



The Artistic Adventurer

A tiny tome of creative challenges

by Elisa Colangeli

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Your host

Hi, I'm Elisa, the soul painter.

I am a devoted, passionate artist that guides sensitive women to unveil their hidden truth through my emotional, expressive, dream-like portraits.



I am a figurative artist and I create symbolic and soulful paintings for strong and sensitive women. My figurative pieces speak a primordial language, made of instinctive sensations and emotions. I decided to embrace new directions of expressivity exploring the fundamentals of intuitive painting and drawing, in order to overcome my perfectionism and creative blocks. This brought me new awareness about the immense power of our interior voice which is ready to speak and reveal our soul, and gave me fresh ideas and inspiration for my art, both intuitive and planned.

I experienced that nurturing creativity can be a challenging task, especially when one has a busy life. The demands of work, family, and other responsibilities can leave little room for the experimentation and free thinking that are essential for nurturing creativity. However, it's important to make time for creativity and find ways to incorporate it into daily life, as it can bring joy, fulfillment, and a fresh perspective on life.

I constantly invite people to tap into creativity through the art practice.

I believe indeed that creativity is not a privilege for artists, but it's a natural state of the mind, and you can nurture it and see its flowers blossom to bring joy in everything you do.

lots
OF
Love

Elisa

Congratulations!

What is unconscious is by its nature hidden. It's the realm of the mysterious. The sacred land that is shrouded in holy darkness. The sphere of not only the unknown but the unknowable. And because we don't know what we'll find if we open that door to those shadowy realms, we tend to keep the door sealed shut and choose to live our lives closer to the surface and the light.

It's a place where we let go of what needs to die and be released but it also guides us into the joyful experience of being reborn again.

The deep is where we make contact with our soul. It is a portal into our most profound emotional and psychological truths and a healing cauldron for the process of spiritual and psychological transformation. The deep speaks to us in feeling, symbol and imagination and is most easily accessed by releasing our attachment to our minds and listening to the wisdom of our hearts.

This is why making art is such a powerful and effective way to access those deeper layers of our being. So it also requires a powerful container that provides both safe and brave space for those folks willing to take that sacred journey into the depths.



*Are you ready to fill your hands
with colourful stuff
and paint your soul?*

4 questions about intuitive art

What is intuitive art?

Intuitive art is a method of creating art that aims to explore and uncover aspects of the inner self. It is suited to begin artists and advanced painters. The goal is not to learn specific techniques, produce a body of work or develop a commercially viable style. Each work is part of an inner, meditative process of self-exploration. It's a style that draws parallel with art as a form of therapy. And it provides a place where as adults, we can play, enjoy colour, texture and lose ourselves in the process.

Is intuitive art for everybody?

Intuitive art is a great process to help let go of fear, expectations, and control. The process can be very therapeutic, meditative, playful and wise – teaching us as much about ourselves & life as it does about creating art. If that sounds good, it's for you!

Why is intuition important in art?

It provides the artist with a refreshing break from the controlling aspect of themselves. Switching into a more right-brain, intuitive mode invites mystery surprise and delight into our work. Working excessively trying to control everything does become tiring and is definitely, not fun. Having too much of one thing, in this case the left brain thinking, can become boring and monotonous. Like almost all aspects of art making, and life, actually, the juice, the feeling of aliveness that we are all after seems to come at the intersection of opposites. The one thing always comes bundled with the other one. The holding on with the letting go, the dull with the bright colours, the hard with the easy and in this case the left brain thinking with the right brain kind of thinking.

Am I intuitive, really?

We are all intuitive, whether we are spiritual or not and whether we believe in intuition or not. How do you explain something that does not exist within the bounds of logic but is more an act of connecting and trusting something that guides us from within that we do not fully understand? We have all had those 'gut reactions' where we simply know what choice we need to take, even though it seems to make no logical sense. You may call it your subconscious mind and look at it from a Jungian perspective or choose to understand it from a view of universal consciousness. It really doesn't matter how you make sense of the inner guidance, the voices and ideas that direct us. The question really is, are you listening?

The tools

Basic art supplies

Black pens: wide and thin, any brand is ok. You can choose also black markers by Stabilo, Sakura or Sharpie in a variety of sizes as well. Keep it simple as much as you want.



Blank notebook: pay attention to the weight of the paper, so that it is enough resistant to water and not tearable (minimum 140 lb - 300 g/m²). You can pick whatever brand you prefer. It will stay with you for some time, so choose a notebook that transmits good vibes at the first sight. The minimum size is A4 or 24x32 cms.

Coloured pencils: any brand is fine. I use a box of Prismacolor by Pragma, they are soft and blendable. Also, Faber Castell or Stabilo are very popular. Take a set of 20 pencils approx.



Basic art supplies

Watercolour paint set: I suggest you take a small set of watercolours in pans (12-18 colours). Good brands for beginners are Van Gogh, or the Cotman series by Winsor and Newton.



Watercolour brushes: they are specific for watercolour and they absorb plenty of water. Take at least one big and one medium size (for example, 10-12 and 4-6).

Gel medium: you need it for making collages. I use the soft gel medium by Golden in a matte version. Consider it as an optional supply.



Basic art supplies

Oil pastels set: I suggest you take a small set of oil pastels (12 or 24). Good brands for beginners are Van Gogh, Faber Castell or Pentel.



Gel pens: Take a white gel pen by Sakura or Uniball Signo. You can choose as many colours as you want because you can use them to journal and other creative activities.

Collage cut-outs: I suggest you start collecting some interesting figures and words from newspapers and magazines. Choose human faces, animals, objects, backgrounds, and anything you like. They can be very useful!



Basic art supplies

Acrylic paints: as a versatile alternative to watercolors, you can take a small set of acrylic paints available in tubes (12 or 24 colors). Liquitex offers great sets at a wonderful price and the quality is top.



Acrylic brushes: they are available in a large number of sizes and shapes. Take the best quality you can afford trying to have variations on shape (round, square, filbert) and size too.

I want to highlight again that you do not have to buy the supplies all at once or have them now to start the prompts.

You can progress using what you have on hand, following your own pace and ... why not?

By following your intuition!



But let's dive into art!

The tips to create

The color wheel

Using a color wheel is simple and can be a fun way to explore color combinations and find inspiration for your art or design projects. To use a color wheel, follow these steps:

1. **Familiarize yourself with the color wheel:** A basic color wheel has three primary colors (red, yellow, and blue), three secondary colors (orange, green, and purple) created by mixing the primary colors, and six tertiary colors created by mixing the primary and secondary colors.
2. **Choose your colors:** You can use the color wheel to choose colors that complement or contrast each other. For example, if you have a favorite color, you can look for its complement on the opposite side of the wheel.
3. **Mix and match:** You can use the color wheel to experiment with different color combinations. For example, you can try mixing two or more colors together to see what shades you can create.

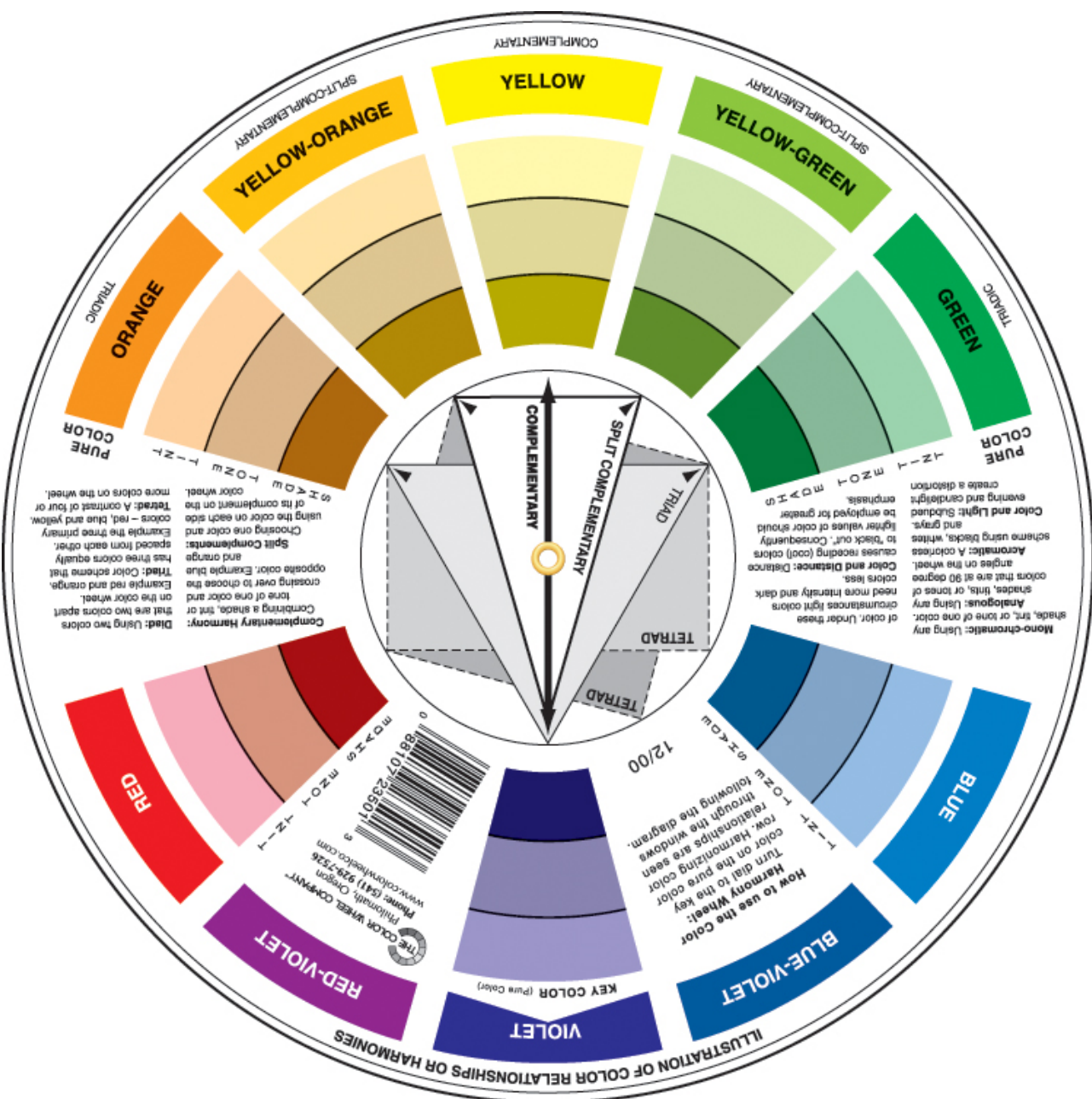
Remember, a color wheel is just a tool and there are no strict rules. Feel free to experiment and have fun with it!



The color wheel

In this larger image of the color wheel, you see the variations of the main colours adding white, black and grey; also, the scheme offers the representation of some relationships occurring among colours.

Check the following pages for more details about the basics of color theory.



Variations of hue

Tint, shade, and tone are terms used in color theory to describe variations of a color. Here is a simple definition of each.

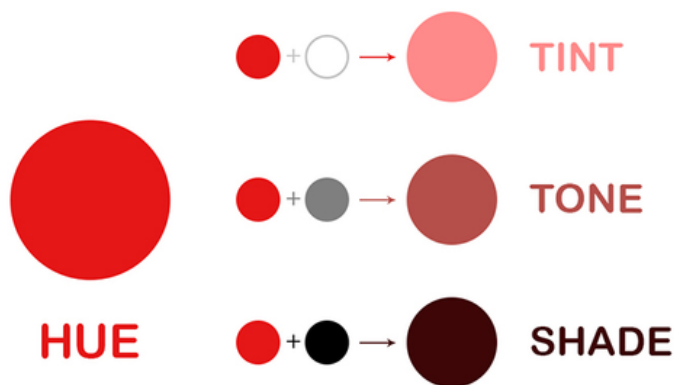
Tint: A tint is created by adding white to a color, making it lighter. For example, pink is a tint of red.

Shade: A shade is created by adding black to a color, making it darker. For example, navy blue is a shade of blue.

Tone: A tone is created by adding gray to a color, making it softer and less intense. This can be also achieved by mixing the color with its complement, black, or white. For example, beige is a tone of brown.

In summary, tints make a color lighter, shades make a color darker, and tones make a color softer and less intense.

Understanding the differences between tints, shades, and tones can help you create more nuanced and sophisticated color schemes in your art or design work.



Understanding
the difference between

**TINTS, TONES,
SHADES & HUES**

The value scale

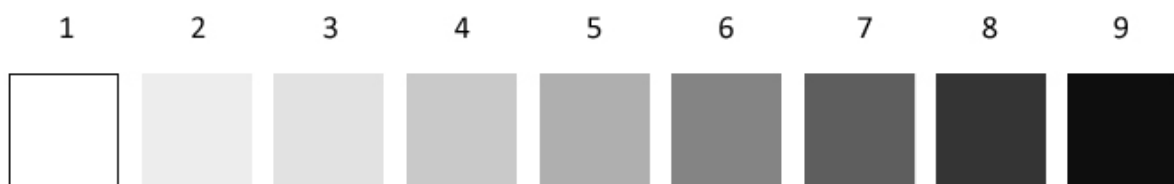
Value refers to the lightness or darkness of a color in color theory and it is usually expressed with a number in the range of 1-9.

It is an important aspect of color as it can determine the mood, depth, and volume of artwork. A color's value is determined by the amount of white or black that is mixed with it.

For example, a color with a high value would be close to white, while a color with a low value would be close to black.

In art and design, value is used to create contrast and to give the illusion of depth and volume.

By using colors with different values, you can create the illusion of light and shadow, make objects appear to be receding or advancing, and create a sense of depth and dimension.



To train your eyes to see the value, when you look at a subject, ignore all colors, shapes, and textures, and pretend they aren't there. Squinting and looking through your eyelashes helps. You will see fuzzy shadows instead of colors and shapes. Look for borders or edges to find the value differences. Practice doing this daily and you will train your eyes to see values and shapes.

As an easy alternative, use a digital camera and take a black-and-white photo of the scene.

Basic color schemes 1



The first and easiest is a MONOCHROMATIC color harmony. This takes just one base color (or hue) from our wheel and uses different shades, tones or tints to create a group of colors. It's one of the easiest color harmonies to create and looks simple, cohesive and organized.



A COMPLEMENTARY color scheme takes 2 colors from opposite sides of the color wheel, such as red and green or blue and orange. This type of color scheme is great for creating strong contrast in your image.

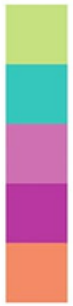
Basic color schemes 2



A SPLIT COMPLEMENTARY color scheme is similar to a complementary color scheme, except one of the colors is split into two nearby colors. This keeps the high contrast of the complementary color scheme, but also adds more variety.



A TRIADIC color scheme uses 3 colors that are evenly spaced around the color wheel like a triangle. These color combinations are often bold and vibrant.



TETRADIC colors are 4 colors in a rectangle shape made up of 2 sets of complementary colors together as one palette. These palettes work best when you focus on one main color and use the other colors as contrasting accents.



An ANALOGOUS color scheme uses 2-4 colors that are next to each other on the color wheel. This is one of the simplest and most appealing color harmonies and works best if you choose one dominant color and use the other colors as accents.

The prompts

Affirmations for creativity

I embrace inspiration.

I am truly creative.

I effortlessly think creatively.

Creativity is my birthright.

Creativity is my natural way of existing.

I am creating in every moment.

Creativity is abundant in my world.

I easily let my ideas out into the world.

My heart is wide open to new ideas.

I am safe to pursue my ideas.

Flow is my natural state of being.

It is easy for me to tap into my imagination.

I am inspiring to everyone around me.

I follow my desire to create.

Prompt 1

Hearing the inner voice

Painting is a visual language and when paired with words becomes even stronger in communicating our inner world. We explore how choosing a strong word can unify the theme of a painting and your message. So, why not incorporate some words in a painting?

There is a common practice of choosing one word as an intention for the new year. This can actually be applied at any time of the year, and choosing one word that is meaningful for you is a good place to start thinking about what you want to usher into your life.

STEP 1: Word-catching

I am sure you have favorite quotes, poems, or lyrics of songs. Use the lines below to list a few of them.

Prompt 1
Hearing the inner voice

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prompt 1

Hearing the inner voice

Now listen quietly to what word comes forth for you...

A word you need to hear.

A word you want to use to bring you back to the center.

A word that grounds you to your core.

This word will act as your mantra and guidepost for taking decisions when feeling lost as to what direction to turn.

Do some free, wild writing and fill this page and the following one with words that resonate with you at this particular moment. It is liberating! Use any tool, pen, pastel, pencil and color you prefer.

Be bold, be free, be...YOU!

Prompt 1

Hearing the inner voice

Prompt 1

Hearing the inner voice

STEP 2: building layers of colour

Paint an abstract background on your sketchbook. Building an abstract background can be a fun and satisfying process that allows you to express your creativity and experiment with different techniques and materials.

To start, you can choose a color scheme and work with a variety of mediums such as acrylic paints, pastels, or even mixed media elements like paper or fabric.

You can also play with different textures by using tools such as palette knives, sponges, or even your fingers. You can layer different colors and textures to create depth and interest in the background. You can also use stencils or masks to create repetitive patterns or shapes.

The key to building an effective abstract background is to work intuitively and not be afraid to make mistakes. You can always layer over mistakes or incorporate them into your final design as intentional elements.

Remember that there is no right or wrong way to build an abstract background, so have fun and let your creativity guide you!

Prompt 2

A hymn to mindfulness: past and future in your hands

The Past and the Future are two shadow companions on our journey through life. The Past is a treasure trove of memories, both good and bad, shaping who we are and informing our choices. The Future is a vast horizon, beckoning us forward with the promise of adventure and self-discovery.

Like the sun and the moon, the Past and the Future are always present, illuminating our path and guiding us forward.

We can learn from the Past and use it as a source of wisdom and strength, but we must not be held captive by it. Instead, we must have the courage to embrace the unknown and trust in our own journey, for the Future holds infinite potential and possibility.

This prompt is going to remind you to live in the present moment and embrace the beauty and unpredictability of life.



Prompt 2

*A hymn to mindfulness: past
and future in your hands*

STEP 1: drawing the past

Outline here on on your sketchbook your right hand in the space below. Draw inside the contour what you were like (traits, behavior), what you experienced, and what you have achieved. You may add small photos, words, symbols, and doodles.

Prompt 2

*A hymn to mindfulness: past
and future in your hands*

STEP 2: drawing the future

Outline here or on your sketchbook your left hand and draw inside the contour goals and hopes for the future. You may add small photos, words, symbols, and doodles.

Prompt 2

*A hymn to mindfulness: past
and future in your hands*

REFLECT

Journal about the following questions for self-exploration:

- 1 - How has the past shaped who you are today?
- 2 - What events from the past are most significant to you?
- 3 - If you had the ability to change/relive an event from the past, would you? Why?
- 4 - How hopeful are you about the future?
- 5 - What lessons from the past are you bringing with you?

[illegible]

Prompt 2

*A hymn to mindfulness: past
and future in your hands*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prompt 3

Ready to grow

Dear soulful women, remember that you hold the power to shape your own destiny. Your life is a canvas, and you are the artist who paints it with your thoughts, actions, and decisions. Freedom is a gift that allows you to mold your life into something that brings you joy, fulfillment, and purpose.

Embrace this gift, and use it wisely to create the life you desire. You are in control of your own story, so write it in a way that inspires and uplifts you. Believe in yourself and your abilities, and know that the possibilities are endless. Your future is waiting for you, so go out and shape it with all the beauty and power that you possess.

Our last prompt together is about drawing 'the shape of freedom'.
Let's put reflections, words, colours and symbols together in a personal mix.

STEP 1: exploration

Journal about the following questions for self-exploration:

- 1 - Have you ever felt free?
- 2 - What would you have to do to gain a feeling of freedom?
- 3 - Who do you know who seems free?
- 4 - What does freedom look like to you?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prompt 3

Ready to grow

STEP 2: draw

Start from a colorful background on your sketchbook. Pick just one colour, add variation in a monochromatic scheme or choose more than one following a different chromatic scheme of your choice. Add marks using any tool you want, to give yourself the freedom in creating.

Once you feel that the background is done, on the basis of what you wrote in the self-exploration, sketch with a pencil your visualization of freedom. Consider spiritual, emotional, physical and personal freedom. You can draw geometrical shapes, animals, figures. You can repeat the symbol more than once in the painting. Colour the shape/shapes with the technique you prefer.

STEP 3: give a name to freedom

Consider now your reflections and highlight one or more keywords that condense your vision of freedom.

Add them on your piece of art with your handwriting (paint or write them in any size or colour) and choose a title for the painting.

My representation of freedom is called



Farewell and the next steps

Whether you're an artist, a writer, or just someone who loves to have fun and be creative, there is always room for growth and new experiences. So, don't be afraid to take risks and try new things!

What if I told you that there's a way to unleash your imagination and express yourself creatively, having your magic amplified through the colors of the rainbow?

I invite you to join my signature program about intuitive art, '**The Rainbow Flow**', which is a unique opportunity for you to connect with your inner self and harness the power of color to improve your overall well-being.

We will spend 7 weeks together making soulful art and using the colors of the rainbow to work on our Chakra energy system. Inspiration will reach you in different ways:

- Recorded **videos about the color of the week** and the associated Chakra with its features and peculiarities
- **Colorful workbooks** for the Chakras including affirmations, pages to take notes, a **music playlist, and lists of movies and books** suitable to rebalance the single Chakra keeping you inspired for months to come
- **Reflection prompts** where you can couple writing and drawing/painting to unpack your thoughts and self-explore the topic
- **Video tutorials** about techniques of intuitive art practice
- **Weekly Q&A posts** in the group
- **90-minute LIVE co-creating sessions** in Zoom to apply, learn together, and share the fun

Check the next
round here

<https://bit.ly/3XfC3Fy>

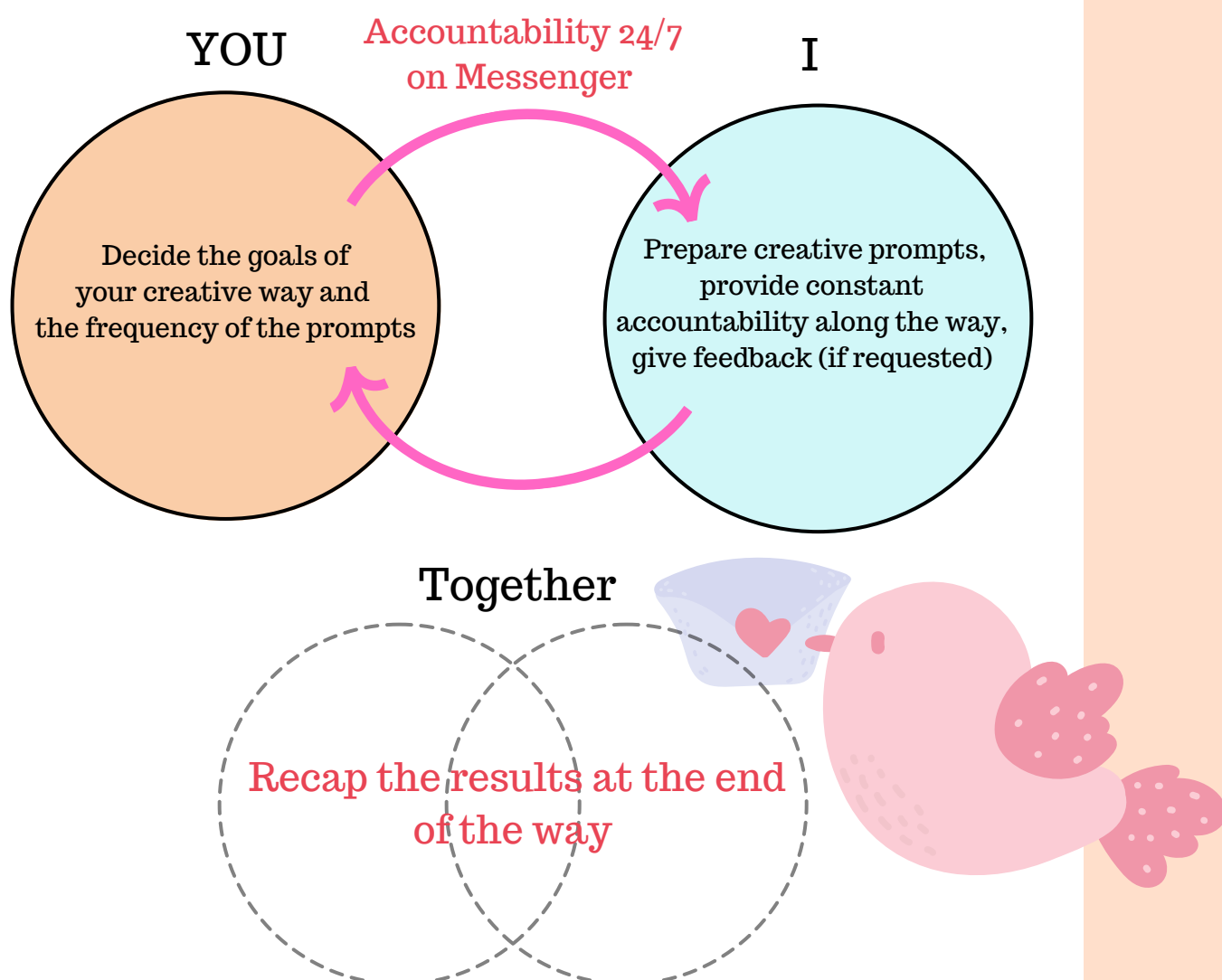


Stay in my energy

Are you craving bespoke creative prompts tailored to your needs?

Book a call with me to access **The Mailbox Muse**, a personal 1:1 service where you receive directly in your mailbox thoughtful, hand-crafted prompts designed to help you tap into your inner wisdom and unleash your creativity.

With each delivery, you'll be invited to explore new techniques, materials, and perspectives, unlocking a world of self-discovery and empowerment.



Stay in my energy

Main topics/transformations are possible:

- Mindfulness
- Anxiety & Stress
- Self-love (esteem, compassion, awareness and much more)
- Connections & relationships
- Exploration of thoughts and emotions



PERSONALIZED
CUSTOMIZABLE
COLLABORATIVE
ENGAGING
IMAGINATIVE
UNIQUE



Book your free call here:

<https://calendly.com/elisa-colangeli/15-minute-call>

Stay in my energy

Available paintings

<https://www.elisacolangeli.com/gallery/>

Join the waitlist for the next round of
my free creative challenge 'My hero journey'

<https://bit.ly/3XfC3Fy>



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A tiny tome of creative challenges

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