



Intuitive Painting Journey

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Step 1: What Is Intuitive Painting?

Hello and welcome. We are ready to begin. This is the very first step in our journey, the opening to a process that will unfold further and deeper with each session. Here we start with a unique and powerful method, the use of **Bristol board (a thick, smooth drawing paper)** with **soft pastels**, which, in its traditional form, is taught over twelve lessons. But now, we will explore it together in a digital, at-home version.

This process is vibrant, emotional, and full of discovery. It is a colorful adventure into your own subconscious, into the natural creative forces that live within you. I will not over-explain, because the real experience comes when you feel it yourself.

In each lesson, I will offer you insights, and directions about intuitive painting. Alongside that, you will receive assignments to do at home. Step by step, lesson by lesson, you will progress, and along the way, you will gain something invaluable: the emotional release that always comes when we practice intuitive painting in the right way.

So, in this first session, we must begin with the essential question: *What is intuitive painting?*

To answer that, we should also clarify what intuitive painting is *not*.

Intuitive painting is not planned. It is not drawing. It is not about a specific skill you have to master in order to be “good” at it. That belongs to other types of art, what is often taught in art schools or developed by people with certain talents. Here, there is no such thing as being “untalented.” Everyone can paint intuitively.

It is not about copying the outside world. We are not here to learn how to paint an apple, a tree, a vase, or a landscape. Instead, we are here to express our *inner world*, our emotions, through creative language. And when we do so, what emerges is not something that needs explanation or analysis. In fact, the less we explain, the freer we remain for the next painting.

At the beginning, we do not show our paintings to anyone. We don't seek feedback, criticism, or validation. We don't answer questions like, “What did you paint?” because such questions interfere with the process.

So what *is* intuitive painting?

It is an open, flowing channel of expression. A language of creativity unique to each person, just like each of us has a unique voice. Through intuitive painting, you discover and strengthen your own creative language, the one that was always there, waiting to be revealed.

This practice dissolves excessive self-criticism, judgment, and the need to “make something beautiful.” It replaces them with freedom, joy, and the pure movement of creativity. Many people who practice intuitive painting undergo a deep transformation: their entire relationship to creativity changes. Myths they once carried, like the idea that creativity belongs only to a rare few, begin to crumble.

Intuitive painting is, at its core, a *language*. A language we practice, a language that unfolds. It is also a platform for our emotions, both conscious and unconscious, to find expression and transformation. You don’t need to think about your emotions while painting; they will naturally flow out onto the paper. That is the magic.

As you advance, you will notice that even unprocessed memories or small traumas begin to release and dissolve through this process, always at the pace your psyche is ready for. Intuitive painting is, in fact, a path of emotional transformation. Anger, sadness, longing, love, fear, through painting they are expressed, transformed, and given a new life. They become less of a burden, and we feel more in control of our inner world.

If this sounds confusing, that is a good sign! Intuitive painting is not about “understanding.” It is about entering the game and playing it. Above all, intuitive painting is a *game*.

Your first assignment:

Take three sheets of **Bristol board**, size 25×35 cm (about 10×14 inches). Create three paintings, each lasting exactly 8–10 minutes.

- Each painting must use **four different colors** (not the same four each time).
- **Fill the entire page, completely, densely, even obsessively.** This is very important, the most important part of Intuitive Painting. Make sure you cover the paper **totally**. It will assist you to have your emotions flow in the creative space without much criticism.
- Put on music you love (not classical; choose rhythmic, lyrical songs).
- Paint freely, without overthinking.

When one page is done, put it aside and begin the next. By the time you finish your three paintings, you will have stepped fully into the world of intuitive painting.

Congratulations, and welcome.