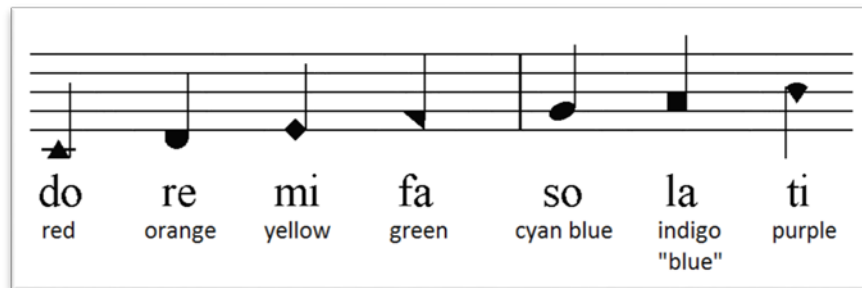


## Raed Anis AL-JISHI

### Color Your Poem with Music

Every part of an image in the poem is important. We should look into its depth in a critical and meaningful way, but here I am going to focus on colors.

We can read colors in the image, and we can color our poems by talking about colors or colored objects in order to connect with the readers' senses. Colors may connect to a visual memory or to a scent or a flavor, but they can also refer to musical tone. If we read them, listen to them, and study them well, we can create them. If we want to concentrate on color's musical aspect, we can study the Newton's Color Wheel. As you know in physics, colors are nothing but light waves that can coexist with heat and sound waves, and as Newton suggested, the color of the main musical scale is the following:



I am not a musician, but I know that there is a color for every tone a piano can make. If we think about light and darkness as a slow, quiet music—or a loud one—we can understand its effect on the painting, and we can color our poem with the inner music. If we study colors psychologically and musically, we can hear the music and see its colors in our mind like a dream. We can make a poem by listening to the music of nature (the one that we can hear or see in its colors), for example:

- Red (do) can increase your heartbeat and make you feel warm and active. It is the first color that can catch your eye and make you feel welcome, and maybe you are thinking about blood, roses, active kids, and lipstick or a volcano. The phrase “a red spine” has particular meaning in chronotherapy.
- Blue (la) reduces tension and makes you feel quiet, taking care of you with kindness as if it is a gift of comfort from heaven. You may think of the sky, water, early morning, a calm sea or a fairytale. A blue throat is a chakra point that will gain spiritual powers.
- Green (fa) reduces anxiety, makes you feel positive, helps you breathe gently when you pronounce it. You may think of grass or trees. A green heart in chakra will increase your love and sense of responsibility.

We also know that colored light can interact with our biological system, and we can use it as a therapy. In traditional medicine and alternative therapies, applying blue light to the knee, for example, can reset the body's internal clock and alleviate sleep disturbances. In chronotherapy, red stimulates the production of red blood cells, blue decreases toxins in the body, and green heals stomach ulcers. Learning something about photobiology or phototherapy may help widen and enrich our images and give us other ways to think about the use of the color in our poems.

Whoever we are, we have our own connection with colors. There must be a certain color that comes to our minds when we remember a certain emotional memory, a dream or even a nightmare. And you need those memories and dreams because they will affect the way you write; it will widen your imagination. In writing, we will use that connection to affect the reader's mind because colors are so deeply related to symbolism as black and white may indicate different tones of realism, the shapes and forms are equivalent to the notes and melody. And the use of color, light and shade are equivalent to the timbre.

And because we will depend on our minds to do this chemistry trick and bind all the elements in our mind, I can say that "a poem is a painting made of music and literature." On the other hand, as readers we should remember that we see what we choose to see in the painting because we cannot see every detail by looking at the whole painting. And that is what we need to do in reading poetry: we should focus on every part of it to understand the whole meaning.