

MESSAGE FROM ERIC

- August-

DIVE INTO RIGHT BRAIN ARTISTRY - PART 2

This is part two of my thoughts about thoughts while painting! If you missed part one read it below.

While in this level of subconscious thinking I find questions pop into my head. Like "I need this stroke, why not try this? This needs to be lighter or darker, why not try this color for fun?" Or my favorite: "Let's have fun and ruin this painting." The best paintings come out of this vein, the experience is delightful and I'm riding on an adrenaline high.

The big challenge is keeping my mind focused on the subconscious level of thinking. I need to remind myself to stay on the right side of my brain. The engineer in me tries to slip in and distract me with "ought to" statements. Like "I ought to put this stroke here because that is what it really looks like." Or, "I ought to clarify this statement so the viewer will understand it better." These are clues that my mind has gotten off track and slipped to the left side. I've learned to discipline myself to put down the brush after I've made several consecutive "ought to" strokes. My brain needs time to recharge before painting again. For me this means a nap, lunch or my favorite - a joke with Gracie or Lynn!

Years ago I would have thought I would be refining my technique by now, but instead I seem to focus more on refining my intuitive impulses. This has produced some pretty nice paintings and because of that I'm having the ride of my life, 40 years into my career!

So refine your technique by thinking about your thinking. Think about it!

Now I've shared some of my process for staying in the right brain zone. Continue having fun with your creative process. Look at an old painting and tackle it again. This time using these techniques to paint by instinct. Share your before and after work on Facebook and Instagram using the hashtag #paintingloosely. Or post it on Eric Wiegardtworkshop artists page at <https://www.facebook.com/groups/338931387689920>.

I would love to see your work!

Keep your brush wet!

Eric



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