

Intuitive Painting/ Workshops in Creativity

The expression of creativity can take many forms such as music, painting, writing, dancing, teaching, building, healing...

Art, in the form of abstract or figurative intuitive painting is a tool for self-expression, which can provide rewards and benefits at physical, mental, and spiritual levels. It can act as a mirror of one's self as we materialize our expression into a visual testimony. Therefore, it may give one a clue to understand the areas we need to work on to succeed in our lives. Along with her formal art training, Marcela Ewertz draws from over thirty years' experience in psychology, Oriental philosophies, acupuncture, and Raja Yoga to developing a progressive technique on intuitive painting. The purpose of this technique is to help release the emotional energy that can block one's creativity.

*All beginners are welcome, since
no art experience is necessary.*

While we create, we live the present with such intensity that we rise from the basic aspects of survival to a different realm of transcendence; one of meeting that part of us that is always whole and intact, where truth, beauty and freedom abide...our true self. With each consecutive intuitive painting art session, Marcela also builds and expands on the painting techniques, providing the students with unique and effective methods of artistic expression; they will typically experience an increase in self-confidence and inner peace from cultivating a connection with their inner creative selves. This can prove beneficial at both personal and interpersonal levels.

Everybody is born with creative energy, which at some point in life can become obstructed in its natural flow. As the class progresses and the wave of creativity is reinstated, the artwork may then become a mirror of one's subconscious mind.

Through training and practice of the intuitive painting program, one can work on transcending blockages, such as past conditioning, prejudice, lack of confidence, fear of inadequacy or rejection, and low self esteem to allow inner self guidance to manifest; then, intuition can flow as creativity into one's artwork. This open channel to inspiration can benefit many other areas of one's daily experiences.

INTUITIVE PAINTING PROGRAM

*“When one relaxes and becomes an instrument
to express the sound from beyond,
the voice that flows through it is creativity.”*

The program consists of the following:

A) Project Planning: addresses the art project to be covered during the workshop, along with an explanation of the techniques and materials to be used.

B) Concentration: comprises different steps directed at cultivating one’s awareness of the energy involved in the creative potential within, which can be directed towards any creative expression of one’s life:

~ Energizing exercises and guided physical relaxation to help relieve the body of muscular tension, allowing vital energy to be focused towards the creative process.

~ Breathing exercises to calm one’s conscious reasoning mind, in an effort to focus the energy away from the senses to a state of concentration. As the flux of restless ideas that pound the brain with worries and experiences calms down, the mind is able to expand to receive inspiration.

~ Visualization exercises introducing concepts of sound, color, and symbolism, to tap the subconscious mind, the storehouse of memory and learning.

C) Hands on Painting: At this point, the student/artist becomes immersed in the project as one starts to make choices: color, form, texture, tools, and line. Marcela continues to reinforce creativity with painting techniques, as well as the concept of looking at the painting through feeling rather than with the physical eyes alone. Once the expressionist artwork is completed, it will symbolize a mirror in which the artist may reflect as he/she identifies with the work.

D) Discussion: The final stage consists of an optional private analysis of the individual’s finished artwork. It is an invitation to the artist, free of critique, to interpret the meaning of his painting experience and end result, and relate to it in connection with his own self. Marcela Ewertz guides him/her at this point to review features, color choices, emotions, sensations, and feelings, to reveal the meaning that the art experience may carry.

*To participate in this program, no art experience is necessary. Most beginners
who initially doubt their artistic ability are surprised by their newly
discovered capacity to create.*