



# Colour magnet

BY ABEER AYASH

I am a holistic artist, and a mind, body and energy practitioner. Through my skills and experience with alternative healing therapies, I have a deep knowledge and understanding of the influence of colour on individuals and on our living space as a whole. Through my soul paintings, I can create an artwork that is custom-made to the client according to his/her energy system. Since the colour is the physical manifestation of energy, the painting will carry and emanate the vibrations that create a healing balanced state of being for the person that owns it. In addition to soul painting, I do similar concepts for residential and commercial projects, where the artwork is energetically and geometrically studied to harmonise and balance the space it is created for.

Art and colour is not just related to interior design, but is an integral part of it. It is through the colours' themes and patterns, compositions and lines that a space takes on a personality and implements its functionality. Art has the ability of identifying a space, and infusing it with a soul, that not only mimics life, but creates an environment that is intelligent and interactive. For example, I recently created three paintings; Sand, Sea, and Harmony that are used in the corridors of a hotel and office building in Dubai. Not only were the paintings used to camouflage access panels, but their colour pattern and composition enhanced the atmosphere and created a balanced flow of energy. The composition and theme unites the exterior architecture and spirit with the interior mood and feel.

Each colour is a manifestation of a certain electromagnetic wavelength, which directly affects the human body and consequently the living space. For example, the long wavelength of red has a direct effect on the adrenal glands and blood by changing the hormonal and chemical levels in the body, which will consequently effect the mind and emotion. Once subjected to red, an individual will feel an immediate surge

of energy, and a tendency to move and take action. This is why it is used in fast food venues, or in sports spaces, and playgrounds. On another hand, with a shorter wavelength compared to red, green has a soothing peaceful loving effect as it derives this vibration from the plant kingdom of mother earth. It opens the heart and releases the blocks and brings out unconditional love. It instantly connects individuals with the higher human vibrational values. This is why it is ideal in bedrooms, personal and family spaces, hospitals and clinics. In operation rooms, the doctors work with blood for long hours, which is why they wear green robes. When they lift their eyes off the operational table they are instantly calmed and the stress or anxiety factor is subdued. Similarly, blue, has a pacifying effect. It carries the vibration of focus, reliability and trust. It connects to the truth and essence of being. It is commonly used in school and police uniforms and spaces in banks and law institutions. When choosing a colour for an environment, it is important to study the psychology of space to incorporate a visual that will balance all these elements equally.

Art & Coffee is a monthly event that Art Couture organises as part of its vision to promote contemporary art in Dubai. Artists, art professors, curators and other guests talk about their expertise once a month. It is an opportunity to enjoy the beauty of art, learn something new, and share cultural interests over a cup of coffee.

I was invited by Art Couture to talk about the power of colour, which was followed by a live demo of a soul painting. The talk matches the theme of the morning events as these coffee mornings focus on the appreciation of art and enhancement of life in the simplest of ways and is directed towards group interaction and fun.

Art Couture and The Third Eye will partner in presenting a series of talks seminars and workshops, which will educate on the transformational power of art and design.



As a holistic artist, I will continue creating soul paintings for my clients and art consultations and paintings for residential and commercial places.

The next Art & Coffee morning is 'Understanding Contemporary Visual Art & Andy Warhol's work' by Lebanese performance and video artist, Rima Kaddissi, at Al Badia Golf Club, Intercontinental, Dubai Festival City, 11am-2pm, June 9. AED 200.

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