



Intuitive Painting Journey

Dr. Pinkie Feinstein

Step 3: Everyone Is Creative

Welcome to the third lesson of intuitive painting at home.

Creation always happens in the present. My “now,” writing these words, meets your “now,” reading them. This shared moment is important, because one of the greatest tasks in human growth is improving our experience of the present. Life unfolds only here and now. We may plan for the future or process the past, but it all happens in the present moment.

Why does this matter here? Because intuitive creation is one of the most powerful ways to anchor ourselves in the present. It invites the creative force to act immediately with what we have, even the parts we are not aware of. Every time we slip away into judgment or criticism, we abandon the present. And every time we escape the criticism and let ourselves flow, add, play, we return more deeply into the present. That is the greatness of this method: it makes the present a place of creativity, not of fear.

At this stage, we continue to work on small sheets (one-eighth of a full sheet). The next lesson will remain the same size, and in lesson five we will double it to quarter sheets. This gradual expansion is important; it allows us to grow steadily.

Remember to put on background music: rhythmic songs with words (not classical). Each painting should last 8–12 minutes. If you are slow, 8 minutes is too short, so speed up. If you finish in 3–4 minutes, slow down, linger, expand. This timing discipline serves everyone.

The theme of this lesson: every person is creative. We touched on it before, but now let us go deeper.

Ask yourself: How creative do I believe I am? What messages did I receive in childhood? What do I hear today? What does creativity mean to me? How much do I live it? Where does it appear in my life, problem solving, work, relationships, parenting?

These are good questions. Not every question needs an immediate answer. Sometimes it is better to leave questions open. Open questions awaken the right brain, the creative brain, more than the left brain, which seeks logic and definition. When we simply ask, what is creativity? we already begin to flow.

Creativity is often felt before it can be defined. It can be sensed as movement, flow, something alive. Just like when we paint or move with music, we don't need to explain. It simply happens.

Can every person move? Yes. Can every person flow? Yes. If creativity is flow, then every human has it. Alongside the flow there is also stuck-ness. Feelings want to come out, but sometimes they don't. Yet the presence of stuck-ness does not erase the potential for flow.

Another key aspect is the link between emotion and creation. For me, creation is the language of emotion, movement, colors, shifting shapes. Not a language that has to be logical or planned. Emotions don't always want to be explained; sometimes they just want to move, to take form, to find color.

The problem is that we have been taught to separate them. "Emotions are for talking about," we were told, and "creation is only for the talented." This broke the vital connection. Intuitive painting restores it.

And how does it happen? We don't stop to ask, "What do I feel? How do I draw it?" That is left-brain thinking. Instead, we let the impulse lead: if I want black or yellow, I take it. If I want to destroy, build, add, work with eyes closed, left hand, both hands, sing or shout, I allow it. The colors and gestures speak my emotions. No need to explain, no need to plan.

For me, art detached from emotion, even if technically precise, is less meaningful. What matters here is the creation that springs from feeling, from the natural flow present in everyone.

So, do we give our emotions a creative stage? That depends on choice, practice, opportunity. But creativity is present in all. Look at any person around you and you will find it.

Your third assignment

Continue with three paintings on Bristol board (25×35 cm / about 10×14 inches), using soft pastels.

- **Painting 1 (black & white only):** One half, an intense outburst of anger and frustration. The other half, gentleness, innocence, soft flowing sweetness.
- **Painting 2 (begin with eyes closed):** Start forcefully with eyes closed: right hand → left → right → left → both hands. Then open your eyes and continue to build from what appeared.
- **Painting 3 (geometric party):** Only geometric shapes, circles, triangles, squares, jumping, overlapping, invading, playing with each other. Feel free to use up to 10 colors.

Each painting must fill the page completely. Work for 8–12 minutes: not less, not much more. This will challenge both the fast and the slow painters in different ways.

At the end, celebrate yourself. Start saving your paintings from now on. Smile at yourself in the mirror when you finish, and if a little pastel dust lands on your cheeks, all the better.