

Spontaneous Painting
My Journey
#009-Female

I am happily finding my way through the confusion everyday.



I am confident of my capabilities.



I am successful because I tried.



I find beauty in everything.



I am feeling more peaceful everyday.



My first painting symbolizes the confusion and new experiences in my life. When entering the journey of Spontaneous Painting I was a bit apprehensive and unsure of what I was supposed to do. When creating this painting I just let my hand do the brush strokes it felt like. My hand explored different strokes and different colors. This painting shows the many different paths I have taken in my life and the many more that will continue to be open. Although some of my paths have darkness near

them you
yellow on
each path
symbolize
light. Where
go? What
I going to
with my



find
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life? These are the questions that haunt me. Being so obsessed with the future and the past this painting shows me that whatever I do I will find my way so I need to relax. There are so many colors and so much confusion and that is exactly what I was feeling internally for the longest time. Each path is endless and even if I walk through a path that is not quite right for me I can always go back, they all connect.

The more I look at this painting the more it flows through my body and I dance through the unknown and the confusion. The white space is there to represent all of the changes that can occur. I find something new everyday in this piece and it is significant because it started the insight that I have gained about myself. I call this painting “Unregulated Chaos.” I chose this name because of the way it makes me feel. This painting represents the chaos of life. Graduation was on my mind this whole semester and that has a lot to do with the crossroad I felt everyday. The chaos will be tamed and will become regulated. Confusion and indecisiveness does not represent who I am and I will find my way. I am happily finding my way through the confusion everyday.

The next painting was my second painting in my series of paintings. I gained a lot of new insight on this painting after getting input from my peers. After our last class I looked at this painting again and finally

understood what it symbolized.

“Limits” as I call this painting shows a bunch of faces that are not so happy. These people are not so happy because they are within red limits. Their surroundings, my surroundings have stopped the dreamer from dreaming and have killed ambition.

This painting embodies my core limiting beliefs and my fears.



Sometimes I let my fears of being unsuccessful stop me from doing something-actually I did that all the time. I rather not try than try and fail. This class has made me reflect on what failure is? Why fear something? After much thought, and more thoughts to be had, I have been letting go of these fears that limit me and that hold me back from achieving my goals. I have learned to stop comparing myself to others because most people have these fears and core limiting beliefs as well. All of the faces in my painting represent the people who are living within limits and letting fear stop them. These people are expressionless, they are not so happy.

The head shape with the blurred face is me. I discovered this when I realized what this painting was all about. The blurred face was me because I was no longer unhappy but I was not happy and free yet. My limits were still there but I was rising up to go against my limits and break free. I was changing and taking a leap. I had no expression because there was nothing to feel yet I was in that in between stage and I had to make a decision. My other paintings show the process of becoming limitless but at this point in the process I was learning new things and willing to try new things. I was willing to try to shut the voice out that does not allow me to be fully happy and connected with all parts of my mind and body. I am confident in my capabilities.

The third painting I chose was the start of the shift that was happening in my thought process. The painting is called “The Widened Road.” This painting represents something very important to me. I took my first step in facing the fear and doing something that I wanted to do anyway. I applied for a scholarship from my University and when I first looked at the application I was unsure if I wanted to go for it because I felt that I was not qualified. The little voice in my head told me that I was not qualified and that there were probably better people than me. After filling out the application I found out there was an interview process and

now I was even more intimidated and second guessed if I should have done it because I did not think that I had the skills to do well on my interview.

I applied anyway and fortunately (not unfortunately) I did not get the scholarship. Why do I say fortunately? I say fortunately because



even though I did not get it I was so proud of myself for trying to do it and going out of my comfort zone. Maybe this scholarship was not right for me but I am confident in the things that I accomplished. Before I took this class I used to cry and dwell over things like this for months but I took this as a learning experience and a way to overcome all of those emotions that just brings you down. Next week in the mail I got a letter telling me that I was picked for a

different scholarship! Things really do happen for reasons and there is no reason that I should have beat myself up about something like that.

The bottom of my picture is a little bit darker than the top and the blue is narrower. As you look up to the top of the painting the colors get lighter and the blue begins to widen. I did this because it shows that my past is going to stay in the past and fade away but the present moment and future is brighter. The path also does not end symbolizing that I am moving forward to a place where there is no limits! I am successful because I tried.

“The eye of beauty.” This next painting symbolizes my new appreciation for many things. The flowers represent new life. I realized

that my life is confusing because I choose to make it confusing. I get upset about things because I choose to let those things consume me. I want to throw that all away and open my eyes to the beauty of the world and to the beauty in everything that is in my life. This is sort of a rebirth for my soul and my heart.

The flowers represent the new life that happens every day. It means that I am going to take the time out and meditate. I need to make



time for myself. I tried meditating in a quiet place in my house and it worked because I truly was relaxed and able to be in peace. The next day I began to meditate at a park. I sat on the grass and spent hours there just watching nature. This experience was truly one of a kind. I did not think about all of the things I had to do or the people around me, I just

sat and kept watching. I brought a journal and wrote down words that came to my head from time to time and told myself that I would revisit those words at another time and try to understand why I wrote them.

The color of the eye is blue because I wanted it to be translucent. The person that I am working on is genuine in all parts of life. Graduation for me is no longer a time of ending things and sadness. Graduation means that I am growing as a person, more beautiful and more appreciative every day, just like the flower. Flowers just hang in the soil and watch everything that goes on and show the beauty of everything. I find beauty in everything.

My last painting is called “Floating.” Whenever I look at this painting I feel thankful and proud. I am thankful that I gave this class a chance and really put my all into it and I am proud of where I have come and proud of all of the work I know that I will do. This painting symbolizes breaking free of limits. The colors in the background are dark but calming and the white clouds are just floating. Wherever they go it is okay but they can go anywhere.



The painting also has scratches on it. These scratches represent all the changes and bumps that I may come along, but why make a mountain out of a molehill right? I dream with this painting. What a nice feeling it is to feel free and to let go of the core limiting beliefs and try to let go of the ego. I am not there yet but I will be in a few years. This painting really shows my transformation throughout the class. I started with paintings of just lines and confusion and now I am at the point where things are a lot more clear. I am painting things that are more cohesive but that represent me and where I am going. I can go anywhere and I will go wherever is best for me.

I am feeling more calm and more at peace with so many things. I have started to not be in so much of a rush all the time and whenever I see this painting I know that I am doing the right thing and I am taking the right steps. I am feeling more peaceful everyday.

Each morning I am pleased with where I have come but I know that there is a lot more to learn about myself. I really do believe that I went through a transformation during this class and I wish that it was longer. Each Sunday was a day for peace and a day to learn more about myself. Instead of planning what to paint or feeling judged I just painted exactly what I was feeling, even if I was unsure at the time. At the end everything always came together.

Many of the meditating activities really helped me get into the place where I needed to be. My favorite one was when we danced and it did not matter how we moved but I felt free and happy. Everyone moved as well and you can tell that people were becoming aware of their own bodies.

This journey has been amazing for me and I am trying to stay with it. I have begun to re-read the articles and books and really started taking everything seriously and I am trying to understand everything. I know I have a lot of work to do but I know that I am more aware of what is going on in my mind and how my thoughts influence what I do.

I have learned that even though I have many fears I am going to do what I want anyway. Why have my fears hold me back from living life and being happy. I think that I will always feel some type of fear but as long as I take the steps to face them I know I am in a good place.

Spontaneous painting is something that I do believe should be in the school systems because this is a great way for children to become in touch with their emotions and have time for themselves. This class would

really help each and every person discover new things and express themselves in ways they never thought were possible. These paintings show so much about a person and what they are going through and hopefully one day this really works. I know that I want to use spontaneous painting in my classroom, but I also know I still have a lot to learn.