“Teaching” intuitive process is a bit of a misleading term because intuitive art is about tuning into and creating from your own personal voice. No one can tell you what that is, but we can try and help you through a process for finding it.

**Diving Into the Imagination**

I notice that mindfulness helps me not just to relax, but also to tune into my intuition. If you focus through the five senses on your experience - listening to the bristles moving across the page, feeling the cool, smooth brush handle, and smelling the paints, it brings you into the moment, and opens up a space for your attention to your
imagination. Notice the thoughts and images that come up. If you pay attention to them with open, non-judgmental curiosity, they might take you on a journey. Let me offer some examples:

Is Billy Joel’s, “Still Rock n Roll” playing in your head all of the sudden as you work on the black section of your journal page? “Ooh, what's the matter with the clothes I'm wearin' can't you tell that you’re tie's too wide?” Perhaps the Billy Joel lyrics have meaning in the relationship you're in. What if you wrote some of the song lyrics on the page, or layer the checkered pattern of Billy Joel's shoes on the black section of your
page and see where it leads? **Intuitive art is about being open to curiosity.** You don’t need to know where it’s going or what it means.

As you paint fluffy white/yellow strokes, are you remembering the llama at the farm that nudged your chin with her nose? Perhaps on your page it looks like a tiny llama standing on a mountain top. **Can you soften into these associations, and follow them in your imagination instead of dismissing them away?** Can you allow your imagination onto the page? As you notice this connection, you might use some flourishes of your brush to more fully develop a llama. It doesn’t need to be exact. Maybe that llama has something to teach you about connection and solitude, grief, and opening your heart again. Can you see where I’m going with this?

*Intuitive art making is about letting your imagination out to play.*

*This is a mindfulness practice meant to help you tune into your most authentic impulses, even if they seem weird or silly.* (In my experience, that’s where the best stuff is. If anything ever feels too scary, I can just give myself permission to turn the channel and do something that makes me feel good instead.)
Tuning into the thoughts, images, and sensations that arrive is an active imagination process - sort of like daydreaming. Our goal here is not to analyze or even necessarily understand what comes to mind, but to go along for the journey that the imagination is offering us.

Much like in a dream, these seemingly “disconnected” thoughts are often your unconscious mind’s way of talking to you about your imagery, and offering you a chance for a new adventure. If it feels okay, can you let it in?

Join our Diving Deep Class!

Intuitive Technique: Painting with Your Hands

How to:
1. Paint with your fingers:
   Smear, push, and pull the paint. (Wear gloves if using high flows!)

2. Let the paint dry or use a dryer.

3. Find shapes and lines.
   Outline shapes. Make patterns within them.

Sometimes getting directly in contact with the paint gives me really close access to my feelings and a very immediate experience of the paint. The pushing, pulling, and
smearing is cathartic and fun. Just be sure to keep the paint out of the spine of your journal when you work this way. :)  

HOMEWORK: Create at least 2 images with finger painting.
SHARE YOUR GORGEOUS WORK ON SOCIAL MEDIA:

INSTAGRAM: You can share your work on Instagram by tagging #mindfulartstudio. Be sure to also tag @amymaricle so I don't miss any of your beautiful work.

OUR FACEBOOK GROUP: Share success, process, and questions in our Facebook Group, Creative Self-Care

Join our Diving Deep Class!
The price goes up April 1st!
SUPPLIES

Journals:

Which type of journal you use depends a bit on your personality and budget. I will go over some journals that would be good choices for high flow paints.

Whether you stick with watercolor and mixed media journals which have thicker pages, or you work in drawing sketchbooks depends on the thickness of the pages and your personal preferences and how particular you are. I personally like the slightly worn page, it shows my hand in the work, and I think that makes it more precious. Because I skip around in my journal, and paint a lot of my pages, the bleed through doesn’t usually bother me too much because I can paint a background over it and start fresh.

I’ve listed the journals in order of their heftiness, from the most to the least thick page. I’ve used fluid paint on them all.

Journals, I suggest using 2 - 3 if you can, or 1 journal plus some scrap pages:

Moleskine Art Plus Accordion Journal
Moleskine Art Plus Watercolor Journal
Strathmore Watercolor Journal
Moleskine Art Plus Sketchbook Large
Moleskine Art Plus Sketchbook, Pocket
Hand Book Travelogue Journal Landscape

Paints:

Golden High Flow Acrylic Paint Set

There are recipes online for making your own high flows, search: Fluid paint recipes

Brushes:
If you are looking for a starting set of brushes, I like this and use this one:
Loew Cornell Brush Set
Loew Cornell Liner brush Set - You really only need one, and I’ve not used this particular set, but I wanted to give you an idea of what your are looking for.

**Other Important Materials:**

- Paper towels or paint rag for clean up
- Lysol Wipes for cleaning spills or palette
- Palette or other plastic surface
- Parchment paper to protect pages
- Water cup
- Gloves or Glove cream to protect your hands if you use high flow paints. I use gloves.

*Most of the links provided here are affiliate links. That means if you choose to click and purchase something, at no extra cost to you, Mindful Art Studio will receive a small referral fee, so thank you!*
Learn with Mindful Art Studio classes:

Diving Deep: Intuitive Art Journaling  Starts April 23rd!
Fluid Art
Art Journaling 101
Freeing the Muse
Starting Your Art Journal (e-book)

Join our community! Please find us here:

Private Facebook Community: Creative Self-Care
YouTube: https://www.youtube.com/amy-maricle/
Instagram: Instagram @AmyMaricle

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