

How to Make Spontaneous Art

Spontaneous art is the term that art therapists use for referring to creating art by surrendering to the present moment. It is the reflection of your inner world and often bypasses our conscious minds. Here is how to get started:

- Start with a blank sheet of paper.
- Choose several colours you like, in paint or pastels or pencils (whatever medium you like!)
- Close your eyes and take a deep breath.
- Open them and allow yourself to be drawn to one colour. Pick it up.
- Start to make marks, doodle, express yourself.
- Keep going until you feel like stopping. There is no right or wrong.
- Analyze your work with an art therapist.

* There is no right way to create spontaneous art. Trust your intuition!