



Intuitive Painting Journey

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Step 8: Expressing the Hardest Things

We're now entering the eighth lesson of the Intuitive Painting journey. At this stage, something inside you has already begun to shift. Your hand moves more freely, your fear of "doing it wrong" has softened, and the page no longer feels like a test but like a home.

Intuitive Painting is not only an exercise in creativity, it's a gateway to the inner world. And this gateway allows us to reach places that words can never touch. There are experiences too painful, too complex, too raw to express through language. But through color, movement, and rhythm, the soul finds a safe way to speak.

This lesson deals with one of the greatest human challenges: to express the hardest things. Not only to release them, but to transform them. To turn pain into growth, darkness into motion, silence into creation.

And what makes Intuitive Painting so effective for this? It combines freedom with structure. We work within clear boundaries, fill the page, respect the time, complete the sequence, and within that container, we have absolute freedom. This combination creates a safe field where the psyche dares to open.

In that space, something magical happens. We touch pain without being swallowed by it. We move with the emotion, not against it. Through movement and color, we play with what once felt unbearable. And in that playfulness lies healing.

We are not here to understand our paintings. Trying to understand too soon may close the channel again. We are here to allow the process, to let feelings flow through form. Anger, shame, sadness, fear, jealousy, grief, guilt, all are welcome. Even the forbidden subjects: death, violence, abuse, illness, sexuality. Society needs limits, and that's good. But inside our inner world, we need a space beyond those limits.

And if something feels "too much," trust that your hand will stop. The psyche knows how to protect itself. Our role is not to force anything, but to allow what wants to move, to move.

Each time you express something difficult, you reclaim a piece of your power. You begin to see that pain is not an enemy, it is a form of energy. When expressed, it transforms. Anger becomes vitality. Sadness becomes tenderness. Fear becomes curiosity.

Now let's paint.

Painting Instructions, Lesson 8

Painting One, The Big Ugly Monster

Take a quarter-sheet of paper. Use black as your base color and add four more colors of your choice. Paint a monster, not a cartoon monster, but a real one. Let it stare at you, maybe disturb you. Make it huge, strange, twisted, or unshapely. Fill the entire page, no white space left. Don't try to make it "nice." Let it be ugly, wild, grotesque. This is a dialogue with your hidden, suppressed sides.

Painting Two, When Sadness Dances with Love

Here we invite two emotions that rarely meet: sadness and love. Use at least eight colors. Let the music guide your movement. Start with sadness, soft, fluid, touching. Then allow love to enter, bright, flowing, embracing. Mix them, overlap them, or let them swirl together. Whatever emerges is perfect.

Painting Three, The Transformation of Emotion

This is a process painting in four stages, all on the same page:

1. Outburst of Anger, dark colors, fast lines, sharp gestures. Let your body express the intensity fully.
2. Transition to Dance, change colors, move with rhythm, feel freedom.
3. Return to Aggression, back to wildness, strength, raw energy. Let it roar.
4. Sweet Flow for Closure, lighter tones, gentle touches, a peaceful ending.

The whole process lasts about 30–45 minutes. Keep moving. Don't stop too early. If you feel tears, let them come. If laughter arises, let it. You're not performing, you're transforming. When finished, resist the urge to analyze. Let the paintings rest. Look at them the next day, and you may notice that something inside you has quietly healed.