

Paint From the Heart *A Step-by-Step Guide to Communicating Without Words*

WHAT IS INTUITIVE PAINTING?

Intuitive painting encourages artists to let go of expectations of what their painting should look like and, instead, focus on their creative process. Each layer of paint will determine what comes next. The artist is encouraged to experiment with colours and shapes and painting tools in order to tap into their creativity and allow themselves to paint what they feel. Intuitive painting comes from within and it does not require previous painting experience.

All children are artists. Give a child a paintbrush, paint, and a blank canvas, and they will instinctively and intuitively begin to *Paint From the Heart*. They have no expectations of what their painting should look like. Each brush stroke and each layer of paint on the canvas determines what comes next, and the end result is a heartfelt creative masterpiece.

The goal of intuitive painting is to encourage this childlike play during the painting process. There are no rules around what your final art should look like. You pick the colours, and you decide where they will be placed on the canvas. Your painting can be abstract or realistic or both. Each layer of paint will allow you to decide what comes next. Your creativity, your personal experiences, your feelings, and inspirations will shine through in each painting.

“Every child is an artist. The problem is how to remain an artist once we grow up.” Pablo Picasso

