

# COLOUR KEYS TO THE MYSTERY OF THE SOUL

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## ABSTRACT

В данной статье рассматриваются возможности Колористики в определении психологического состояния человека. Цвета, предпочитаемые или отвергаемые человеком, меняются в зависимости от его психического и физического состояния. Благодаря цветным ключам, дарованным природой человеку, можно раскрыть и понять тайны души человека.

The colours, preferred or rejected by the human vary depending on his mental and physical condition. All organs and systems of a healthy person are in a state of harmonious vibrational motions of a certain frequency corresponding to specific colours. When a person is asked to name his preferred colour, he calls the one that fits its own colour vibrations. So what kind of colour is chosen it gives information about the psychological and physiological state of the person.

That is a matter of minutes by the character of preferences, as well as the rejection of colour, you can calculate the intimate interior, which sometimes the person himself does not know. Person can discover and understand the mysteries of the human soul thanks to the colour keys bestowed by generous nature.

Let's briefly acquaint with the information what is known to colour-psychology today about the connection between individual psychological characteristics of man and preferred or rejected by him colours. In examining this question we'll rely on the results of the scientific papers that are written by M. Luscher, G. Frilling, K. Auer, G. Clar and other researchers of this topic.

## **Colour preference**

**Red** is the colour of activity, energy, excitement, aggressiveness. People who choose it lead or want to lead an active life, tend to emotions, try to be in the thick of things, to achieve success in all. Red is the colour of passion. Strong, brave, outgoing and inquisitive, imperative and independent persons are fond of it. Choleric and sanguine like this colour too.

**Orange** is a favorite colour of people who have intuition, who are able to keep themselves in hands, who are thoughtful and visionary. Most often, such people

have no particular health problems, they can take care of themselves and always willing to help others. They are friendly and cheerful.

**Yellow** is the colour that symbolizes optimism, curiosity, sharpness of mind, the desire for something new, the ease in communication. It also means sociability, curiosity, easy adaptability and getting pleasure from the opportunity to please and attract attention. Most often, people who prefer yellow are the representatives of creative professions, as they have well-developed imagination. Sanguine prefer yellow.

**Green** is the colour of smart, opinionated, persistent, stubborn people. They want to increase secretly their confidence in their own values and to monitor all actions of their subordinates, friends, relatives, in short, all of whom at least some of their well-being depends. Green type of behavior is typical for phlegmatic.

**Blue** is the colour of calmness and tranquility. It is preferred by serious, thoughtful and with a reduced excitability of the nervous system people. These people often find their vocation in the arts. Blue corresponds to the type of melancholy temperament. Often it is preferred by the people with a temporary need for emotional tranquility or physiological need for rest.

**Violet** is chosen by people with high spirituality, sensitive and independent. They are inclined towards creative professions and occupations in science as they tend to aesthetic sense. People who are fond of purple are emotionally unstable, have an interest to all the mysterious and need for care from reality, and waiting for approval and recognition of their internal or external exclusion.

**Grey** is neutral, it does not cause any psychological reactions: no soothes and excites. It is the favorite colour of the prudent, suspicious, vulnerable natures. Supporters of grey prefer order in everyday life and thoughts. They are the holders of analytical tendencies and often succeed in science and technology.

**White** is a favourite colour for people seeking to stress their cleanliness and neatness. Fans of white are dreamy and exalted, unwilling to leave the real world and immerse themselves in a world of illusions. Sometimes they possess psychic abilities. The tranquility and peace are most appreciated by them.

**Black** colour is selected by independent, rebellious, loving criticism and debate, even with their own destiny people. This is the colour of mystery and sensuality. People who are fond of black don't know borders. They are mastered with passion. The creative rebellion and destruction are their credo.

Balanced, thorough, purposeful people prefer brown. They attach great importance to the home, family, friends and traditions.

In general, the preference of brown, gray and black, an increase of negative attitude to life (the influence of age, physical discomfort, conflict, disease). The choice of the colour indicates the need for getting rid of any problem, the quest for psychological and physiological comfort.

## Rejection of colours

**Red** is rejected by people with physical and nervous exhaustion. They think that their problems are virtually unsolvable so they are very irritable but not aggressive.

**Yellow** is rejected in a troubled state, pessimistic and overexcited. Usually it is people who are prone to depression, frustrated in their hopes. The internal turmoil could take the form of irritability and suspicious attitude toward people.

Refusing of **blue** associated with a particular concern, dissatisfaction with existing relationships, uncertainty, isolation and mental over excitation.

People seeking to escape from the tension caused by lack of recognition reject **green**. It is often observed increased anxiety associated with the possible loss of their reputation, position in society, as well as increased critical of others at such people.

**Gray** is rejected by the active and purposeful people with an impulsive character. They are characterized by emotional excitability. They are over irritable, over demanding and filled with thirst for change and new experiences.

**Black** is rejected by the adventurous, demanding, and unwilling to give up anything people.

**White** is rejected by motivated people.

Secretive, ambitious, active, inattentive to their health and physical comfort people do not like **brown**.

People who are restrained in emotion, with a strong sense of duty and order do not like **violet**.

This is a very brief description of the preferred and rejected colours. Response to an innocent question: "What is your favourite colour?" a human gives a lot of information about himself even doesn't know that. You may not ask this question but just look closely at the stability of the preferred colour in the interior, clothing, that is typical of this human's colour.

### **Lusher's test is a unique diagnostic tool of the internal state of students**

When the person is offered to choose a colour from a limited number of colour samples, without tying them to specific subjects, such a colour test provides an excellent diagnosis of his psychological state.

There are already a lot of colour tests nowadays. The test of the Swiss psychologist, Ph.D. M. Lusher is the most recognized and effective of them. Colour preferences for this test reveals the psychological state of a man that he strives to reach or already achieved. The rejection of colour identifies what needs man suppresses in himself, and what thoughts, emotions and a course of action he deems harmful to himself. This test helps to determine "the colour of the soul" what is hidden even from the man himself, to see not only the "tip of the iceberg,

but what lies under the dark water, and hence to understand the causes of deviation from the psychological norm. The author of this article (as a teacher of the discipline "Coloristics" for the students of the Technical University of Moldova, as well for the young artists of the lyceum. M. Grecu) applies Lusher's test to her classes, when tells about the psychophysiology of effects of colours on people. Only the wording of the "keys" (decoding the test), which in this article sets out above, of course, is adjusted according to age and mentality of young people.

From 2000 to 2014 experts - psychologists conducted a series of colour-psychology experiments: this test is piloted in different groups of students of the UTM. Testing was conducted in September and May.

The main purposes of these experiments are:

- to check the practical value of theories of color-psychologies in our country and in our time;
- to identify differences in psychological perception of colour by students, depending on the psychological state of the students in the school year and in the end.

The results of the testing confirmed that the Lusher's test is also one of the most "working" tests nowadays.

Students (architects and designers, 1-3 courses are allocated as follows - they are looking for the new ways, which would open up to them the greater freedom. They are in the demanding expectations and believe that life will soon give them more. But the uncertainty and fear to miss an opportunity often lead some of them in the excited state of stress (especially before the exams).

Testing also revealed the difference in the perception of colour in the beginning of the academic year (September) and at the end of the year (May). In general, the psychological fatigue of students from "an abundance of knowledge" affects. They are happy to reach out for it in September and prefer physical activity in May.

Thus, the Lusher's test confirms the conclusion of psychologists about the basic psychological characteristics of this group of people - students. It is a wonderful tool in the hands of teachers to identify the psychological state of the whole class and individual state of each student. They may take it into consideration in further work and adjust to the extent possible the existing deviations from the psychological norm with educational and creative methods of work.

This method of testing also allows teachers of colour, colour science to explain students the scientific information about the psychophysiology of the impact of colour on a person in an accessible and interesting form for them.

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