

THE COLOR OF WOMAN METHOD™ founded by Shiloh Sophia
13 STEP Intentional Creativity and Intuitive Painting Journey Being Illuminated
through Intentional Creativity: Access to Self Expressed Abandon!

How do you access what is within you?

The Color of Woman Method of intuitive painting accesses internal imagery and story and brings it into form through intentional creativity. Intentional Creativity is an approach that brings consciousness to each creative act - and can include all forms of creating. For our purposes it mostly employs painting, writing and journeying

These 13 steps are intended to be used with the Color of Woman Method in the creation of a painting – any theme, focus or inquiry may be applied and correlated to the journey of the 13 steps. Each step brings further illumination to the chosen theme through image and word. The Method and the steps creates a container, a defined space, in which sacred work can be expressed, explored and through which revelation can occur. When we can see what is happening on the inside, often for the first time, illumination from within shines and lights up what was hidden from us. Often it is that which is hidden that is running out story without us knowing it.

The Color of Woman method asks what is hidden, to come to the light and provides the tools by which that can occur safely and powerfully.

This process reveals to the one doing the creating, the artist, aspects of themselves and their lives that are usually hidden from view. It is in the 'act' itself within a chosen container, like an inquiry, that the messages from within begin to be brought to the surface. Illumination begins to show us what we could not see, even moments before.

Often we do not know who we are – or what it is that runs us and our stories. We move through life on autopilot and our connection with our story is often vague and unspecified, it is what happened to us, instead of what who we are choosing to be, and what we are choosing to do with our lives. Intentional Creativity powerfully transforms our relationship to ourselves and our orientation to our universe through reshaping our story and our deeply rooted image of ourselves.

We refer to the creative being holding the paintbrush or pen the Artist, although working with this method requires no experience and one does not need to identify as an artist. Often it works better for those who are still uncertain about their craft because they cannot help but get out of their own way.

Awaken the Inner Storyteller – Choose to occupy your life.

Who's making the choices?

Most often, but not always, the 13 steps are directly related to encountering an aspect of their Inner Guidance System within one's own story. What we might call a Muse, but not an external presence, rather, an animation of the presence within. This Muse becomes our internal guidance system, informing the artist as the creation unfolds from the imaginal realm. The image and storyline that begins to reveal itself onto the canvas is this Inner Self manifesting from within the psyche of the Artist into form through image, language, symbol, color, texture and design.

Once conscious contact is made with the aspect of the Inner Self who is most available the storytelling begins and elements of the painting are drawn from the subconscious and even the unconscious of the Artist, revealing information that is only available through acts of intentional creativity – specifically because the canvas/notebook become the 'medium' into which the messages can move from the imagination into actual matter.

When using the method of intentional creativity to bring forth our inner world what results is a reflection so riveting we learn things about ourselves we never knew, in the most gentle way – through our own hand, our truth comes to light. We enter the seat of being our own healer, and oracle.

When we are not living in a way that is conscious and connected to our internal world we aren't truly occupying our lives – or our bodies and hearts.

Ear to the Canvas – Move beyond living through default

What is wanting to be spoken?

Through the journey of the steps a deeper relationship with the inner guidance system is formed and more and different and consistent access becomes available to us. Soon it is as if we had always been with this 'voice' now speaking to us clearly about – *"add a bird over here, can I have some purple, give me a pomegranate."* Or questions arise, *"did you ever wonder what that scar was from? Aren't you tired of feeling like you don't belong."*

Ideas are able to surface from a constellation of inner locations and when we listen, even though we are in the imaginal realm of painting and his/her story if we also track and record we will be astonished at what is working so hard to be said through us – sometimes for a lifetime.

This deep listening is what we call 'ear to the canvas' and is an essential part of working with the method because it is in finding our language for what is happening that we are able to bring what is within to the canvas and ultimately

into our life choices.

When we paint we are in inquiry around both the storyline of who is showing up on the canvas in image and color, as well as in language and poetry. In the Method the documentation of the storyline is essential for the greatest result because when the epiphanies are recorded they become real for us and we can reference them following the painting process.

The work that happens as a result of the method goes on and on in the life of the artist – it doesn't stop after the workshop – if we listen, we will continue to be informed. And if we continue to employ intentional creativity as an internal communication method we will strengthen our relationship with how our inner guidance system functions in our lives. Our story can become our own through choice instead of living through default.

Sacred Container: Breakthrough via step-by-step

How is freedom through structure achieved?

A breakthrough can happen any time, following a breakdown is a common one! However in the Intentional Creativity Movement we CHOOSE to have breakthroughs through our acts of intention and inquiry inside a chosen container. A painting for example or a women's circle, or a poem on a page.

The step by step part of it holds the space and pattern in order so that you can feel the freedom 'inside' the container of the process. It is the structure itself which provides the freedom to move around – and as it were – take a look inside the terrain of your being.

The Color of Woman Method is not limited to these 13 steps and this process, as it is more of a philosophy and approach to life than a painting and writing class. The painting that results is just that: 'the result' of the work.

This 13 step process will most often lead to a powerful painting and self-discovery process that is 'just right' both in terms of going deep, but not too deep, and the time frame it takes to go through them allows the inquiry to be asked and moved through within an allotted period of time.

COLOR of WOMAN METHOD™ 13 Steps – Daylong Experiment

Lifestory: What is the story you have been telling?

1. **Visioning:** Intention and Encounter

Write the intention on your canvas and write down and sketch from information gathered in the encounter with 'your muse'

Lifestory: What is the primary story that needs your attention?

2. **Inviting:** Environment Portal and Intention Strokes

Paint the background colors onto the painting with an understanding of it being a portal for your muse to emerge through. Add strokes and patterns of intention based on whatever theme you are working with.

Lifestory: What do you long to bring into your life?

3. **Sourcing:** Form Sketch and Paint Outline

With charcoal, paint or pencil begin to outline your composition inspired by but not limited by your initial vision. Bring paint to the outline of your muse as well as whatever you currently know about the composition environment.

Lifestory: What does your aliveness look like?

4. **Listening:** Block Colors and Preserve Glow

Add initial colors into the shapes created by the form outlines, leaving background color around some of the lines to create a glow from the initial portal.

Lifestory: Will you confront what isn't working anymore?

5. **Encountering:** Face Features and Free Layers

Bring your attention to the lines in the face, opening the sensory gates of the eyes, nostrils, mouth and ears. Then bring your second layer of color blocking in loose layers, including around the features.

Lifestory: What gives you pleasure?

6. **Connecting:** Pattern and Symbols

Bring your content into the painting over the loose color layers that are drawn from your original story using patterns and symbols that

represent the rest of your composition and design – in other words, bring beauty. This step completes the composition so far and includes what 'wants' to be included.

Pause: *The next steps need to continue to be 'loose' keeping in mind there is a glaze coming up so not to be too attached to color or how it is now. Before going forward first step back and sit with the painting and listen to what is being said and pay attention to what you see.*

Lifestory: What is hidden in your underworld?

7. **Deepening:** Shadows and Defining Lines.

Ask about the darks – then bring darks into the spaces that move back or that need definition and contrast to show up. Don't forget to preserve the glow in places that contribute. Darks put things back that are supposed to go behind.

Lifestory: What are you seeing?

8. **Dawning:** Highlights and Accents.

With lights and brights bring strokes highlighting shape and accents to the overall design. Lights bring attention to what you want to pull forward and have stand out.

Lifestory: What needs to be integrated?

9. **Integrating:** Mediums and Risky Glazes.

In all the places where you didn't have a light or a dark, there should be the last color layer, bring another color, perhaps the light color and dark color you used into the in between spaces to integrate lights and darks – alternating between preserving glow and blending. Next, choose your glaze colors/ and density and rub it on with courage! Have a wet paper towel nearby.

Pause: *Let the painting sit in the shadows for a while before proceeding. Listen to what comes up and how it feels to put her back and perhaps even 'lose' something you liked.*

Lifestory: What journey is calling to you?

10. Awakening: Color Palette and Conversation.

Choose the palette you want to focus on as primary for the rest of the painting since the glaze changed it – as you add layers of color back over, leave the glow lines around each color shape as it helps bring the color forward. As you are contributing color listen more deeply as she will begin to speak most fully on this step being brought out from the shadows. Listen, and write from her perspective about her journey.

Lifestory: What do you need to receive?

11. Nurturing: Adornment Detail and Overall Design Integration

Bring loving attention to the places that want to be called forward and nurtured through a smaller brush with dots, lines, dashes, swishes. Reflect on the overall design from at least 6 feet away and ask her: What is now needed to bring you into completion? Bring attention to the original environment with big loose glow.

Lifestory: What are you grateful for?

12. Illuminating: Magic Lights and Calling Back Glow

Notice what isn't showing up that needs to and bring another layer of darks, and lights that pop the glow back up. This brings life and magic into the painting and lights it up. Review steps 4-12 to take the painting deeper or just go wild on your own.

Lifestory: What is your claim?

13. Anointing: Message, Sparkle, Sign & Title

Step back and sit with your painting, hand her the pen, asking her what she would like you to know... or let her write a letter to you – basically you are calling her message from her. Then pull the title from that writing – sign it, and add glitter if you choose – and varnish if you are complete – and paint the sides. Finishing touches.