



COLORS OF CREATION

*For from the greatness and the beauty
of created things
their original author,
by analogy, is seen.
Wisdom 13:5*



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WEEK FOUR COLORS OF CREATION

Opening Prayer

God of all creation,

Who made each season with it's own unique beauty,

Shine your light in my heart, and open my eyes

To see the colors You created in me.

Amen

*For from the greatness and the beauty of
created things their original author, by
analogy, is seen.
Wisdom 13:5*



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Song for Reflection:
Spring - Vivaldi



ST. HILDEGARD OF BINGEN

DOCTOR OF VIRIDITAS



All of creation is a symphony of the Holy Spirit.

- St. Hildegard of Bingen

- ✦ **Life:** b. 1098, Germany; had lifelong spiritual visions.
- ✦ **Raised:** by nuns, learned to read, write & play harp.
- ✦ **Created:** hymns & antiphons (both music & lyrics), wrote works on theology & natural medicine.
- ✦ **Legacy:** Declared a Doctor of the Church in 2012; patron of creativity, artists, musicians, and writers.
- ✦ **Taught:** that beauty is vitality and a reflection of God's "living light" in all creation.

- ✦ **Early Life:** Born in 1098 in Germany, the youngest of ten children. From a young age, she began experiencing visions that would continue throughout her life.
- ✦ **Formation:** She was sent to live with nuns, who taught her to read and write. She studied music, learning to play the psaltery (harp), and eventually composed many hymns and antiphons still sung today.
- ✦ **A Musical Legacy:** Of all composers from the Middle Ages, none left us more works than Hildegard. She is one of the few composers credited with writing both music and lyrics.
- ✦ **The Visions:** Though her visions began in early childhood, she did not write of them until age 42, when she felt called by God to share them with the world. She described experiencing the Light of God through all five senses — what she called "the reflection of the living Light."
- ✦ **Her Works:** In addition to music, she wrote on theology, natural medicine, and corresponded through many letters.
- ✦ **Her Legacy:** In 2012, Pope Benedict XVI named her a Doctor of the Church. She is honored as the patron saint of creativity, artists, musicians, and writers. Hildegard saw light and harmony in all creation — to her, beauty was not vanity but vitality. She reminds us that when we honor our God-given beauty, we participate in His creative artistry.

THE ARTISTRY OF HIS DESIGN

SONG OF CREATION

- ✦ Divine Palette: Just like seasons in creation, each of us is designed with a unique palette of specific hues.
- ✦ Three Components of Color:
 - Temperature: Warm (yellow-based) vs. Cool (blue-based).
 - Value: Light vs. Deep/Dark.
 - Chroma: Clear/Bright (saturated) vs. Soft/Muted (blended).
- ✦ The Four Season Archetypes:
 - Spring: Warm, Light, Clear
 - Summer: Cool, Light, Soft
 - Autumn: Warm, Deep, Soft
 - Winter: Cool, Deep, Clear
- ✦ Intention over Accident: Our coloring is not random, but specifically chosen by our Creator to reflect His beauty.
- ✦ Harmony, Not Rules: Discovering your colors is about honoring your design, not following fashion rules or staying in a box.
- ✦ The "Glow Effect": Wearing your personal colors makes your skin glow, your face alight, and helps you shine more radiantly.



His beauty shining in every hue

THE FOUR SEASONS OF COLOR

Each season carries its own light — a reflection of God's artistry in creation.

In discovering your palette, you're simply learning to notice the colors that mirror the life He's placed within you.

Spring – Radiant Renewal

- Characteristics: Bright, warm, light.
- Colors: Peach, coral, turquoise, leaf green.
- Effect: Glows like morning sunlight.

Summer – Gentle Grace

- Characteristics: Soft, cool, calm.
- Colors: dusty blue, soft pink, plum, and silver gray
- Effect: Radiate quiet peace.

Autumn – Golden Abundance

- Characteristics: Rich, warm, earthy.
- Colors: terracotta, olive, teal, and warm brown
- Effect: Reflect warmth, confidence, and strength

Winter – Luminous Clarity

- Characteristics: Cool, deep, striking.
- Colors: crimson, sapphire, emerald, and black.
- Effect: feels vivid and serene, like still light on ice.

THE SIX DOMINANT CHARACTERISTICS

The Tonal System: The 4 seasons combine these 6 qualities, but you can also look at them as spectrums to find your dominant characteristic.

The Three Spectrums of Color:

Cool ————— Warm

Deep ————— Light

Clear ————— Soft

Finding Your Dominant Trait: The one characteristic that stands out the most in your natural coloring is your dominant.

Using the Spectrums for Self-Discovery

- Warm vs. Cool: Determined primarily by skin undertone, but also takes into account hair and eyes (use jewelry/vein tests for this).
- Light vs. Deep: Determined by overall lightness or darkness of hair, eyes, and skin (use B&W selfie for value).
- Soft vs. Clear: Determined by the contrast level in your face (use B&W selfie for this). High contrast is clear/bright; low contrast is soft/muted.

DETERMINING YOUR SEASON

BEGINNING THE JOURNEY

Note: The most accurate results for these tests require natural, indirect sunlight

The B&W Selfie Test: Take a selfie!

How to take the selfie:

With no make-up on, and a neutral colored top that exposes the neck and upper chest (tank top or v-neck/scoop neck t shirt), take a selfie in natural but indirect sunlight. Late morning or early afternoon is the best time to take this photo. Be sure there are no artificial lights on and stand about 3-feet away from a window that provides good natural light. Face the window and use the back camera to get the best quality photo.

How to identify contrast and value:

We will be taking these photos and converting them to B&W to observe the contrast in our features (hair, skin and eyes), which will help us determine where we are on the chroma and value scale.

observations

YOUR SEASON. CONTINUED

TO DO AT HOME

Remember: Perform these tests in strong, natural daylight with no makeup on for the most accurate results.

The Undertone Quest: One of the most important factors in personal color analysis is figuring out if your skin's base tone is warm, cool, or neutral.



The Vein Decoder: Check your wrist veins.
Green? You're warm!
Blue/Purple? You're cool!
A mix or can't tell? You're likely neutral!

observations

The Jewelry Test: Hold up some bling.

Silver shine brightest? Cool tones are your best friend.

Gold make you glow? Warm tones are for you.

Both work? Hello, neutral undertone!

observations

The White Paper Test: Grab a sheet of copy paper.

Pink or rosy? You lean cool!

Peachy or golden? You lean warm!.

No color stands out? You might be neutral!

observations

Seek an Outside Eye: Don't go it alone! Get a friend's objective opinion to help you see past your own biases.

LIVING IN COLOR

EXPLORATION & DISCERNMENT

This week is about observing and discerning, not shopping! Use this section to reflect on your current items and plan future discovery as you move closer to confirming your unique season. Finding your colors is not about boxing you in, it's about discovering what makes *you* the star of the show! When you wear your colors, people will see (and compliment) YOU - not your clothes/makeup/accessories.

Exploration: Assessing Your Current Wardrobe

- ✦ *The "Glow Check" at Home:*
 - *Go through your existing clothes. Which items do you wear the most often?*
 - *Do those favorite items align with the results of your homework tests (warm/cool/light/deep/clear/soft)?*

- ✦ *The "Drain Check":*
 - *Which items in your closet make you feel tired, sallow, or just "off" when you wear them?*
 - *Look at the color of these items. Do they contrast heavily with your potential palette?*

- ✦ *Makeup Exploration:*
 - *Look at the makeup you currently own. Is the blush cool-pink or peachy-warm? Is the lipstick blue-red or orange-red?*
 - *Use your tests to guess if your makeup is currently in harmony or conflict with your undertones.*

Spiritual Reflection: The Symphony of Design

- *Intentionality: God's design is intentional. Just as He used a spectrum of color in creation, He chose the perfect palette for you.*
- *Freedom from Vanity: Seeking beauty in this way isn't vanity; it is an act of gratitude and stewardship of the gift He gave you.*
- *Wearing Your Joy: Which colors in the world make you feel joyful? How can you incorporate that feeling of God's joy into your life, whether through clothing or home decor?*



EXPLORE FURTHER

If you'd like to explore your color season more deeply, here are two helpful resources:

Quick Quiz: Find Your Season
[www.truth-is-beauty.com]



In-Depth Guide: Understanding
Seasonal Color Harmony
[www.theconceptwardrobe.com]



These are external resources shared for further discovery. Follow what resonates and hold it lightly — your beauty isn't confined to any label.

WEEKLY CHALLENGE

Each morning this week, take a moment to notice color — in nature, in your surroundings, or in what you wear.

Pause to whisper:

"Lord, thank You for the beauty You've placed within creation — and within me."

Let this awareness become a prayer of praise throughout your day.

Closing Prayer

Creator God,

You fill the world with color and light.

Thank You for making me part of Your masterpiece.

Teach me to see beauty through Your eyes
and to reflect Your light in the colors of my life.

Amen.



*Every creature is a glittering, glistening
mirror of Divinity.*

-St. Hildegard of Bingen

LIVING IT OUT

Begin with quiet reflection.

Ask Jesus to help you see yourself with wonder — as part of His creation, radiant and intentional.

Step 1: Observe

Look at the colors you naturally reach for — in your clothes, your home, or even your favorite places outdoors.

What do they have in common? Warm or cool? Bright or soft? Deep or light?

Step 2: Reflect

How do these colors make you feel when you wear or surround yourself with them? Peaceful? Energized? Confident? Comforted?

Step 3: Connect

Think about what these colors might reveal about the way God designed you.

Write a few words or phrases that describe how you feel most yourself.

