

An abstract painting with a rich, textured background. The colors are a mix of vibrant blues, teals, oranges, reds, and purples, with visible brushstrokes and splatters. The overall style is expressive and modern.

Rise Above

A TRANSFORMATIONAL
PAINTING CHALLENGE

Lesson THREE

In this 3rd lesson...

We paint to align with non-judgment.

We paint with ONLY black & white.

We allow our playful layers to suggest images & symbols.

In this #3 lesson we will explore the following:

- **Non-Judgment & Non-Duality** this is where you get to distract your monkey mind.
- **BALANCE** . The Principle of Design that loves to dance with UNITY & inspire your practice.
- **Painting FEARLESSLY** . The more present you become, the more intuitively you can paint, giving your thinking, busy mind a rest. Ahhhhh.
- **Feathers & Eyes & Words**. Painting energy & allowing the images to come to you intuitively.

What is non-duality?

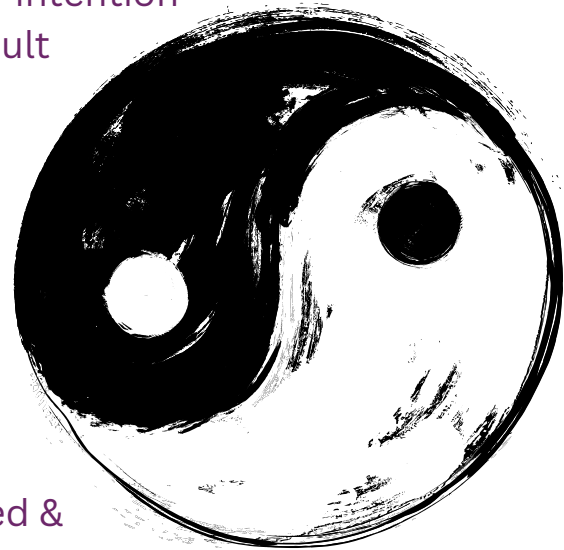
We LOVE non-duality.

Non-duality sees EVERYTHING as a part of the whole.

Duality sees some things that are wrong and others that are right. Duality tells us we “should” while non-duality is simply present and encourages you to follow the wisdom of your heart.

Non-duality is what is symbolized in the Yin Yang symbol. It is the “we couldn’t know light without the dark” principle.

As a Creatively Fit Coach, our intention is that you transform as a result of your painting practice. For that to happen, you want to “bump into” challenges, resistance, frustration... SO THAT you can observe (inner witness) yourself & make a new choice.



If you just paint, paint, painted & only had fun, it all felt easy... then, you would not experience ANY personal growth.

Non-duality wants to suggest that instead of criticizing yourself when something “goes wrong” or you perceive a “mistake,” you can get curious. Are you being guided down a different, perhaps more harmonious, path?

Non-duality . Prompts

“It’s not working.”

“It’s too dark, too blah, too...”

“I don’t like this. This isn’t good.”

Your Inner Witness wants to guide you into painting from a place of non-duality. Instead of the above examples of inner dialogue, it will inspire you to focus on what you DO want, allowing what you have perceived as “not working” to be the inspiration.

- When we focus on what is not working, etc. the creative energy, the sense of possibility is drained out of our experience. Intend to flip those moments into inner conversations that sound more like, “Wow! That did not show up the way I intended. So, now I know I want it to be more...” or “This feels too dark, so I want to make it lighter.” What are ways you can shift this dual natured conversation in your mind to non-dual?
- Every aspect of this painting practice (and life) is truly here to support you. We know we learn the most from our challenges, right? Instead of resisting the challenges, we can lean into the discomfort while getting excited to shift back into comfort. How does this make you feel?
- Non-duality is the same as Buddha’s teachings around suffering. Instead of discovering a way to eliminate suffering, Buddha realized suffering simply is a fact of life and that it is actually the RESISTANCE to the suffering that causes the greatest suffering. How can you embrace the “messy middle” on your way to non-duality?

BALANCE

BALANCE is a design principle that you can feel into as you paint.

Where does your canvas want balance?

What elements do you want to use to create balance?

Balance does not have to mean symmetry.

It guides us to understand that if there is a lot of highly detailed, busy sections, we want to balance that with some open, calmer sections.

This process is more clearly illustrated in this lesson by only painting with white and black. We are balancing one with the other. We balance BIG (eyes) with SMALL (eyes).

In the art that is your life...

If you are in a really busy time in your life, you may want to even more intentionally create balance by adding some quiet, alone time, walks outside, painting just to play.

If you are on the computer a lot, or thinking, writing, etc. for work, you can create balance by some rewarding manual labor or a good, sweaty workout!

Maybe you are reeeeeeaalllly great at something. Perhaps balance wants to suggest you teach someone else that something? We trust BALANCE will meet you right where you are today as you paint.

Painting Fearlessly

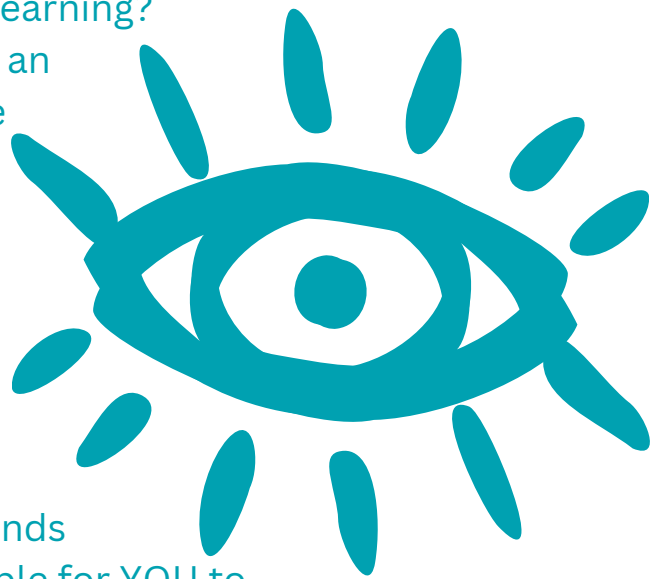
When we are tapped into the flow of non-duality, aligned with the belief that there is no such thing as right or wrong, good or bad, we have nothing to fear!

We put so much unnecessary pressure on ourselves to be perfect, to not make a mistake, to be, make... something GOOD!

Where do we allow for the learning?
Do you exercise to become an Olympic athlete or because it is simply good for your overall wellness?

It is the same with painting.

This painting DOES NOT MATTER. All that matters is what you learn, how it expands your sense of what is possible for YOU to CREATE into the art that is your life. This practice, and your Inner Witness, will illuminate for you how you can more fearlessly create your dreams come true by showing you where fear stops or inhibits you AS YOU PAINT.



Want to become more FEARLESS in your life? PAINT fearlessly!

Feathers, Eyes & Words



You will be guided to paint over much of what you paint in this lesson. AND everything you paint onto your canvas remains energetically. Original art vibrates at the frequency that created it and that reflects the sum of its parts.

For example, feathers are symbols of living with a lightness of being. If you wanted that energy in your home, you would paint feathers into your painting (does not have to be visible in the final piece), in the early layers.

Our Eye of Fearlessness is reminding us that fear dissolves, replaced with clarity, when we are TRULY looking at a situation with eyes wide open.

And you can paint words, statements, mantras that you want energetically in your painting and in your space.

Painting Energy...



After the primer coat, the mantra “Lokah Samastah Sukhino Bhavantu” was painted before the final coat of dark blue paint on the front of (Whitney Freya’s) the house.

The mantra means “May all sentient beings be happy and may my life in some way contribute to that happiness.” Even though the mantra is totally covered up, the energy of this mantra is still radiating its energy as people walk through the front door!

Paint anything into the layers of your painting that symbolize or state what you want MORE of in the art that is your life!

Your Painting Practice

The REAL LIFE benefits of this painting practice can change everything!

As you learn to paint from the NEW Creative Story, loving yourself throughout the process, looking for the potential when “things go wrong,” and tuning into how you are actually creating (energy) in each and every moment, how you respond to life’s inevitable snafus, obstacles and disappointments also shifts tremendously.

We hear over & over how our clients are so much more relaxed, in a state of allowance in their lives now. They don’t react as much. They don’t try to control what they can’t control.

You will see more & more how life is LAYERS and each one can build upon the other beautifully, keeping what makes you happy and “painting over” what doesn’t--while focusing more & more on what you WANT rather than what you don’t.



How does that sound?! Yes, please!