



Intuitive Painting Journey

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Step 2: Emotional Transformation

Welcome back. Ready for the next step? This is our second step into the practice of intuitive painting, a deeper dive into the creative space.

I want to begin with something essential, something that, more than twenty years ago, inspired me to develop and share intuitive painting with thousands of people.

The truth is simple and absolute: every human being is born creative.

This is not a belief; it is knowledge. Every person who comes to intuitive painting discovers their own creativity, rich, playful, healing, and unique.

For this discovery to happen, certain conditions must exist. The challenge is that most of us grow up in an environment that suppresses or distorts creativity. We are taught to measure what is “beautiful,” “worthy,” or “acceptable,” and these judgments lead us away from the natural creativity we all knew as children.

Intuitive painting brings us home to that creativity. I invite you to take it with both hands, literally, with your right hand and your left, and surrender to it. Not just to discover your natural way of painting, but to open yourself to creativity itself: spontaneous, intuitive, and free of plans. It is already within you, waiting to flow out. All it needs is space, permission, and freedom from excessive criticism.

When you allow this flow, emotional gifts emerge. Many people describe a dramatic shift in their lives, as if life divides into “before intuitive painting” and “after intuitive painting.” This is not about me, it is about the path. A path so simple that ten or twenty minutes a day can change everything.

Now let us speak about something fundamental: emotional transformation.

This is one of the core reasons intuitive painting exists, it is a tool for emotional transformation.

Emotions carry energy. Sadness weighs us down, anger fills us with force, laughter expands us, longing pushes us toward action. Emotional transformation means taking this energy and giving it a new channel: a creative, healing, life-changing one.

Here lies the great discovery: if I feel, it means my soul is asking me to work. Not with the mind, but with the energy of my emotions. Children know this instinctively: anger can be released through movement, sadness softened through color, frustration turned into creativity.

Through this practice, emotional burdens become lighter. It doesn't mean every pain disappears, but even a reduction of 10–20 percent makes a huge difference. Without this outlet, we repress, deny, or eventually explode. With it, we transform.

This is why we paint intuitively.

Your second assignment:

Continue with three new paintings on sheets of Bristol board (25×35 cm / about 10×14 inches), using soft pastels (or crayons, if necessary). Best if the paper's color is black, but it is not necessary.

- **First painting:** a loud, explosive burst using four colors, including yellow and black.
- **Second painting:** geometric shapes only, circles, triangles, rectangles. Fill each shape with color, using six different colors in total.
- **Third painting:** a free painting that begins with a strong outburst and ends with softness and surrender. Play calm, soothing music in the background.

Each painting should fill the entire page completely. Spend 8–10 minutes on each one, not less, not much more, before moving on. Create a quiet workspace for yourself, free of interruptions. If children want to join, wonderful, but focus on doing your own work.

Enjoy the process.

The surprises of intuitive painting are only just beginning.