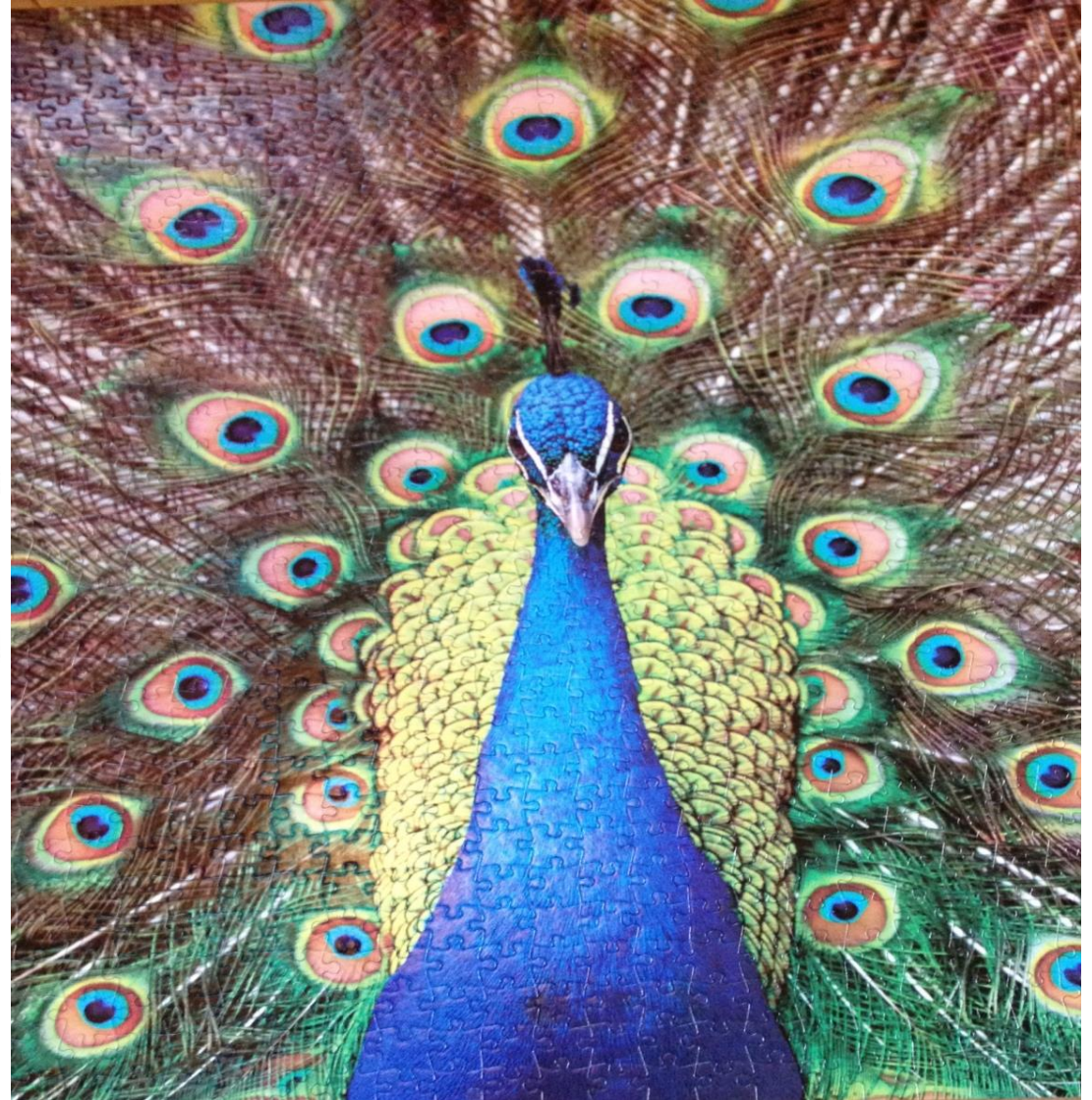


A large group of monarch butterflies is shown on a leaf. The butterflies are densely packed, with many overlapping. They have orange wings with black veins and a black border with white spots. The background is a green leaf with prominent veins. In the center of the image, there is a semi-transparent black box containing yellow text.

UWGB Color:  
Admiring Natures  
Palate  
4/12/2019



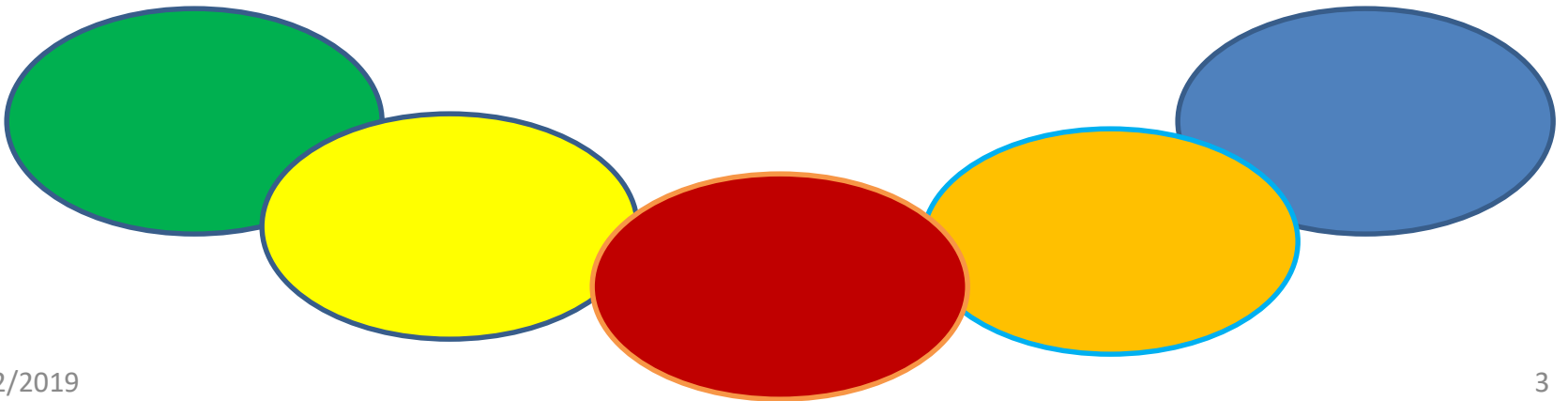
# No disclosures



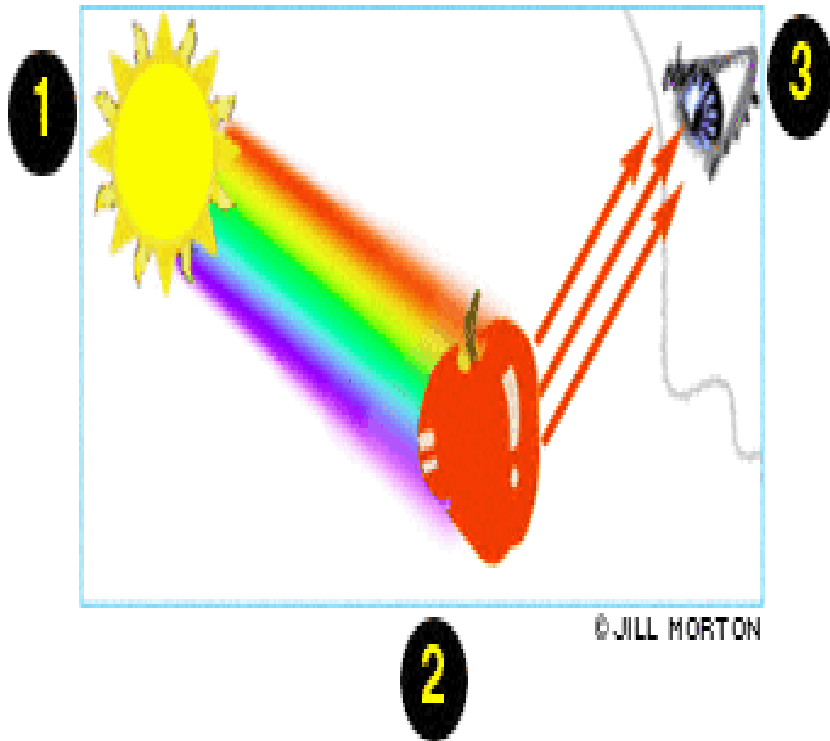
4/2/2019

# goals

- Define color
- What your favorite color may say about you
- Discuss personality traits as related to color
- Explore the color wheel and interesting color facts
- Using color in creations



# Color = Light



1. Invisible colors from the sun shine on the apple
2. Apple surface absorbs all color light rays except those corresponding to red. Red is reflected color to the human eye.
3. The eye receives the reflected light & sends message to the brain

# defined

- Color is light reflected.
- The visual effect caused by light emitted, transmitted or reflected by objects
- Quiz: How many colors can the human eye see?
- Some colors are eye irritants (headaches)
  - they wreak havoc with vision
- Other colors are soothing
- Some color combos maximize productivity, minimize fatigue and relax the whole body



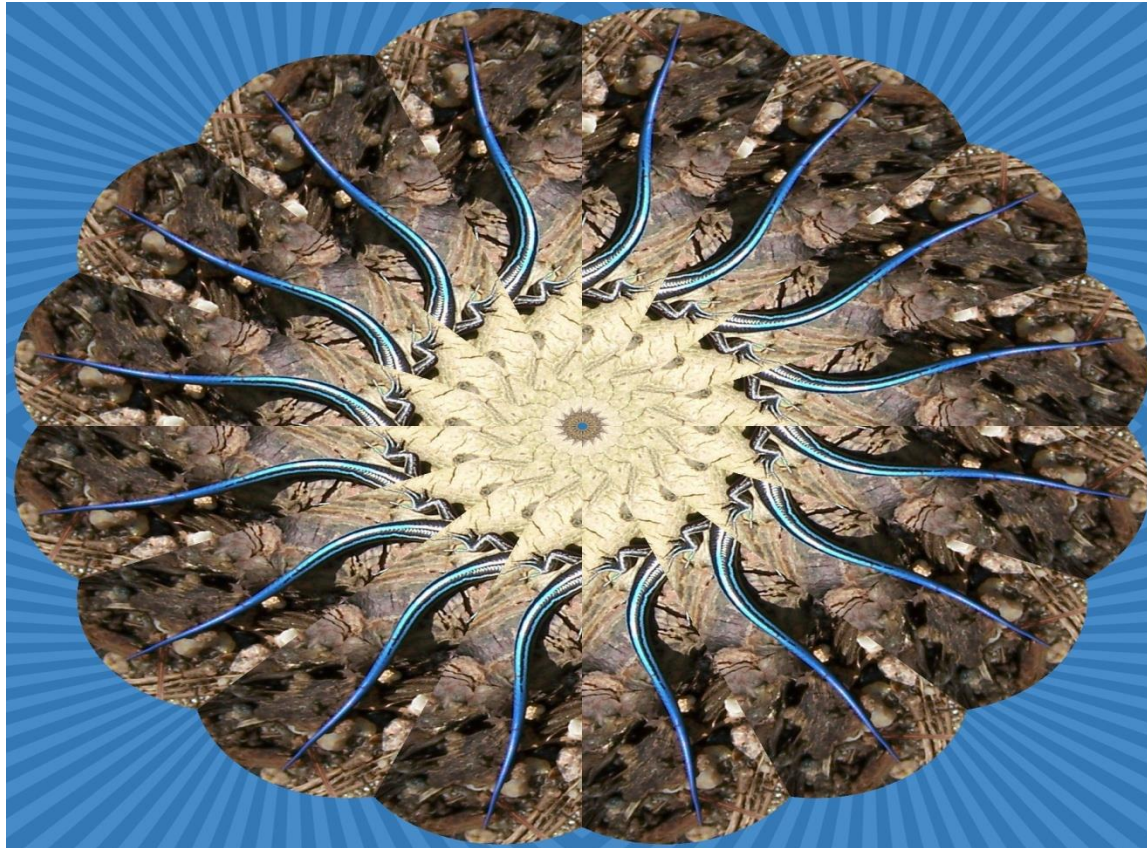
# More on colors

- 80% of information through senses is visual
- On the color wheel, colors that are close together or opposite create harmony
- Men prefer bright colors
- Women
  - like either small or large differences in hue
  - more likely to have a favorite color
  - prefer soft colors



# favorites

- What is your favorite color?



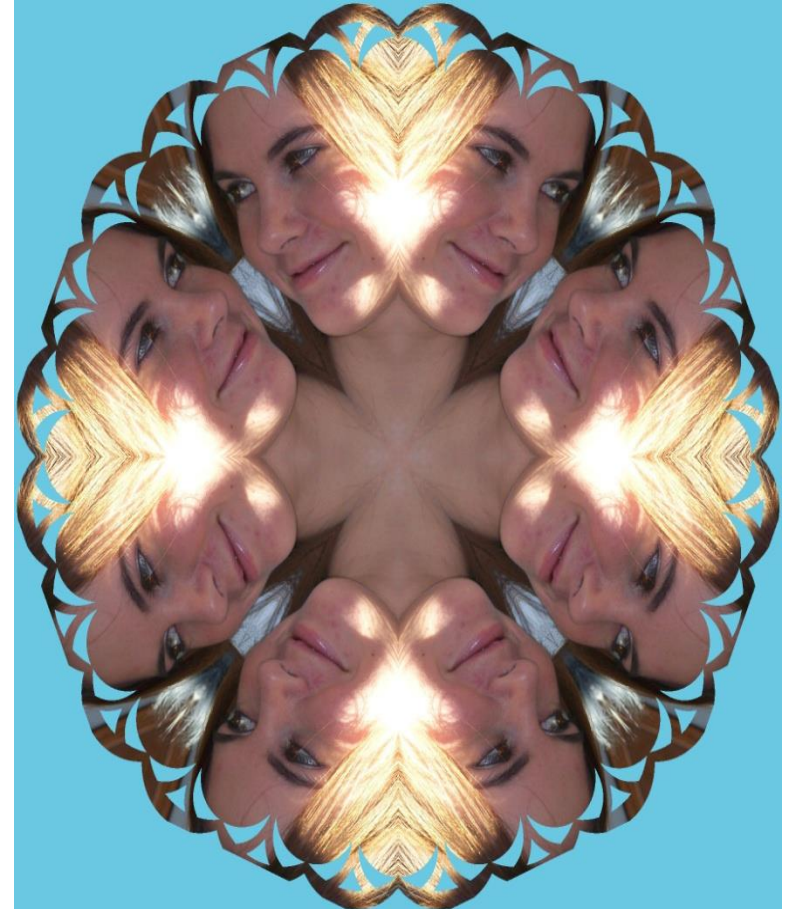
# What favorite color says about your personality

- Black: **strong & detail** orientated
- Blue: cool, **calming**, emotional, moody
- Green: growth, **life**, caregiver, healer
- Orange: **energetic**, adventurous, outdoorsy
- Pink: **girly** & happy
- Purple: **spiritual**, strive for self-improvement
- Red: **strong**, passion
- Yellow: **intelligent**, educated, mind for business
- White: **pure**, crisp, clean

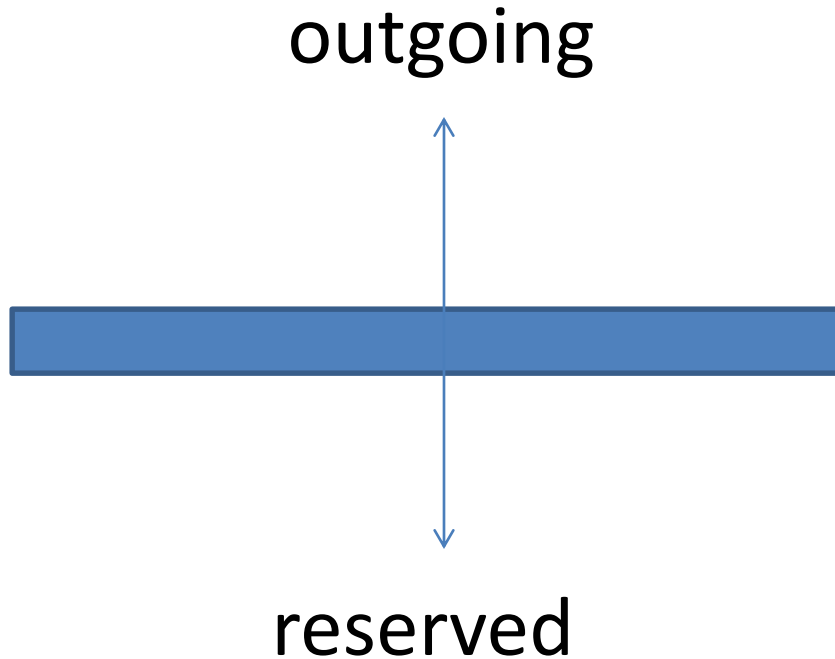


# Disc personality assessment

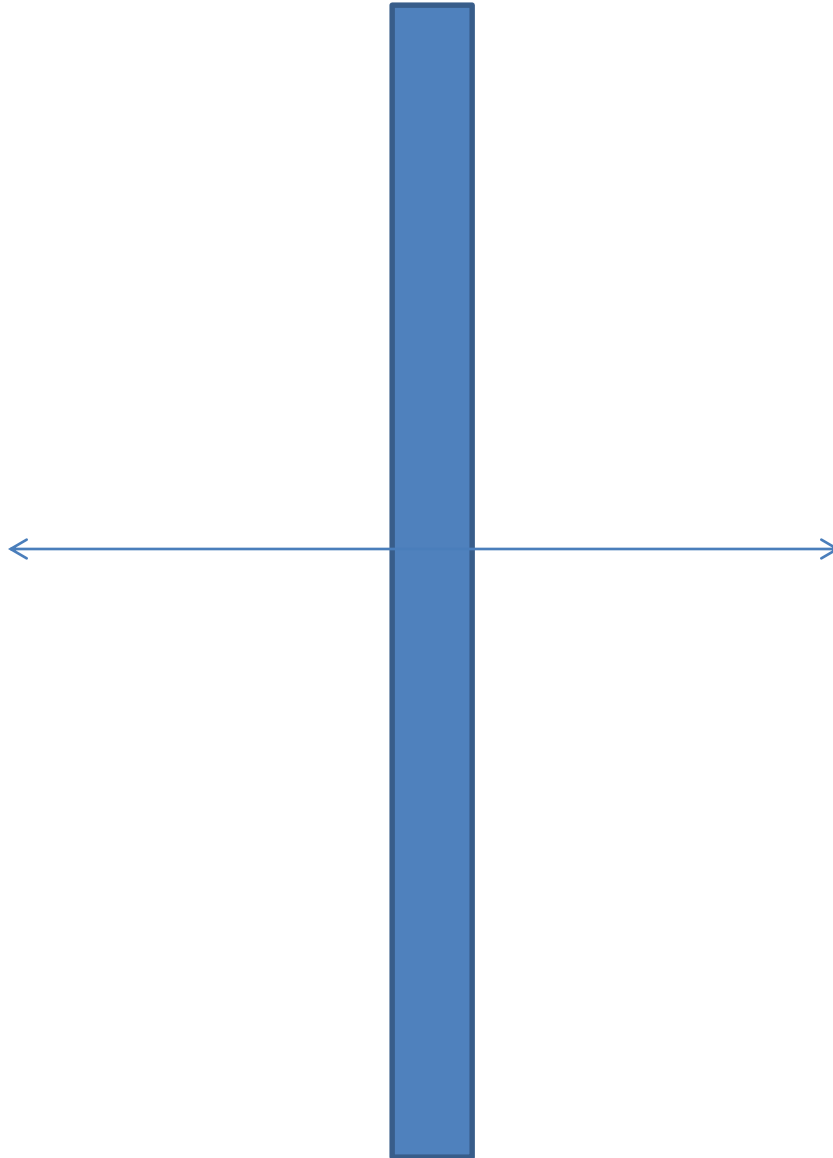
- [www.disc.com](http://www.disc.com)
- Dr. Robert Rohm



# What personality type are you?

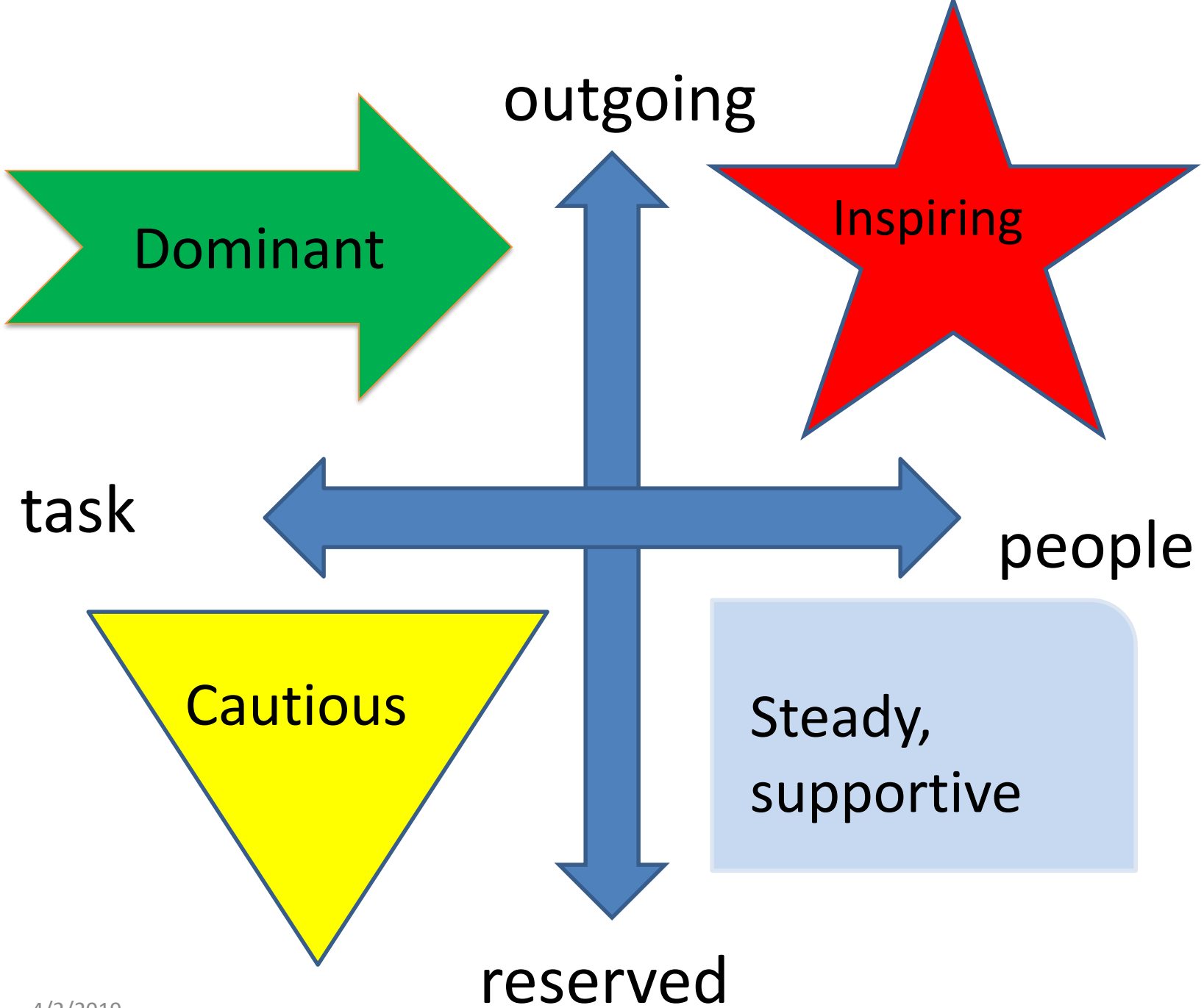


Task  
orientated



People  
orientated





# DISC

- Direct--green
- Doer
- Gets things done
- Engineers, directors
- Challenges self/others

## Inspired--red

- Fun
- Outgoing
- Actors, artists

- **Cautious Yellow**
- **Detail orientated**
- Likes to be right
- Attorney, accountant, physicians, some teachers

## Supportive-blue

- Quiet
- Behind the scenes
- Good listener
- Nurses, teachers

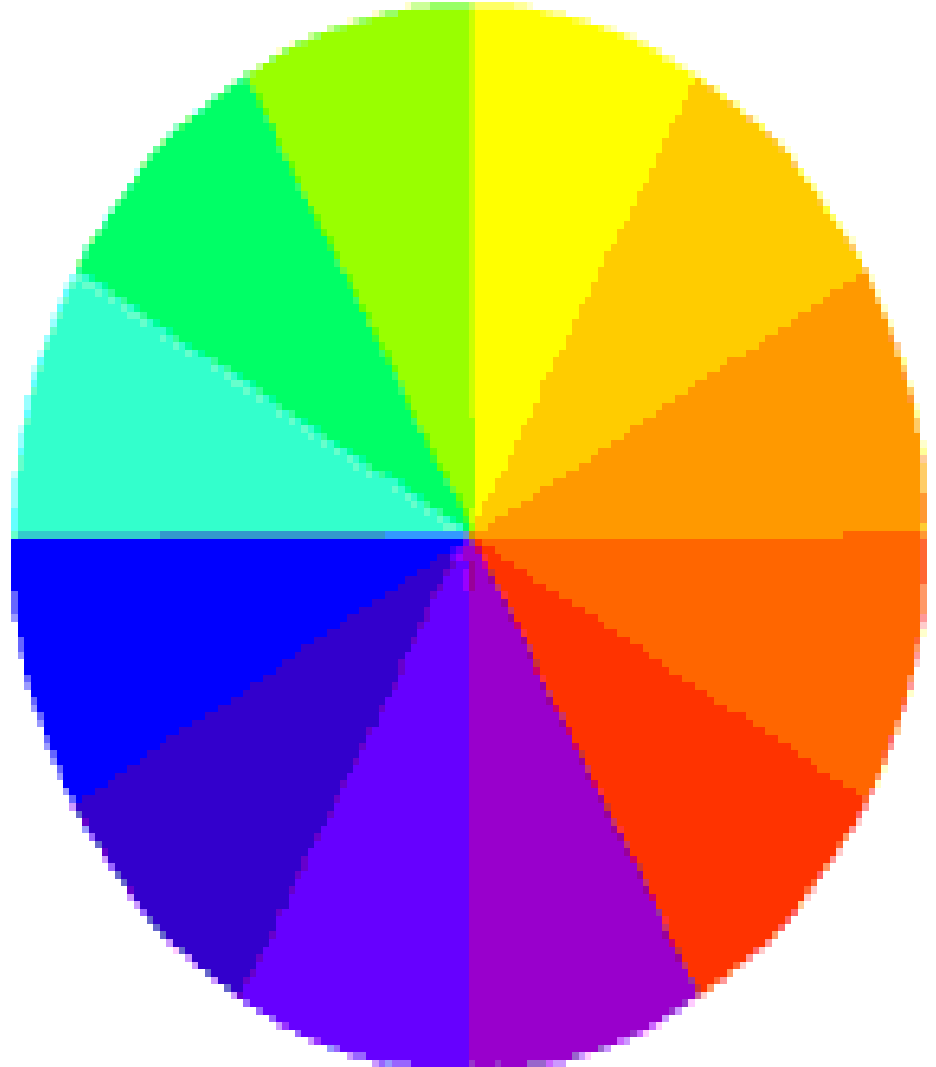
# Disc

- **Green Dominance:**
  - shape environment by overcoming opposition to get **results**, take action, challenges self & others
- **Red Influential:**
  - **shape environment** by influence, persuasion of others, likes social recognition, motivated by disapproval, loss of influence, being ignored
- **Blue Steadiness:**
  - emphasis on **cooperation within existing circumstances**, patient, team player, calm, good listener
- **Yellow Conscientious,**
  - works within in existing circumstances to ensure quality & accuracy, detail orientated, fears social criticism, being wrong

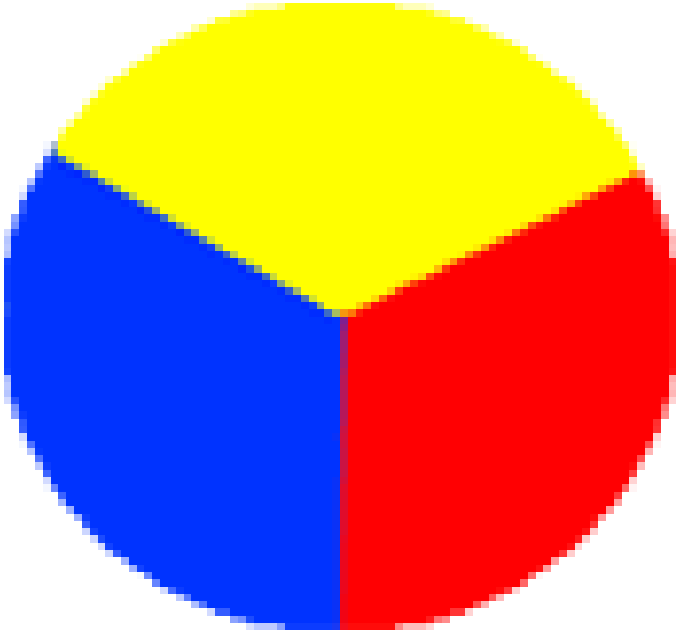
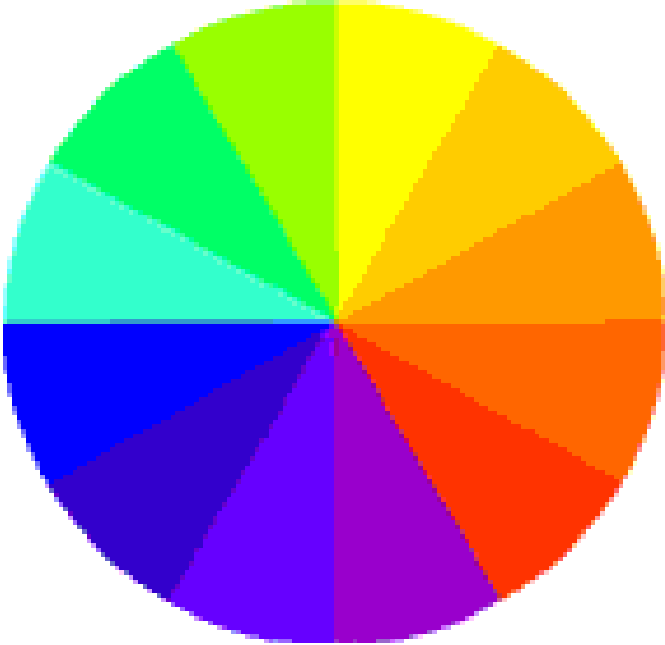


# Exploring color

- How do you think about colors?
- Do you use the color wheel?
- Do you have favorite color combos?
- Has your favorite color changed?
- Have the colors you were working with impacted your mood?



# Color wheel: Sir Isaac Newton 1666



Primary colors: red,  
yellow, blue

# RED

- What comes to mind when you think of red?





# red

- Powerful, head turning
- Elicits a response
- Passion
- Use red to
  - stimulate,
  - create excitement,
  - give the illusion of fast paced movement in quilt



# More on red

- Red: **emotionally intense**
- Fire & blood
- Associated with **energy**
  - Stimulates faster heart rate & breathing
  - Stimulates appetite
  - Used to decorate in food establishments
- Most popular food colors: red, green & brown
- Bulls: target red cape

Red cars: are hit more while driving safely



# Red; pink

- Pleasure, aggression, dominance
- Highly visible: 
- Red brown: fall, harvest
- Light red: joy, passion, sexuality
- Red-orange: desire, passion, action

- Pink: romance, love, feminine, passive





RED







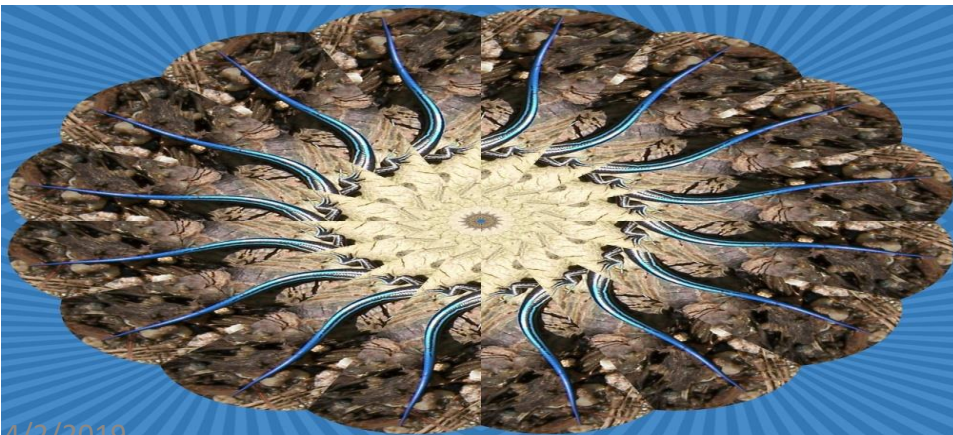
Blue





# BLUE

- Most popular color in our society
- Like an old friend to many people
- Embodies devotion, trust, equality, truth



4/2/2019

# More on blue

- Blue: least appetizing
  - an appetite suppressant
  - dye food blue, lose appetite
- For weight loss
  - Blue plate
  - Blue light in fridge & dining area
- Rare color in nature:
  - few natural blues (blueberries)
- Toxic colors: blue, black, purple: warning of potentially lethal foods.

Blue cars attract dragonflies







Blue





# What about yellow?

Yellow reminds me of...?



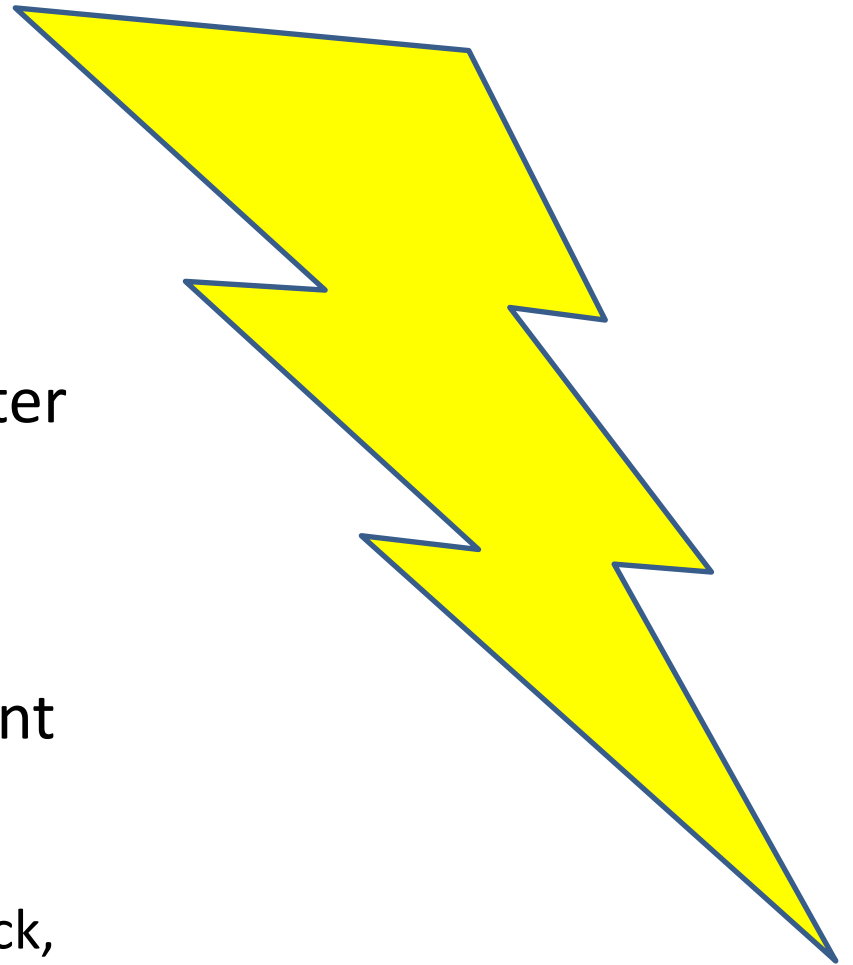
# Yellow: sunshine!

- Yellow = attention!
- Optimism
- Speeds metabolism
- Yellow rooms;
  - Make people lose temper more
  - Babies cry more
- Can be difficult for the eye to take in
- Can enhance concentration (yellow legal pads), gives a jolt
- Creates warmth
- Success, intelligence  
Illumination, brilliance



# yellow

- The 1<sup>st</sup> color the eye notices
- Temporarily wakes up brain
- The most cheerful
- Bright yellow: attention getter (taxi)
- Males like light yellow
- Over use: may be disturbing
- Used in road signs with accent colors
  - Warning: yellow/black
  - Yellow is seen first against black, dark colors



# yellow

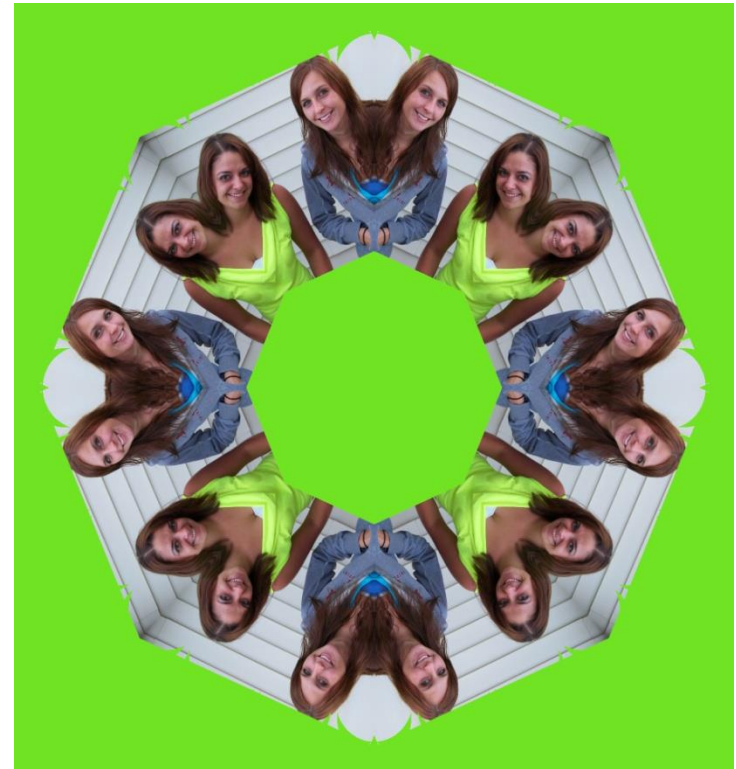
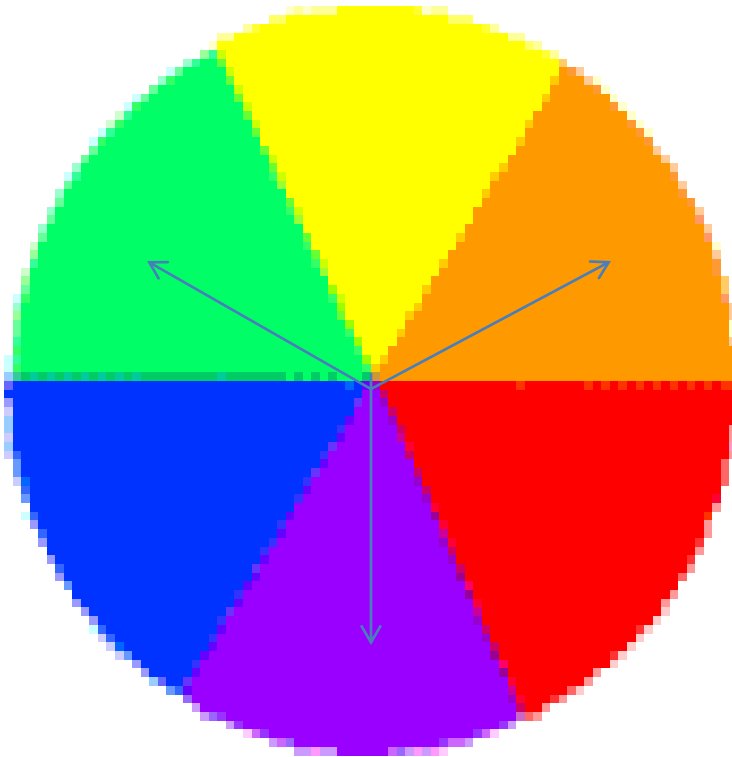
- Light yellow: fresh, joy, intellect
- Dull yellow: decay, sick, jealousy
- Pure bright yellow = most fatiguing
- More light is reflected by bright colors: excess eye stimulation
  - Yellow is eye irritant
- Yellow cars: attracts bees
- Best use in softer hues, small quantity
- Not good for prestigious colors
- Do not paint walls of a critical task room yellow = danger
- Not good for computer monitor.





# Secondary colors

- **Secondary colors:**  
green, orange, purple





# Green

- When you think green...





# Green

- Green = GO
  - Sacred to Egyptians & Muslims
    - sign of hope & joy
  - Most restful to eye
  - Healing, soothes pain, nurturing, fertility, growth, caring, giving
- Work in green environment:  
have fewer stomach aches
- Good for teething infants
- London's Black Friar Bridge painted green and suicides dropped 34%



# GREEN

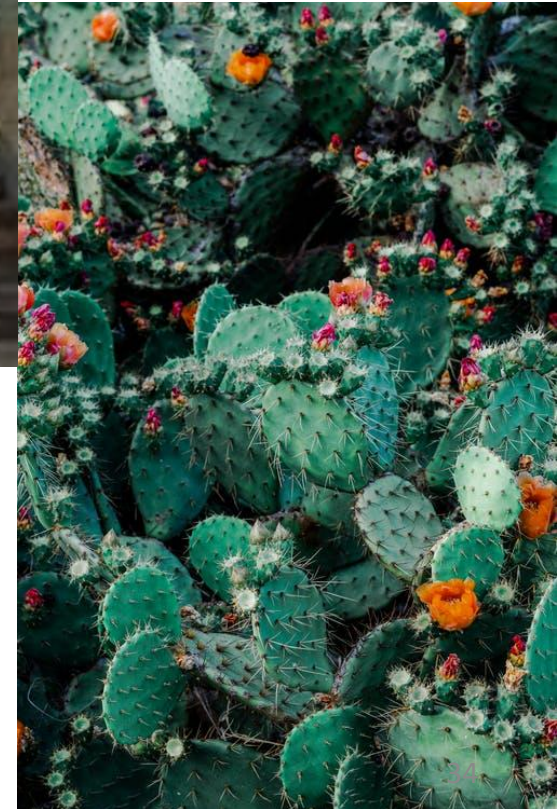
- Green: popular in decorating
- Calm, refreshing
- “Green rooms” relax patients
- Brides: middle ages = fertility
- Dark green: masculine, conservative, wealth
- **Seamstress fear green thread: bad luck**
- Dark green: ambition, greed, jealousy
- Yellow green: sick, coward, discord
- Aqua: emotional healing, protective
- Olive green: traditional color of peace





# Green Wedding gowns?

- Celtic myth: Green man, God of fertility
- 15<sup>th</sup> century-best color for bride's gown
- Green M&M = heightened sexuality
- Dark green = \$
- Nature, growth, harmony
- Inexperienced: "is green"



Tina Turner wears green gown: 2013

# Green

- AUTO: Dark hunter green: get pulled over less
- Metallic green: changes color w/mood



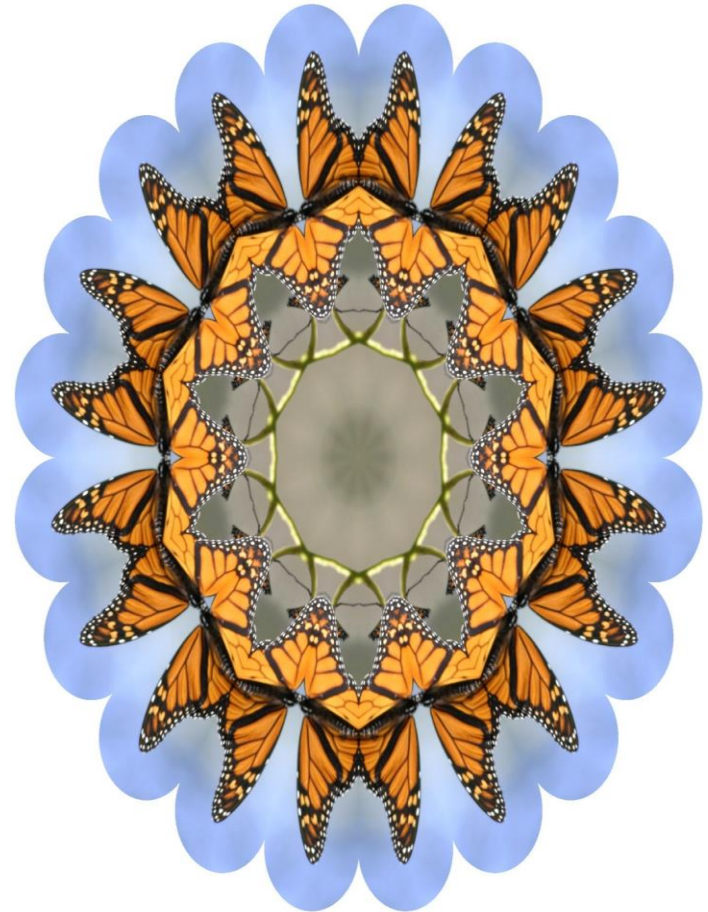
# Orange reminds me of





# ORANGE

- Lively color
- True vs subtle (orange vs peach or rust)
- Symbolizes pride & ambition





# orange

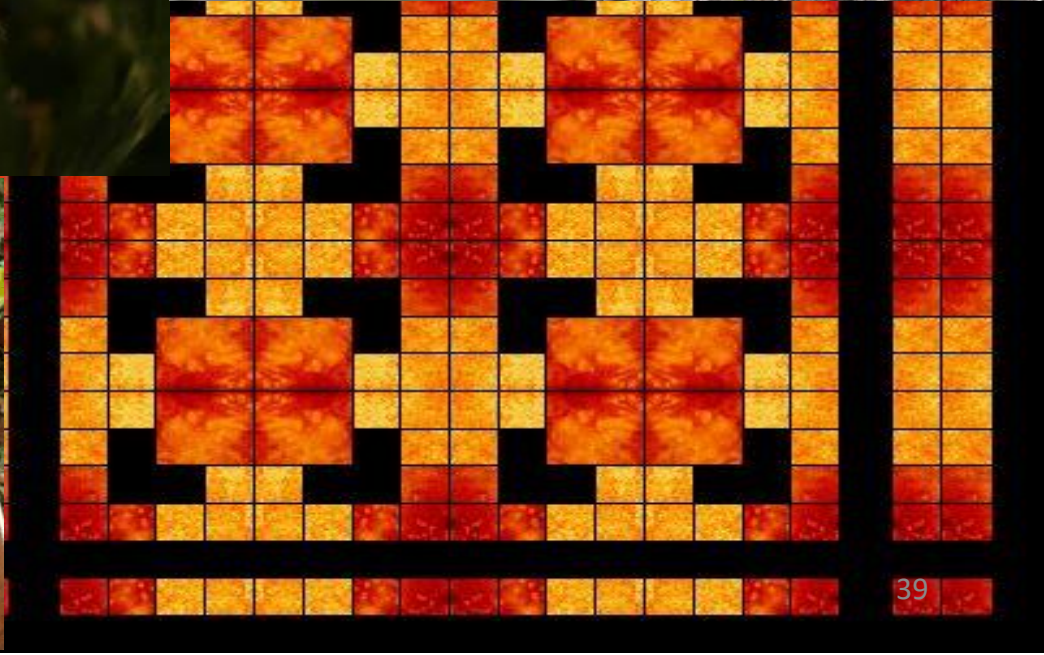
- The energy of red & the happiness of yellow
- **Enthusiasm**, happy, creative, **determined**, successful, stimulated, **encourager**
- To the eye, orange is a hot color sensation, **less aggressive** than red
- Fall **harvest**, strength, **endurance**

- Increased **oxygen to brain**
- Stimulates mental activity,
- Accepted among young
- **Highlights most important element of the design**
- Effective in ads for food products & toys





orange





Purple reminds me of



# PURPLE

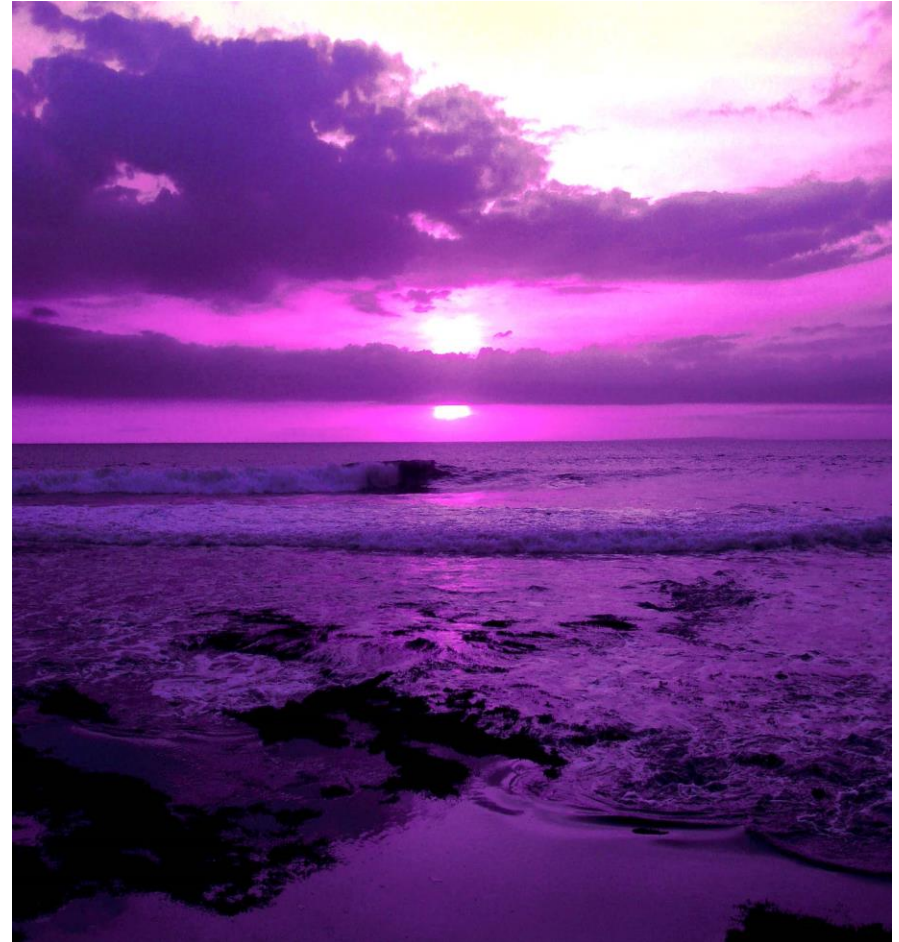
- **Stability** of blue + **energy** of red
- Purple mountain majesty
- Purple: **royalty**, luxury, wealth, sophistication, feminine, **romantic**, power
- **Rare in nature**
- Spirituality
- Sense of **power**
- Nostalgia
- Memories
- Sentimental yearnings





# purple

- Wisdom, ambition, wealth, extravagance, dignity, independence, **creativity**, mystery, magic
- 75% of pre teens like purple
- Light purple: feminine
- Bright purple: child's products
- Dark purple: gloom, sad, may cause frustration

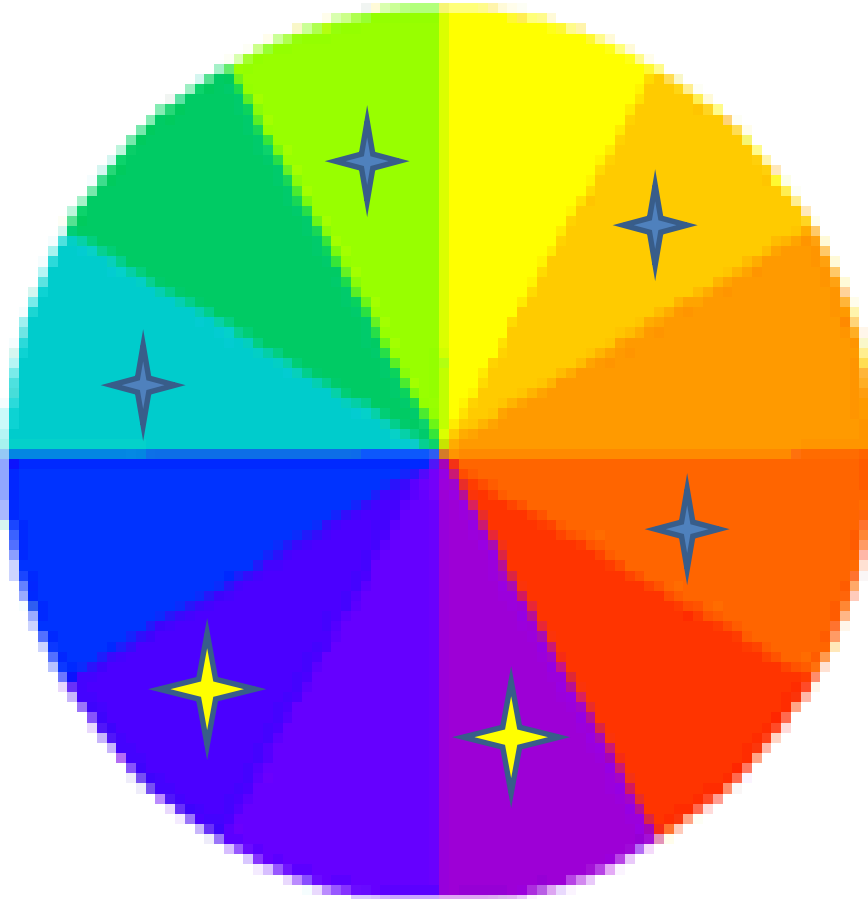




# Purple



# Tertiary colors



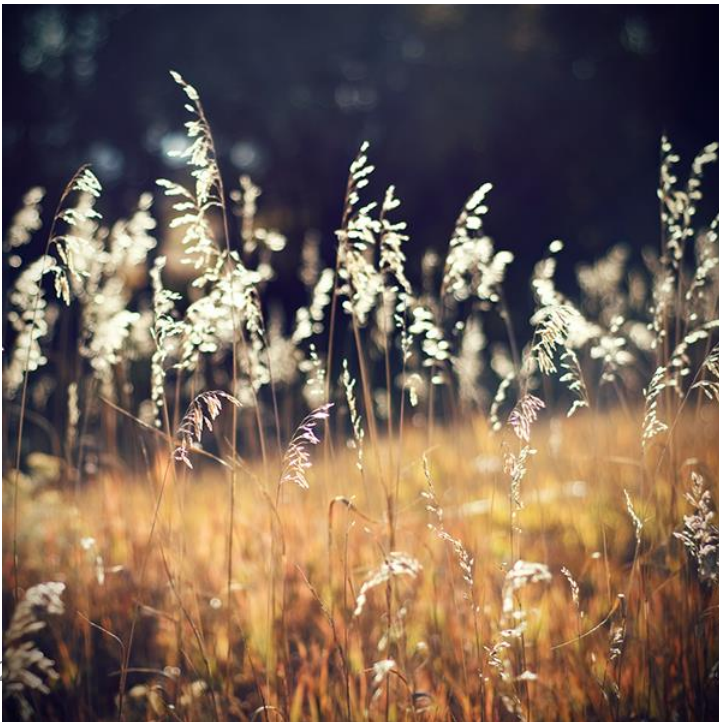
- **Tertiary colors:**
  - yellow orange,
  - red orange,
  - red purple,
  - blue purple,
  - blue green,
  - yellow green
- Labeled by listing the primary color first



# neutral colors



- Neutral fabrics:
  - white, crème, beige, gray, black
- Give eye a place to rest
- Spreads out competing colors
- Adds contrast





White...



# white

- Light, goodness, innocence, purity, perfection, virginity
- Safety, cleanliness
- As opposed to black is a positive connotation
- Successful beginning
- Heraldry, faith



# white

- Most common for wedding (western)
- White inappropriate in China: is a mourning color
  - If white chosen, would not be allowed to get married
- In India, wear white with a touch of another color
  - If unrelieved white is worn, she is inviting widowhood & unhappiness





# white

- White car easiest to keep **clean**



- Ads: cool, clean, snow, suggests simplicity in high tech
- Charitable, angels, hospitals, safety
- Low weight, low fat dairy

Brown reminds me of:





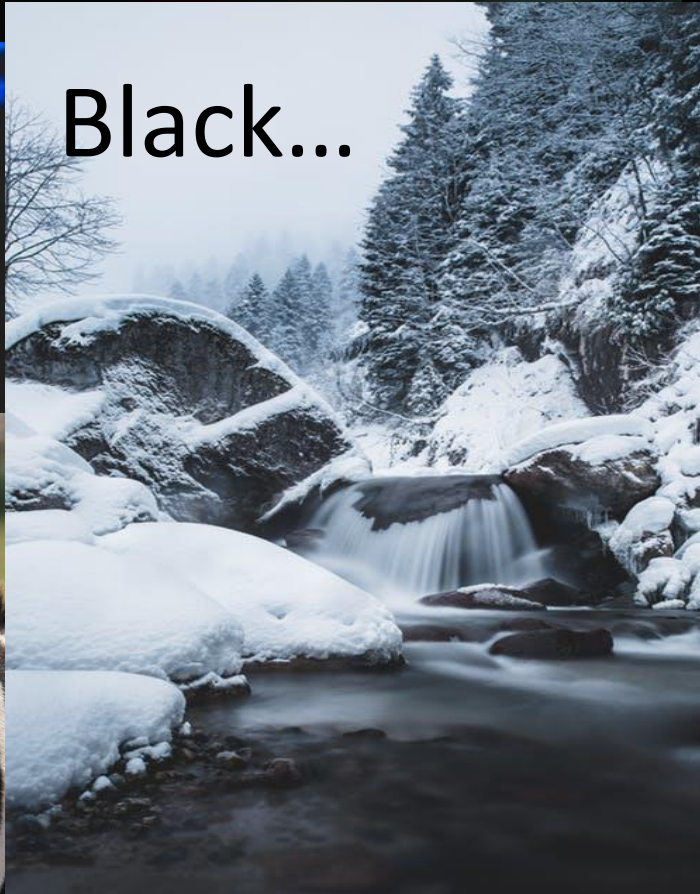
# brown

- Not on color wheel
- Has all colors in it
- Use for contrast without adding another color
- Solid, color of earth,
- Light brown: genuine, dark brown: wood
- Men like as favorite color,
- Can be sad, wistful

Beige cars: hit more while stopped at a light





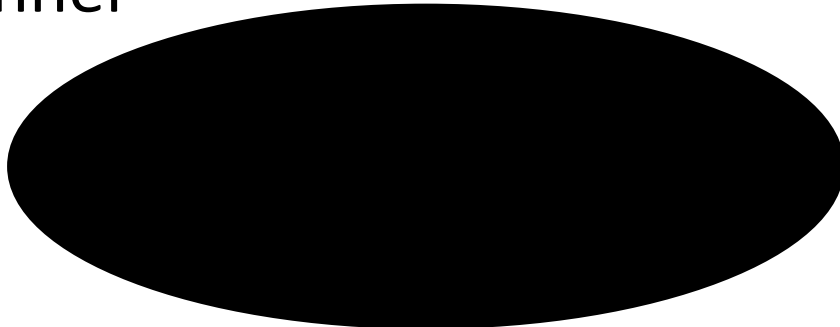


Black...



# black

- Mysterious, fear, unknown, (black hole)
- Negative: black list, black humor, death
- Strength: authority, formal, elegance, prestigious
- Look thinner
- Makes colors stand out
- Black + red or orange (power colors) = aggressive
- Heraldry: grief
- Gives feeling of depth, perspective



# More car facts

- Silver-grey: near collisions on foggy am/ dusky evenings
- Dark grey: not seen as well
- Black: bird droppings



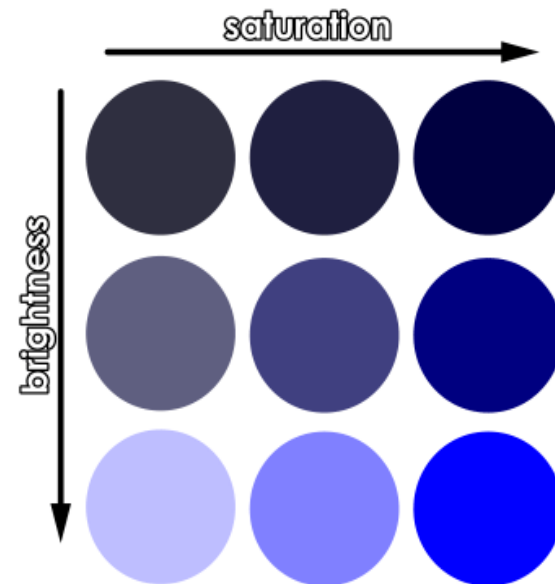
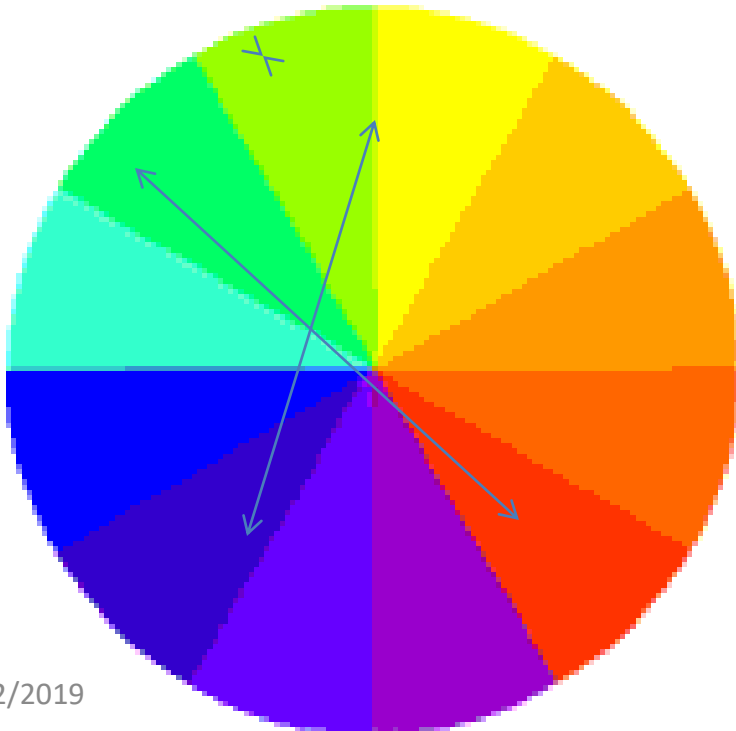


# Black & Brown



# Complimentary colors

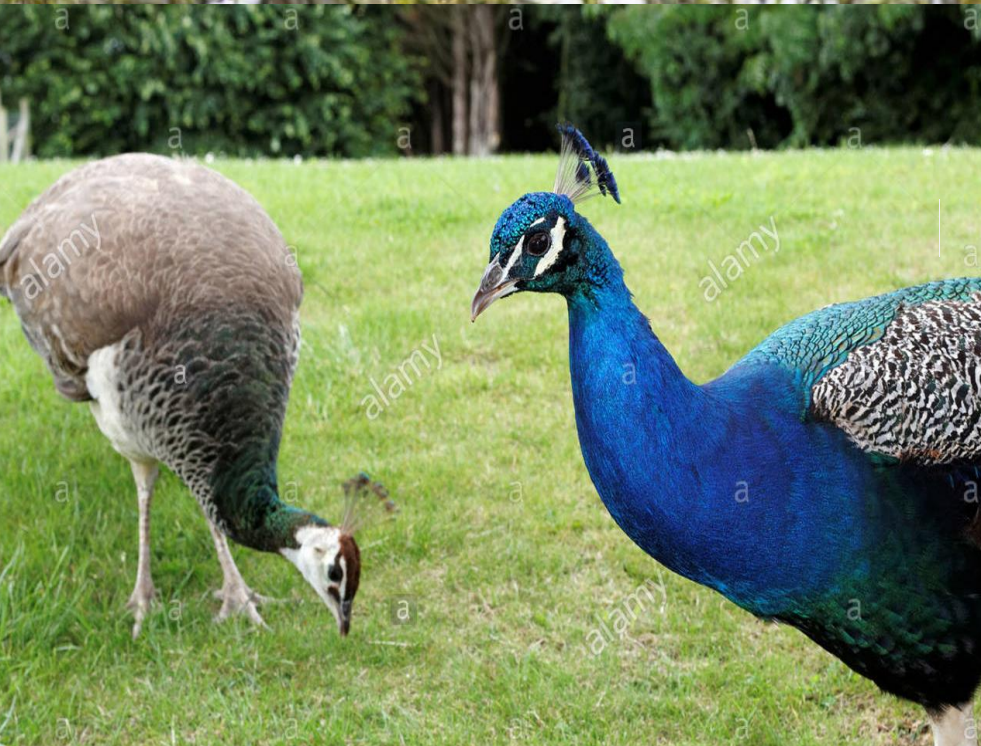
- Two colors directly opposite each other
- Maximum contrast & stability
- Vibrant, little contrast: increased excitement, more punch
- Shade add black
- Tint add white







Tint, add white?



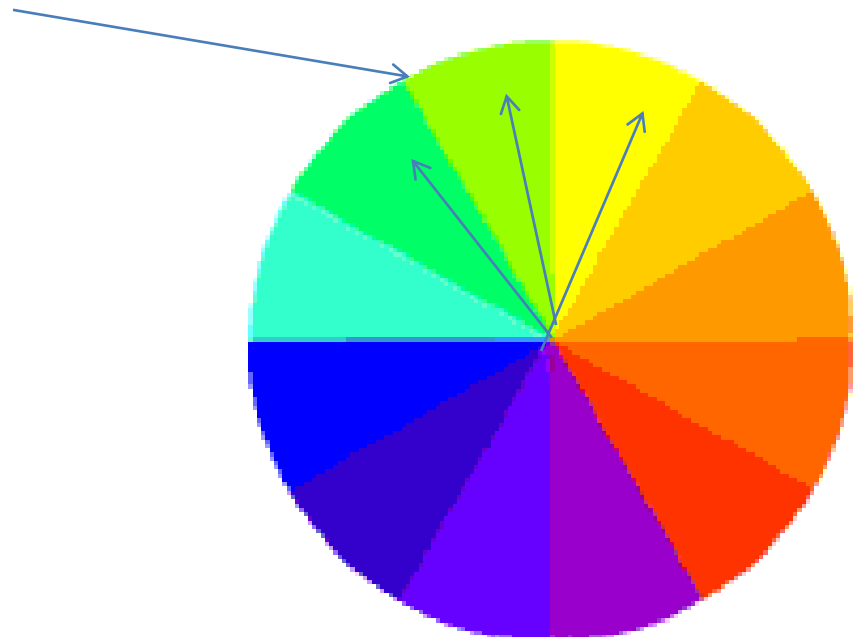


# other

- Monochromatic: one color
  - Combining various fabrics of a single color

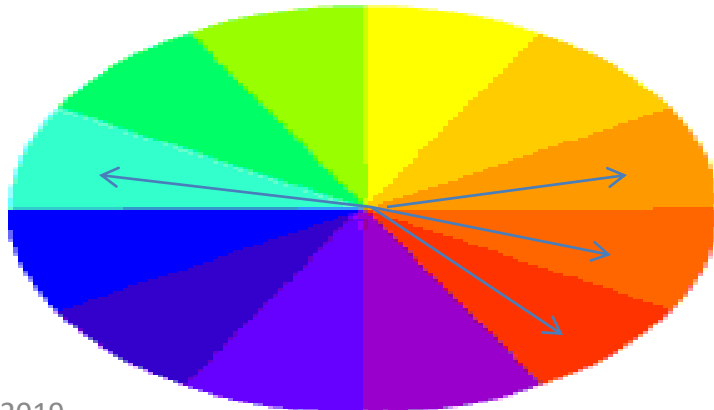


- Analogous: side by side colors, related but different
  - Colors blend gently, peaceful, balanced



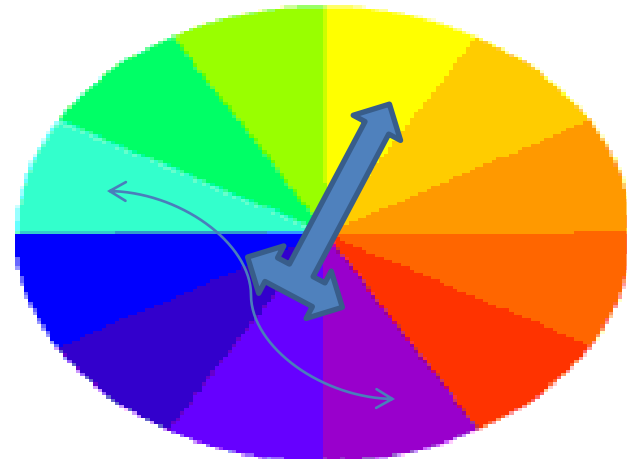
# Zingers & sparklers

- Three side by side colors with 1 accent
  - The opposite color = opposite temperature—
  - increases dramatic feeling the color scheme



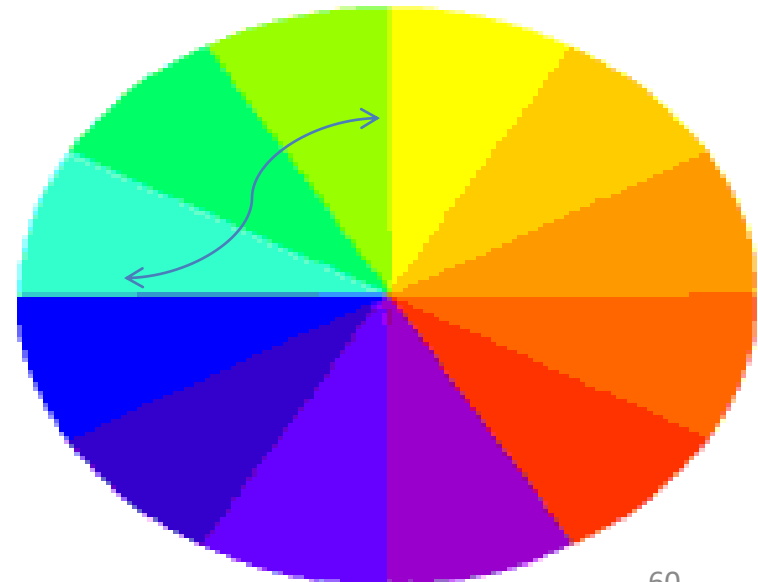
5 side by sides: extended analogous

- Share common root color
- Harmony may cross from one temperature to another
- Can also have accent—opposite



# Harmony

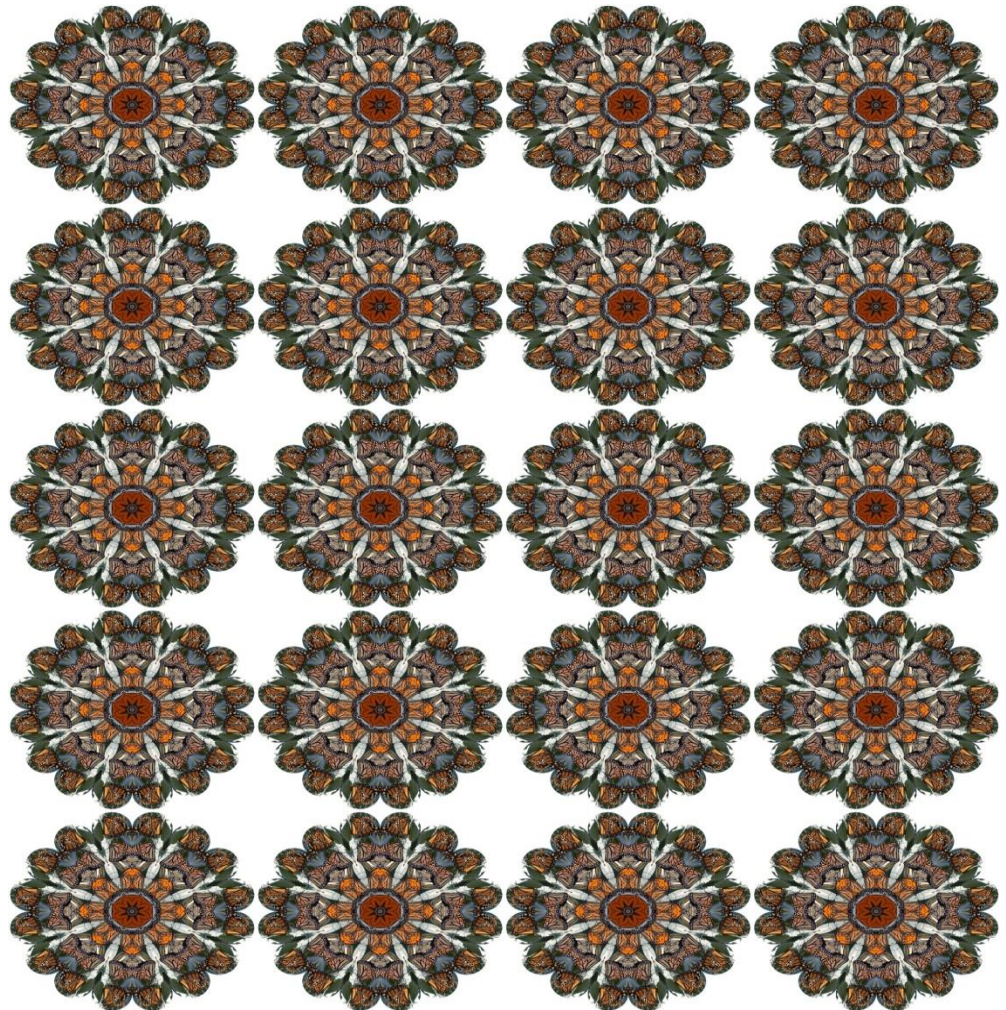
- Pleasing to the eye
- Engages viewer
- Sense of order,
- Balance between boring and chaos
- Brain rejects what it can't organize or understand
- Harmony delivers visual interest and order

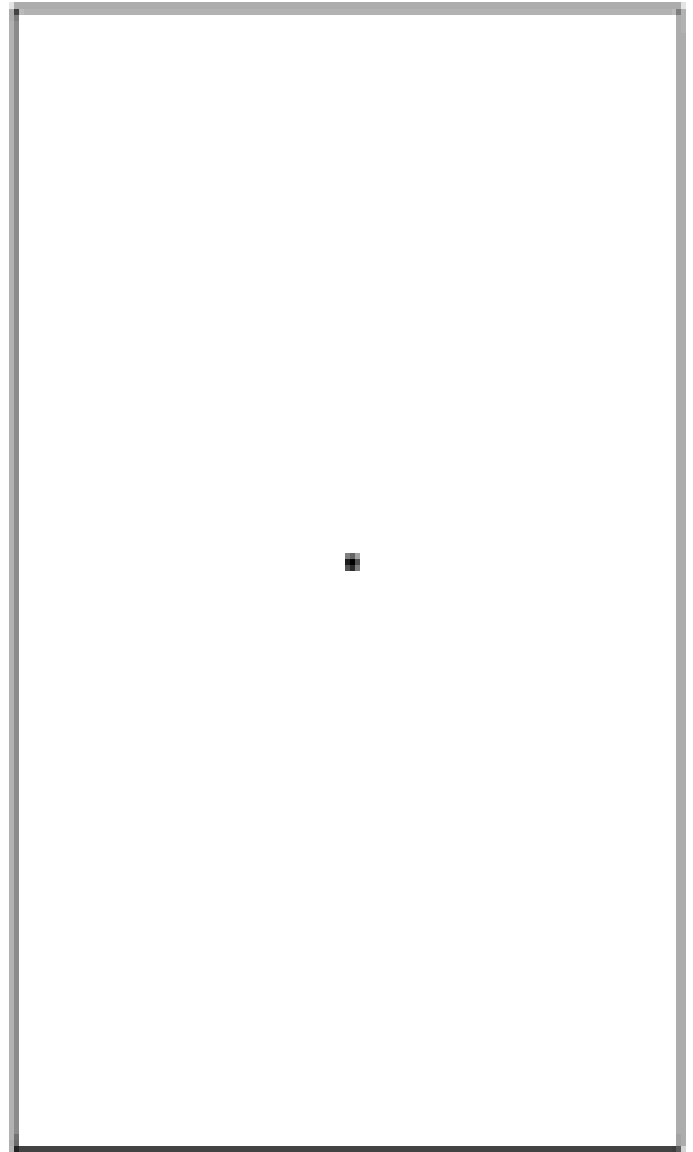
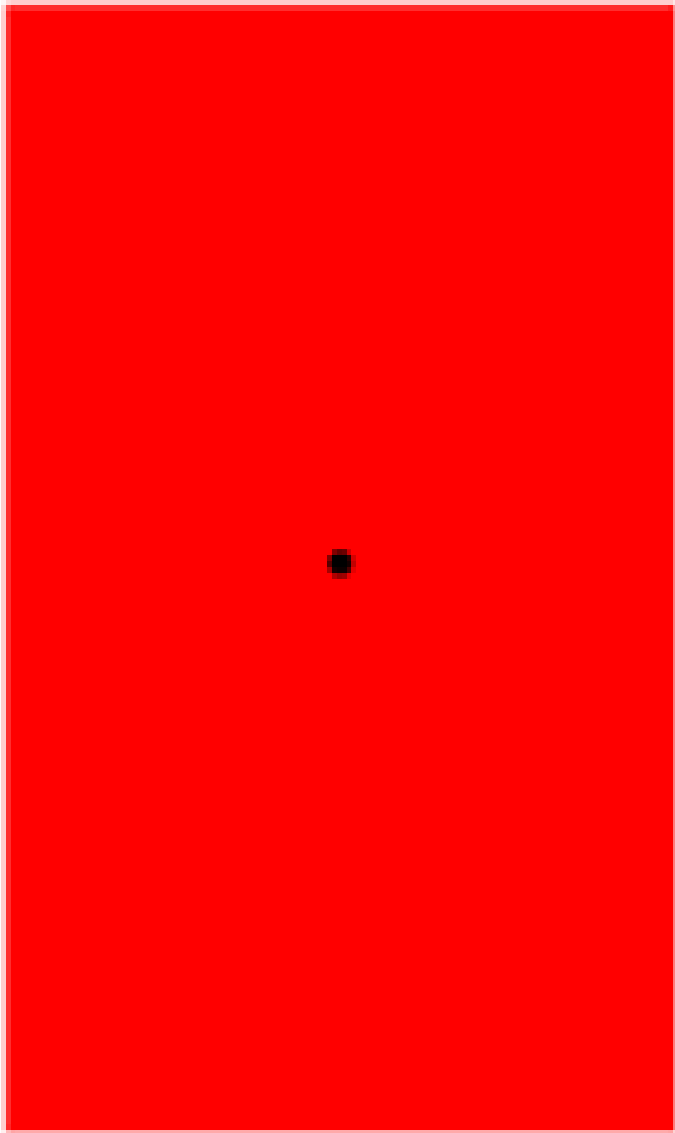




# More on color

- Afterimage
- Contrast
- Hue
- Shade
- Intensity





# After image

- What color did you see?
- Eye has 250,000 color decoding cones
- 83,000 cones used to decode red
- b/c fatigued & over stimulated when stare at dot in red
- Opposing cones kicked into action—hence see a blue or blue green, bluish light on the white area
- Eye operation is muscular, excess activity tires it out
- Example:
- Sort red pills 8 hours/day
  - White work surface, fatigues eye, get after image
  - Soft, muted teal work surface = max. visual efficiency
- Chickens in red contacts



## EYE GLASSES FOR CHICKENS

Intended to Prevent Fowls From Picking Out Each Other's Eyes—  
Make Unique Appearance.

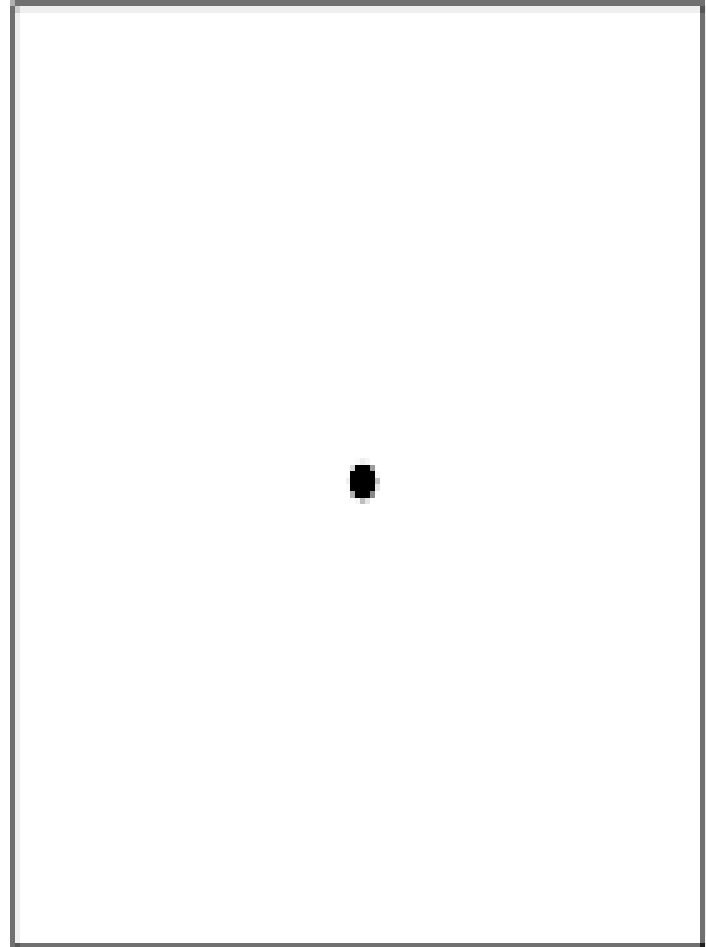
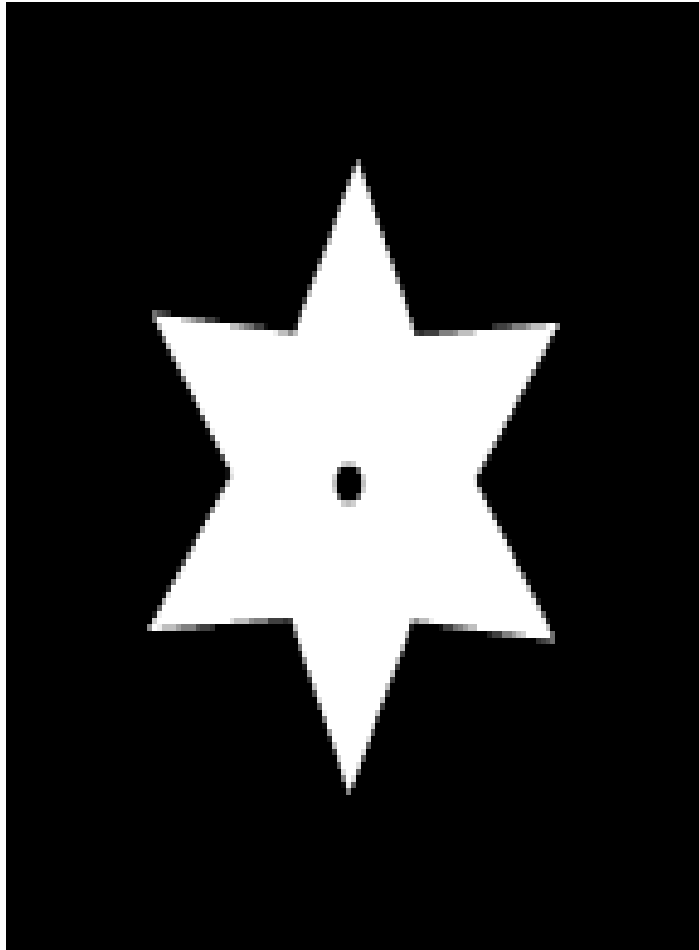
It might be supposed from a glance at these spectacles that chickens, like human beings, suffer from diseases of the eye, and that the inventor de-



Eye Glasses for Chickens.

signed them as an aid in their search

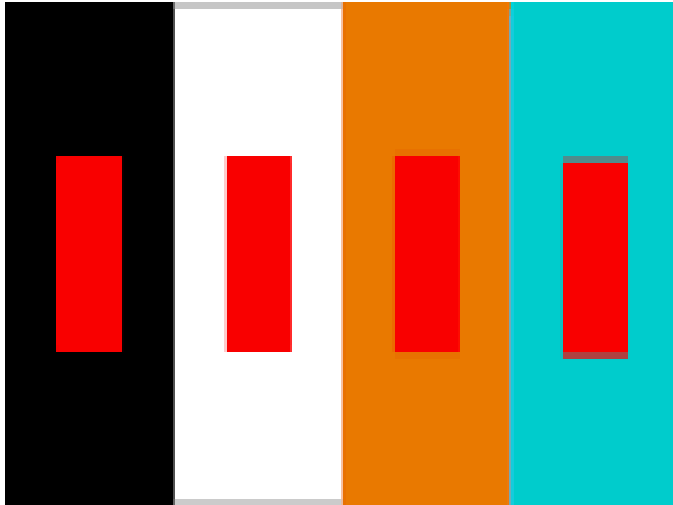




# Color contrast

- Did you see gray star on the white square
- Black/white difference = excess muscle activity → fatigue eye
- Same if read white paper on dark desk top
- Kitchen is critical area
- Science of contrast
- White reflects 80%, black 5% (16:1 light reflectance)
- Illuminating: Engineers recommend 3:1
- Contrast clarifies design, makes depth appear
- Contrast is relative—less is noticed less

# Color contrast example



- Red is more brilliant against black & duller against white
- The red appears larger in the black contrast
- Red is lifeless in orange, compared to the blue-green



# contrast

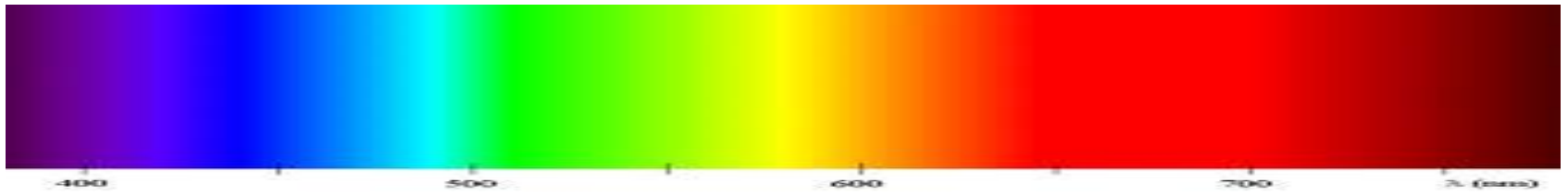
- When picking fabric
  - Ignore color
  - Just study contrast is hard
  - Try squinting
  - Use a reducing tool: reducing glass or peep hole
  - Look at through camera
  - Look through red cellophane—obliterates colors-lets you see values from dark to light
  - Make black and white photocopy



# temperature

- Cool fabrics = blues
- Warm = orange or yellow
- Temperature is relative
- Temperature of colors depends on what is around it
- Yellow-green:
  - Feels cool next to pure yellow
  - Feels warm when next to greens or blues





- Temperature: the more toward red, the hotter it gets
  - More blue/purple end of spectrum, the colder it gets
- Weight: darker, more intense color seems heavier
  - Lighter colors seem lighter
- Money: darker (burgundy red = opulence (rich))
- Dull (gray & dark brown) indicate poverty



# intensity

- Is the color pure: saturated, brilliant?
  - Or muted: grayed, subdued
  - The answer indicates intensity
  - Use intense colors sparingly
  - Choose less intense colors for larger areas
  - Intense colors appear to come forward
  - Less intense will recede
- Intensity changes with fabrics that surround it



# Additional notes

- Tints: when you add white (pastels)
- Tones: when you add gray (refined, muted, subtle)
- Shades: when you add black (dark, rich, dignified)
- Value: when describing lightness and darkness



# Variety checklist

## Contrast

- Is there a variety of light, medium and dark value fabrics for blocks, and overall quilt top

## Color

- Are colors selected according to a color scheme, grouping or color family
- What about shades and tints within color families

- Do fabric intensities work well together

## Character

- Are there a variety of print styles
- Are there small, medium and large scale prints
- Is the mood of the fabrics ok for the overall plan and desired outcome



# seasons

Pastel and light shades:  
delicate, feminine,  
spring

Bright shades of primary  
colors = summer

Earthy shades (brown,  
yellow, orange) nature,  
fall

Cool shades (white, black  
and blue) = winter



# OUR FLAG

- Flag colors
- white: purity, innocence
- Red: valor, hardiness
- Blue: justice, perseverance, vigilance,
- Stars: heavens, good that people strive for
- Strips: emulate suns rays





# More notes



- Locker room of opponent: bright pink, they lose energy

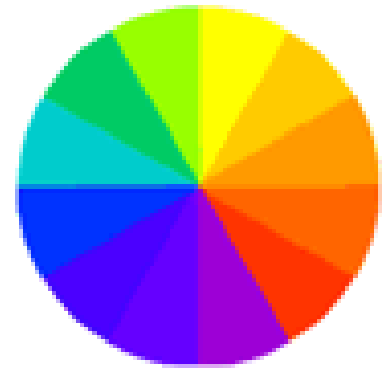


- Blue:
  - ocean, sky,
  - popular, peaceful, tranquil, calming
  - OR cold, depressing
  - Wear to job interview
- We are more productive in blue rooms
  - Weight lifter: lift heavier weights in blue gyms



# Chakras system

- Interconnection b/w physical & spiritual
- When illness occurs, it's correlated with block/weakness in 1 or more chakras
- Different body parts related to 7 energetic wheels
- Carol Tuttle, MRET



# Weaving in Chakras Energy System



- Chakras colors move around the wheel
- Newton: 7 colors on spectrum
- Carol Tuttle, MRET



# 1. RED

- Powerful, head turning
- Elicits a response
- Passion

- Chakra 1. Root
- Color red
- Element: earth
- Base of spine
- **Survival**, Birth issues, health, \$, food, generational patterns, **grounding**
- Patch leak, tailbone





## 2. ORANGE

- Lively color; Symbolizes pride, ambition
- **Enthusiasm**, happy, creative, **determined**, successful, stimulated, **encourager**



- Chakra 2: Sacral
- Color: orange
- Element: water
- Below the belly button
- The nature of your relationships, sexuality, freedom from guilt, **pleasure, sensation, creativity**



# 3. YELLOW



- Yellow = attention! Most cheerful!
- Optimism, speeds metabolism
- The 1<sup>st</sup> color the eye notices



- Chakra 3: personal power, solar plexus
- Color: yellow
- Element: fire
- Position: above the naval
- Objective: relationship with self, **personal power**, self-esteem, freedom from shame, self-worth, **self-image**
- Activate: rub palms together, right hand on solar plexus, rotate, say I am powerful, I am the will of creating what I want.

# 4. GREEN



- Green = GO
- Sacred to Egyptians & Muslims
  - sign of hope & joy
- Most restful to eye
- Healing, soothes pain, nurturing, fertility, growth, caring, giving

Work in green environment:  
have fewer stomach aches

- Chakra 4: Heart
- Color: green
- Element: air
- Position: center of chest
- Objective: heart, **love**, **compassion**, emotional zone, self-acceptance, masculine/feminine of the self, **forgiveness**





# 5. BLUE

- Most popular color in our society
  - Like an old friend
  - Embodies devotion, trust, equality, truth
- Toxic colors: blue, black, purple: warning of potentially lethal foods.



- Chakra 5: Throat
- Color: blue
- Element: sound
- Position: hollow of throat
- Objective: speaking your truth, **coming from center of your willpower**, listening and being heard, communication, **finding your true voice**, express truth



## 6. INDIGO



- Dark cool tone of blue w/tinge of violet
- Deep MN blue
- Intuition & perception; deep concentration during inspiration/meditation
- Opens 3<sup>rd</sup> eye
- One of 7 basic colors on the spectrum
- From indigo plant
- Blue jeans, darker than blue before fade
- Chakra 6: intuitive
  - third eye
- Color: indigo
- Element: Light
- Position: B/W eyebrows
- Objective: intuition, psychic talents, self-reflection, **visualization**, discernment, trust of your own intuition



# 7. VIOLET

**Stability** of blue + **energy** of red

**Violet more red, less blue,**

- more intense, warmer
- Spirituality
- Sense of **power**
- Nostalgia, memories

- **Purple: red = blue 1:1**



- Chakra 7: Crown
- Color: violet
- Element: thought
- Position: top of the head
- Objective: charity, divinity, **connection to God & spirit, belief systems**, revelation, divine consciousness

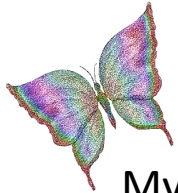


# PULLING IT TOGETHER



- Using the Chakras
- Meditation:
  - Think about the color using
  - Use colors to promote healing
- Red: grounded
- Orange: creativity
- Yellow: self-reflection
- Green: forgiveness
- Blue: true voice, truth
- Indigo: visualization
- Violet: revelation
- Visualization & thoughts connected or in alignment
- Reframing – to +
- Deep breathing





My Rx for you:  
Lots of color  
4-5 fruit/veggies  
Daily activity  
Time to create,  
reflect, sew  
Gratitude,  
Forward thinking  
Quilts to keep you  
warm  
Questions?

Shari Liesch, APNP, CDE  
Hobbyist, nurse, author:  
Nurspiration



	Task-focused	People-focused
Active, Outgoing	<b>Doer, dominant</b>	<b>Inspiring, influential</b>
Passive, Internal, Reserved	<b>Cautious, conscientious</b>	<b>Supportive, steady</b>



## **With Dominant people**

- Build respect to avoid conflict
- Focus on facts and ideas rather than the people
- Have evidence to support your argument
- Be quick, focused, and to the point
- Ask what not how
- Talk about how problems will hinder accomplishments
- Show them how they can succeed

## **With Influential people**

- Be social and friendly with them, building the relationship
- Listen to them talk about their ideas
- Help them find ways to translate the talk into useful action
- Don't spend much time on the details
- Motivate them to follow through to complete tasks
- Recognize their accomplishments

## **With Steady people**

- Be genuinely interested in them as a person
- Create a human working environment for them
- Give them time to adjust to change
- Clearly define goals for them and provide ongoing support
- Recognize and appreciate their achievements
- Avoid hurry and pressure
- Present new ideas carefully

## **With Conscientious people**

- Warn them in time and generally avoid surprises
- Be prepared. Don't ad-lib with them if you can
- Be logical, accurate and use clear data
- Show how things fit into the bigger picture
- Be specific in disagreement and focus on the facts
- Be persistent, diplomatic, patient

DISC type	Description
<b>Dominant</b> (Direct, Driver, Demanding, Determined, Decisive, Doer)	Independent, persistent, direct .Energetic, busy, fearless. Focus on own goals rather than people. Tell rather than ask. Ask 'What?'
<b>Influential</b> (Inducement, Inspiring, Impressive, Interacting, Interesting)	Social, persuasive, friendly. Energetic, busy, optimistic, distractible. Imaginative, focus on the new and future. Poor time managers. Focused on people than tasks. Tell rather than ask. Ask 'Who?'
<b>Steady</b> (Submissive, Stable, Supportive, Shy, Status quo, Specialist)	Consistent, like stability. Accommodating, peace-seeking. Like helping and supporting others. Good listeners and counselors. Close relationships with few friends. Ask, rather than tell. Ask 'How?' and 'When?'
<b>Conscientious</b> (Cautious , Compliant, Correct, Calculating, Concerned, Careful, Contemplative)	Slow and critical thinker, perfectionist. Logical, fact-based, organized, follows rules. Don't show feelings. Private. Few, but good friends. Big-picture, outlines. Ask 'Why?' and 'How?'



# Meaning of colors

Red	Warmth, love, anger, danger, bold, excitement, speed, strength, energy, determination, desire, passion, courage	Urgency, used in sales, impulse sales
Orange	Cheerfulness, low cost, affordability, enthusiasm, stimulation, creativity, aggression, food	Push for action, impulse buying
Yellow	Attention-grabbing, comfort, liveliness, cowardliness, hunger, optimism, overwhelm, summer comfort, liveliness, intellect, happiness, energy, conflict	Attention grabbing, as in displays, windows
Green	Durability, reliability, environmental, luxurious, optimism, well-being, nature, calm, relaxation, spring, safety, honesty, optimism, harmony, fresh	Easy, calm, used to relax
Blue	Peace, professionalism, loyalty, reliability, honor, melancholia, boredom, coldness, winter, depth, stability, honor, trust	Creates trust, used in banks

# Meaning, cont.

<b>purple</b>	<b>Power, royalty, nobility, elegance, sophistication, artificial, luxury, mystery, royalty, elegance, magic</b>	<b>Calm, anti aging</b>
Gray	Conservative, traditionalism, intelligence, serious, dull, uninteresting	
Brown	Relaxing, confident, casual, reassuring, nature, earthy, solid, reliable, genuine, autumn, endurance	
Black	Elegance, sophistication, formality, power, strength, illegality, depression, morbidity, night, death	Selling luxury, aggressive products, or to impulse buyers
White	Cleanliness, purity, newness, virginity, peace, innocence, simplicity, sterility, snow, ice, cold	