

## Light, Color and Darkness in North America for Furthering the Work of Liane Collot d'Herbois

Outlined below is information about the first two foundation courses in Light, Color and Darkness and registration form for the course in Fair Oaks. The foundation courses provide an excellent preparation for those interested in studying therapeutic painting and are a requirement for ongoing study. They can also be taken independently as a path of self-development.

These courses will be followed by two additional courses in which in addition to Light, Color and Darkness experienced through charcoal and color exercises, the seven-foldness and twelve-foldness of the human being will be studied. The third and fourth foundation courses will be offered in conjunction with the first sessions of the therapeutic painting program but may also be taken independently.

All courses will be taught in Denver, CO, Fair Oaks, CA, and Spring Valley, NY.

**Liane Collot d'Herbois**, Artist and Originator of Painting Therapy out of Light, Color and Darkness

Liane Collot d'Herbois (1907-1999) built upon the color work of Goethe and Rudolf Steiner, emphasizing the creative forces of light and darkness in painting, both artistically and therapeutically. She showed how the result of the dynamic meeting of light and darkness is movement that manifests as visible color in a transparent color space. Through using the resulting laws of Light, Color and Darkness one can move beyond subjectivity into a world of greater objective significance. Her early work with people of all ages showed her tremendous talent for seeing how constitution, temperament and illness can be revealed in one's paintings. By working closely with Ita Wegman and other physicians, she developed her insights into a Painting Therapy based on the foundation of Anthroposophy, demonstrating the direct connection and healing possibilities of Light, Color and Darkness to the human being on all levels. Her therapeutic insights and transformative paintings have inspired doctors, therapists, artists, and those seeking a connection with spirit all over the world.

### **Curriculum for the first foundation course:**

#### **Light, Color and Darkness and the Three-foldness of the Human Being**

- Two days study of Light and Darkness through charcoal exercises
- Four days study of Light, Color and Darkness through watercolor veil painting
- Instruction and demonstration of techniques throughout the week, including:
  - charcoal drawing
  - preparing paper for veil painting
  - techniques of watercolor veil painting
- Study of the three-foldness of the human being brought in relation to the cosmic three-foldness of Light, Color and Darkness, including one presentation by M.D. specializing in Anthroposophic medicine
- Recommendations for long distance studies for those interested in pursuing the therapeutic program

Recommended reading and materials list will be provided upon completion of registration.

### **Practical information for the first foundation course:**

Dates: March 23-28, 2009

Times: 9 a.m. - 5 p.m., with breaks for lunch and snacks.

Some evening gatherings from 7 p.m. to 8:30 p.m.

Saturday from 9 a.m. to 2 p.m.

Address: M. Kelly Sutton M.D., Raphael Medicine + Therapies  
9801 Fair Oaks Blvd., Suite 300, Fair Oaks, CA 95628

Teacher: Pamela Whitman, M.A., 530-477-7794, [Pamela@lightcoloranddarkness.org](mailto:Pamela@lightcoloranddarkness.org)

Presentation: M. Kelly Sutton M.D., Raphael Medicine + Therapies

### **Curriculum for the second foundation course:**

#### **Light, Color and Darkness and the Four-foldness of the Human Being**

- Two days study of Light and Darkness through charcoal exercises
- Four days study of Light, Color and Darkness through watercolor veil painting
- Instruction and demonstration of techniques throughout the week, including:
  - charcoal drawing
  - preparing paper for veil painting
  - techniques of watercolor veil painting
- Study of the four-foldness of the human being in relation to the cosmic three-foldness of Light, Color and Darkness, including one presentation by M.D. specializing in Anthroposophic medicine
- Recommendations for long distant studies for those interested in pursuing the therapeutic program

Recommended reading and materials list will be provided upon completion of registration.

## **Practical information for the second foundation course:**

Dates: Fall 2009

Times: 9 a.m. - 5 p.m., with breaks for lunch and snacks.

Some evening gatherings from 7 p.m. to 8:30 p.m.

Saturday from 9 a.m. to 2 p.m.

Address: To be determined.

Teacher: Pamela Whitman, M.A., 530-477-7794, [Pamela@lightcoloranddarkness.org](mailto:Pamela@lightcoloranddarkness.org)

Presentation: M. Kelly Sutton M.D., Raphael Medicine + Therapies

### **Faculty:**

#### Pamela Whitman

Pamela Whitman, M.A., is a graduate of the Emerald Foundation in The Hague, Holland. She was part of the second international group to complete the training in Painting Therapy based on the work of Liane Collot d'Herbois. Pamela has a private practice as a painting therapist in Grass Valley, California, and offers group classes for adults. She is a part time faculty member at the Emerald Foundation in Holland and an adjunct faculty member at the Rudolf Steiner College in Fair Oaks, California.

#### Marielle Levin

Marielle Levin is a graduate of the Collot d'Herbois Schooling in Light, Darkness and Colour in Wisconsin. She has a private practice where she works with children and adults through the therapeutic experience of Light, Color, and Darkness. Marielle is a former registered nurse. She has taught children and adults for 25 years, primarily at the Denver Waldorf School, including 6 years as painting teacher.

Both Marielle and Pamela are certified in Painting Therapy by the Section for Anthroposophic Medicine of the School for Spiritual Science, Dornach, Switzerland.

#### Deborah Lothrop

Deborah Lothrop lives in Maine where she has taught severely handicapped teenagers in the local schools and cared for for the dying. She began her studies of Light, Darkness and Color in 2003 and works with clients from her home. Deborah attended RISD, 1969-1972, and studied botanical illustration at the New York Botanical Garden, 1986-1987. In 1988, she began studies at the Waldorf Institute. She holds a BS in Education and is a trained Waldorf teacher and a trained eurythmist. She feels indebted to Collot, Marjorie Spock, and experiences at the Fellowship Community for her life's direction.

## **Registration form for foundation course in Fair Oaks, CA**

Date: March 23-28, 2009

Name: .....

Address: .....

City: ..... State: ..... Zip: .....

Phone: .....

Email: .....

Tuition: \$350.-

Deposit by February 16, 2009: \$100.- non-refundable after February 16.

In case of a canceled course (not enough participants), deposit will be returned directly after the registration deadline.

Late registration, space permitting, will be accepted up to March 16.

For housing through Rudolf Steiner College, please call 916-961-8727.

Please tell us a little about yourself, including your experience, any artistic background and your interest in taking this course (artistic, therapeutic, self-development, other) and send this with your registration and deposit.

Make checks for tuition payable to:

L C D in N A

Send registration and deposit to:

Pamela Whitman, 14311 Cahill Lane, Grass Valley, CA 95945

Feel welcome to contact Pamela with any questions.

Pamela Whitman, 530-477-7794, [Pamela@lightcoloranddarkness.org](mailto:Pamela@lightcoloranddarkness.org)