



# The creative power of colours

Between light and darkness, spirit and matter

*Colour is the soul of nature and of the whole cosmos and we partake of this soul as we experience colour.*

Rudolf Steiner

Colour is a vital aspect of nature, culture and the arts and gives all these areas expression and character. As such, colour is an element that speaks directly to us and can trigger a wide range of sensitivities. In nature, colours appear between light and darkness as a primal phenomenon in its purest form. In culture, in the arts and in therapy, we can apply them to achieve certain effects. They are used in advertising, can express inner experiences, stimulate healing processes or spiritual experiences.

According to Rudolf Steiner, colour is the soul of nature and the entire cosmos.

How can we experience colours in such a way that we share this «soul»? How can light, darkness and colour be recognised in their relationship to the threefold human being and used in

a powerful way to create art, design spaces, support healing processes and enrich our inner life? We will raise and deepen these questions by means of phenomenological perceptions, artistic exercises and introductions from a wide range of expert fields. In the process, we will draw a line between light, darkness and colour in nature, in the arts, in therapy and in spiritual life.

The conference is addressing artists, therapists and anyone with a professional or private interest in colour. The contributions and workshops will be in English or German. There will be simultaneous translation for the lectures.

The conference will be accompanied by various exhibitions with works by Hans-Dieter Appenrodt, Jan de Boon, Liane Collot d'Herbois, Eugène Hennekens, Irene van der Laag, Frederiek Nelissen, Joost Poel, Peter Vormer.

Christiane Haid, Joost Poel, Aafke Schreuder, Will Uitgeest, Irene van der Laag, Pieter van der Ree

## Programme

Thursday, 9 May 2024

15.00 Reception with coffee and tea

15.45 Welcome and introduction to the conference topic

16.00 Documentary film "Dutch Light"

17.00 Light, colour and darkness in nature and in the human being

Clara Passchier

18.00 Evening break

19.30 Rudolf Steiner and the creative world of colour

Christiane Haid

20.30 Questions and sharing

21.00 Informal closing in the cafeteria

Friday, 10 May 2024

9.00 Colourful introduction

9.15 Colour pigments in the mirror of cultural development

Jan de Boon

10.00 Light, colour and darkness in contemporary art (EN)

Will Uitgeest

10.45 Coffee break

11.15 Workshops

12.45 Lunch break

14.00 Walk through the exhibitions and discussion with the artists

14.30 Workshops

16.00 Tea break

16.30 Colour creates Form; the living Colour circle (EN)

Joost Poel

17.30 Questions and sharing

18.00 Evening break

19.30 Colour sounds, crossovers between colour compositions and music

Paul van Dijk

20.00 Colour in eurythmy and colour meditation

Eurythmy ensemble Ilios

21.00 Informal closing in the cafeteria

Saturday, 11 May 2024

9.00 Colourful introduction

9.15 Colour in the art and art-therapy of Liane Collot d'Herbois (EN)

Joep Eikenboom

10.00 Research in the field of colour bath therapy

George Maissan

10.45 Coffee break

11.15 Workshops

12.45 Lunch break

14.00 Walk through the exhibitions and discussion with the artists

14.30 Workshops

16.00 Tea break

16.30 Vitality through colour and art!

Marijke de Mare

17.30 Questions and sharing

18.00 Evening break

19.30 Wil Uitgeest and Frederiek Nelissen about their book «Travelling without a trace - between dying and a new birth» (EN)

Paul van Panhuys about the graphic design of the book

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21.00 Informal closing in the cafeteria

Sunday, 12 May

9.00 Colourful introduction

9.15 Light and colour over the threshold

Pieter van der Ree

10.00 Light as a physical perception of the immaterial

Udo Zembok

10.45 Coffee break

11.15 Workshops

12.45 Lunch break

14.00 Walk through the exhibitions and discussion with the artists

14.30 Workshops

16.00 Tea break

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## Workshops

1. Christiane Haid: On the mystery of the incarnate, pastel painting (2 units)

2. Aafke Schreuder: Glazing technique in space (4 practical units)

3. Wil Uitgeest and Joost Poel: Light and colour in Dutch painting (art viewing in museums, English) (2 x 2 units)

4. Manja Wodowoz-de Boon: Colour in eurythmy (4 units)

5. Pascale and Udo Zembok: Colour in the trinity of light, substance and observer (2 units)

6. Irene van der Laag: Light Colour Darkness – Struggle for the centre and the powers of resurrection in the heart. Painting, chalk and more (4 units)

7. Ulrike Stokholm: Colour experience of the elements and creating land art by the sea (4 units with picnic by the sea)

Subject to change

## Exhibitions

## Practical information

Place:

Elisabeth Vreede huis, Riouwstraat 1,  
2585 GP The Hague, Netherlands

Time:

From Thursday the 9th  
till Sunday the 12th of May 2024

Costs:

Normal price: € 275,-  
Reduced price € 225,-  
Students: € 95,-  
Sponsorship price: € 500,-  
Meals: € 100,-

Information:

pvanderree@ziggo.nl (NL+DE)  
and wiluitgeest@gmail.com (NL+EN)

Registration:

www.antroposofischevereniging.nl/colour

The Ascension Conference 2024 is a joint initiative of the Visual Arts Section at the Goetheanum and the Visual Arts Section in the Netherlands. It is supported by the Anthroposophical Society in the Netherlands.

## Front cover:

Udo Zembok:

colourfields vert-bleu

above:

Frederiek Nelissen:

Kaleidoscope 2023

below:

Zezao: street art São Paulo

## Image 1:

Udo Zembok's artwork "Colourfields Vert-Bleu".

A vibrant, abstract painting featuring swirling patterns of green, blue, and yellow against a dark background.

Image 2:

Frederiek Nelissen's artwork "Kaleidoscope 2023".

A photograph of a person walking along a path with a colorful, abstract mural painted on the ground.

Image 3:

Zezao's street art in São Paulo.

A photograph of a person walking along a path with a colorful, abstract mural painted on the ground.

## Himmelfahrtstagung

Den Haag (NL)

## Sektion für Bildende Künste, Goetheanum

Anthroposophische Gesellschaft  
in den Niederlanden

## 9.-12. Mai 2024