



Brave Intuitive Painting-Let Go, Be Bold, Unfold!: Techniques for Uncovering Your Own Unique Painting Style

By Flora Bowley

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Adopt a spontaneous, bold, and fearless approach to painting as a process of discovery—one that results in lush and colorful finished works that will beg to be displayed. This inspiring and encouraging book for both novice and experienced painters teaches how to create colorful, exciting, expressive paintings through a variety of techniques, combining basic, practical painting principles with innovative personal self-expression.

Flora S. Bowley's fun and forgiving approach to painting is based on the notion that “You don't begin with a preconceived painting in mind; you allow the painting to unfold.” Illustrating how to work in layers, Flora gives you the freedom to cover up, re-start, wipe away, and change courses many times along the way. Unexpected and unique compositions, color combinations, and subject matter appear as you allow your paintings to emerge in an organic, unplanned way while working from a place of curiosity and letting go of fear.

- Learn techniques for working with vibrant color and avoiding mud.
- Make rich and varied marks with a variety of unexpected tools.
- Break compositional rules.
- Embrace nonattachment as a way to keep exploring.
- Keep momentum by moving your body and staying positive.
- Work with what's working to let go of struggle.
- Connect more deeply to the world around you to stay inspired.
- Embrace layers to create rich complex paintings.
- Find rhythm by spiraling between chaos and order.

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Editorial Review

About the Author

Flora Bowley is an internationally celebrated painter, workshop facilitator, author, visionary, and inspirationalist. Her soulful and transformational approach to painting has inspired thousands of people across the globe to "let go, be bold, and unfold" as they move through fear and welcome joyful spontaneous expression back into the creative process. Combining twenty years of professional painting experience with her background as a yoga instructor, massage therapist, and lifelong truth seeker, Flora infuses her teaching and painting style with a deep connection to body, mind, and spirit. This unique fusion offers up a truly transformational experience - one that honors intuition, self-discovery, and the perfect, ever-changing present moment.

Flora's vibrant original paintings are sold in several galleries throughout the United States and her licensed product lines and prints are available worldwide. Flora is also the author of the book, *Brave Intuitive Painting*. She lives in Portland, Oregon.

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Getting Perspective and Working with What's Working

We often look at the world through a critical lens. Traditional art school critiques encourage us to find what is not working in order to learn from these "mistakes." What I am presenting here is a new approach. I am kindly asking you to reprogram your response style; instead of focusing on what is not working, ask yourself, "What is working?" This is an extremely important step in this process. It keeps you focused on the positive aspects of your work and offers you a starting point or a portal back into your painting. "Working with what is working" is especially useful when you are feeling stuck or uninspired.

What is Working?

After you have built up a few layers with a variety of marks and colors, spiral out by moving to the opposite side of the room, or to an entirely different room. Now soften your eyes and take a fresh look at your painting. Ask yourself, "What is working?" What is the first thing you notice? It can be anything. It may be one square inch of your canvas where the colors blend together in a certain beautiful way. It may be one interesting shape, a small area of etching, a dynamic line, or the way two colors vibrantly react next to each other. I also encourage you to ask yourself, "What has been the most enjoyable or interesting part of this process?" You may find that you really love spraying water, using your fingers, rendering certain images, or dragging your rag through wet paint. Pay close attention to these joyful moments... they are an essential part of "what is working" no matter what your painting looks like.

Be easy on yourself at this point. You are deep in the process of creating. Your paintings are not finished. They may feel ugly, chaotic, or overwhelming to you, but remember each and every mark is simply an opportunity. Most new creations go through an "awkward teenager" phase as they mature and figure out who they want to be. Don't judge them. Support them. Be patient with their process, and remember there are no mistakes. Growing up takes time.

Users Review

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Lucille Wood:

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Arthur Prince:

The publication untitled Brave Intuitive Painting-Let Go, Be Bold, Unfold!: Techniques for Uncovering Your Own Unique Painting Style is the publication that recommended to you to see. You can see the quality of the guide content that will be shown to you. The language that creator use to explained their ideas are easily to understand. The article writer was did a lot of investigation when write the book, to ensure the information that they share for you is absolutely accurate. You also could get the e-book of Brave Intuitive Painting-Let Go, Be Bold, Unfold!: Techniques for Uncovering Your Own Unique Painting Style from the publisher to make you far more enjoy free time.

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Daniel Martin:

Is it anyone who having spare time in that case spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This Brave Intuitive Painting-Let Go, Be Bold, Unfold!: Techniques for Uncovering Your Own Unique Painting Style can be the answer, oh how comes? It's a book you know. You are thus out of date, spending your time by reading in this brand-new era is common not a geek activity. So what these publications have than the others?

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