



# **Intuitive Painting Journey**

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## **Step 5: Intuitive Painting and Self-Love**

Here we are, lesson five, and it's a celebration.

This lesson is a turning point, because we now move into the second stage: painting on quarter sheets. This step is both technical and symbolic. By doubling the size, we expand the space for our expression.

In the first stage, on smaller sheets, we gave our hands room to warm up, to discover the intuitive movement. It was a safe, compact format, allowing the flow to awaken without overwhelming us. Now the hand moves more freely, the intuitive stream has its own rhythm, and we are ready to grow.

When moving to a larger page, first claim it physically. Wander with your hand across the whole sheet, corner to corner, side to side. Let the body adapt. You can begin with doodles before entering the assignment. Remember: the assignment is just a spark to set you in motion. The painting will take you into the unknown anyway.

From this lesson through lesson ten, we will work on quarter sheets with soft pastels. This is the heart of the program. Later, we'll expand even more with two "bonus" lessons on half sheets. But for now, quarter sheets are our core practice.

The theme of this lesson: self-love.

Intuitive painting is not about making you professional artists. Most people do not come here to "be painters," nor do they leave with the decision to devote their lives to art. Something else happens, something even more beautiful. They go on living their lives, but their lives change. They are more colorful, more joyful, more creative, more alive. They discover emotional release, transformation, energy, play.

Some people find the courage to make long-awaited changes in life. Others simply flourish more fully without needing a dramatic shift. Intuitive painting touches layers of the psyche that even years of therapy may not reach. Again and again, I have heard students say: "I tried many methods, and only here did something finally move."

And here we arrive at self-love.

Self-love is what drew me to intuitive painting and what has kept me here. It is inseparable from this practice, whether we notice it or not.

What is self-love? It is the ability to offer myself kindness, to see myself through supportive eyes, to ease my criticism, to forgive myself, to understand myself better. It is the ability to play with who I am joyfully, to enjoy my own company, whether alone or with others. Self-love is a positive relationship with myself.

This is not easy. Most of us grew up with the opposite messages: “You can’t paint, you can’t dance, you can’t write, you can’t act.” A worldview that assumes only a rare few are gifted, and the rest are not.

Intuitive painting tells a different story. Everyone has their own colors, their own movement, their own voice of expression. But to allow it, we must learn to love what comes out. And what comes out is simply me.

When I put color on the page, I appear there. When I move my hand, I express myself there. Intuitive painting teaches me to welcome it all with love. To say yes to everything that I do. This is a training in self-love.

It is the practice of loving myself in all my shades, my emotions, my so-called mistakes, my silliness, my beauty, my flaws. Everything is welcome. Bring your anger, your sadness, your joy, your hope, your despair, your passion. All of it belongs here.

And this creates a powerful circle: I practice self-love through painting. Self-love, in turn, increases my desire and freedom to paint. The painting then strengthens my self-love again. On and on it flows, a cycle of growth and freedom.

## Your fifth assignment

Create three quarter-sheet (about 14×20 inches) paintings with soft pastels:

1. **First painting:** Divide the sheet into six sections. In each one, paint a different version of madness. Six ways of expressing it, each valid, each unique. Fill the page completely.
2. **Second painting:** A flow of love in 12 colors. How? Trust your hand. Put on music and let it happen.
3. **Third painting:** How would I paint if I were drunk? Let go of control. Paint in black and white only.

Each painting should last 10–15 minutes. Cover the entire page. Play strong, moving music. And if criticism arises, keep going. We will explore it in depth soon.

Thank you for being here. Now, go paint.