

“Intellectual growth should commence at birth and only cease at death”,  
Albert Einstein\

I started painting at 13. I'm guessing that's why my level of fear around it was not something I couldn't overcome. I was so young that though the fear was there it wasn't paralyzing.

Since I've been teaching I've seen varying degrees of fear in adults when it comes to painting. Particularly the method of painting I teach. This method takes a student out of the normal, comfortable programmed belief of what the world looks like. It teaches and forces the student to see and think like an artist. Most coming into my classes don't think of themselves as artists.

They are wanting to, or at least think they want to, learn how to just apply paint to make what they think they know the world looks like. What I teach them takes them out of that safe zone and into the Wizard Of Oz where the world goes from black and white into color.

It does take a measure of courage to step into the unknown and free fall by trusting your instructor that you'll be ok, you can do this.

Many react as if they are on a high wire and if they fail/fall they'll die.

The “reality” is, not only will they actually produce a piece of work they will feel satisfaction and accomplishment over but, they'll learn more of what they're made of.

Learning to paint as with any new venture helps a person with more than learning the thing. You exercise your brain, you stave off Dementia and Alzheimer's. You teach yourself courage and what you can really do.

I wasn't great academically. My favorite subjects were art and gym. I just chalked it up to not being that smart. In efforts to figure out a living for myself I started taking courses at a local college. The college books were very helpful and I surprised myself when I got A's and B's on my tests. I realized I wasn't as dumb as I thought. Had I not taken that chance in college I may never have learned that.

What I love about creating art is the fun and challenge of constantly learning and trying new things. Overcoming challenges opens up a whole new world like walking into Willy Wonka's Chocolate Factory. It lightens your heart, making life more enjoyable. Allowing yourself to let go with curiosity and carefree wonders which can give you a whole new lease on life.

My art has taught me not to be afraid to try anything although you won't see me bungee jumping anytime soon. I mean non-life threatening chances for new things to try.

One of the books that helped me along the way is called Code To Joy by George Pratt.

I highly recommend this book as it helps change your thinking. You're taught how to become self aware and how to reprogram deep seated thoughts that can be hindering you from living life to its fullest.

Some methods include tapping and using your five senses to realign your body's electrical polarity. The four steps include, identify, clear, RE-pattern and anchor which will adjust your subconscious for a more happy healthy life.