

# sinne.formen



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*Dear readers,*

*This time, our insights are taking you on a poetic journey. This not only epitomizes the title of our Sinne.Formen magazine in a wonderful way, but is also an advocacy for diversity. And last but not least, it leads us to what we as Stockmar also stand for: Art makes Sense.*

*Their respective effect is as diverse as the colors themselves. There are special applications and forms of therapy in anthroposophic medicine that supplement conventional medicine—such as art therapy and colored light therapy. Interaction with light in particular allows us take a deep dive into luminous colors and gain substantially from these. You can read about how colored light therapy makes use of this effect in our Prospects section.*

*And last but not least, we want to invite you to try your hand yourself and create a window picture with our decorating wax. The instructions for this are in the last chapter of this booklet. The first ten applicants will each receive a set of decorating wax from us and, of course, we would very much like you to share your results with us.*

*Kind regards,*

*Inke Kruse*

# The Seven Beauties



The epic eponymous work from 1197 by the Persian poet Nizami has the original title *Haft Peykar*, which also stands for Seven Por-

traits. The work also contains a novella

of sense(s) and form(s)—perfectly

harmonizing with the title of our issue—Senses.Forms. This is about seven tales to be told over seven days of the week in seven different places, telling of seven princesses from seven different countries. The crown prince finds seven pictures of inconceivable beauties here in a locked cabinet of wonders, and

so on. In one of the many projects that we were able to carry out with students from the art department of Alanus University, the prospective artists were asked to express artistically what a certain color meant to them, among other things in this calendar project, “What does red mean to you?” It probably goes without saying that as many different works were created as there were students involved in the project. There is also not only one “red” within the wealth of colors. Just as there is no one skin color.

Moreover, the main character of the introductory narrative matures along with her stories; she is, so to speak, on her own personal path of enlightenment. Namely, overcoming egoism in favor of a wholeness in all she does. So art not only has an impact—it also makes a lot of sense!



## INSiGHTS

he falls in love with all of them at once. In this sevenness, there is then also a concept of seven colors, each representing seven days, daily rhythms, seasons, elements, archangels, metals, and so on. The respective moods of the seven colors are brought to life in the pictures, allowing the reader or listener to dive deeply into the sensory world of the colors via the very clear form of these sevens.

This wonderful narrative can be seen as an image of or rather a plea for diversity. Because every color or color world has its own special magic. And all of them are equally amazing. We know the assignment of certain effects to individual colors—i.e. red strengthens, green calms, yellow brightens, and

# On the healing power of colors

The Filderklinik rests in a tranquil hillside setting at the foot of the Swabian Alb mountain range. At first glance, it could pass for a pleasant hotel. It is, in fact, an anthroposophically-oriented hospital for acute cases. A contradiction? Not at all.

Among the very special applications (or benefits, if you prefer) there is a range of therapeutic measures such as art and colored light therapy.

Art therapy is primarily concerned with giving patients not only the opportunity to express and emphasize their unconscious or subconscious through the artistic process, but also with giving them a medium to express things for which there simply aren't words. The therapist's task is then to interpret these images and scenes in an exchange with the patient and to explore them further.

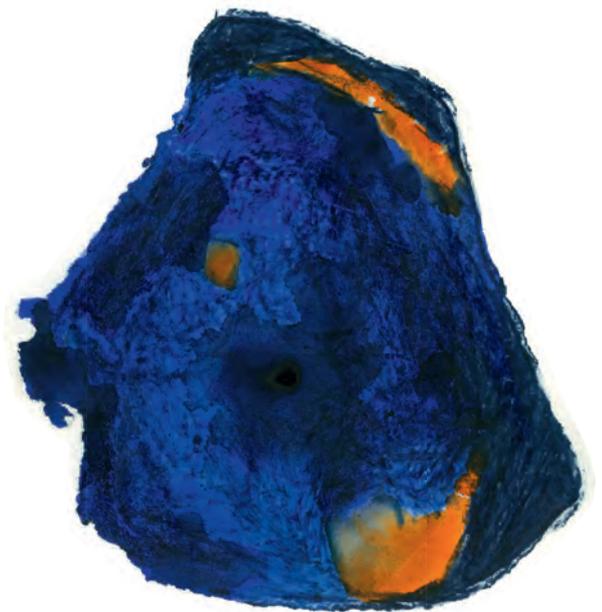
Colored light therapy is a very special form of therapy at the Filderklinik. The therapy rooms are smaller daylight rooms, which—depending on the clinical symptoms or condition of the patients—offer a special colored light. Strongly colored metal-framed glass sheets are placed like screens in front of the (only) window of the therapy room like screens, so that the entire therapy room is immersed in

the selected color mood for the duration of its use. Color, light and pictorial motifs all have an impact on the patients in this way. The therapeutic effects range from relaxation and mood enhancement through warming up or deepening the breath and even specific organic effects.

Anthroposophical medicine places the individual human being at the center of its considerations. It sees itself as a complement to conventional medicine and is legally recognized in Germany as a special form of therapy. The Filderklinik is one of

## PROSPeCTS

three large anthroposophical clinics with a primary care mandate; there are a total of 15 anthroposophically-oriented clinics throughout Germany.



# A guide to happiness

The embossed decoration of candles has a long tradition, and this work is easier to do with our decorating wax because the wax comes in thin foils that are easy to work with. But did you know that these thin layers are also wonderful for making window pictures? If you too want to immerse a room in a particular color mood or simply feel like experiencing the special transparency and deeply luminous colors of our foils, consider trying

a window picture—like the illustration of this issue, Louisa Kaftan, who designed the window picture depicted here.

Please cut the foils with a knife or cutter on a scratch-proof surface. You can either make patterns or work freehand. Then, ei-

ther place the cut-outs directly onto a window, or first place them on solid film (e.g. overhead projector transparencies) as a background. The decorating wax foil can be applied better by warming it up briefly (either between your hands or on a cloth on a heater). Alternatively, you can mold it if you don't want straight, smooth edges in your work. You will get particularly beautiful and surprising results by superimposing different colored foils. Your imagination and diversity know no limits. So, why not try it? The foils can be separated from each other and reused. You too can experience the different color effects in this way and discover which color is particularly good for you at which time.

## ART & MOre



### iMPRINT

PUBLISHER: Hans Stockmar GmbH & Co. KG  
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PRINTER: Die Printur  
www.dieprintur.de

[www.stockmar.de](http://www.stockmar.de)