

# DATE WITH PAINT

NOTES FOR LESSON # 4.



## LESSON 4: INTENTION

Now that you are a little bit acquainted with your 'date', I'm sure you are well on your way to falling head over heels in love!

I hope you managed to let go and connect to your intuition in the last session. Now in lesson four, it's time to get a little more INTENTIONAL about the direction of your masterpiece, and make some edits/adjustments. That doesn't mean you are to turn your intuition OFF... heavens no! But it does mean that you can allow your intuition to inform some more conscious artistic decisions to take your piece to the next level. It's time to really LOOK at your intuitive beginning, and ask some pointed questions than can help you make these decisions.

**It's not about making the 'right' choice  
--it's about making a brave choice that excites you.**

## Good INTENTIONS...

Even when we're not quite sure if our first 'date' deserves a second look... we look anyway. There is something good in everyone...and in every painting! But while we can't change a person we're dating, we CAN make changes to our art to help it speak more loudly, move the viewer more profoundly!



A QUESTION OF COMMUNICATION:

### **What emotion does this piece communicate?**

What thoughts, words or images does it bring to mind? For ex., think about 'tone of voice'--is it loud & demanding or is it soft & intimate? Is it calm & still or frenetic & confusing? If this is what you want to communicate, then think about what you can do to accentuate it even more... if it's not, what could you do to change the tone? There are no right or wrong answers to these questions; they are just to get you thinking.



QUESTIONS OF COMPOSITION:

**Where is the focal point of this piece** (the place where my eye lands)? Is there an element/section I just can't live without? A focal point is usually the area of highest contrast (for ex. in light/dark, complex/simple, busyness/rest, large/small etc.). A focal point is normally not dead centre or too close to the edges of the canvas.

Once you have decided on the focal point, you can ask more questions: Are there other elements that lead my eye to this focal point effectively? Are there elements that distract from it or compete with it too much? These things can all be adjusted.

## Good INTENTIONS...

**Is my painting balanced?** We all intuitively understand what balance means. In the context of painting, we are looking at things like colour (is there a colour in one place, but nowhere else in the painting?), tone (is it dark on one side, but really light on the other?), form (is there a large 'heavy' form in one corner but only small forms everywhere else?).

**Are there any lines leading directly off the canvas?** Such lines if they are too heavy or noticeable, can distract from your focal point and lead the eye off of the painting.



A QUESTION OF COMPLEXITY:

**Are there any details or refining that would enhance the painting's message?** This doesn't necessarily entail painting anything realistically. I ended up adding a butterfly as my focal point in the video because my intuition just had to have it! But please don't feel like you need to do that... especially if you are new to painting. Adding just more lines or patterns or drastic light colour to your focal point is a great way to draw the eye.

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In a short four lessons, we just touched the surface of things like communication, composition, and complexity as they relate to creating art. If you are hungry to learn more, to experiment more and express yourself well in your art, I would love to see you join me in my online mentoring/teaching program, "**Take it to Art!**"

For more information, go to [www.lisagolemart.com](http://www.lisagolemart.com) or email me at [lisagolemart@gmail.com](mailto:lisagolemart@gmail.com).

**Thanks for hanging out with me and creating your masterpiece!**