



# Intuitive Painting Journey

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## Step 10: Finding True Freedom

Okay, now we're at Lesson Ten of the first Intuitive Painting course, and I truly love this opening course. I once called it "Breakthrough," and that's exactly how it appeared to me: Intuitive Painting "revealed itself" in a period when I was searching for ways to deal with my own pain. Soft pastels simply appeared, there were some at home, I bought a bit more, I played, and I discovered. I discovered the abundance of healing and expression available through this material.

Before I developed Intuitive Painting, I was one of those considered "talented at drawing." My mother is a painter; I was on the school decorations committee. And yet I could not make a free painting. I wasn't able to. I had zero freedom. I drew beautiful trees, beautiful faces, lots of beautiful things. I had the talent, but no freedom. I didn't dare step outside my own lines.

When I discovered Intuitive Painting, boom, everything shattered, and everything rebuilt itself into far more freedom: a primal, visceral emotional expression, straight from the belly. I stopped caring about "pretty/not pretty." What mattered was the ecstasy, the strong healing experience that came from playing with color. That's the preface. Today is Lesson Ten, our last time on quarter sheets. We're having a "farewell party" with the quarter sheet, and nothing fits Lesson Ten better than: Finding True Freedom.

Let's devote a few minutes to the word freedom. Freedom is deeply relative, one of the most relative, non-absolute ideas there is. What one person calls freedom, another might not. Is freedom just the absence of structure? Is lack of structure truly freedom? Not necessarily.

So what is freedom? A vacation? No rules, no limits, nothing at all? To focus, I'll share my personal definition, acknowledging it can't be entirely complete: for me, freedom is the ability to realize my desire in a given moment.

I have the means, motivation, willingness, and courage to act on my desire. But that's not enough: am I actually connected to my desire? Do I allow it to be legitimate inside me? Do I grant myself the freedom to feel desire? Often we carry desires we don't even permit ourselves to feel.

Are we free then? Or do we carry an inner prison that keeps us from reaching certain desires, because we fear them, because they go “too far,” because they suggest “absurd” things we don’t dare imagine, yet they are still our desires?

So, consider freedom as a process: we can improve our degree of freedom relative to what is. There are always constraints, livelihood, children, obligations that shape our days. How much freedom do I have within all that? I say: there is freedom. Freedom is the realization of desire according to what is available, and in truth, every desire is always realized only within some context, because some frame always exists.

Intuitive Painting illustrates this search for freedom. In Hebrew, the word for freedom (chofesh) contains the root for “search” (lachapesh). Is a free human one who is able to search? I believe yes. Through Intuitive Painting we search for our freedom. Don’t take your current definition of freedom for granted, it can open, loosen, refine, expand. What looks like freedom today may look different in a year, two, or five.

Let’s see freedom as an ongoing journey toward a growing capacity to realize our authentic desires. Some desires aren’t currently attainable or accessible; thus we journey to expand our freedom. And when we do reach them, will we have motivation, tools, means, willingness, time, courage? These too require searching: work, cultivation, practice. Intuitive Painting gives us a training ground to practice freedom: to sense it, to know it, to realize it on the page. It’s symbolic, yes, it mirrors life rather than replaces it, but it equips us to look for freedom beyond the page as well.

Here, we may ask: What do I long for right now? Which color calls me? How do I want to dance with the page? Which desire scares me to express? Let’s explore it. Perhaps that exploration grants me a bit more freedom. This is one of the beautiful reasons Intuitive Painting exists: a gym for the soul, freedom training. And the beauty? You don’t need to be a renowned artist, or a grad of any academy. The creative tools are in your hands, right now. What a gift.

So let’s take Intuitive Painting as a platform for freedom-seeking: to explore it, move toward it, test it, challenge it, expand it. That’s our place, here and now. And now, on to the painting instructions, naturally centered on freedom.

## **Painting Instructions, Lesson 10 (Quarter Sheet, Soft Pastels)**

### **Painting 1, “Freedom Research” in Six Panels**

Divide the page into six sections (they don’t have to be equal). In each section, paint freedom differently, different colors, movement, approach. Time target: 10–15 minutes minimum. Aim to explore contrasting “angles” of freedom, wild/restrained, dark/light, sharp/rounded, dense/airy, and cover the entire page.

### **Painting 2, “Dismantling the Prison”**

Choose an image of un-freedom, a prison, wall, bars, thicket. Paint it, and then dismantle it: breaches, cracks, collapses, an exit into freedom. Use at least 6–8 colors (more is welcome). The challenge is to show a process: the prison decays while liveliness and free movement rise. Fill the whole page within a similar timeframe.

### **Painting 3, “My Prison / My Freedom” + Integration**

Split the page in two. On one half: “My prison today”, where I feel limited/held back, with a distinct palette and temperament. On the other half: “My freedom today”, where I feel open/flowing/dancing, with a very different palette and temperament. You may mark a dividing line (even a “wall”) between them. Once both halves are fully covered, begin gently to blend/bridge them for a few more minutes, overlaps, crossings, transitions. The implicit message: our true freedom is composed of both closed and open parts; creative work connects them.

This concludes our quarter-sheet phase. For the next lesson, prepare two half-sheets of black Bristol board and your soft pastels. Don’t rush to buy new sticks, you likely have many broken pieces; work with them as they are. Small pieces are the most fun, the best, the most meaningful. Thank you, and see you very soon. Go paint.