



McLean Art Society - April 2022

ELISABETH VISMANS

By Palette Editorial Staff

We spent an interesting hour with Elisabeth as we learned her approach to painting as an expression of a venture in intuition and creativity. Elisabeth was born and raised in the Netherlands and didn't start painting until 2004 when she became an empty nester. She is an Award-Winning Artist, Art Instructor in the Yellow Barn, Glen Echo for over 10 years. She's also a Certified Life Coach and Certified Neuro Linguistic Programmer. A stern believer that painting is for the most part a mind game she uses these skill sets in all her teachings.



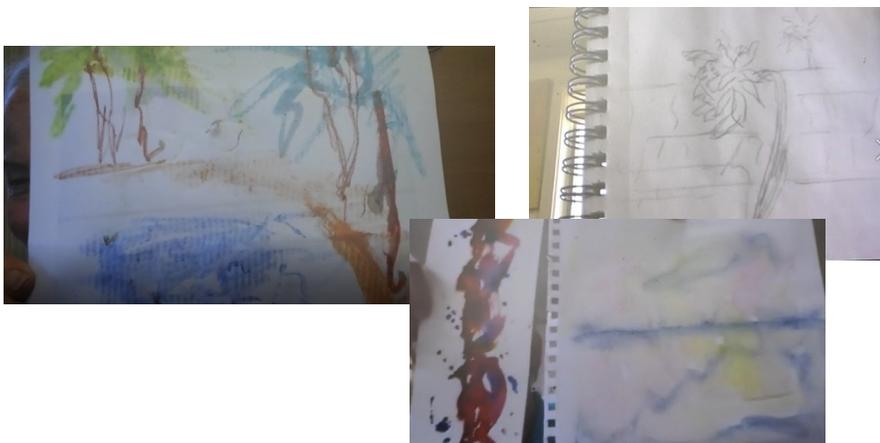
Elisabeth's lesson today is *Intuitive Painting and Visual Journaling and the Importance of Intuition in Art*. It is possible to make something really beautiful without planning. Work with your unconscious mind and let the vision come to the surface. It is about enjoying what you are doing and less about the end result. How to get into that "zone" where you are free rather than going down a fixed path for a fixed product. Like a child just has fun with color and light and if it doesn't look like a horse at the end, that is perfectly okay. With visual journaling you paint your feelings and don't judge yourself along the way.



Start with relaxing and focusing on your feelings. Free yourself from those feelings that distract and inhibit. Transfer those feelings to paper, quickly, intuitively. The message is it can reduce stress, release anger, resolve conflict...or just reflect that you feel pretty good! So get in the mood you want, in the place you want, and go. The mood will be reflected in the painting...the one shown above was done in about 3 hours and when replicated...the mood wasn't the same and the end result was different.



We then started with two little paintings! In a flash Renee created a portrait of Elisabeth. For the second painting Elisabeth had us relax and think about the next painting. When you know the feeling, paint it...quickly like a doodle. Again, Renee came forth with a free and intuitive painting that, in her words, felt good! Dorothy and Ginger soon followed.



You can visit Elisabeth at her website <https://www.Elisabethvismans.com/>

Visit her [Facebook](#) page to see more of her sharing her approach with her students. Even better...try it yourself and see if intuition and speed works for you.