



Intuitive Painting Journey

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Step 7: Bringing Myself as I Am

We've reached the seventh lesson in our journey with Intuitive Painting. By now you've experienced several stages, and you can probably feel how this process is not just about painting, it's about discovering a new language of connection with yourself. A language of freedom, authenticity, play, and emotions.

The central theme here is bringing myself as I am. It sounds simple, almost obvious, yet it's one of the greatest challenges. From a very young age, most of us were taught to hide parts of ourselves, to repress emotions, to feel ashamed of certain "colors" in our being, literally and metaphorically. When we face the page, all of that comes up again.

This is where Intuitive Painting becomes so powerful: it doesn't require beauty; it doesn't seek a "successful" result. What it demands is truth. The paper is asking us: Bring yourself as you are. Bring your anger, your tears, your laughter, your despair, your hope, your silliness, your passion. Bring everything.

That's why it is especially important to use all the colors you have. Many people avoid black, or certain "heavy" colors like brown, gray, or dark red. But in Intuitive Painting there are no good or bad colors. Each color represents a part of us. If we avoid a color, we avoid a part of ourselves. So the invitation is: use everything, in abundance. Give space even to the neglected colors, they are waiting to be heard.

In this way, Intuitive Painting becomes a deep practice of self-love. Bringing myself as I am means not being afraid to meet myself in every shade, in every emotion, in every intensity. Sometimes that will show up as a bold smear, sometimes as a delicate line, sometimes as a messy scribble. But the page welcomes it all. There is no teacher grading you, no audience judging. Only you, the paper, the colors, and the music.

Notice what happens during the process: maybe anger rises and you want to pound the color into the page. Maybe tears come. Maybe you laugh, or feel like dancing. Let it all happen. Intuitive Painting is the place where you can be completely free, without masks, without explanations, without censorship.

In our daily lives and relationships, we constantly need to adjust, to hide, to control ourselves. That's normal, it's part of living with others. But in order not to lose ourselves inside all those roles, we also need the opposite space, a space where we can be fully authentic. Intuitive Painting is that space.

And as you return to it again and again, practicing freedom with the page, you begin to discover something wonderful: your own unique creative language. Just like everyone has their own handwriting or voice, each of us has a personal visual language. The more you practice, the more this language will reveal itself.

Remember: bringing myself as I am doesn't mean only bringing the "beautiful" or "acceptable" parts. It means bringing everything. And as we learn to love whatever comes out, we learn to love ourselves.

Painting Instructions, Lesson 7

Painting One, Puzzle/ Mosaic

Take a quarter-sheet of paper. Begin with a small shape, any shape: a square, circle, or triangle. Fill it completely with color. Next to it, add another shape, fill it. Continue like this, one shape after another, until the page is full, a colorful mosaic of many parts.

In this exercise, you are not meant to destroy or explode. This is a building exercise. Respect each shape, fill it thoroughly, and keep moving on. (10–15 minutes).

Painting Two, Forces of Darkness and Forces of Light

Divide the page into two halves. In one half: the forces of darkness. Use as many colors as you want, wild and intense. Give yourself full permission to be messy, raw, even "nasty." In the other half: the forces of light. Here, restrict yourself to only three colors. Let them flow calmly, softly.

When both halves are full, start blending them together. Let the light and darkness meet, merge, clash, and interact. Continue until your time is up (10–15 minutes).

Painting Three, Free Long Painting

On a new page, paint freely, with no plan, for 10–15 full minutes. Use all your colors, especially the ones you tend to neglect. Keep moving, don't stop, don't freeze, don't overthink. Switch hands, close your eyes, sing, scribble, layer, destroy and rebuild, whatever comes. If you catch yourself trying to "protect" a nice drawing, ruin it! That is the practice. Work until the page feels fully alive with you.