

Vincent van Gogh, *Wheatfield with the Alpilles Foothills*, 1888



****First Question First****

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

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A field of color to rest in. When you first laid eyes on this work was there an internal “ah!”? Did you feel your body softening? We are affected by color, each in our own way. Color can evoke a primal response beyond thought or word. It can blanket us in comfort, somehow communicating that it’s all going to be alright. It can also unnerve us, bringing our anxieties to the surface. We feel color viscerally. We may even have personal symbolism we associate with certain colors. Van Gogh, for example, experienced yellow as a color of hope. It held life-giving qualities for him.

Grief constantly asks us to hold contradictory emotions and thoughts simultaneously. At the same moment when life can feel decimated by the death of our beloved, our eye can be captivated by a certain blue tone in the sky, the celadon green of the ocean waves at their crest, the orange-lit Redwoods at sunset. We are at the mercy of Beauty. There is no resisting. Color can give life to our moments as we walk in grief.

Q.) What color(s) is standing out in importance for you lately? What are your associations with it? How does it affect you?