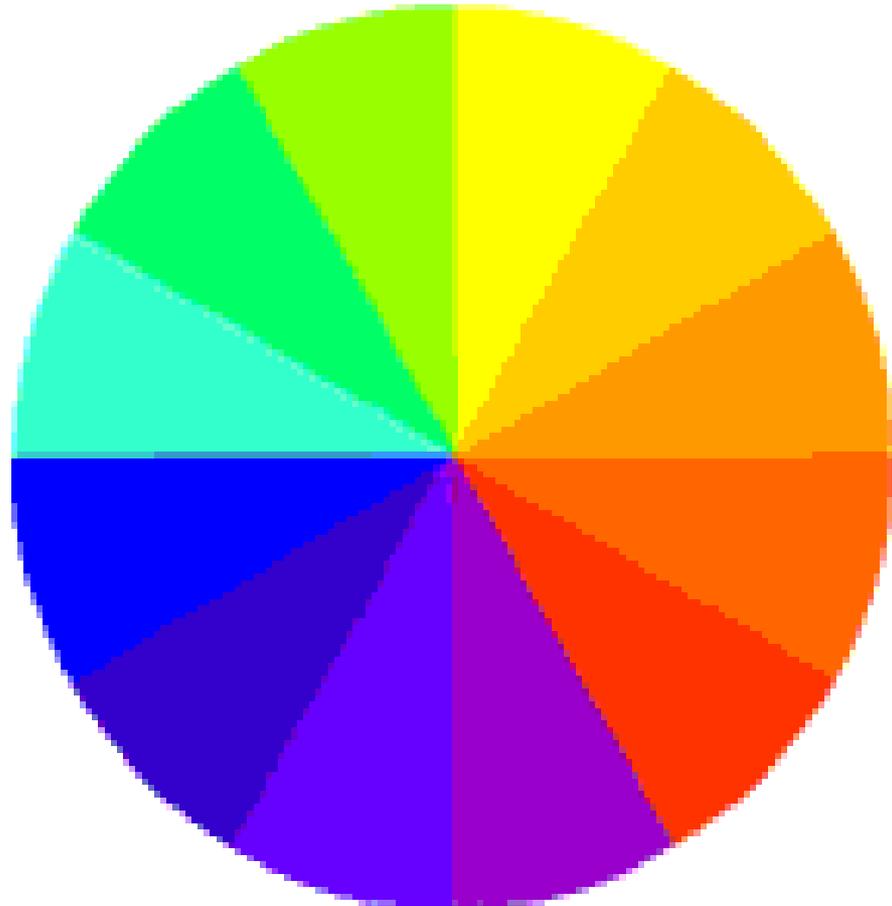


Quilt Creations:

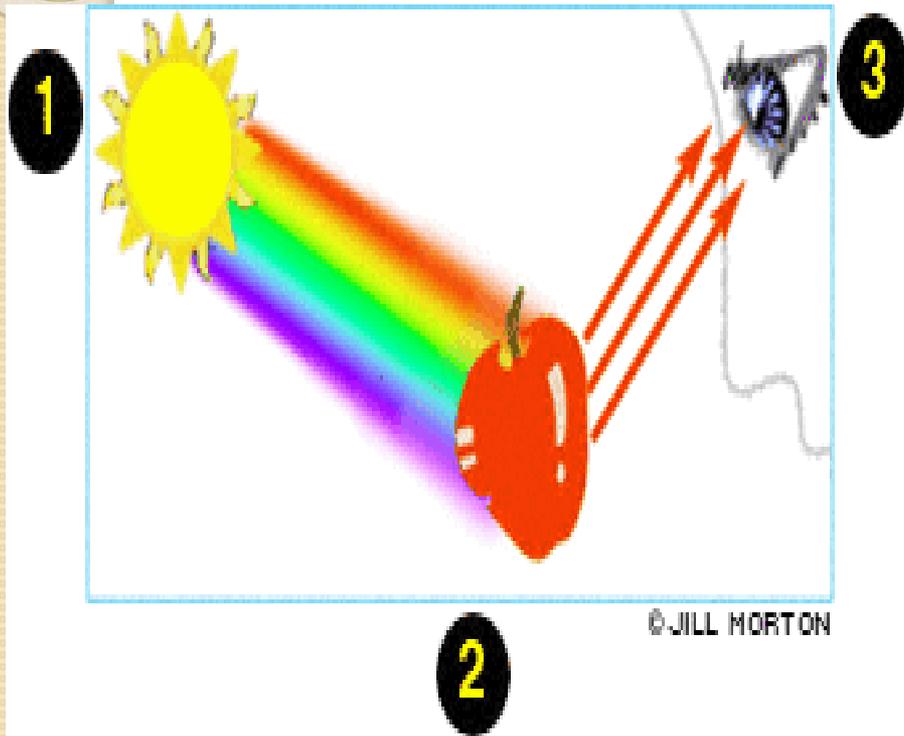
Using the Color Wheel & Nature



Oconomowoc Quilters

March 21, 2019

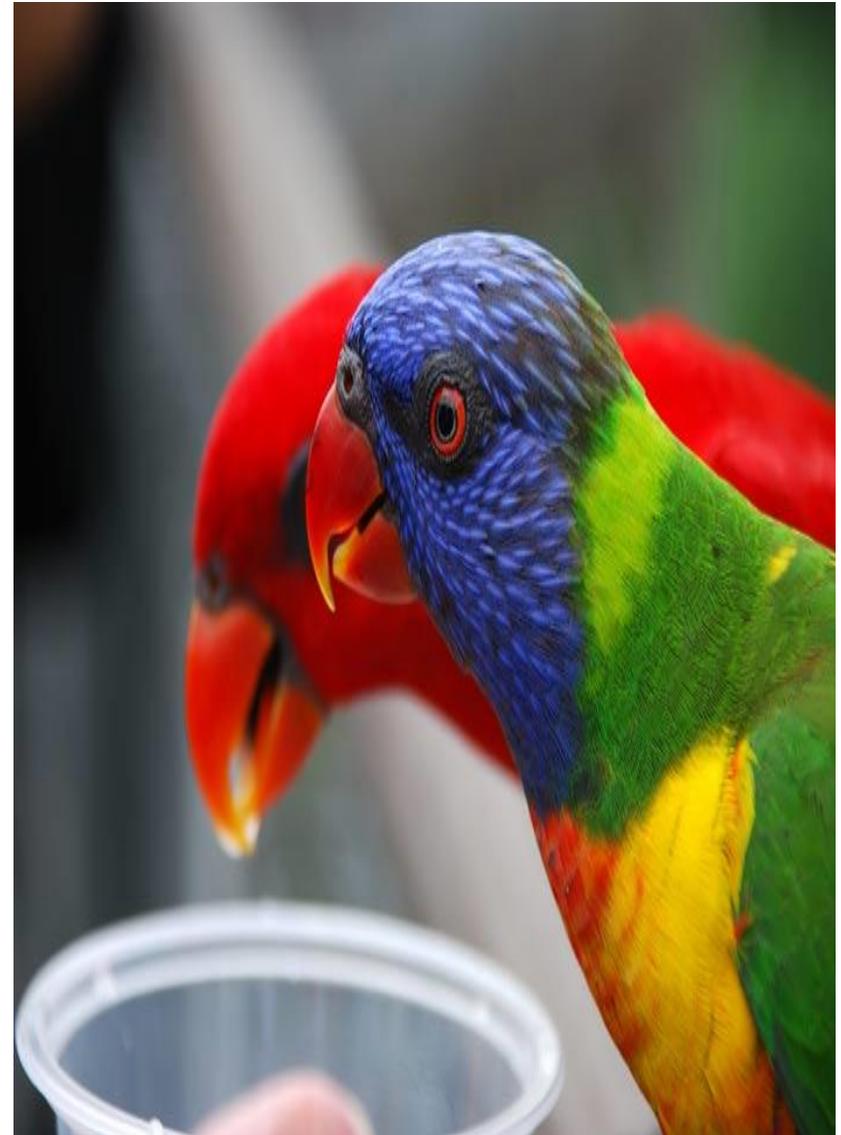
Color = Light



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

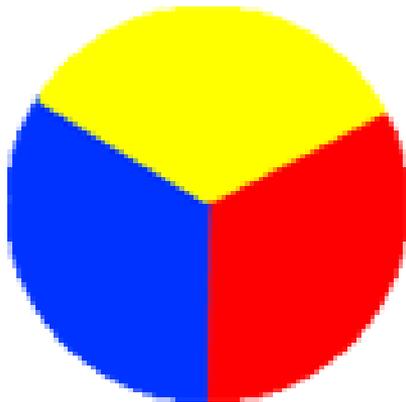
- Color is light reflected.
- It is the visual effect caused by the light
 - emitted,
 - transmitted or
 - reflected by objects
- Quiz: How many colors can the human eye see?



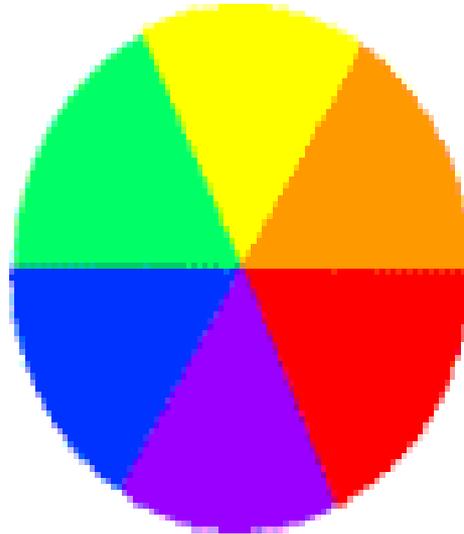
Color wheel: Sir Isaac Newton

1666

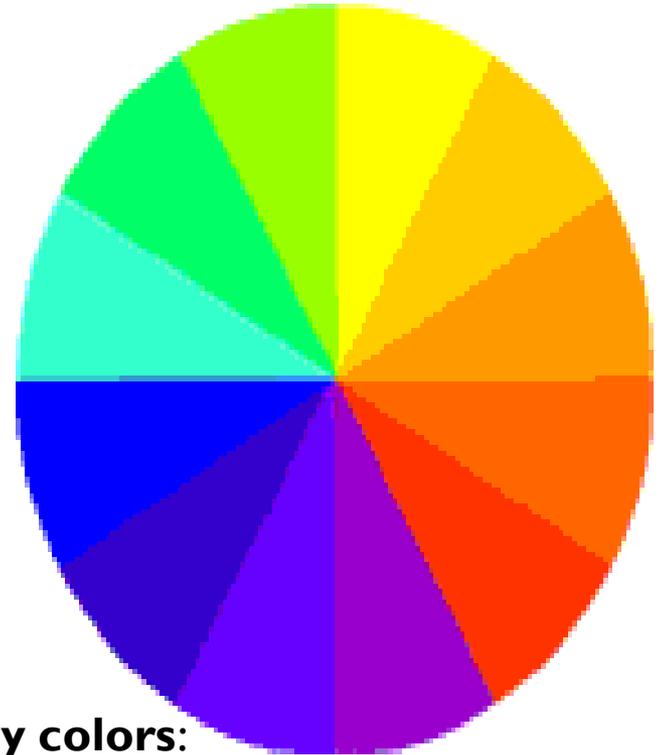
Primary colors:
red, yellow, blue



Secondary colors
Orange, purple, green



Tertiary colors:
yellow orange,
red orange,
red purple,
blue purple,
blue green,
yellow green

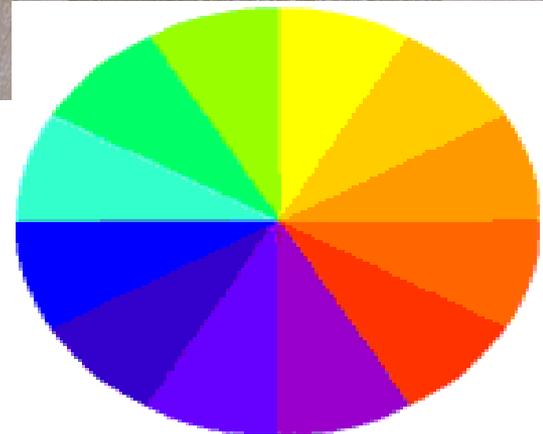


What favorite color says about your personality

- 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, devil
- Yellow: **intelligent**, educated, mind for business
- White: **pure**, crisp, clean

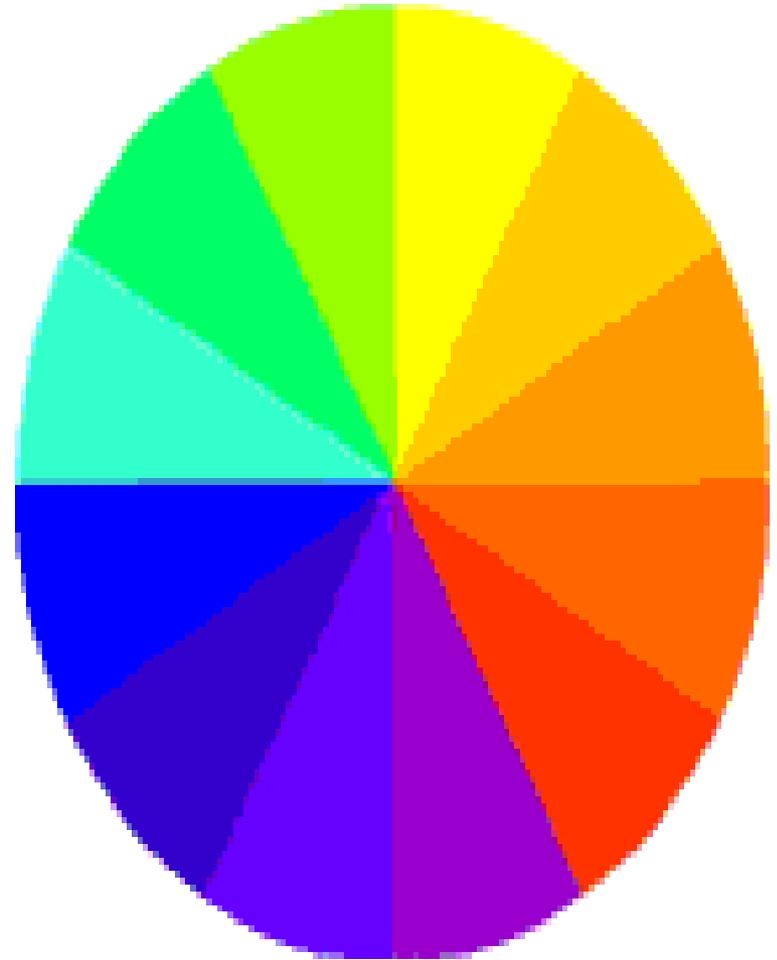
More on colors

- 80% of information through senses is visual
- Color wheel colors that are close together or opposite create harmony
- Men prefer: bright
- Women like: soft colors
- Who are more likely to have a favorite?



Exploring color

- How do you decide the colors you use?
- Do you use the color wheel?
- What are your favorite color combos?
- Have you ever changed color favorites?
- Have the colors you were working with impacted your mood?

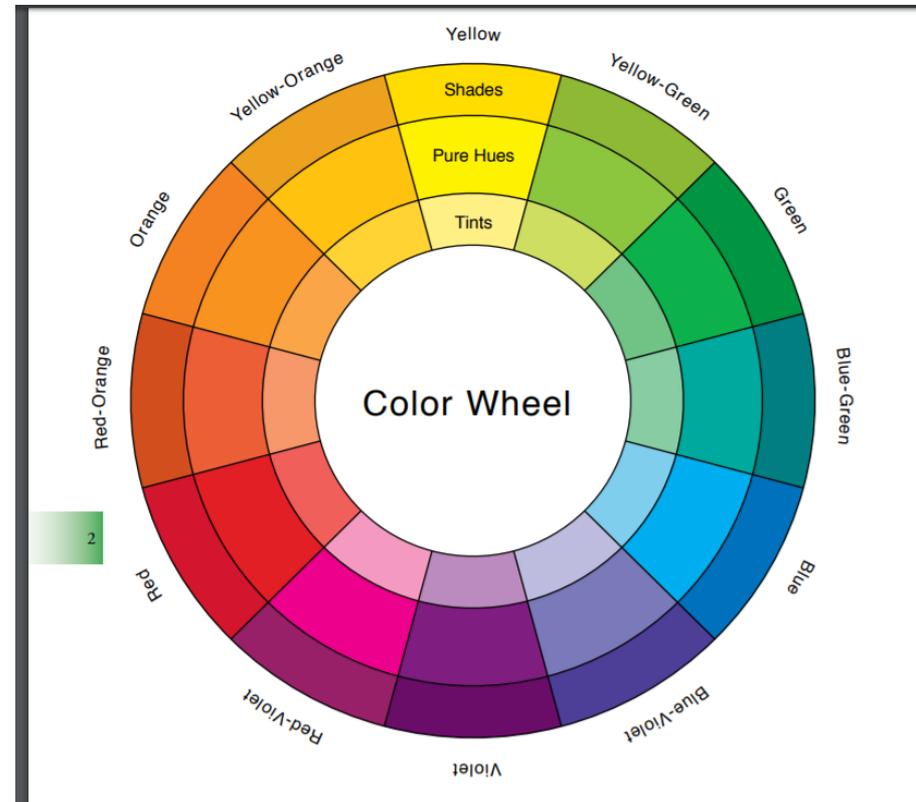
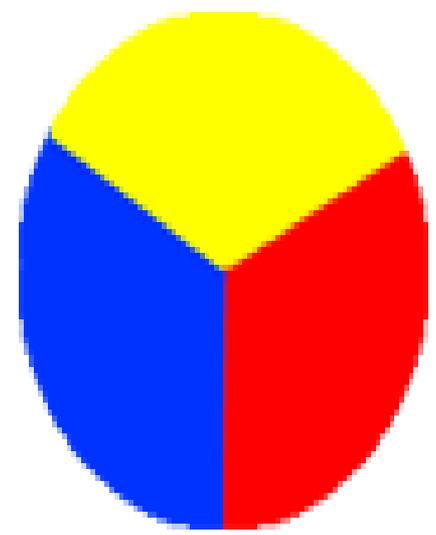


Quilting color wheel

- Make a cross
- 60 degrees on center
- For primary & secondary colors
- Fill in with fabric squares
- Lighter inside, darker out

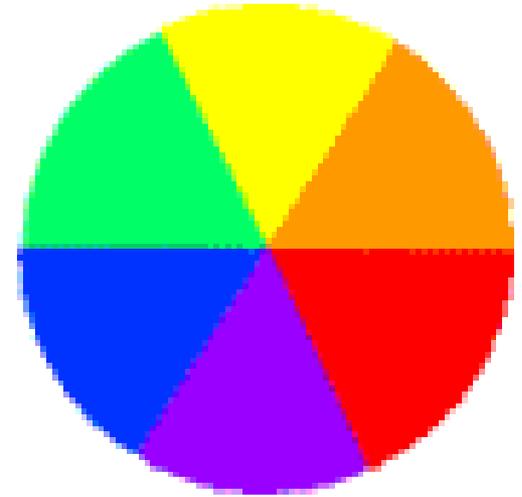
Primary colors:

- Yellow
- Red
- Blue

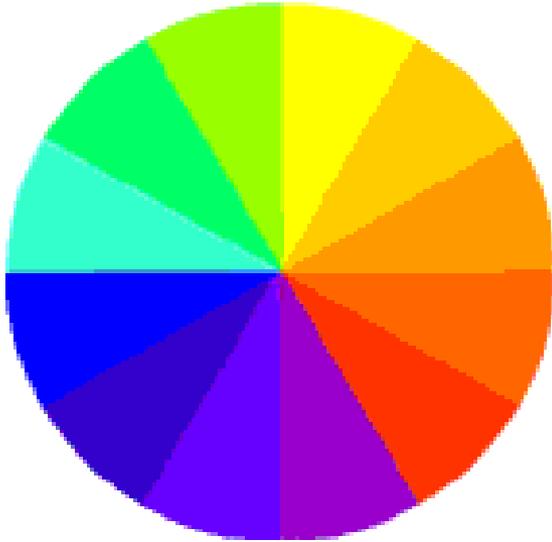


Secondary colors

- Orange = red + yellow
- Green = blue + yellow
- Purple = blue + red



Tertiary Colors



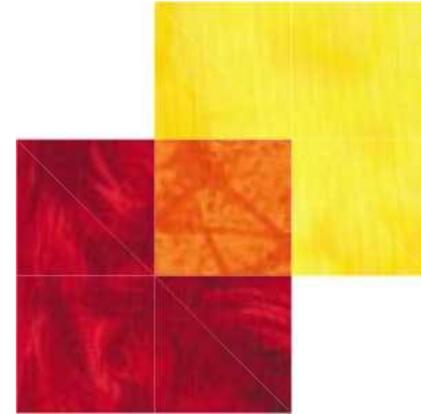
- **Tertiary colors:**

- yellow orange,
- red orange,
- red purple,
- blue purple,
- blue green,
- yellow green



I. RED

- Powerful, head turning
- Elicits a response
- Passion, fun, dynamic
- Use red to
 - stimulate,
 - create excitement,
 - give the illusion of fast paced movement in quilt
- Red: **emotionally intense**
 - Fire & blood
- Associated with **energy**
 - Stimulates faster heart rate & breathing
 - Stimulates appetite
 - Used to decorate in food establishments



2. ORANGE

- Lively color: pride, ambition
- The energy of red & the happiness of yellow
- True vs subtle (orange vs peach or rust)
- **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,
- **Highlights most important element of the design**
- Effective in ads for food products & toys; Accepted among young



3. YELLOW

- Yellow = attention! Cheer! Caution
- Optimism, speeds metabolism
- Can enhance concentration (yellow legal pads), gives a jolt, wakes the brain
- Creates warmth, success, intelligence, illumination, brilliance
- Bright yellow: attention getter (taxi)
 - Males like light yellow
- Used in road signs with accent
 - Alert to warning: yellow/black
 - Yellow is seen first against black or dark colors
- Yellow rooms;
 - People lose temper & babies cry
- May be difficult for the eye to take in



*"Adopt the pace of nature:
her secret is patience."*

-Ralph Waldo Emerson



4. GREEN



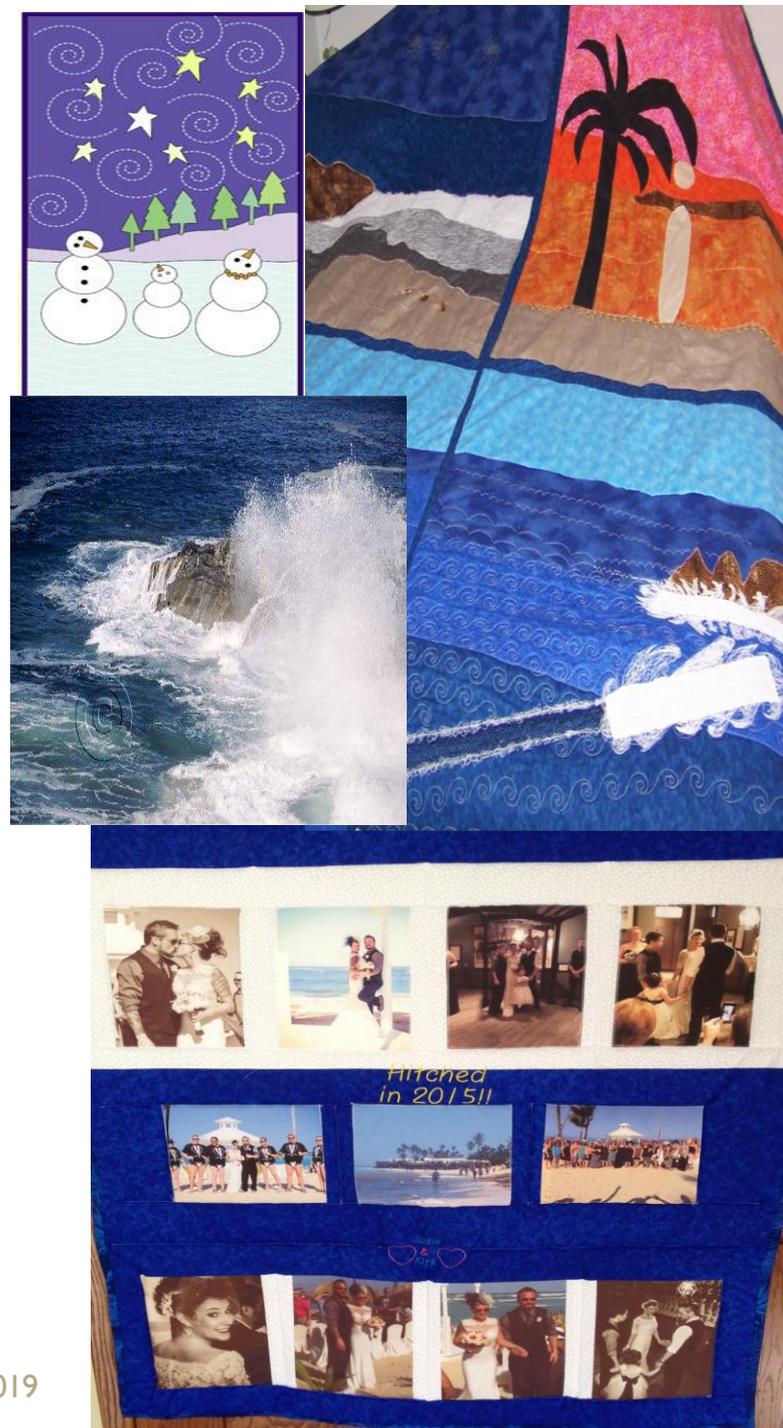
- Green = GO
- Sacred to Egyptians & Muslims
 - Sign of hope & joy
 - Restful to eye
- Healing, soothes pain, nurturing,
- Fertility, growth, caring, giving

Work in green environment: fewer stomach aches

- Good for teething infants
- Popular in decorating
- “Green rooms” relax patients, calm
- Brides: middle ages = fertility
- Dark green: masculine, conservative, wealth, ambition, greed, jealousy
- Yellow green: sick, coward, discord
- Aqua: emotional healing, protective
- **Seamstress fear green thread: bad luck**

5. BLUE

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





6. INDIGO

- Dark cool tone of blue w/tinge of violet
- Deep MN blue
- Intuition & perception; deep concentration during inspiration/meditation
- Opens 3rd eye
- One of 7 basic colors on the spectrum
- From indigo plant
- Blue jeans, darker than blue before fade



7. VIOLET

- **Stability** of blue + **energy** of red
- **Violet more red than blue**,
 - more intense, warmer
 - Spirituality
 - Sense of **power**
 - Nostalgia, memories
- **Purple: red = blue 1:1**
- **Royalty**, luxury, wealth, sophistication, feminine, **romantic**, power
- **Rare in nature**
- Sentimental
- **Wisdom**, ambition, wealth, extravagance, dignity, independence, **creativity**, mystery, magic





White



- Light, goodness, innocence, purity, perfection, virginity
- Safety, cleanliness, faith
- As opposed to black is a positive connotation
- Successful beginning
- White car easiest to keep **clean**
- Ads: cool, clean, snow, suggests simplicity in high tech
- Charitable, angels, hospitals, safety
- Low weight, low fat dairy

Most common for wedding (western)

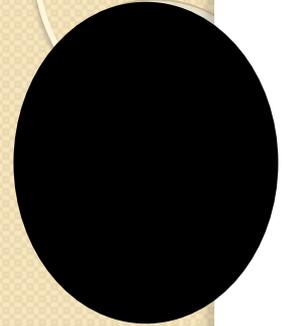
White inappropriate in China: is a mourning color- white wedding not allowed

In India, wear white with a touch of another color

If unrelieved white is worn, she is inviting widowhood & unhappiness



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

Brown

- Not on color wheel
- Has all colors in
- 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



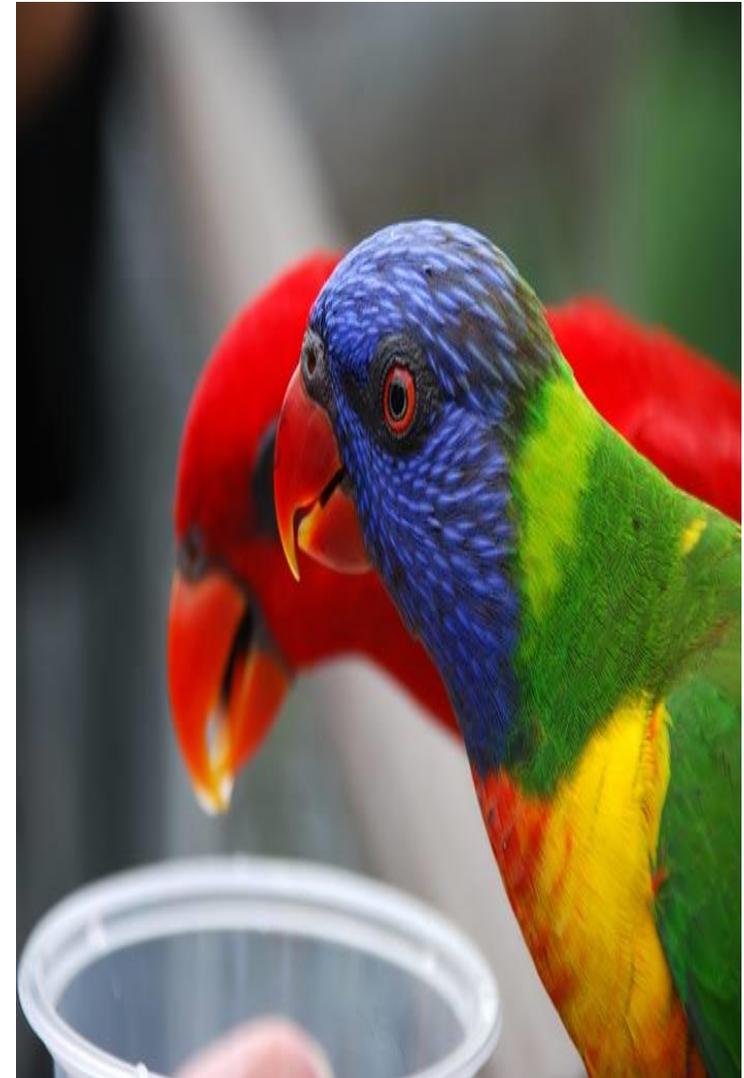
Neutral colors



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

More on colors

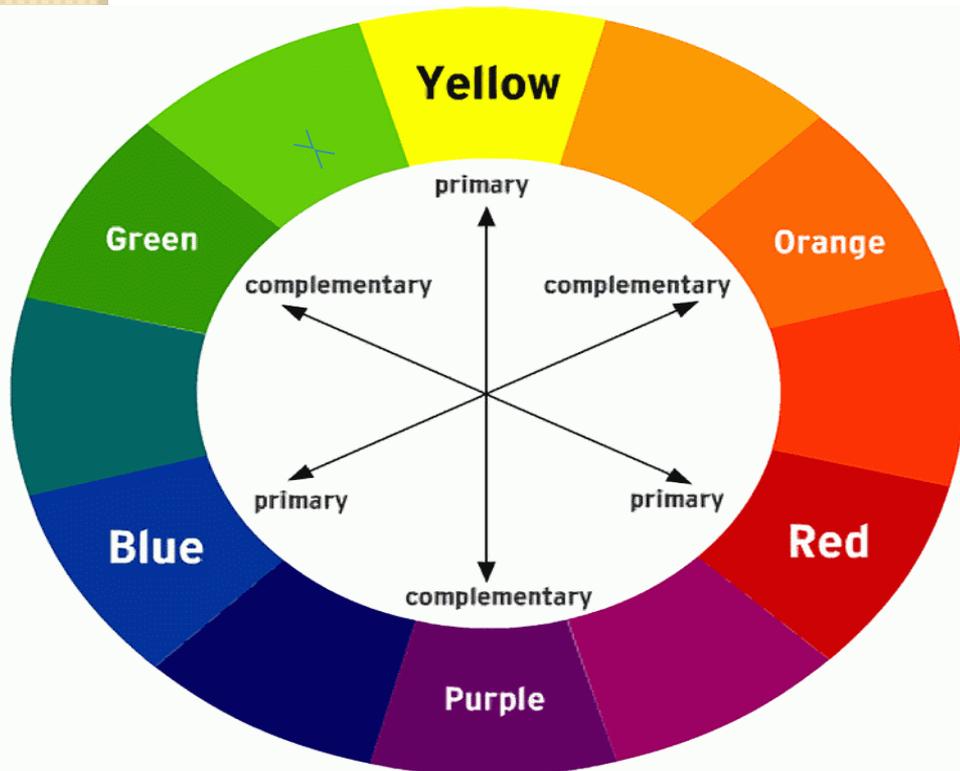
- 80% of sensory information is visual
- Color harmony:
 - Colors close together **or** opposite on the wheel
- Men
 - Prefer bright colors
- Women
 - Like either small or large differences in color hue
 - Are more likely to have a favorite color
 - Prefer soft colors



Complimentary colors

- Two colors that are directly opposite each other

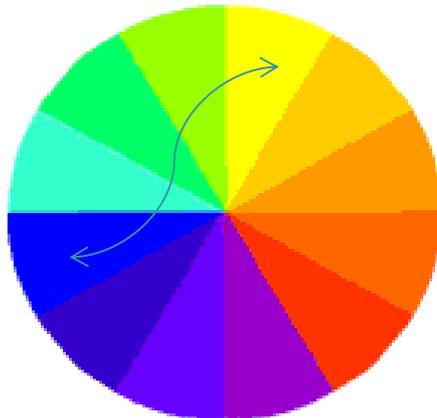
- Create maximum contrast & stability
- Vibrant:
 - increased excitement,
 - more punch



- Packers (Analogous)
- Complementary
 - Bears
 - Vikings

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



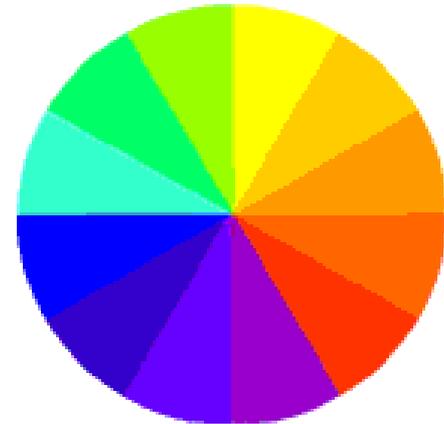
- Monochromatic: one color
 - Various shades of one color
 - Some multi color threads



- Analogous:
 - 3 colors side by side,
 - Related but different
 - Colors blend gently, peaceful
 - Balanced

Temperature

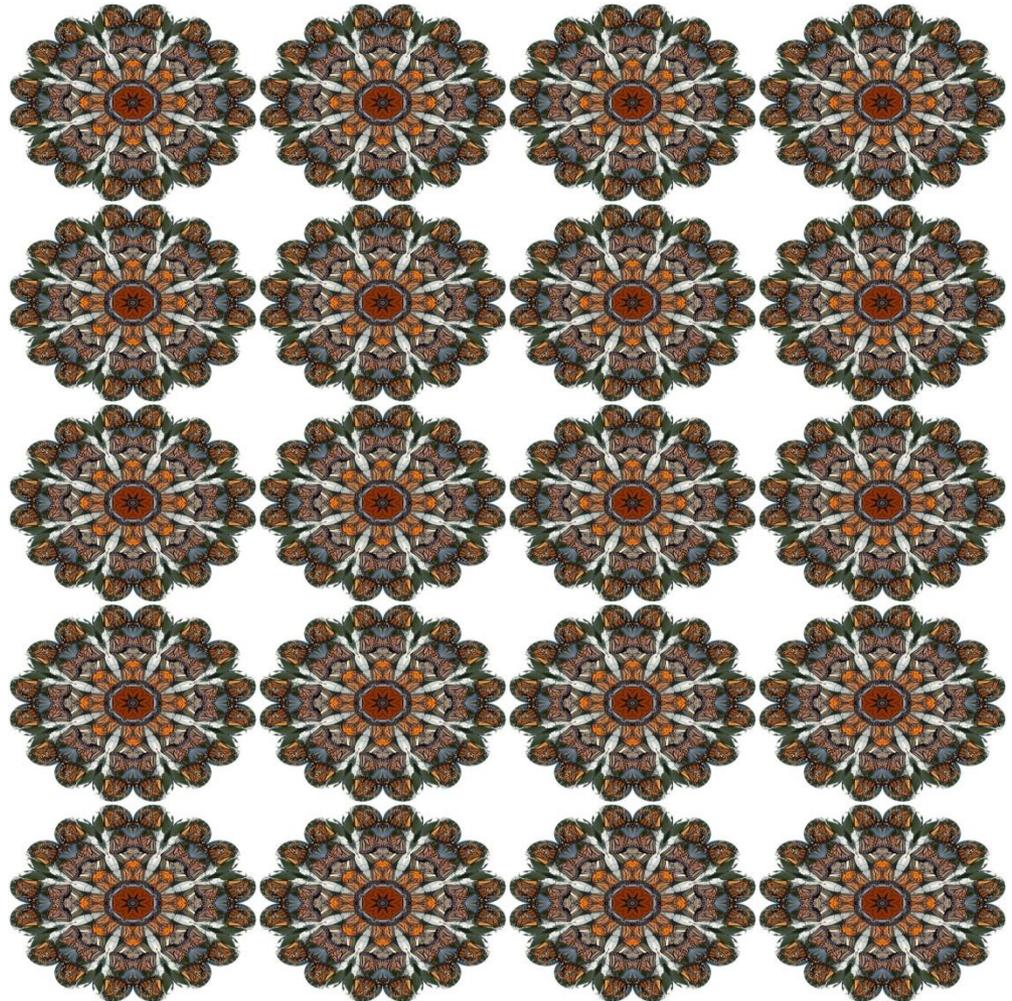
- Faucets:
 - cold = blue; hot = red
- Hot fabrics = reds
- Cool fabrics = blues
- Warm = orange or yellow
- Temperature is relative
 - It depends on what is around it
- Yellow-green:
 - Feels cool next to pure yellow
 - Feels warm when next to greens or blues

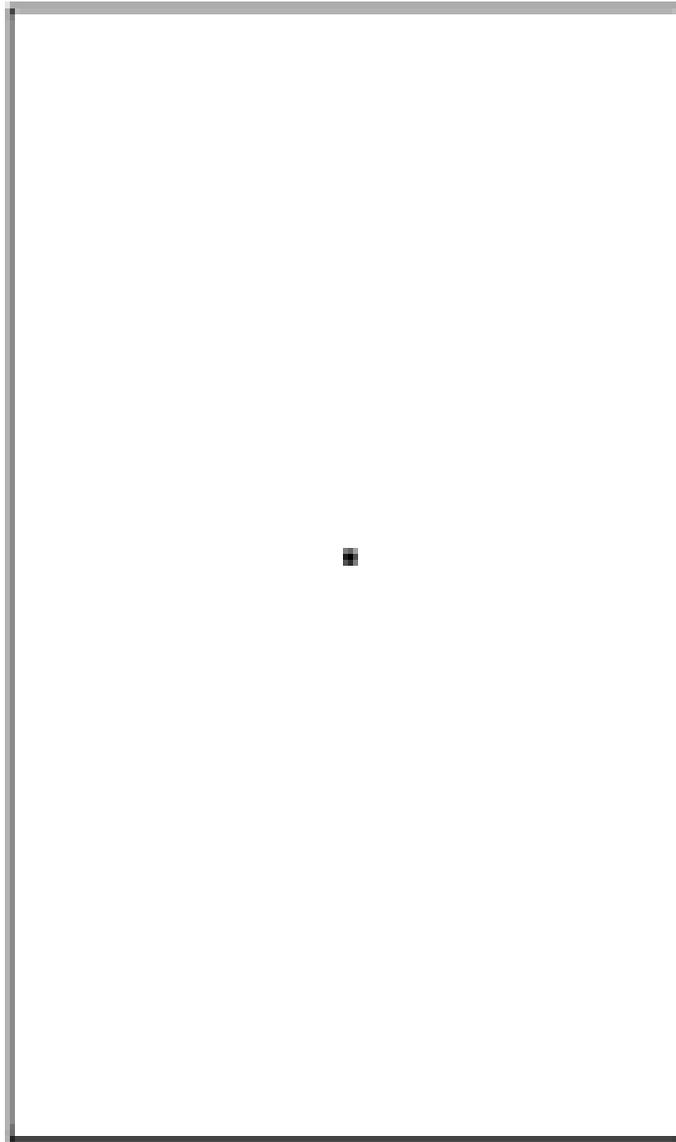
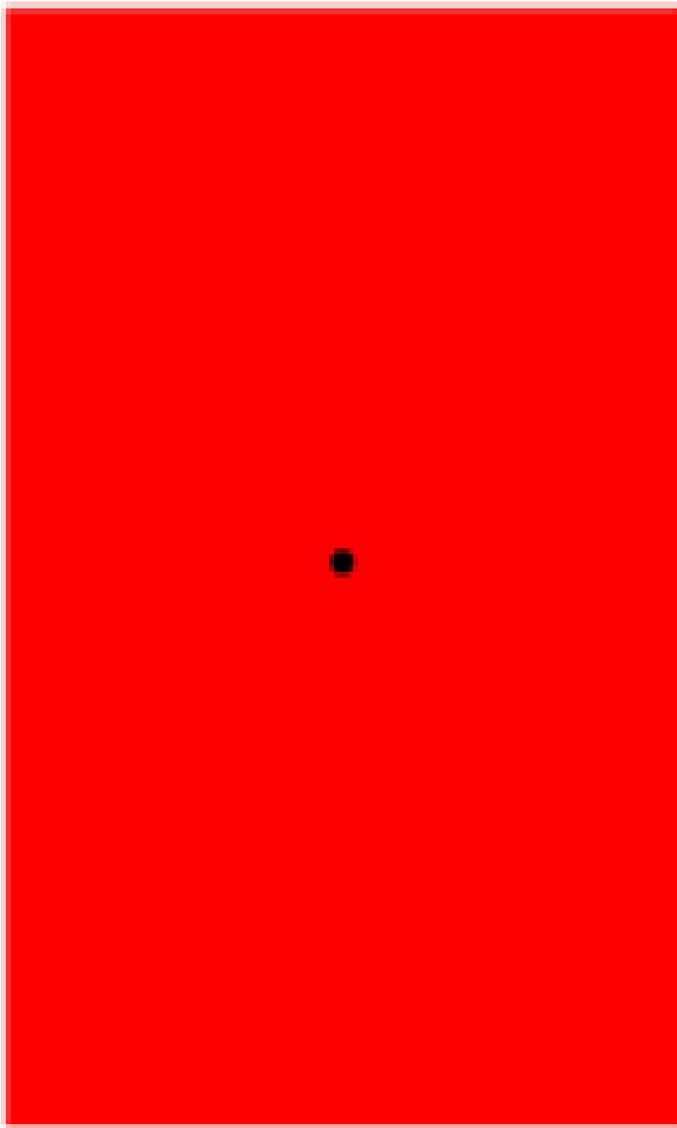


Money: (reds)
darker (burgundy red) =
opulence (rich)
Dull (gray & dark brown)
indicate poverty

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
- Become fatigued & over stimulated when stare at dot in red
- Opposing cones kick in—hence see a blue or blue green light on the white area

- Eye operation is muscular, excess activity tires it out
- Example:
 - Sort red pills 8 hours/day
 - White surface, fatigues,
 - Soft, muted teal surface
 - max. visual efficiency



EYE GLASSES FOR CHICKENS

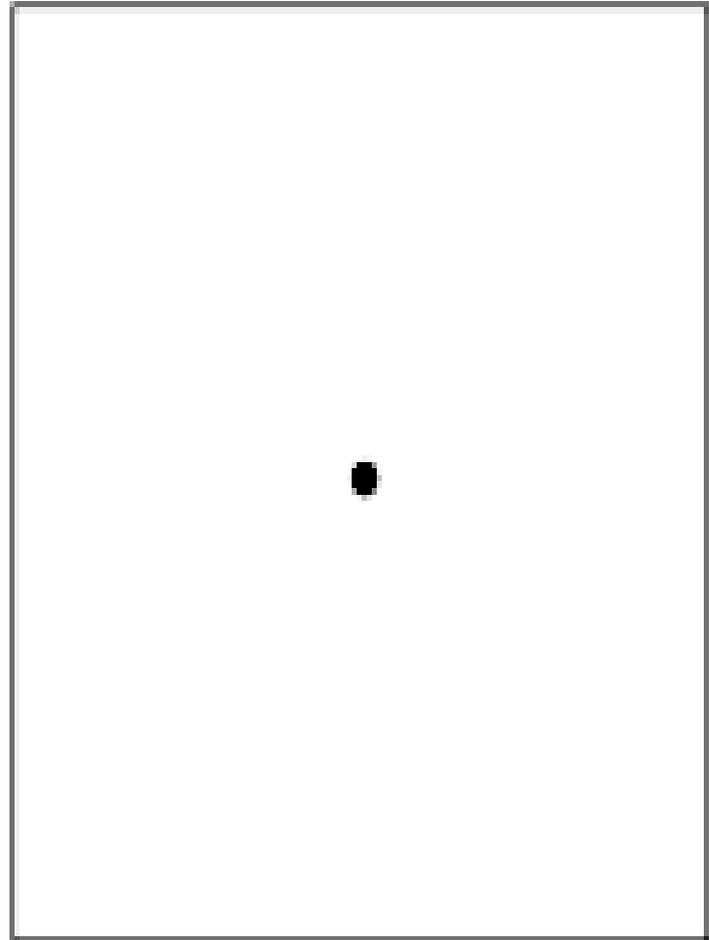
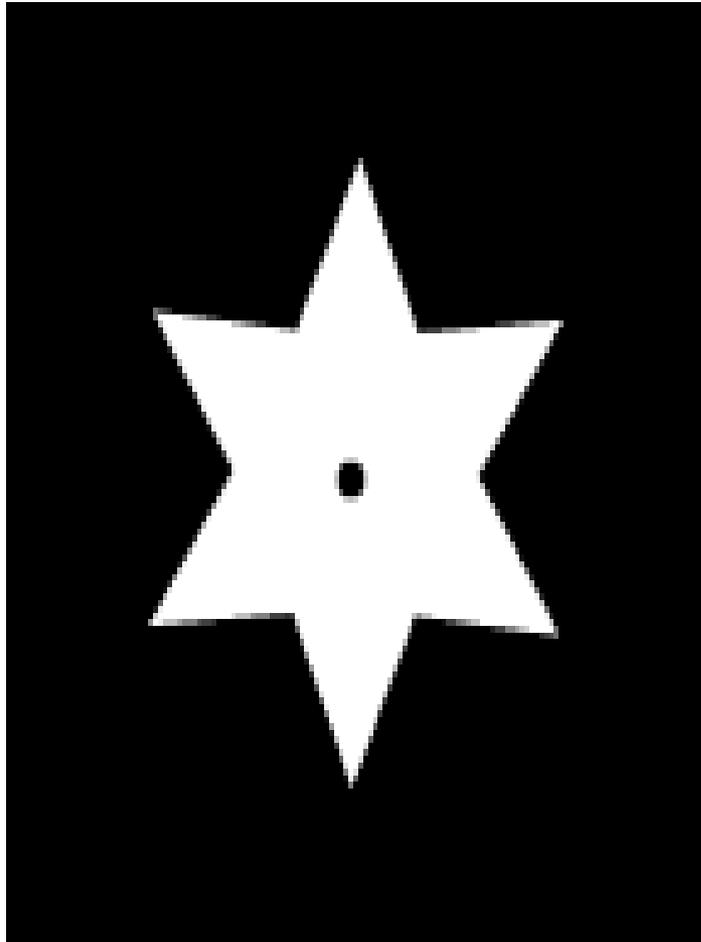
Intended to Prevent Fowls From Picking Out Each Other's Eyes—
Make Unique Appearance.

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

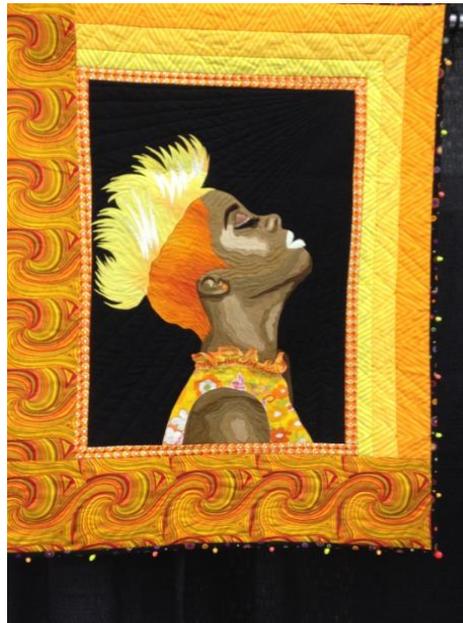
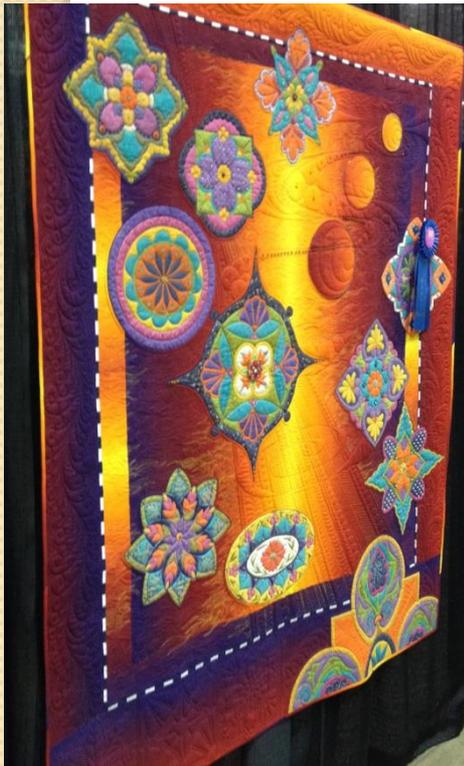


Color contrast

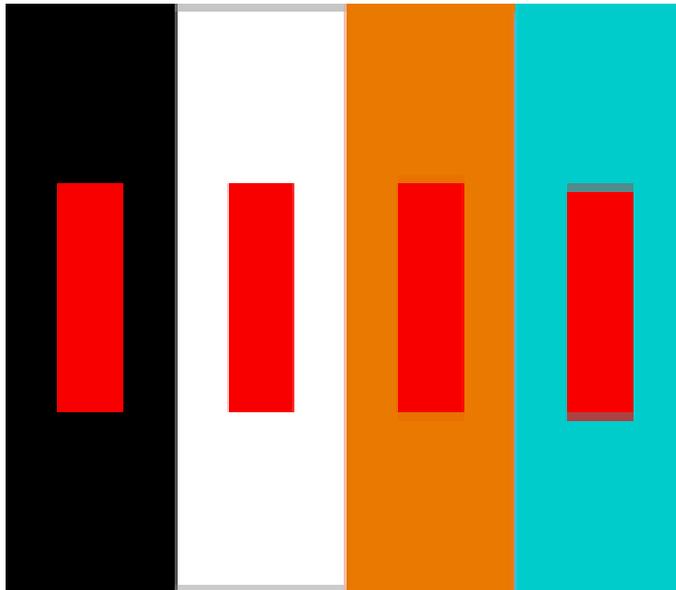
- What did you see?
- Black/white difference = excess muscle activity → fatigue eye
- Same if read white paper on dark desk top

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



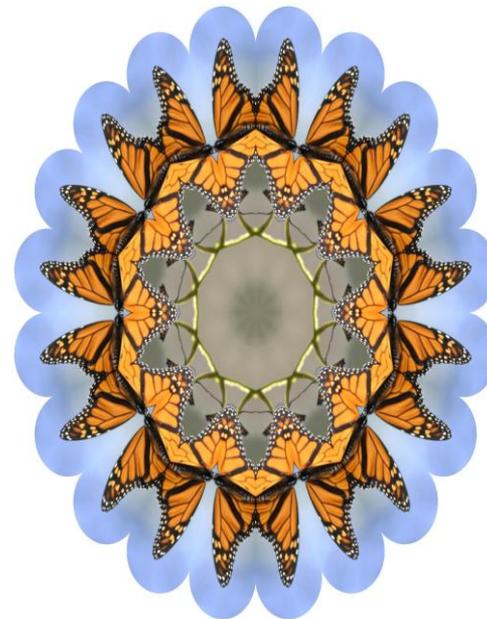
Color contrast example



- 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
- Which contrast do you like best?

contrast

- When picking fabric
 - Ignore color
 - Just studying 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



Intensity

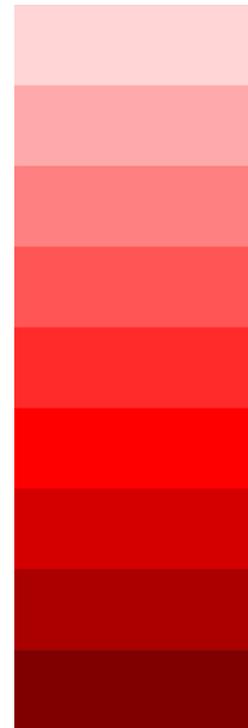
- Is the color pure: saturated, brilliant?
 - Or muted: grayed, subdued
- The answer indicates intensity
 - Use intense colors sparingly
 - Use less intense colors for larger areas
 - Intense colors appear to come forward
 - Less intense will recede

Intensity changes with fabrics that surround it



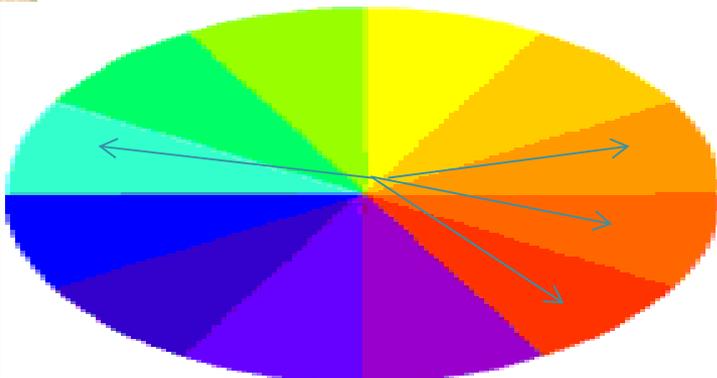
More about colors

- **Hue & color** are basically the same thing;
 - Used interchangeably
- **Hue: one of the twelve colors** on the wheel
 - These **twelve** are purest & brightest colors.
 - 3 Primary Colors,
 - 3 Secondary Colors,
 - 6 Tertiary Colors
- They form the **full spectrum of colors**
 - **progress around the Color Wheel** in gradual increments.
 - Gradual change is compared to the “Butterfly Effect”

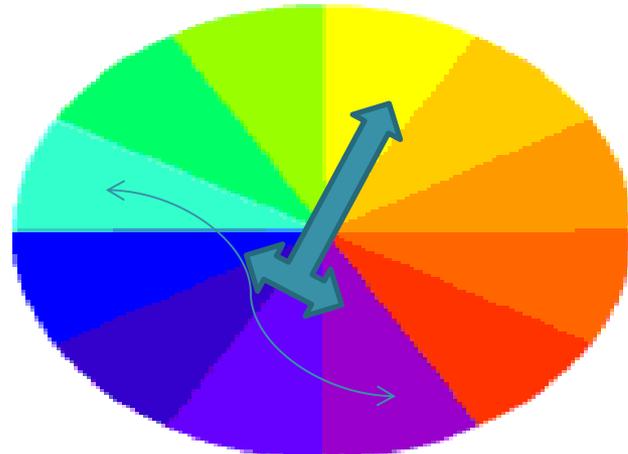


Adding zingers & sparklers

- Three side by side colors with 1 accent
 - The opposite color brings dramatic feeling to 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



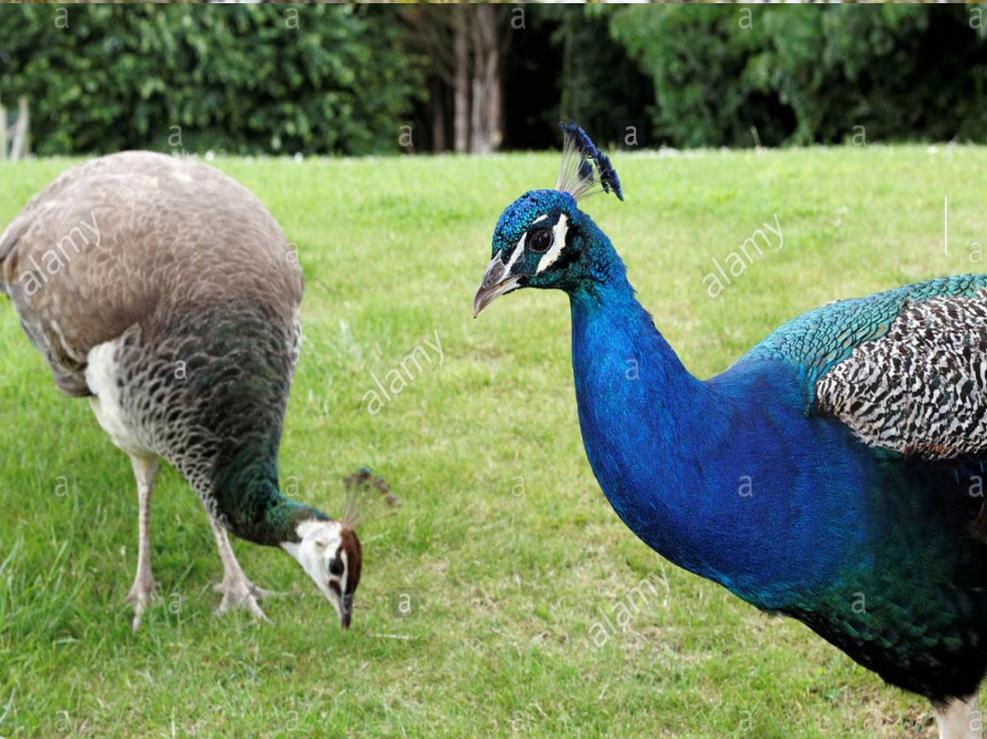
Additional notes

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



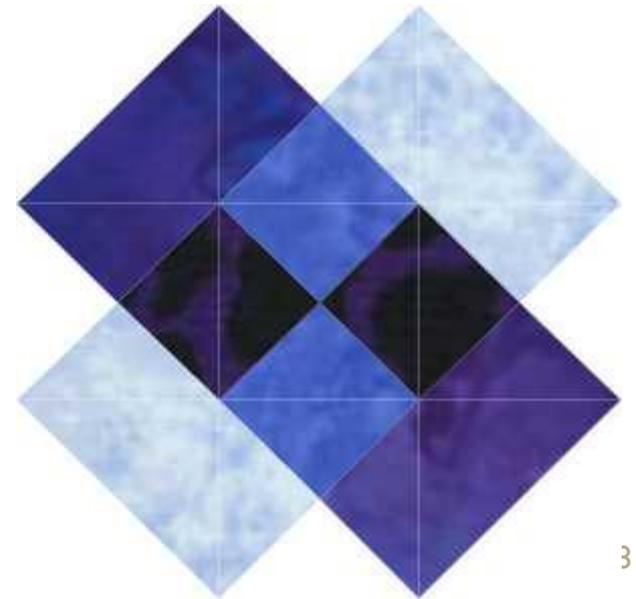
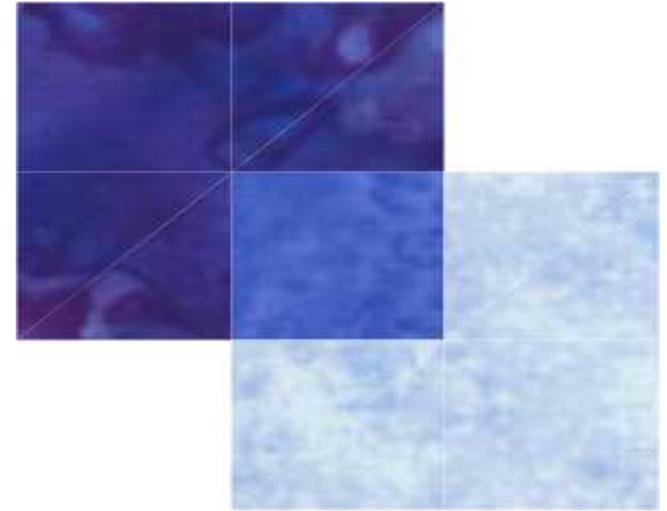


Tint: add white?



Transparency in quilting

- Effect of 1 piece laying over the other; a 3rd color appears at the intersection
- Photos by Vicki Welsh



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

Iridescence/Luminosity

- In quilting, iridescence is compared to luminosity.
 - Shimmer
 - Sparkle
 - Shine
 - Gleam
 - Glisten
 - Glitter
 - Transparency,
- The luminous area
 - Smaller
 - Lighter
- Dark background strengthens the luminous area
- Light background weakens it



Making your color wheel

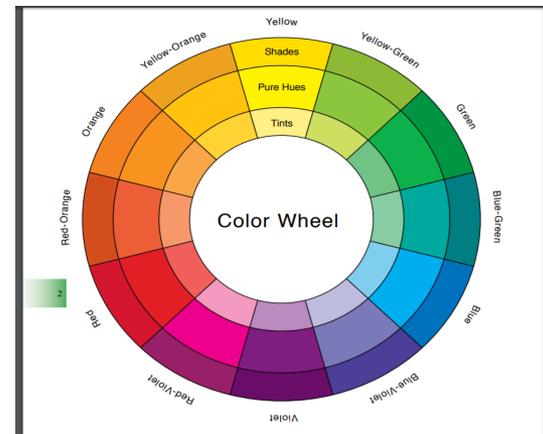
Make +

- Mark 60 degree angles
 $360/12 = 60$ - each gets a line

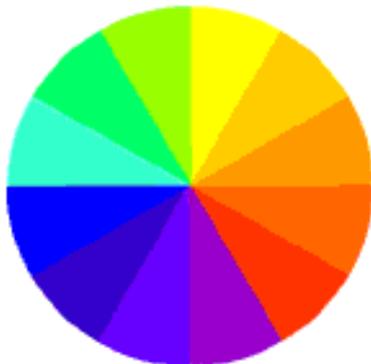
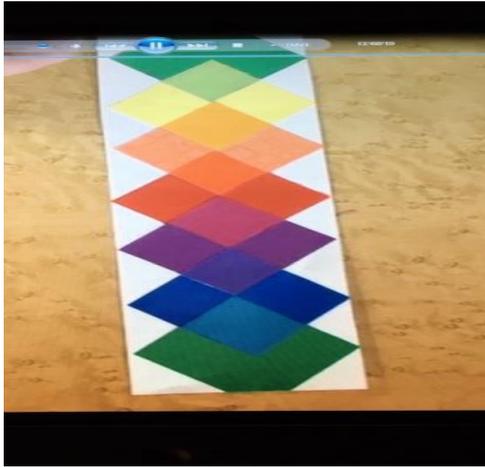
Primary

- Yellow on top
- Red to right
- Blue to left
- Add secondary colors:
orange, purple, green

- Fill in tertiary colors
 - yellow orange,
 - red orange,
 - red purple,
 - blue purple,
 - blue green,
 - yellow green



Monochromatic | color; many shades



- White: used to illuminate dark-
- Monochromatic-
 - all values hot or cold?
- Analogous- 3 in a row next to each other
- Complement- other side
- Split complement 2 with one spot not used
- Triadic- equal spots on wheel
- Warm- fire- red & yellow

Color work with values

- 7 colors to spectrum
- Position on 1 to 7 scale?

Gray scale

- 1-3 light
- 3-5 medium
- 5-7 dark
- Tone on tone,
- Not high contrast
- Squint eye,
- Look through camera

Graphic scale:

white to black

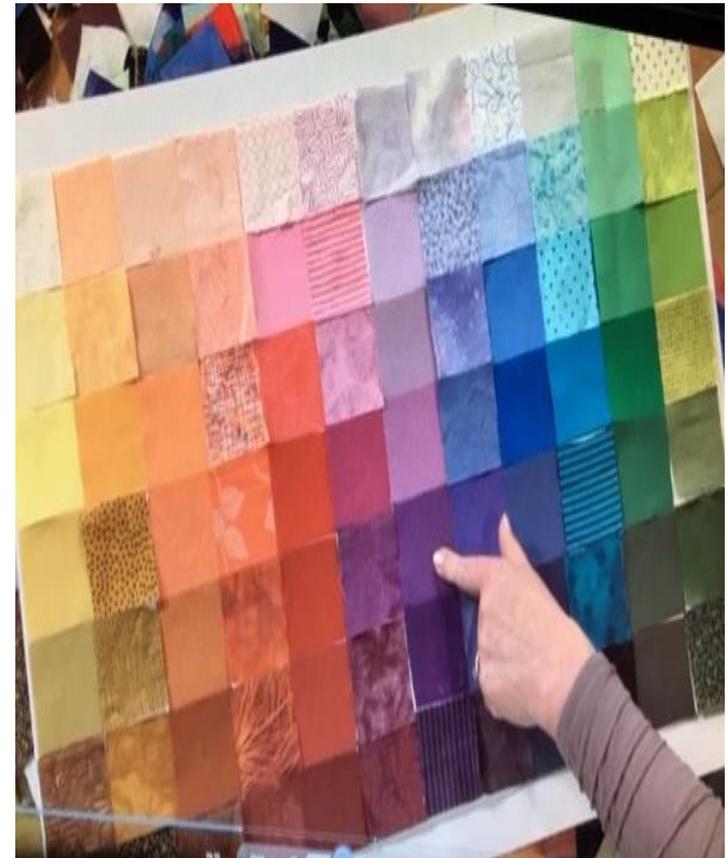
1. White on white
2. White & some black
3. White & more black
4. White & black
5. More black than white
6. Black little white
7. Black on black

From Katie Pasquini Masopust 2016 Color Theory for Quilters DVD

Value runs with each color.

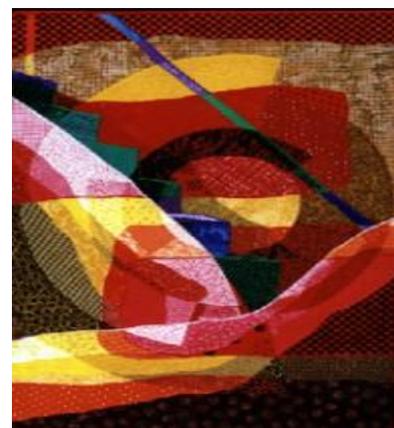
Out of the 7 places:

- What level is the most pure color
 - Yellow at 3 of 7 closer to white
 - Red, orange, blue & green = 4 of 7 (middle)
 - Violet = 5 of 7, closer to black



Composition

- Horizontal
- Vertical
- Diagonal
- Radiating
- Circular
- Change- tall to short
- Or tall center- short sides
- Framed, center
- Off center
- Vanishing- big to small
- Grid



Katie Pasquini Masopust

Using Photos

2. Nature photos

- On 3x5 card-proportion of colors used
- Calendar photos work well
- Use the color scheme to design quilt

1. Take photo of design for color scheme check

Gives distance

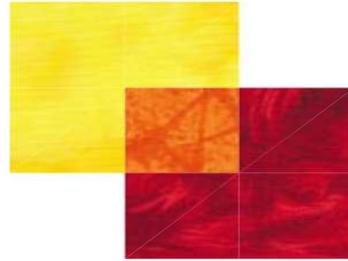
- Rearrange colors
 - Arrange the stand outs
 - Look quick-- use R brain--L brain thinks too much



Transparency & Ghost Layers



Transparency



Katie Pasquini Masopust

Ghost layers-adds interest

1. Photo- make tracing on acetate paper

2. Ghost section enlarge & re draw-(dots)

3. Add color to design

- Wine bottle

4. Have 3 layers photo copied to size for pattern



PULLING IT TOGETHER



- A look at using Chakras
- Meditation:
 - Think about the color you are 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

The Color of Energy: The Chakras

- Chakras
 - Interconnection b/w physical & spiritual
- If ill: correlated with block/weakness in 1 or more chakras
- Different body parts related to 7 energies
- Chakras colors move around the wheel
- Newton: 7 colors on spectrum
- Carol Tuttle, MRET



Color Chakras 1 & 2

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



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

Chakra 3 & 4

- 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.
- 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**



Chakras 5 & 6

- 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
- 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



Chakra 7: Crown

Color: violet

Element: thought

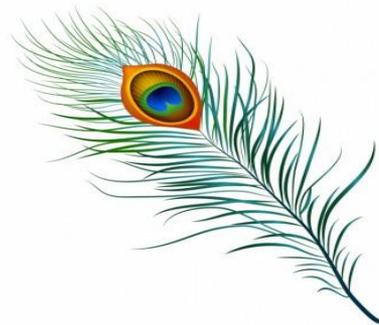
Position: top of the head

Objective: charity, divinity,
connection to God & spirit,
belief systems, revelation,
divine consciousness



Look to Nature for ideas!

- Luminosity
- Glow
- Light
- Brilliance
- Radiance
- Shine
- Bright
- Glare
- Inference
- Transparency
- Clearness
- Lucidity
- Simplicity
- Precision





Summary, etc.

- Color can be complicated, thread too
- Buy enough for project as dyes change
- There are 12 main colors, brightest on the color wheel
- There are 7 main colors in the spectrum, there are 7 Chakras (colors)



The butterfly effect:

- Small, gradual change,
- Minimal difference at first- but may impact distally, over time & stitches.

As you use colors, think about

- color meaning
- the body system;
- positive thoughts to keep energies flowing

Sewing is heart healthy & calming

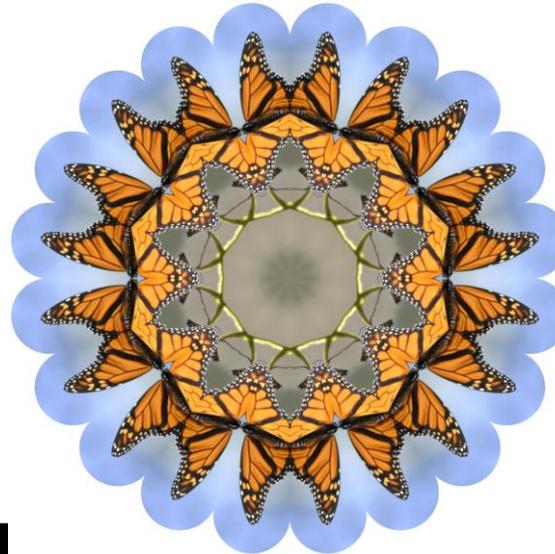
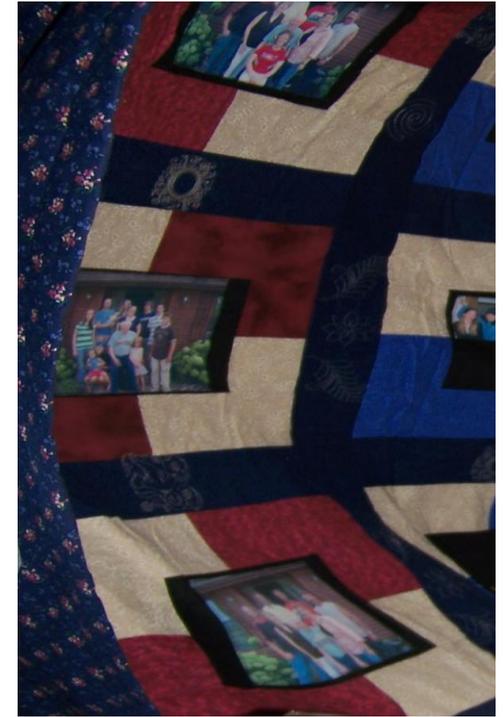
Have fun!!



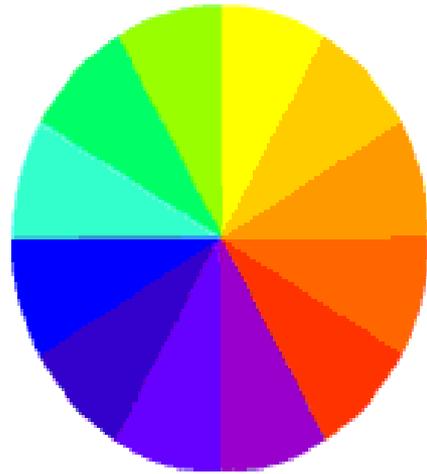
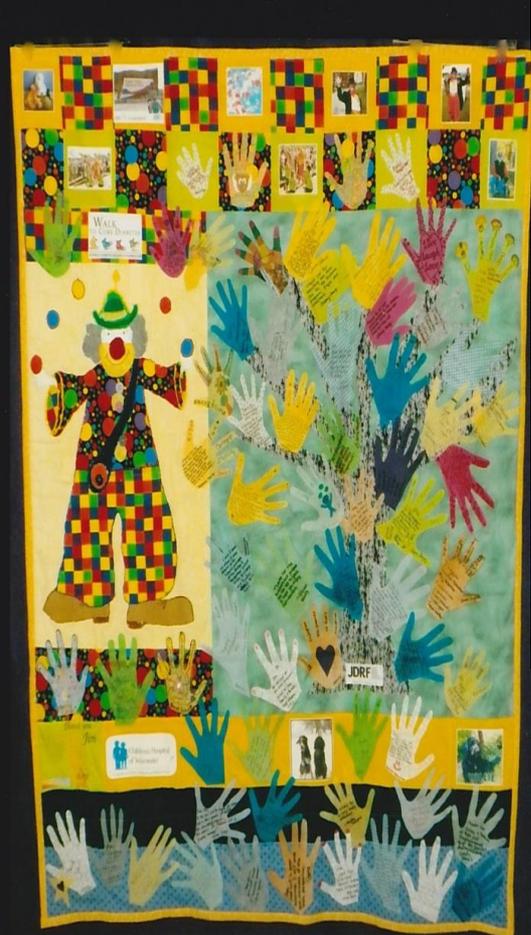


My Rx for you:

- Color!
- 4-5 fruit/veggies
- Daily activity
- Time to create, reflect, sew
- Express/seek gratitude,
- Forward thinking
- Reframe – to +
- Quilts to keep you warm
- Questions?



Shari Liesch, APNP, CDE
Hobbyist, nurse, color searcher
Author: Nurspiration

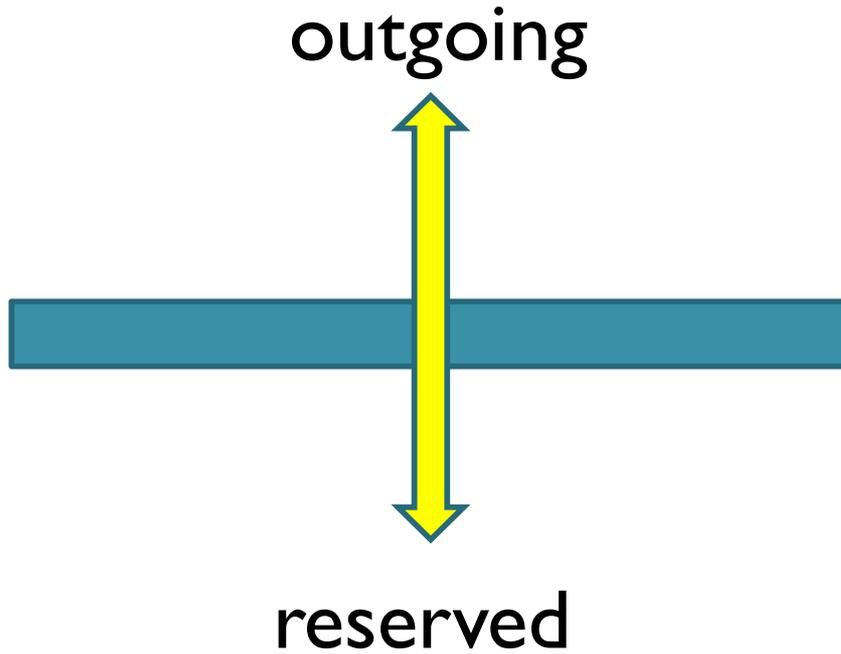


A Butterfly's Birthday

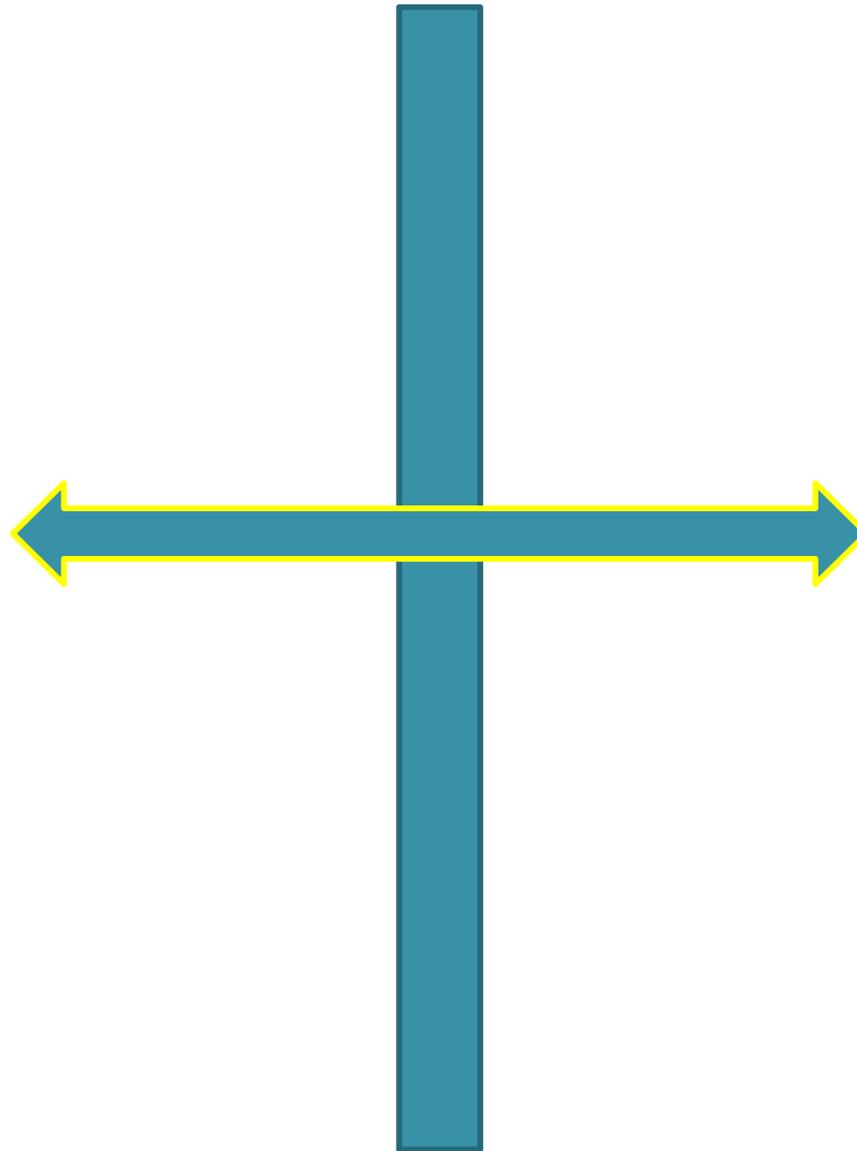
Daybreak calls.
She gently takes flight;
wings alive and aglow.
Kissing each flower good morning,
Bidding them to rise—decorating her world;
Painting my world;
with colors so magnificent.
She tickles each blossom,
soon they are singing;
An enchanting choir fills the air.
Our world is alive!
With all petals at attention,
sweet sounds echo about.
Contented, she drifts down to her favorite rock,
Peeking over the peaceful ripples of the bay.
She rests, soaking up energy from the sun's rays,
Until gentle breezes call her,
to come and play.
Today as I rested on the sandy shore,
Peaceful breezes sang.
The butterfly sat down beside me.
My heart swelled.
I tried to reach out to her,
But she flew away...eluding my touch.
I was saddened she left me so alone,
Yet, I thought I heard her whisper,
"Today I celebrate, come and play!"
By Shari Liesch RN, August 1996



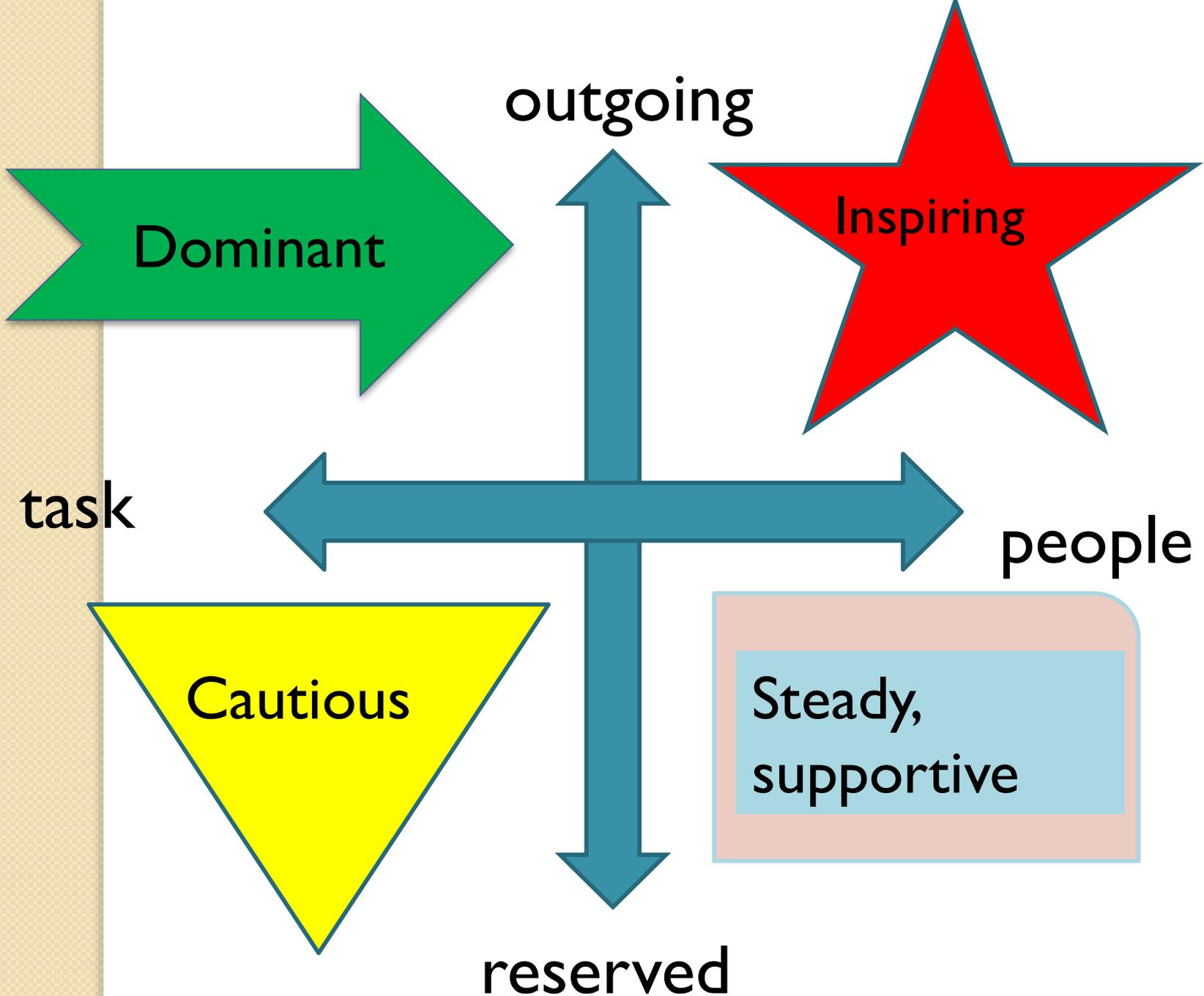
What personality type are you?



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