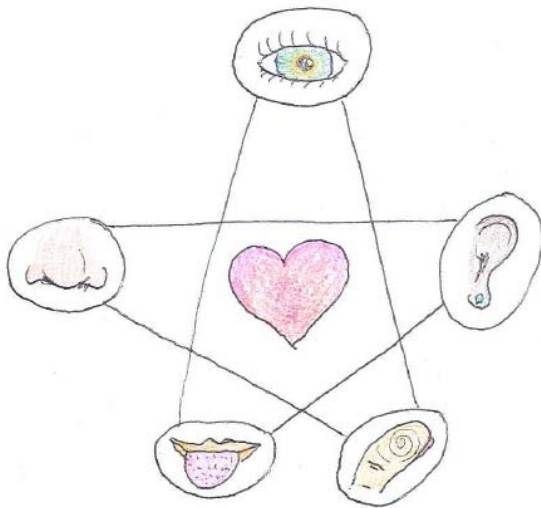


Six Sensual Creativity

Intuitive Art and Writing using all 6 Senses



Let's get sensual!

Bring all five senses, plus your sixth sense, into your creative practice with these exercises.

1. Sight
2. Sound
3. Touch
4. Smell
5. Taste
6. Intuition

Intuitive Art

Intuitive art is a way to express yourself with the subconscious mind, as opposed to the conscious mind.

For example, with the conscious mind, you might try to draw a tree. You try to represent the tree in an authentic or abstract way, depending on your style, but your objective is to make an impression of the tree. Your subject is the tree.

With intuitive art, we don't know what will come up, through, or out of our session. We let our subconscious be the conductor and we don't have a subject or an objective! We are only trying to do something creative, to show up and allow something creative to happen.

In this way, we try to skirt around expectations, preconceptions, and goal-orientation. This allows your conscious mind to take a break, and hopefully also quiets your inner critic for a while.

Intuitive art is really about creativity in its most raw form.

Just show up and allow something creative to happen.

However, many people aren't used to doing that! So I have put together the following six exercises to help give your intuitive art a little structure as you get used to showing up and allowing something creative to happen.

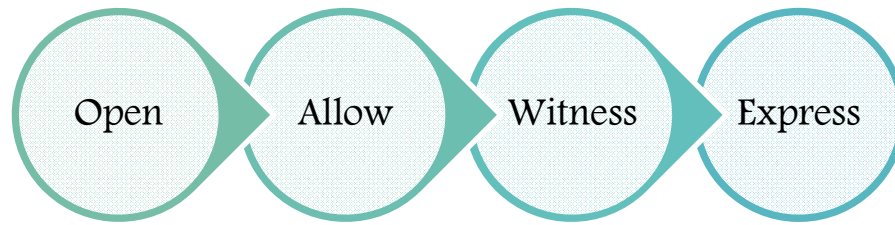
You can't do it wrong. If, in the middle of one exercise, you get an impulse to do something else, go for it! It's all about just doing something creative and allowing your natural creativity to emerge in whatever form it has in the moment.

Supplies

Intuitive art should be easy and accessible, you don't need fancy equipment. Crayons, kids' paint, and old magazines work great. You don't need to go out and buy new supplies.

Four Steps for Intuitive Art

Keep these steps in mind as you do each of the exercises on the following pages.



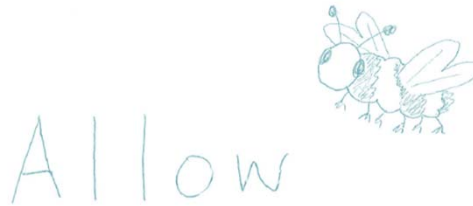
Step one – Open

First, open to your experience in the moment. Open your mind and release any assumptions or preconceptions you have about the creative process. Open to whatever wants to come through you in your intuitive art session.



Step two – Allow

Once you're open, allow something to come through; you might get an image or an emotion or a memory. Don't try to suppress or control the experience; try to stay open and hold space for whatever shows up.



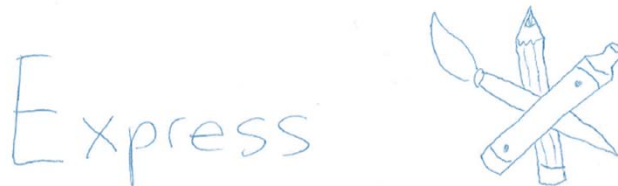
Step three – Witness

When something arrives, just witness it. You don't need to attach or react to whatever comes up, just allow it to visit and witness it.



Step four – Express

Whatever showed up, let yourself express it through your intuitive art session. Use it as fuel. It's not good or bad, it's just something that showed up to be expressed through your art.



You don't need to analyze the final product. It may give you an insight into something, or it may just be an opportunity to release whatever came up. You don't need to do anything other than open, allow something to show up, witness it, and express it.

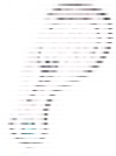
Sight



Intuitive Doodling or Painting

1. Pick up some crayons, colored pencils, kids' paints, markers, or any other colorful art implements.
2. Pick a color, a shape, a size, and a placement on your paper. Intuitively keep picking colors, shapes, and positions. Try some or all of the following prompts if you want a little more structure.
 - What color is calling out to you?
 - What color do you feel like today? What shape? What texture?
 - Try different movements with the brush/crayon: caress, slice, tickle
 - Doodle like a 3-year old, or a 12-year old
 - Doodle like an elephant, a gorilla, or a horse
 - As you're drawing, what emotion comes up? Joy, resistance, confusion? Draw that emotion.
 - Pick a color you love and a color you hate and use them together
 - Draw your favorite song
 - Draw how you feel when you see your beloved pet or best friend
 - Draw the mood of your favorite place; city, home, nature
 - Draw how you feel when you eat your favorite meal

Sound



Intuitive Poetry

1. Pick a word, whatever comes to mind, and write it anywhere on your paper.
2. Then pick another word and put it in another spot on your paper.
3. Try not to put them in a linear order; tilt your page at an angle, flip it upside-down, etc.
4. After you've written 20–30 words in this fashion, follow your intuition again to arrange them into a poem. It shouldn't make sense, and each line will have its own rhythm.

The object is just to play with words and arrange them in new ways.

Touch



Intuitive Collage

Pick items with your eyes closed and just go by touch and intuitive sensations you feel in your hand and fingers.

Collection Method One: If you're like a lot of creative people, you already have a box or drawer filled with collage materials. Go through it with your eyes closed! Blindfold yourself if you have to. Touch a few items, holding each for a moment. Notice the texture, the weight, the shape, the temperature; collect all the impressions you can just with your skin. Any items that catch your interest, set them aside.

Collection Method Two: If you don't already have some collage materials, take a magazine or catalog you have already on hand. Again, close your eyes and run your hand slowly over each page. All the pages will probably have the same texture, but notice where you want to intuitively stop and tear something out (keeping your eyes closed!). Set your tearings aside.

Once you have a dozen or so elements set aside with either collection method, you can open your eyes and begin assembling them into a collage.

Smell



Intuitive Assemblage

Explore your home or office and collect 3-5 items by scent.

For example, things like fruits, food, plants or soil, candles, fresh laundry, books, or toiletries.

Sniff each item alone and then sniff them together in different combinations. Notice how the smells complement or contrast each other.

When you come up with a combination you like or find particularly interesting, notice what it is that appeals to you. Do you find it comforting, energizing, or grounding? Notice what message you get from the scent.

Taste



Intuitive Cooking

Plan to make a recipe you like. It can be simple or more complicated. Anything can work, even a peanut butter and jelly sandwich!

- Before you add each ingredient in the recipe, take a small taste of each.
- Then taste two or three together in different combinations.
- Notice how the flavors complement or contrast each other.
- Do you like all of the flavors individually as much as you like them all combined?
- Do you intuitively want to add or change one of the ingredients as you're following the recipe?
- Go with your intuition!

Intuition



Dance

- Make a playlist with a few of your favorite songs. It can be as short or as long as you like.
- Then play it and let yourself dance around the room.
- Move intuitively however the music calls you to move.
- Notice how your movements follow the rhythm. Is your posture tall or hunched? Are your steps big or little? Are your arms close or expansive? What are your hands doing?
- Afterward, maybe take notes about how each song felt in your body as you moved with it.



Ways to incorporate Intuitive Art in your life

- Keep some crayons and a pad of paper near the couch or dinner table, or at your desk
- Download a doodle app for your electronic device (I have one called “Sketch”)
- Doodle while you’re on the phone or waiting for the dentist
- Buy a kids’ paint set and play once per month
- Buy a pot of playdoh and make a daily sculpture for your desk
- Invite a friend out for a coloring-and-coffee date
- Hang your favorite piece of intuitive art on the fridge, like a proud parent

For other creativity tips and encouragement, check out my blog and sign up for my weekly newsletter:

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Cathy Carpenter * Exploring Your Depths, LLC

Certified ARTbundance Coach and Practitioner

Tarot Reader and Teacher

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Creativity and Life Coaching

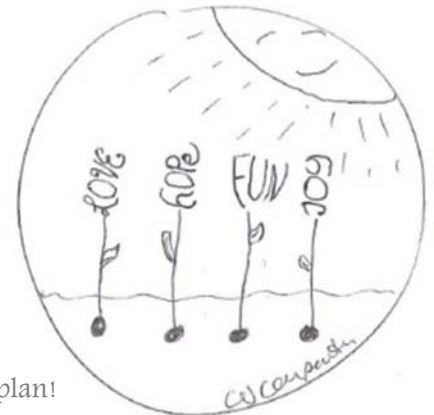
First, take my [Creativity Health Assessment quiz](#) to identify your primary creativity dis-ease which holds back your creative potential. Then consider signing up for free creativity coaching:

Free

Free "Creativity Health Plan" Session, 30-45 min.

Creativity health doesn't happen over night; make a plan!

Look at and address your primary creativity dis-ease and set a plan to work through it



I also have paid sessions ranging from \$60-495 to focus on work-art balance, creative abundance and vitality, and accountability to make your creative dreams real! See the [Coaching page](#) on Cathy's website for more information.

- "Creativity Health and Wellness Program" Session, 45 minutes; To create a solid routine and foundation for your creative wellness (\$60)
- "Creative Block Buster" Session, 45 minutes; Bust your block and reclaim your creative power (\$60)
- "Yes, and ..." package, 90 minutes; You can have a day-job and eat your creative cake, too (\$125)
- "Anchor Away with Accountability" package, 180 minutes; 3 months of accountability can liberate you from limitations! (\$245)

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