

SOUND IS A COLOR

with Shamsy Roomiani



Materials:

- Paper – loose sheets or a journal/ sketchbook
- Any dry or wet media that has color – watercolors, pastels, markers, acrylic paint, color pencils
- Music – any type that you like

1. **Close your eyes and open your ears.** Listen and focus on the different sounds that are around you. Notice how the different sounds mix together. Maybe you hear the HUMMMMMMM of a lawn mower cutting grass and the SWOOSH HHH of cars driving by.
2. Now shift your focus away from what you hear around you and go inside your head to picture the crisp, sharp CHIRP-TWITTER-TWITTER of a bird outside sitting on a branch. Imagine the BURBLE-BURBLE-SPLASHH of a river sliding across moss covered pebbles. **Do you see patches of color in your mind when you think of these sounds?** Maybe you see soothing cool colors like blue and green hues when you hear the river splash and maybe you see warm colors like orange, pink, and red when you hear the chirping bird.
3. **Now prepare your work area with your paper and colored media so you can easily reach for them.** If you are using wet media like watercolors, make sure you have a cup of water to wash your brushes in between changing colors. **At this point, have your music ready to listen to.**
4. **Turn your music on and let your mind lightly float with the notes and be carried by the sounds.** Let the music spill around you so that your focus is on the sounds. Maybe you hear the high-pitched singing of a trumpet and you start to see warm, bright colors. Maybe you hear a piano playing soft, low notes that make you think of cool purples and blues.

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5. Now you are ready to start your work on paper. **While you are still listening to your music, reach for colors that you think of when you focus on the sounds.** Keep your strokes fluid and moving, don't spend energy focusing on specific shapes. Make this about moving thought around the paper in an abstract way. Experiment with how you hold your media and the different effects you can make with your marks or washes of paint. Try switching hands now.

This work is about using colors that you feel and see in your mind's eye when you hear different sounds. There is no right or wrong way, just keep the colors moving around on your paper and play with the combinations. **Congratulations, you just leveled up your visualization skills and enhanced your creative flow to now see and hear in color.**

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