

MUS-E MADRID 2016

### **Intuitive Art Workshop**

The aim of my session at the Mus-e conference was to give a glimpse into the process of Intuitive Art. Although there is no time limits in any way one session will show how you can immediately stimulate the creative process from within through the medium of art and colour.

Intuitive art is for everybody and can be used in social situations, helping overcome illness and as a therapy. I have used it with young children, mentally disabled adults, parents groups and teacher groups to name a few. Recently I have worked with someone who has been through an illness and it has helped her in her recovery. Intuitive Art is built up by spontaneous exercises and the use of different techniques with the aim of helping one lessen their self criticism and allow one to discover new things about oneself. Intuitive Art allows emotional and physical development and release with ease and enjoyment. In Intuitive Art we peel away all layers of self criticism that have been collected over a life time and with the help of the 'internal child' we can find out that everyone has creativity within and are able to find it through this method.

In my session at the Mus-e Conference, the session started with minimal explanation. Every participant received 5 A4 pieces of paper and with the first two they were asked to fill them in with any colours in any way they liked. The only criteria was that each page must be totally full. Sometimes the papers were swapped enabling them to feel the freedom of carrying on someone else's drawing and not get stuck on detail or making their drawing perfect. Although there was a time limit of 45 minutes for the whole session participants could take as much time over each individual drawing as they liked. With the following two drawings participants received instructions from me on what to draw which came from my own intuition having looked at their first two drawings so everyone received a different instruction. The last drawing was their choice to express how they had felt from the whole process.

This session was an introduction to the whole process which ends up using paints on large canvases. The whole process is intuitive and there is no formal technique of drawing or painting. However the leader has a series of criteria by which to direct the process enabling participants to express themselves through this medium of art.

Feedback from the session was used to inform me further. On the whole the feedback was that the whole process was enjoyable, fun and without stress. Participants were surprised at themselves that they could express themselves on paper which they had felt they had not been able to do previously or even allow themselves to do.

Drawings were all shared openly and in a very positive way giving participants a feeling that they had done something special and had increased their self confidence through this medium.

**Clare Goldfarb art teacher**