

Inner Studios: The Color of Hope

Creating an Artifact

“Oftentimes it is easier to name the hopes we have for others than for our own selves. Easier too, sometimes, to place our hope in another—to follow someone else’s star—when the invitation might possibly be to stand on our own patch of ground and look at what our own sky holds for us.”

—Jan Richardson

Materials: Any art paper you have (even a brown paper bag will work), colored drawing tools (pencils, crayons, pastels, water colors, etc.)

This is a simple exercise to explore and begin to name your own hopes for your life/work/relationships.

To Begin

Start with a focus area where you sense the least resistance. You can use whatever art paper you can easily access (even a brown paper bag will do). **Note:** You can also use digital drawing apps if you have one. Procreate Pocket is a good one but there is a cost (\$4.99).

Step One: Create a background color that represents the color of hope for you today. Use your drawing tool and color of choice to cover the paper. (You can also use colored construction paper for the background if you prefer.)

Step Two: Write the word HOPE in the middle of your page and draw a circle around it.

Step Three: Draw three to six squiggly lines from the circle onto the page.

Step Four: At the end of the lines write a word that describes one thing you hope for.

Step Five: Choose a color that represents each of your words and draw a circle around that word with the color or write the word in your color.

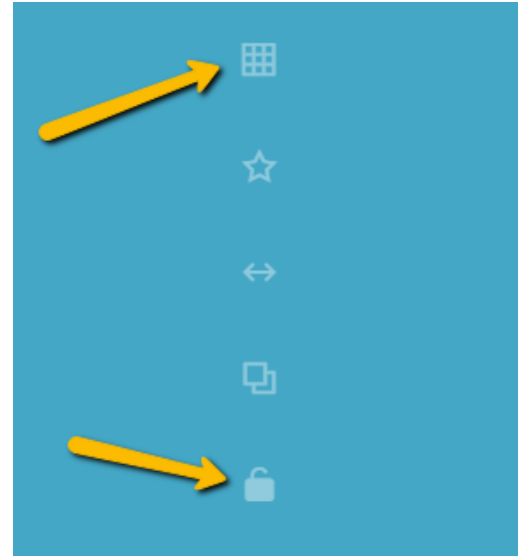
Step Six: Google the meaning of colors (Biblical, dreams or advertising). Write some notes in your journal about what you discovered.

Other places you can take this exercise

1. Create a color palette using your hope colors using this website <https://coolors.co/>

You can access to the tool without creating an account.

To make a palette, click on “Make A Palette” on the home page. An initial palette will display. Press the space bar for new palettes. When you the color you want you can lock it in by clicking the “lock” icon in the center of that panel. You can also see a range of shade of the color by clicking on the grid icon. Once you’ve locked a color, press the spacebar again to generate new colors. Your locked one will stay in place. Once you have the palette you want you can export it. (Note you can also create a palette from a favorite image – just play around with the tool and used the menu bar at the top for other options.)



2. Create a color focused collage with the colors that represent HOPE to you. Spark Adobe is a great tool for this and can be used for free <https://spark.adobe.com/>. You will have to sign in (either create your own account or log in with the usuals – Facebook, Google, Apple, etc.).

Instructions

On the home page, select “photo collage” and a new page will open. You can upload your own photos or select 12- 15 images from their large free library. You can even type in the name of your color and photos with that color will display. **Tip:** When you are select the images, let your eyes be drawn to the colors. Choose for the colors not the subject or other content of the photo. When you have the number of images you want, click “Next” and follow the prompts to create your collage. You can download it when finished.

Questions to ask yourself

After you’ve made your collage, look more closely at the images. Where is hope represented? What else do these images have to say to you?