

How to Paint From Your Soul



You don't need to know how to paint.
You only need a willingness to listen within.

By Juilee Ryan
Paint From Your Soul Facilitator™

Painting From Your Soul is:

Painting From Your Soul is a creative conversation between: you, your inner knowing, and the canvas.

Rather than beginning with a plan for what your artwork should look like, you begin with a feeling, intention, or question. Then you allow color, movement, shape, and imagery to emerge one step at a time.

Soul Art is:

- connecting with what is true inside you
- creating something personal and meaningful
- allowing your art to reflect and reveal parts of yourself
- listening to your intuition rather than seeking perfection
- developing a more playful, trusting relationship with creativity

It is not about technical skill, creating museum-worthy art, or making something other people will approve of.

Your painting does not need to be realistic—or even beautiful—to anyone else. What matters is that the process feels honest and meaningful to you.

The canvas becomes a bridge between what you feel inside and what is ready to be expressed.



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1. Set Your Intention

Before you begin painting, pause and ask:

What do I want to experience, express, discover, or receive through this painting?

Your intention might be:

- to express myself freely
- to reconnect with joy
- to release something I have been carrying
- to understand what my heart wants me to know
- to feel more courageous, peaceful, playful, or alive

Write your intention on the back of your canvas or on a small piece of paper beside you.

Your intention is not a rigid plan.

It is the reminder that helps you return to yourself whenever your mind begins worrying about what the artwork **should** become.

When you feel uncertain, come back to your intention.



ASK: What is one small choice I could make that would honor what I'm feeling right now?

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ASK: How do I want this painting to FEEL?



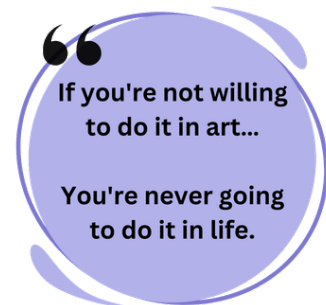
2. Begin With Color and Feeling

Choose one or more colors that carry that feeling for you.
There are ***no rules*** about what a color means.
Trust your choice!

Place paint on the canvas and begin creating a background.
Use broad strokes, loose movement, layers, drips, marks, or texture.
Give yourself permission to make an imperfect beginning.

Try:

- large brushstrokes
- drips or watery paint
- light and dark areas
- turning the canvas in different directions
- scratching or adding texture
- painting with your non-dominant hand
- covering something you like
- making one bold or unexpected mark



The goal is not to make something recognizable.
The goal is to move beyond overthinking and **trust yourself**.

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3. Step Back and Listen

After you have created a background, place the painting across the room and look at it as a whole.

Notice:

- What parts draw me in?
- What colors, shapes, or movements feel alive?
- What feels heavy, disconnected, or unfinished?
- Is an image, figure, symbol, or form beginning to emerge?
- What emotion do I feel when I look at it?

You may want to divide a journal page into two columns:

What I Like vs. What I Want to Change

Be specific, but don't judge yourself or the painting.

You are simply noticing.

Then choose one small next step. **Trust your intuition.**

You don't need to know how the entire painting will unfold.

Make one change, step back, and listen again.

The painting comes to life as you allow yourself to express freely.



ASK the Painting:
What do you want to
show me?

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4. Enhance and Continue the Conversation

As you listen, you might notice something emerging from the colors and marks on the canvas.

Do you notice?

- a face
- an animal
- a landscape
- a symbol
- a doorway
- a figure
- a line or movement that wants to become stronger



You don't need to force an image to appear.

Simply notice what is already present and decide whether you want to bring it to life.

Revisit your intention.

Ask the painting:

- How could this image express my intention more fully?
- What or who wants to become clearer?
- What feels ready to be covered, strengthened, or transformed?
- What is the next honest step?

Drop from your head to your heart.

Listen to your body.

Listen to the random thought that pops in your brain.



Notice how every change you make shifts the entire painting and helps reveal what is ready to be expressed through you.

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5. How Will I Know When It Is Finished?

A painting often moves through a beginning, a middle, and an end.



The beginning might feel exciting and full of possibility!

The middle might feel uncertain, messy, or frustrating.

In the end, there's a sense of resolution.

A completion of what needed to happen.

Every painting has something to teach you.

You might simply notice: **I am at peace with what it became.**

That DOES NOT mean that I love it and think it's the greatest painting I ever made!

When you think your painting may be complete, pause and reflect:

- What journey did this painting take me on?
- What surprised me?
- What did I learn about myself?
- Did my original intention come to life in an expected or unexpected way?
- Is there anything left unsaid?

Let your art be a place where you practice courage, curiosity, play, freedom, and trust.

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Modern Mystics Energy

