

## The creative power of colours

Between light and darkness, spirit and matter

With Jan de Boon, Paul van Dijk, Christiane Haid,  
Joep Eikenboom, Irene van der Laag, George Maissan,  
Marijke de Mare, Frederiek Nelissen, Clara Passchier,  
Joost Poel, Pieter van der Ree, Aafke Schreuder,  
Ulrikke Stokholm, Wil Uitgeest, Manja Wodowoz-de Boon,  
Pascale Zembok, Udo Zembok

Ascension Conference  
The Hague (NL)

Visual Arts Section Goetheanum  
Anthroposophical Society  
in the Netherlands

**May 9 – 12, 2024**

# 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
- 
- 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

**11.00** Coffee break

**11.15** Plenary discussion

**12.30** Closing

Subject to change

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

## Exhibitions

**Hans-Dieter Appenrodt**

**Jan de Boon**

**Liane Collot d'Herbois**

**Eugène Hennekens**

**Irene van der Laag**

**Frederiek Nelissen**

**Joost Poel**

**Peter Vormer**

## Practical information

**Place:** Elisabeth Vreedehuis, Riouwstraat 1, 2585GP The Hague, Netherlands

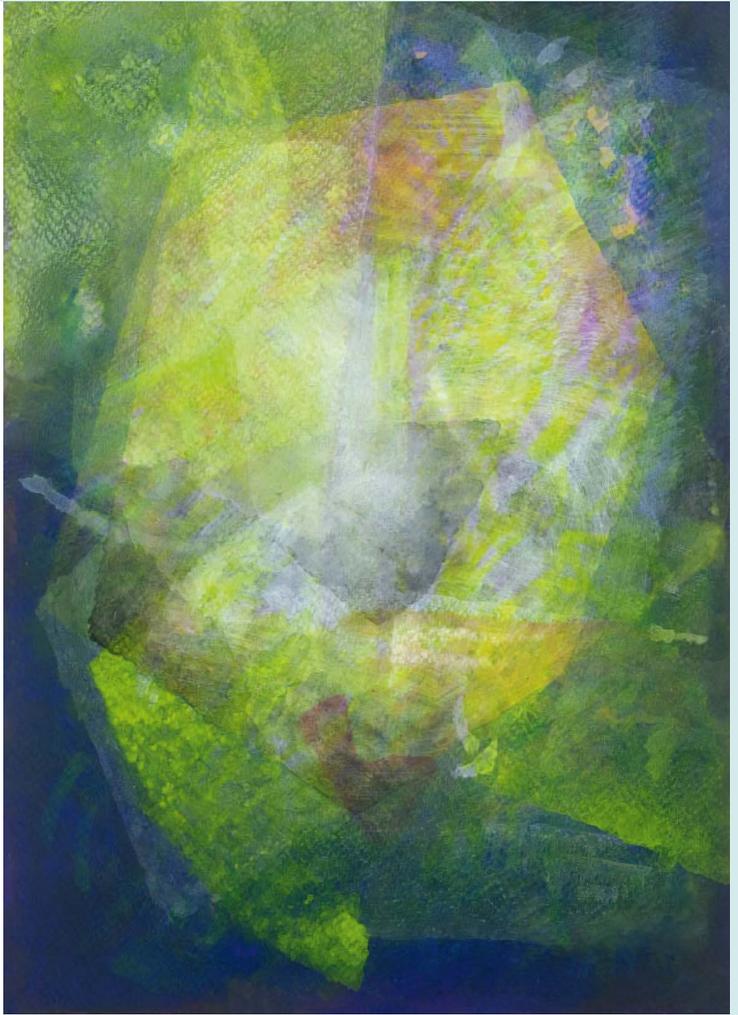
**Time:** From Thursday the 9th till Sunday the 12th of May 2024

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

**Information:** [pvanderree@ziggo.nl](mailto:pvanderree@ziggo.nl) (NL+DE)  
and [wiluitgeest@gmail.com](mailto:wiluitgeest@gmail.com) (NL+EN)

**Registration:** [www.antroposofischevereniging.nl/colour](http://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

