



Brave Intuitive Painting... + Living!
<<< Tips + Reminders >>>

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For more information on Flora's art, philosophy, book (*Brave Intuitive Painting*), retreats, blog and online courses, please visit: www.florabowley.com



- You are an artist. You were born to create. Your creations are already inside of you waiting to be born *through* you. SET THEM FREE.
- There are no mistakes. Transformation can happen in any moment if you are open and ready to improvise. LET GO of pre-conceived ideas. Expectations often get in the way of authentic expression. BE OPEN to all possibilities... in all moments.
- Be PATIENT as your creations emerge. Don't rush the process. Every piece of art has its very own (unpredictable) timeline. There is no formula.
- Listen to your intuition. Go with your gut. Trust your heart. Don't second-guess. You already know what to do. TRUST + FOLLOW THROUGH.
- Be a brave explorer + embrace the process of discovery along the way. Take risks and explore the edges of your comfort zones. The most interesting things usually happen beyond what is already known.
- You don't always need to know what will happen next. In fact, it's probably better if you don't. Embrace the mystery.
- Respond to what is happening in the present moment. It's all a conversation. Don't get ahead of yourself and don't let the past get in your way of the present. Stay current. Breathe.
- Ask yourself, "What is working?" "What do I enjoy doing?" "What feels interesting to me in this moment?" "What comes naturally to me?" Allow 'What is working' to be your entry point. Allow every moment be a new starting point. Now is the new now.



- Ride the waves between spontaneity + decisiveness. The creative process is not a linear process. BE FLEXIBLE. Be open to the unexpected. Make bold commitments, while staying open to change. Do this over + over again until you're finished.
- Let go of predictable formulas. Be willing to change your mind as many times as you need along the way. Do something you've never done before every time you create. Surprise yourself. Scare yourself.
- Get messy. Get raw. Get wild. Allow your process to be SEEN. What happens when you let go of perfection + having to do it "right"? Don't be afraid to go overboard. You can simplify at any time.
- If you feel stuck, don't indulge your stuckness...shake it up! Use a new color, turn your canvas upside down, do a dance, drink some water, follow your wildest whims. Getting "stuck" is an important part of the creative process + often our greatest breakthroughs often live right on the other side of our greatest challenges. BE BOLD! It's only paint.
- Be a witness to your thoughts, actions, and patterns. YOUR THOUGHTS CREATE YOUR LIFE + witnessing creates space for transformation. Choose your thoughts wisely. *What do you REALLY want to create?*
- Embrace your vulnerability. Making art is an opportunity to be YOU at your most raw and real. This is a gift to the world + doing it will inspire others to do the same. Lean in. Let go. Be gentle. Loosen up. Be playful. Don't take yourself too seriously + most importantly... HAVE FUN!

With deep gratitude for the opportunity to work with you,
xo flora

