



# Intuitive Painting Journey

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## Step 4: Walking into the Unknown

Here we are, at lesson four of our journey. The experience may already feel as though it has flown by, and that's wonderful. This is your course. You can repeat it again and again, and each time will feel different, freer, more surprising. Some of you will feel eager to move on to the next stage after these 12 lessons with soft pastels, and that's natural. But remember: there's no rush. You can always return to this stage and discover new treasures.

Intuitive painting takes you to new places every time because it engages the right brain, the realm of imagination, possibility, and creativity. Authentic creativity is limitless: the same instruction can be expressed in a million ways. Give the same assignment to ten people and you'll see ten completely different results. That's the joy of working with the right brain, and one reason intuitive painting is so healing. It shifts the balance from left-brain control, planning, criticism, calculation, to right-brain openness and flow.

This fourth lesson concludes the first part of the course, working on small sheets (one-eighth). In the next lesson we'll double the size to quarter sheets. This expansion is symbolic too: it represents your own growth and ability to stretch wider.

The theme today: walking into the unknown. At first, "the unknown" may sound confusing or frightening. But within intuitive painting, it becomes a safe, joyful, liberating space.

We know the framework: three paintings, 8–12 minutes each, a page fully covered. Within that frame, however, we walk into the unknown. Even if we feel "finished" after a few minutes, the rule is to keep going, add, change, even paint over what you've done. The point is to move forward, to trust the process, to let the painting surprise you.

This kind of uncertainty is not paralyzing. It is freedom. Freedom to wander across the page, to let colors and impulses lead you, to play without a fixed plan. Instead of fear, we discover curiosity and joy.

This is the real success of intuitive painting: not whether a picture is "beautiful" or "worthy," not whether it hangs in a gallery, but the release of emotion. The paintings are a stage where feelings can appear without censorship or explanation. Rarely in life do we have such a space, where expression is free and whole.

Right brain is the language of this freedom. It doesn't ask for definitions or justifications. It leads us naturally into the unknown, where we discover how safe and alive it can feel.

## **Your fourth assignment**

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

- **First painting:** only three colors, black, white, and red. This is your painting of walking into the unknown. Don't think. Don't plan. Put on music and let your hand move.
- **Second painting:** a "childlike" painting in ten colors. Draw houses, flowers, sky, a sun, but fill the page completely. Let your imagination play: floating houses, multiple suns, giant upside-down flowers.
- **Third painting:** divide the page into five strips. In each strip, write down an emotion (pleasant or unpleasant). Assign three colors to each emotion, and paint the strip fully. Use around 15 colors if possible (repeating colors if needed).

Each painting should take 8–12 minutes. Try to lean toward 12, we are already progressing. Always fill the page.

At the end, prepare for the next lesson: three sheets of quarter size (50×35 cm), ideally black Bristol board.