

Meditation – Colour - 29th June 2021



“Do not grow old, no matter how long you live.
Never cease to stand like curious children
before the great mystery into which we were born.”

Albert Einstein

Recently, two friends, independently, but both excitedly, invited me to look at their rhododendrons at the height of their flowering.

Both friends emphasised the amazing intensity of colour of their blooms, and both mentioned the fleeting time during which the display was at its best. The flowers were so beautiful and like my friends they moved me, and inspired me, to think again about the wonders of nature and God’s gift of creation in all its variety.

As a gardener and an artist, colour is so important to me and gives me such joy. Choosing the right colour to convey the identity of the subject, the emotion it evokes and the mood you want to create in a painting can be hard but so rewarding when you get it right! Similarly, selecting plants, the colour of their foliage and flowers is a joyous task, but also you need to take into account the plants that your new selection will grow beside.

Colour can be helpful in meditation – focussing on something of a particular colour may draw you in and inspire you:

A wonderful deep blue summer’s sky, the sparkling white of newly fallen snow, the subtle variation of pinks in a pink rose, the glorious rolling green fields stretching away from you into the distance, the blue/grey of the sea with white flecks of the tips of waves....

All these images have a rhythm about them, their own rhythm, which may help to draw us in and take us away from the distraction of the world around and our racing thoughts, allowing us to meet with our, and their Creator, our loving God.

David Cole in his *Meditation Walk* draws attention to colour – *Look at the contrast of colours in the natural world: How many different shades of green do you see? How many subtle variations of gray and brown? Look at the sky.*

Popular love songs have used colour to convey intense feelings -

Colours, by Donovan and Joan Baez, has the lyrics:

Yellow is the colour of my true love's hair

Green is the colour of the sparkling corn

Blue is the colour of the sky

In Scripture we find colour used to describe people, their roles and God's interaction with His people.

Psalm 23: He makes me lie down in green pastures;

In Genesis, God gave the rainbow to Noah as a sign of his covenant with his people, the rainbow with its spectrum of seven beautiful colours.

In Ezekiel 1:26-28, colours of the rainbow are compared to the glory of God while in Revelation, John compares the rainbow colours to the glory or power of God.

In Genesis 37: 3 we read, *So it came about, when Joseph reached his brothers, that they stripped Joseph of his tunic, the vari-colored tunic that was on him; - Joseph's coat of many colours.*

We read in Mark 15:17 that our Lord was dressed by his tormentors in a purple cloak, the sign of a king.

I offer you these thoughts on colour which may lead you into your meditation today and I have included four artworks by artists known for their superb use of colour.

Finally, I leave you with words from the last verse of the hymn, *Colours of Day – Light up the fire*

Open your eyes, look into the sky,
the darkness has come, the sun came to die.
The evening draws on, the sun disappears,
But Jesus is living and his Spirit is near



Coventry Cathedral, Baptistry – John Piper Meditative Colour – Rothko, Red and Maroon



Chagall America windows – Chicago



Vincent Van Gogh – Sunflowers in a Vase