

# DATE WITH PAINT

## NOTES FOR LESSON # 3.



### LESSON 3: INTUITION

For this lesson, you will use *some or all* of the tools from lesson 2 to create your first intuitive abstract painting! I am demonstrating the process, but please do not feel like you need to try to copy what I do. My hope is to inspire you to create something from your heart... your intuition. Of course, feel free to borrow any techniques you want if that is how you learn best; but don't feel obligated to do so. YOU do YOU.

Your goal is to stay in the moment, trust your intuition and connect to your inner childlike playfulness & joy! That sounds easy, right?! Well, not so much. In our results-based, driven, success-oriented culture, staying in the moment is no easy task. But you can do it!

**“I believe in intuitions and inspirations...I sometimes FEEL that I am right. I do not KNOW that I am.”— Albert Einstein**

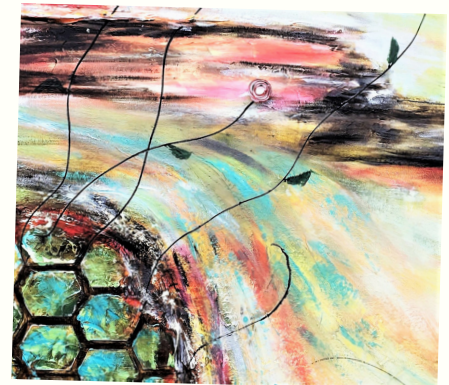
# Let's get 'INTUIT!'

## MORE HINTS FOR YOUR SESSION:

**TRUST YOUR INTUITION:** Our intuition is far smarter than we give it credit for. As a child, you instinctively trusted and acted on your intuition, but often it led you into places grown ups didn't appreciate. So we learned to ignore its murmurings. Now it's time to reclaim that part of yourself. Intuitively, you know what you find visually beautiful, meaningful & inspiring. Trust that. Trust yourself.

**ALLOW YOURSELF THE GRACE TO BE IMPERFECT:** We are used to producing and perfecting things. Most of us have spent years developing competencies and skills. We recoil at the thought of doing something that we perceive as 'not good enough'. However, when you start something new, especially in the creative arts, it's imperative that you can rest in the imperfection and messiness that is inherent in new beginnings. Give yourself that grace. The goal here is not to create 'good art' (*whatever that is*); the goal is to let go and allow the process of exploration to begin.

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**THE MAGIC IS IN THE MOMENT:** Cognitively speaking, we often live in either the past or the future. When you are creating, *future orientation* manifests as worry about the outcome of your painting. We constantly worry that it won't turn out the way we hope and we white-knuckle our brushes and try too hard. When we *live in the past* as we paint, we think about our past 'failures' or even 'successes' in art class and the words that may have been spoken to us regarding our 'talent' (or lack of it). Either of these distracts us from the present moment and actually inhibits our creativity and reduces our chances of creating something wonderful.

# Let's get 'INTUIT'!

## USING MUSIC TO KEEP YOU GROUNDED:

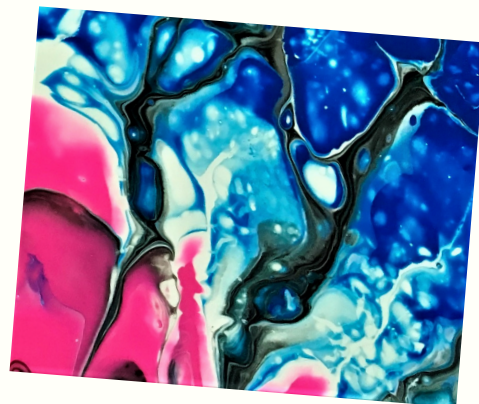
I usually listen to music when I paint-- sometimes loudly! I encourage you to create a specific PAINTING PLAYLIST. And to change it up often.

*I chose not to add any music to this lesson and the next so that you could listen to your own music while watching.*

It's best to choose music that you love, but are NOT that familiar with (so it doesn't fade into the background). Also, in my opinion instrumental music is preferable. Lyrics can lead your mind down paths which may or may not inspire artistically. Having said that, music preference is a personal thing, so choose what inspires you to paint!

## PAINT FASTER & CHOOSE LARGER TOOLS:

We get tighter and more intentional when we slow down and when we use smaller tools. So try to challenge yourself to use the larger tools and move quickly... or even use your non-dominant hand. All of these things will help put your intuition in the drivers' seat.



In the next lesson, "*INTENTION*", we will step back from our intuitive imaginings, and begin to edit and shift our piece to pull out even more beauty.

But for now, we are just *ART-STORMING* --

NO agenda, NO hesitation, NO second-guessing, NO expectation, NO censoring.

**Just paint. Just play. Just feel.**

BECAUSE...

**The magic happens when you LET GO!!**