

# **Blue Mind Life How The Color Blue Influences Our Quality Of Life**

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**ABSTRACT:** *The study of the “Blue Mind” concept invites you to immerse yourself in the depth of one of the most attractive colors for humanity for centuries. The color blue represents inspiration, spirituality, freedom, loyalty, harmony, truth and seriousness. It is the color of love for creation, serenity, silence and stillness.*

*The theory of Blue Mind, which I have researched, studied and practiced since 2020, allows me to address this new chapter “Blue Mind Life”, Life with a Blue Mind, and continue my multidisciplinary project which requires materialization in different supports and work in several thematic areas, such as health and education in the first instance. Its correct practice results in increased longevity in people who live in the so-called Blue Zones. Addressed by American National Geographic and disseminated by The New York Times through researchers and educators report the results. As an architect and plastic artist, I have specialized in NeuroArchitecture and Cognitive Sciences to understand even more and in depth how human beings react to the color blue, how it modifies their mood, their body, their gaze and their nervous system. It is a state slightly similar to the sedative effect, where a feeling of happiness and satisfaction emerges, a state of well-being connected to the frequency of no time. Increasing average life expectancy, maintaining good health and improving well-being during aging becomes a priority objective worldwide. Postponing or avoiding functional deterioration and disabling chronic diseases is essential for the sustainability of the Welfare State. We humans learned to emerge from the water, our first space of contact, and then settle on land, and it is still, as the argentinian autor Jorge Luis Borges wrote, “un enigma que no alcanzo a descifrar”. From this mystery are born countless neurological stimuli, brain patterns and preferences that inspire new ways of reconnecting, to be more creative and improve our lives by being in contact with nature. The objective is to rethink health and education spaces, enter the Blue Zones, learn their way of life and achieve the goal “Die young while being as old as possible.” It is not just about reaching many years of age but about maintaining the best quality of life until the last days.*

**“The World is Blue” Yves Klein**

**Keywords:** *mind, blue mind, blue, bluemind, sea, sky, neuroscience, brain, neurons, spiritual, spirit, truth, freedom, inspiration, wave, energy, strength, creation, creativity, depth, emotion, emotional, serenity, evolution, flow, spirit, vision, blue hour, blue hour, connection, health, happiness, well-being, zones, longevity, neuroplasticity, neuro architecture, art, painting, soul, body, education, color, painting, palette, silence, peace, life.*

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## **I. INTRODUCTION**

There has always been an intimate relationship between colors and human beings, and the color blue, according to statistics, is the preferred color worldwide. It is the color of distance and immensity (due to its relationship with the sea and sky). Because of perspective and the illusion of space we perceive it as the furthest away of all. This quality has linked him to fidelity, since only distance can test loyalty and serene personalities. Let us remember that in England the custom arose at weddings for the bride to wear “*something old, something*

*new, something borrowed, something blue.*" The stone that symbolizes loyalty is the sapphire; but that stone on the finger of an unfaithful person (says the popular voice), loses its shine. On the other hand, the expression "*blue blood*" derives from the Middle Ages: the Privileged did not work the land outdoors, so their skin was very smooth and showed their "blue" veins, unlike the tanned and matte skin of the deer.

Among the attributes in the field of psychology we can mention that the color blue evokes a reasonable personality, with regulated affectivity, dark blue can also mean an excess of rationalism and self-control.

*Aura Soma* is a therapeutic system that was conceived in England by Vicky Wall as told in her book «*El Milagro de la Sanación por el Color*».

It is a self-selective and non-intrusive method, it helps to regenerate, revitalize and re-balance the being thanks to the action of the appropriate colors. It gives us the possibility of experiencing color as a mirror of our consciousness and allowing our true colors to shine, healing the scars of the soul. The choice of color of the bottles proposed by this resulting therapy is the barometer of the physical, emotional, mental and spiritual condition; also of events from the past and probably from the future.

In an *Aura Soma* consultation, the therapist will interpret the color code that has been chosen and provide data about the person about their potentials, gifts and obstacles.

The choice of bottles constitutes the most appropriate selection method because intuition will allow the person to choose only the bottles that are convenient at all times. The diagnosis method is simple. Vital points are described in various therapies as meridians, energy centers or chakras; *Aura Soma* refers to them as seasons. Contact is made with these stations by synchronizing the wavelengths of the exterior colors on those of the interior colors. *Aura Soma* combines the color healing traditions practiced in the healing temples of ancient Egypt, China, Greece and India in combination with medicinal plant extracts and essential oils, the union of which is more powerful than color therapy alone, or aromatherapy. *Aura Soma* bottles are of great help for healing through visualization and also for breathing and meditation with colors. Many positive results have been achieved simply by having a certain bottle in a room. It can be combined with very positive effects with other therapies such as reflexology, massage, shih tzu and kinesiology, to name a few. Choosing the blue bottle is the one that produces the feeling of deepest tranquility among all the sensations that a color can generate. The *Aura-Soma* method baptizes the "royal blue" bottle as Blue - Peace and energy that nourishes and can bring clarity and Royal Blue associated with cleanliness, concentration and calm.

Experiments have shown that prolonged contemplation of blue deepens breathing, and both pulse and blood pressure decrease. Thus, the general objective-physiological meaning is tranquility. It also transmits the feeling of infinite harmony, of being in the corresponding place of union and protection.

Blue, the color of introversion, of natural conservatives. It is related to good judgment and a deep sense of responsibility. Imagination, freedom, evasion, dream, such are the concepts suggested by this dye. Clearly, if these qualities are taken to their limits, the negative aspect of this color arises, like all others when they are modified, vanity, egocentrism, and frivolity can be some examples.

Blue is the color of meditation and spiritual expansion. It is a depressing color. It is the color of truth, devotion and sincerity. That is why it is associated with higher mental faculties. If blue is rejected, it testifies to anxiety, dissatisfaction in relationships with others, and deep instability. It is a serene, relaxing and deep color. Promotes inspiration and creativity, encourages kindness and patience. In decoration it can be used as a background for bedroom walls. Blue creates the feeling of spaciousness, slows things down and gives the feeling of expansion. It indicates spiritual focus, artistic facilities, a sense of protection, silence, tranquility, extinction, hope, anticipation, renewal, autonomy.

Aesthetically, blue is a very cold color, the blue surface seems to recede before us, and draws us towards it. Blue is the one that exerts the least sensory chromatic stimulation, but the greatest intellectual stimulation. We should talk about passivity, which is potentially internal activity. Blue is the preferred color for 49% of the individuals surveyed. The reasons are often emotional in nature, such as "I find it to my liking", "it is pleasant", "it is calm", "distinguished", "sweet". It is associated with the color of the sky, the sea and travel.

Blue is the color of "selfless well-being." "*Silence (which blue represents) is the characteristic state of beauty, as tranquility is of the unalterable sea.*" Receptive and sensitive, emotional state necessary for subtle sensitivity and aesthetic experience.

## II. DEVELOPMENT

Blue is the color region that is perceived in light with a wavelength between 450 and 495 nanometers within the electromagnetic spectrum. Or, put more simply, blue is the fifth color of the rainbow.

Blue is a primary psychological color along with yellow, red and green. Cyan blue is a primary pigment color and ultramarine blue is a primary light color, ultramarine being a secondary pigment color and cyan blue a secondary light color respectively. In the past, the blue pigment for the arts was obtained from lapis lazuli, a precious stone that made the production of ultramarine blue very expensive and increased the price of works that used it. Due to its high price, the search for alternative mineral and biological blue pigments was intense and the commercialization of the first synthetic pigments such as Prussian blue was a success. Today one hundred and eleven types of blue are recognized.

People who are favored by the color blue in their clothes show a desire for peace, silence and even solitude. Blue means spirituality and order. It is a color that has nothing threatening about it, and whoever wears it probably highly values loyalty and honesty.

Working with color is a task prejudicedly reserved for sensitive personalities. Devoting yourself to reflecting, experimenting and teaching about this problem was and is of vital importance for the formation of any branch. You need to be sensitized to color, see, understand, combine, operate, communicate and if possible, move. Two people can interpret the same stimulus (light with the same spectrum and intensity) differently, and there can be as many interpretations of a color as there are people. It can be verified experimentally that most observers assign the color blue to light with a spectral composition similar to the daytime spectrum of light from the cloudless sky. This spectrum can be interpreted as blue light with an addition of white light, or what is practically the same, as blue light to which its complementary color has been added.

The sky, then, is not blue in an absolute sense. When sunlight is scattered by the atmosphere, according to Rayleigh's law, (*represents attempts to describe the spectral radiation of electromagnetic radiation of all wavelengths from a black body at a given temperature*) the result is a spectrum that is not only in the wavelength range corresponding to blue and does not even have its maximum point in blue (it has it in violet). Although there is no predominance of blue in the spectrum, from the point of view of our perception there is a preponderance. That is, we perceive the sky as blue even though light from the sky contains light of all wavelengths.

Any visible light source can be considered a mixture of white light and light of a single wavelength which is called the dominant wavelength. A mixture of white light with a monochromatic light of a certain color, for example red, results in a lighter red: pink. The degree of saturation is determined by the relative amount of monochromatic light. Complete saturation occurs when there is no white light.

The Earth actually looks blue from space, because water absorbs red light, therefore it preferentially sends blue light, in reflection from its surface and from impurities or other objects that are inside it.

If you ask us what color the night sky is: it is normal to answer: "black, of course." However, that's not really correct. We see it black, because there is not enough light to stimulate the color-sensitive cones in our eyes. However, there is light in the night sky and it has color. Far from the city lights, the moonlit night sky is a blue color, similar to the sunlit sky during the day, although with very little brightness. When the sun sets, sunlight no longer illuminates the atmosphere and the sky becomes dark.

We know that color is a perception in the visual organ of the person who contemplates it. And this perception occurs thanks to light, which is a portion of the wide range of energy that the sun constantly radiates. We can see the things that surround us, and appreciate their color because they emit light (luminous bodies) or reflect the light they receive (illuminated bodies). Color is what we see when it reaches our eyes, the light reflected by an object. Every illuminated body absorbs a part of the light waves and reflects the rest. There are numerous light-emitting sources (the sun, fluorescent lamps, incandescent lamps, fire, etc.) and each considerably affects the way we perceive colors.

But color is more than an optical phenomenon and more than a technical medium. It manifests itself in other areas of the human being, such as the physical, physiological, perceptual, psychological, among others. Colors have the ability to affect or influence us, and even lead us to different sensations. This is the product of a

psychophysiological phenomenon, as well as a purely psychological phenomenon. In the psychophysiological field, we refer to chromatic synesthesia.

Physiologically, synesthesia is the secondary or associated sensation produced in one point of the human body, as a consequence of a stimulus applied to a different point. Psychologically, synesthesias are subjective images or sensations, characteristics of one sense, which are determined by the sensation of a different sense. In the psycho-physiological perspective, the difference between sensation and synesthesia is based, mainly, on the fact that sensation is the mental act by which we come into contact with the environment that we are feeling, while synesthesia is the purely cerebral act in which the perceived object does not intervene, there is no real reading of it, but rather it is the mental attitude of the images towards each other. The process of synesthesia occurs because the human perception organs translate the information carried by the energy radiation waves into their language, into their corresponding acoustic, visual, olfactory, haptic system; then the primary sensation (what we are really perceiving) is determined by said translation to the brain, which obtains mental images or experiences of the world around us. We can say then that the synaesthetic process occurs through a link between perceived sensation and decoded sensation.

A chromatic synesthesia caused by a certain sensation may seem to be a quality of the emitting object, that is, whoever experiences the synesthesia is inclined to assume that said phenomenon is part of the environment, of the object; when in reality what we see is part of the message, of the radiation emitted according to the sensory impression of the receiver. More clearly this occurs when certain colors appear linked to physical sensations, such as taste or touch. Certain shades of orange, yellow and green may seem acidic to our taste, because we associate them with the color of citrus fruits: orange, lemon and grapefruit. For their part, light and pastel colors such as pink, shades of pale yellow and light blue, may seem sweeter to us, because we associate them with the colors of candy. Certain strong and saturated colors can appear hard to the touch, since hard is also the way they reach our eyes, drawing a lot of attention and standing out over other colors in the same composition. On the contrary, we perceive more pastel and less saturated colors as soft to the touch, since they do not resist combining with each other and attract our attention less.

Color can positively or negatively influence a child's mood and behavior; it can provide incredible stimulation of the brain and its motor aspects. Perception, creativity, memory status and academic performance can be greatly benefited thanks to color psychology. The color blue has significant benefits for students in the Primary Education stage. Given the great influence that color has on the human mind, it is important to point out the relationship of colors with psychology and pedagogy.

The color blue, a psychological and educational dimension, refers to my interest in knowing the relationship that colors have with respect to emotions, reason and feelings in human beings. For all of the above, and due to my significant attraction to education, which I have been practicing for more than twenty-five years, I have found the relationship between the study of colors and psychology very interesting and, in turn, contributing to the emergence of the feelings and emotions of the students, as well as the development of their thinking capacity, their creativity and passion for color. Getting involved has driven me to study Neuroscience, delving into both the branch of Neuroarchitecture and Neuroplasticity, to be able to put its bases into practice in educational and health projects.

“It is not our sensory apparatus that has changed, but our perception of reality, which activates our knowledge, our vocabulary, our imagination and even our feelings, and all of this has evolved over time.” (Michel Pastoureau, 2006, p. 19).

Artistic Education involves the sensory, the intellectual, the social, the emotional, the affective and the aesthetic, triggering mechanisms that allow the development of different and complex capacities with an educational projection that directly influences the comprehensive training of the students, since it favors the development of attention, stimulates perception, intelligence and short and long-term memory, enhances imagination and creativity and is a way to develop the sense of order, participation, cooperation and communication.

For Michaela Strauss (1994), the child's choice of color is usually marked by the emotions and feelings that he or she expresses when painting, and from an early age, the child reacts with sympathy or antipathy to certain colors, and turns it into a means by which he creates freely, proceeding to find his own symbolism of color. Each child can react in one way or another to the color blue, so we will name below the reason for the selection as a favorite and the reason for the use of this color in school, and some of the benefits and disadvantages that the color blue can cause. in the primary stage.

Children associate the color blue with nature and harmony, but also with sympathy, friendship and trust. This is due to the relationship between the color blue and the sky, for which Heller (2004) believes that for a person - in this case a child - the color blue can mean something eternal, extensive and endless.

On the other hand, blue is the color chosen by boys and the least common color chosen by girls. The reason for this is in the culture of the society. When a child does not yet understand symbolism and culture, the choice of colors is guided by his emotions and feelings. However, when the child understands said symbolism, it is possible that his perception of certain colors changes, to become the same as the rest of society. Thus, the color blue has long been a color associated with the male sex, with pink being associated with the female sex. But this was not always the case, Heller (2004) and Pastoureau (2006) state that, in the past, the color blue was closely linked to the Virgin Mary, which is why it was considered a feminine color, a concept mentioned above. On the contrary, the child was associated with the color pink, used as a less aggressive red in the clothing of children of kings, for whom the color red was a symbol of power. Regarding the benefits given to the color blue, we can begin by naming the fact that the use of blue in the usual environment is beneficial for angry children, with behavioral problems and sleep problems; due to the calming, tranquilizing and purifying properties attributed to it, according to some research (Heller, 2004; Pastoureau, 2010) on this color. Also important is the belief that the color blue, combined with green, is capable of stimulating talent and creativity, due to what Heller (2004) states are properties such as the association of the color blue with confidence, clarity of ideas. and creativity; and the association of green with serenity and nature.

In order to understand the history of colors, in this case blue, and their psychology; And in order to relate it to education, to carry out this work I have based myself on bibliographic documents.

The most important are, for example, Psychology of Color (2004) by Eva Heller, Blue, History of a Color (2010) and Brief History of Colors (2006) by Michel Pastoureau, and Colors: History of their Meaning and Manufacturing (2009) by Anne Varichon. With these works as a base and others in a complementary way, I have managed to delve even deeper into the world of color, its history and its psychology.

The psychology of color has been talked about from different fields such as literature, painting and of course psychology, and the conclusion is always that colors show different expressions, emotions and feelings in themselves, and these are capable of influencing the child, then the adolescent and adult life and transmit many and diverse sensations.

#### *Blue Mind Life Palette*

When God created man, he did it perfectly, and he made it: Body, Soul and Spirit.

**Body.** It refers to our physical person. It contains the five senses, to relate to the world around us. It is the image of who we are and how we are. In our body, there is the Soul and the Spirit.

**Soul.** It is made up of the mind, will and emotions. In the soul is where our most terrible personal battles are fought, since when it comes to making decisions, understanding and understanding concepts and principles, our ideas, experiences, memories and feelings, both positive and negative, emerge and influence the exercise of our willpower. The soul is the operational center from which we relate to others and interpret their actions, words as well as the circumstances that surround us in a personal, individual and of course unique way.

**Spirit.** Abstract entities traditionally considered the immaterial part that, together with the body or material part, constitutes the human being; It is attributed the ability to feel and think. It is the part of the human being designed to establish a relationship with God. We see one of the reactions of the spirit clearly when faced with any danger, regardless of our religious belief, we cry out to God to protect, help or save us.

**Mind.** The mind can be defined as the set of intellectual or mental faculties of a person. The human mind refers to the group of psychic processes of a cognitive nature that encompass functions such as perception, memory, reasoning (executive functions), etc. Depending on how the neurons in the different parts of our brain are connected and activated, our mental abilities will be more or less efficient.

Understanding that we are the fruit of that union between body, soul, spirit and mind and in turn after studying all the attributes that he investigated about the color blue, its transformative power in our minds and in our emotions and perceptions in such a favorable way, I present These four new palettes created together with

chemical technicians which were designed and created each in 5 different intensities, each transmitting a concept and meaning of the color blue.

I have nominated the four palettes created: Blue Mind. Blue Soul. BlueSpirit. BlueBody.

The interesting and surprising thing was that as I progressed in the project, each palette where I stopped was characterized by coming off in 5 different points.

The first *Blue Mind* palette that I developed was based on a photographic survey that I carried out on the Argentine coast precisely at Blue hour.

From an endless number of shots I achieved the ones that I was interested in reflecting and that were closely related to *Wallace J Nichols' Blue Mind theory. Editorial Little, Brown & Company*, which will reflect, as you begin to work in depth, the emotions and essence of the benefits of being a *Blue Mind* person, of which there are five main ones.

The book is focused on water as a primary element for our physical, mental and spiritual well-being, based on various studies and scientific facts, which make the reading quite technical in general, but very useful for those of us who are looking for explanations that increase our level of consciousness about the power that contact with water and its relationship with the color blue exerts in this case.

The book considers surfers as an example of a blue mind, which entails not only knowing how to take advantage of the benefits that the ocean offers us, an element so important to keeping us alive and of which we are still ignorant in many aspects, or is it It seems because of the damage we have been causing; but also the great responsibility of caring for and protecting it.

In conclusion, I reaffirm my belief that practicing any sport near water or simply contemplation or immersion can serve as therapy for our body, mind and soul. As a witness to this positive change, I am satisfied with the evidence presented in the book, as well as with enough inspiration to continue studying, learning and researching and, above all, sharing to continue generating positive changes.

The second palette that I have developed is *Blue Soul*, and the discovery and association that I make with the different layers or layers that, surprisingly, are five, of the depth of the ocean, and that it evokes from my observation casually with the lights, shadows and the different depths and mysteries that our soul possesses. That chiaroscuro that is so mysterious and difficult to understand many times.

The third palette is the *Blue Spirit*, directly related to the restless and characteristic spirit of the sea and the oceans, coincidentally they are also the five most important oceans on planet Earth with their different characteristics and attributes, just as our restless spirit flows and challenges. This is reflected in each of these oceans of our lives, sometimes calmer, sometimes more turbulent, but always indecipherable, immeasurable and free.

I relate the fourth *Blue Body* palette to the representation and evocation of the studied Blue Zones, again there are five zones observed and where the care of the body is the protagonist, the objective, the title of the paradigm, because due to how it is treated it is It has made him stay alive much longer, with a better quality of life. Try to capture the memory that every time we immerse ourselves, see, touch, look at the color blue of this series, it reminds us how much we must take care of it and take care of ourselves.

Neuroplasticity plays a crucial role in human adaptation and growth, also in learning, memory, thinking, emotions, etc.

The central nervous system (the brain and spinal cord) is the root of all thought, movement, emotion, memory, and especially human experience. Without neuroplasticity we cannot adapt to the environment or grow.

Neuroplasticity plays a decisive role in adaptation to disease states and sensory deficits, since alterations in brain plasticity are associated with many disorders such as Alzheimer's disease, Parkinson's disease, anxiety, depression, post-traumatic stress, and drug addiction.

Neurons or nerve cells can modify changes in gene expression in response to dynamic environments. These changes cause alterations in the synapses, where neurons (nerve cells) communicate with each other.

Neuroplasticity is the brain's ability to change and adapt in response to experience and the environment, a fundamental characteristic of the human brain, allowing us to learn, assimilate, accommodate, adapt and also

recover from brain injuries. Neuroplasticity is made possible by the ability of neurons to modify their connections and structures in response to experience, meaning that when we learn something new, neural connections become stronger, allowing us to remember and apply that knowledge in the future.

Similarly, when we recover from a brain injury, the brain can reorganize neural connections to compensate for the damage and restore brain function. For its part, neuroplasticity is important because it allows us to adapt to changes in our environment and maintain a healthy and functional brain, being particularly relevant in the context of aging, since as we age, brain plasticity decreases and cognitive function decreases. can deteriorate. However, neuroplasticity can be stimulated and improved through a variety of interventions and activities. The inhabitants of the blue zones, consciously or without exactly knowing it, practice this brain and sense stimulation exercise with a way of living, behaving, acting and moving which benefits this constant regeneration of new neurons.

On the opposite side of everything studied and attributed to being able to achieve a Blue Mind, is the Red Mind or Red Mind. The top ten causes of death worldwide can be caused or exacerbated by stress. By sensitizing the amygdala through constant and inappropriate excitation and weakening the hippocampus (brain structure located in the temporal lobe of the brain and closely related to learning and memory processes, which presents continuous electrical activity, related in a way or another with the activities that are being done at any given time) and prevent it from developing new neurons, increased stress can affect our ability to learn, retain information or create new memories. According to research, constant access to social networks, where we are aware of more stressful events, can cause psychological stress. The constant need to show up. The constant need to be available. Everything creates more anxiety and stress that affects our mental and emotional functioning. And let's not even get started on the stress levels caused when that technology doesn't work when we are so dependent on it. The Gray Mind may be a chain effect of the Red Mind. Feeling depressed, dissociated, flat and exhausted, Red Mind's increased cortisol and glucocorticoids can reduce levels of dopamine and serotonin, the feel-good hormones. Gray mind can also occur on its own for several different reasons, including mild to severe mental health disorders. This type of mind should not be confused with Gray Matter, which is the outermost layer of the brain and plays an important role in allowing us to function normally as it controls our movements, retains memories and regulates our emotions, among many other functions.

Chronic exposure to stress and anxiety can lead to maladaptive neuroplasticity, which can increase the risk of mental disorders.

One way to improve neuroplasticity is through physical activity; Regular exercise not only improves physical health, it stimulates neuronal growth and neuroplasticity. It can also reduce stress and anxiety. This encourages the acquisition of new skills and knowledge, in addition to consolidating the capabilities that one already possesses.

Sensory stimulation with novel experiences, along with the practice of new skills, can stimulate neuronal growth and improve the brain's ability to adapt. This can include activities such as learning a new language, playing a musical instrument or even traveling to unknown places.

Meditation and mindfulness can also be useful for improving neuroplasticity, practices that can improve attention and concentration, having positive effects on neuronal plasticity. The Japanese have known this since their ancestors.

### **III. CONCLUSIONS**

To conclude, neuroplasticity is a fundamental characteristic of the human brain that allows us to adapt, learn, grow and evolve throughout life, and the aging of these nerve cells can be prevented with specific activities.

Exercise increases neuroplasticity by stimulating neurotransmitters such as endorphins and serotonin, which are associated with mood and memory. Exercise also promotes neurogenesis, which is the creation of new neurons in our brain. Exercise also helps improve motor fitness and brain connectivity, and may protect against neurodegenerative diseases such as Alzheimer's.

Any type of artistic expression increases neuroplasticity. Specifically, it has been observed that creative painting is capable of reorganizing the white matter in the frontal cortex, that is, the connections in this area. Performing

or learning to make music also reinforces neuroplasticity and protects against degeneration, especially if it is combined with dancing or some physical exercise.

In this way, when we learn something new, neurons form networks to communicate with each other and, by putting this new teaching into practice, they are strengthened, facilitating their interconnection and communication, which makes it easier to develop this new task or acquired skill. That is, when the brain receives stimuli, learning and long-term memory are exercised.

This concept arose at the beginning of the 20th century, when, contrary to what was believed until then, it was shown that the brain of adults continues to develop throughout life, although more slowly.

When engaged in new learning or a new experience, the brain establishes a series of neural connections. These neural pathways or circuits are built as routes for the intercommunication of neurons. These routes are created in the brain through learning and practice, much like a mountain path is formed through the daily use of the same route by a shepherd and his flock. Neurons communicate with each other through connections called synapses and these communication pathways can regenerate throughout life. Each time new knowledge is acquired (through repeated practice), communication or synaptic transmission between the neurons involved is reinforced. Better communication between neurons means that electrical signals travel more efficiently along the new path. Synaptic plasticity is perhaps the pillar on which the amazing malleability of the brain rests.

Whereas synaptic plasticity is achieved through improving communication at the synapse between existing neurons, neurogenesis refers to the birth and proliferation of new neurons in the brain. For a long time the idea of neuronal regeneration in the adult brain was considered almost a heresy. Scientists believed that neurons died and were not replaced by new ones. Since 1944, but especially in recent years, the existence of neurogenesis has been scientifically proven and we now know that it occurs when stem cells, a special type of cell found in the dentate gyrus, hippocampus and possibly in The prefrontal cortex divides into two cells: a stem cell and a cell that will become a fully equipped neuron, with axons and dendrites. These new neurons then migrate to different areas (even distant ones) of the brain, where they are required, thus allowing the brain to maintain its neuronal capacity.

It seems that plasticity patterns are different depending on age and, in fact, there is still much to discover about the interaction between the type of plasticity-inducing activity and the age of the subject. However, we know that intellectual and mental activity induces brain plasticity when applied to both healthy elderly people and when applied to elderly people with a neurodegenerative disease.

*In the words of Dr. Wallace J Nichols, "The waters are a source of calm, peace, freedom, joy, wonder, admiration, romance, creativity for life, and we must remember that." Perhaps we are closer to being part of a Blue Community, which is a shared coastal geographical region of any type or size (village, town, city, province), whose local culture and economy are driven by the waterways they inhabit, as be it an ocean, sea, lake or river.*

Blue is the color of ideas of mirage and illusion, in short, fantasy. The fairies, Prince Charming, the divine, the eternal. The blue hour, the Blue Coast, the blue pill, blue eyes, the blue hour... the Blue Mind... Our Planet Earth is Blue...

"Color is a means of exerting a direct influence on the soul. Color is the keyboard. The soul is the piano with many strings. The artist is the hand that, through this or that key, makes the human soul vibrate appropriately." Vasili Kandinsky in "De lo espiritual en el arte", published in 1911.

*Human creativity has no limits. Thanks to this important quality, life is filled with meaning and the world is reinvented again and again. The artist, among his goals, Klein set out to free "the color from the prison that is the line." Motivated by this desire, he turned his attention to monochrome, the only form of painting that, for him, allowed "to make the invisible visible." Inspired by him, and by his way of conceptualizing the role of the artist who conceives his entire life as a work of art, I have immersed myself in this infinite and inexhaustible blue sea... the search for immateriality and infinity, blue is my favorite vehicle of love and freedom....*

Immerse yourself in the depth of the serene, calm and sincere blue, achieve an introspective and contagious silence, get closer for a few moments to a state of plenitude, almost as much as living in the absolute truth...



*Blue is the closest color to truth...  
Steven Styler*

*Florencia Zampieri*

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