



Intuitive Painting Journey

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Step 12: What Is Your Intuition Saying?

We've reached Lesson 12, the final session of this stage. I warmly suggest doing this course more than once. In the intuitive space, the same prompt can manifest in countless forms because we keep growing, opening, evolving, and creation keeps evolving with us. One assignment can unfold in infinite ways. It's a delight to discover how creative we truly are through Intuitive Painting.

And because Intuitive Painting is a space for self-healing, it's valuable to repeat it: each round lets you enter deeper layers of healing. There are follow-up courses for those who wish to go further, but for now let's stay with this moment. This last lesson will also be on half-sheet Bristol, I trust you've settled into the format by now.

This session asks a precise question: What is your intuition saying? People often ask me: What is intuition? Where is it? How does it act? What makes this "intuitive"? I leave the question open and invite you to study intuition, because it's vital. During Intuitive Painting, intuition speaks, through the act of creating. The freer we are in our painting, the more open we are to intuitive ideas. We cultivate this in a playful, pictorial field, and with practice what we learn here begins to express itself in many other areas of life.

So the live question is: What is your intuition saying, right now? How much has intuition already become, through this training, a significant force in your life? Here's the takeaway I want you to carry forward: intuition expresses itself through creative action. Intuition is a kind of knowing, a storehouse of good ideas, that sometimes sees ahead and invites us onto a path before we "understand" it. But if we don't act, intuition weakens. Intuition asks for a step whose outcome we don't fully know. It asks for the creative, daring side, jumping into deep water, trusting we'll learn to swim.

In that sense, intuition is always paired with creativity. Without a bold creative action, intuition has little value; without the action, it tends to hide, shrink, and disappear.

And the movement is not one-way. It's a cycle: intuition, creative act, more intuition, more creation. The more I heed intuition and act immediately, in painting and in life, the more feedback and input I receive from intuition for what comes next. This is why our work comes in sequences: painting to painting, lesson to lesson. Once I remove the wall between impulses/desires/intuition and creative expression, a pleasurable, healing flow begins, one that opens life itself.

Practice makes intuition natural. It's not mystical, not above life, it is life. Intuition is meant to be applied; otherwise it withers. Intuitive Painting facilitators practice this by giving intuitive prompts, turning intuition into creative action. Untaken intuition is like knowledge that never existed.

So here is today's larger question, aimed at your whole life, not only the page: What is your next bold step? What adventure might your soul take now that it has trained to be more creative with intuition? Less judgment about "pretty," that's not the point. The real beauty is the link between intuition and action. The more we embody that beauty, the more generously we can ask: What is my intuition saying now? What creative step is calling me? Keep asking, and keep practicing modalities that empower intuition by giving it a free, non-judgmental channel of expression, like Intuitive Painting. That's what intuition needs.

We close this course with joy and gratitude. Thank you for being here. We'll end with two large half-sheet paintings, about 18–22 minutes each:

Painting One, "The Great Bloom"

Imagine an immense, abundant field, flowers, grasses, foliage, trees, overflowing with color. "The Great Bloom" is an invitation to plenitude. Use all your colors. Begin from the image, then allow the painting to wander away from it, let new associations arrive. The main thing: let the abundance work through you. Cover the entire page with layered movement and richness.

Painting Two, "My Great Freedom" (fully free)

This is completely free, an alive summary of all that happened here, but don't treat it as a "summary." Put on music (a few tracks in a row), pick up all your soft pastels, and let the word freedom, and the felt sense of freedom, live through you. Paint what flows and also what doesn't. You may include words, stripes, stains, shapes. Fill the whole page; work steadily to the end of time. This is your home, do what feels right.

There are a million more prompts we could add, naturally we didn't include them all, and that's fine. You can discover them yourself or join follow-up spaces. What matters is to keep going, to seek and initiate the next creative step, through Intuitive Painting, Intuitive Writing, Intuitive Dance, or bold intuitive life decisions. Take your freedom. Take your great bloom.

Thank you for being here, now go to your next paintings, and I'll meet you in the ones to come.