

# Learning Through Color

## **What is Color and How does it Work in the Brain?**

**Color is part of the electromagnetic spectrum.** Color is an energy, a frequency. It has wave length. Every color has its own magnetic frequency and specific wavelength. Colors can affect neuropathways in the brain and create a biochemical response.

**Most people do not have every neuropathway connected in the brain that is needed for learning due to a number of reasons:**

1. Lack of sufficient time in creeping and crawling, which develops the brain. Creeping and crawling connects neuropathways.
2. Food allergies and deficiencies in minerals and vitamins.
3. Other emotional and mental stresses.

There has been much research done as to how the brain develops from birth on. Each movement of a child has been studied. Dr. Moshe Feldenkrais has done some phenomenal research on the movements of the child and the effects on the brain. Dr. Glenn Doman and others have done tremendous research on movement in the early years and how these movements help the brain to develop.

Just as the entire physical body needs years to grow and develop, so does the brain need specific movements and time to develop.

**It has been found that when that time has been interrupted,** such as a child walks too soon, or may be placed in a crib in a corner and not allowed to creep and crawl, the brain does not have the proper development and connection that it needs for learning and coordination in sports.

When a particular neuropathway needed for reading or any subject is not connected, it is very difficult to learn that subject. It is comparable to trying to use electricity when the wires are down. No matter how much you try, the lights simply won't go on.

If a child or an adult who has a reading problem is just given more reading, in most cases that will not help.

**However, color can connect neuropathways.** So when the correct color is found for a particular person's problem subject, that subject becomes much easier and the student experiences the joy of success.

**“We need to use a different type of thinking than the thinking that created the problem”** Albert Einstein

In my many years of teaching, I have found very few students who seem to have the full, complete brain development needed for easy learning in every area and easy coordination in all sports.

The few that I did find were extremely coordinated in everything that they did and things came easily for them.

**Everything came easy for Heather and my curiosity finally got the better of me. I asked the father of this particular student:** “Did Heather crawl a lot?” He replied: “We thought that she would never walk, she was crawling until almost 2 and then one day she got up and walked.”

So for her, color was not as critical as it is for so many of the students, **yet when she used color she learned even faster and remembered more easily.** Her motivation factor was greatly enhanced also because the use of color made learning more fun and far easier to remember.

*Color is a major player in opening and connecting the 12 intelligences that we have.*

Color helps concepts becomes more logical Color opens the mathematical process, makes reasoning and memory easier. Color opens creativity. Any scientific subject becomes much easier through the use of color.

Color can help meet the challenges facing over 200 million Americans and millions in other countries. For when knowledge on the planet is doubled every few years, when continuing education is now a must, not a luxury, **color is a most critical and important tool to achieve personal success, corporate success and a global success in which we reach out to help each other.**

**Color is a frequency that can connect and create a neuropathway that allows that subject or movement to become so much easier and allows learning to be faster and memory to go deeper.**

As so aptly stated by a student, Casey, when playing piano with the projection of colored light: **“It feels like my hands are finally connected to my brain.”**

## *So How Does Color Work?*

When color is used in any area, for example tickets for a show: “the blue ones are for Friday and the yellow one are for Saturday,” there is an immediate ease. And people look to the color for the correct ticket instead of reading each ticket every time to make sure that they have the right one.

**The brain sees and remembers color first!**

**Color is a most powerful stimulus for the brain. It opens up other areas of the brain and allows greater and easier learning and remembering for color also seems to be a connector between the 12 intelligences that we have.**

Color is a frequency and when the frequency is found that is needed to create the neuropathway for a particular subject, the learning becomes so much easier.

## **“I can read but I cannot comprehend.”**

One day a piano student of mine sat on the bench. His progress was not good and his attitude was one of a loser. I told him: “I know you are very intelligent, what grades do you get in school?” He replied: “D’s.” I was shocked and asked: “Why?” “I can read, but I can not comprehend,” he replied.

At that point we went to another room and began the process of overlaying colored filters over a reading book. **When he found a certain shade of turquoise and read through that color, he could read and comprehend!**

He was so excited. His grades went up to A’s and B’s. He came over frequently to borrow the colored gel book because his friends also wanted to use color. He has now graduated from college and is pursuing his career in accounting.

## **Red for Physics**

Michael had good grades in everything except physics. No matter how hard he worked on physics, he could not get it. When he was tested for the colored filter that would work for him, **he found that it was a vibrant red.**

Since Michael was a senior at that time, he felt awkward about using color in school so he continued having problems. **One day I told him: “When you get frustrated enough, you will use color.”**

He came in a short while later and asked: “Why does color work?” He stated that his father, who usually helped him with physics, was not available. He was studying his physics and as usual he was having problems. He then put the red filter and read his physics through the red color. **As long as he was reading through the color he could understand physics, when he removed the color he could not.** Today Michael has completed his masters degree.

## **“I can read and remember now!”**

Debbie, an adult, mentioned to me one day that she could not remember for more than 5 minutes what she had read. This really bothered her. So we did the testing process and found a color that seemed to really work for her. She took it home.

When Debbie saw me a week later, she started crying and said: “This morning I read the paper through the color and I walked downstairs later, thinking about what I had read. **This is the first time that I can remember what I have read!**”

### **“I want to write, but the paper grabs my pencil.”**

Jonathan had a very curious mind and wanted to explore many things. He came to me one day because he loved to write but when he wrote, the **“paper grabbed the pencil.”**

His mother and I looked at him quizzically, but that was the best explanation he could give. I first tested him with a colored filter and a white paper and black pen. When we got to a shade of blue filter, he exclaimed: **“The paper does not grab the pencil with this color.”**

I proceeded to find a colored paper that was the same shade as the blue filter and he chose a certain shade of blue pen to write with. **Now he could write to his heart’s content with ease!**

### **“The ideas just keep coming!”**

Natalia, age 11, had problems skipping words when reading and had to go back and reread in order to understand. She also had a hard time expressing herself in writing. All of her other subjects were in the excellent category.

Natalia was tested for reading and writing colors. **When she read through a dusty blue and a dusty lavender, her eye no longer skipped words. She now enjoys reading and it is so much easier!**

Natalia chose a colored paper and a colored pen. She began writing while her mother and I discussed other items. Later as we looked back at Natalia, she was still writing. **She looked up at us: “I can’t stop writing now, the ideas just keep coming.” Her smile went from ear to ear.**

## **“My daughter can read!”**

I received a phone call from a woman in Nebraska who had purchased our Mega Learning Tapes and colored gels. Her daughter, a graduate from high school, had a 4th grade reading level. She was made fun of during all of her school years.

**She was tested for her reading color and she needed mint green to read through. When she read through mint green, she could read and understand.**

Her mother was in tears and said: **“Do you know what this means to us? My daughter can finally read! Now she comes to me and asks if I have read a certain book.”**

**The stories go on and on. But how can you, the reader, find what colors work for you?**

**First of all use color in everything you do.**

1. If you are writing out homework, or whatever, instead of a white paper **choose a color.**  
Go to a printer or printing supply place and ask to purchase some individual colored sheets.

On your computer, create lines (as in lined paper) and print these lines on your colored paper on both sides. 3 hole punch it and you now have paper ready for your learning, note taking or whatever you are doing.

2. **Buy colored pens,** experiment with the various colors and see which color you need for the different subjects or tasks that you are working on.

3. Write your assignments or “to do” lists in color and instead of crossing them off when completed - **COLOR them and notice how much faster you get things done.**

4. If you need color testing gels, go to our website at:

**[www.cerconelearning.com](http://www.cerconelearning.com)**

and order the testing gels. These are not available in the general market place because they are a specialty item. **Test yourself for the colors that you need and then purchase the individual sheets.**

5. **If you use highlighters, use more than one color. Use many colors.**

6. **Take your notes in color and organize the various paragraphs or topics by color.**

One student, who started using color in her homework, raised her college scores by 20 points and made the Dean's list for the first time in her 3rd year of college, stated that she and her boy friend were studying for a test and she told him: **"It is in the green part of my notes, I know that I wrote that in green."**

*The brain remembers the color first,  
then the color activates the memory!*

*These are just a few examples of how you can use color to  
enhance your learning or whatever you are doing.*

*Enjoy coloring your life!*

