

# MESSAGE FROM ERIC

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## PART 1

## OUR BRAIN

*This month let's delve into the fascinating concept of right brain vs. left brain and how it influences our artistic process. I've found that by staying in the zone of my subconscious impulses, the strength and integrity of my choices are far greater than if I stopped to study and analyze what I was doing. In other words, when my left brain dominates, I lose my creative impulses.*

*The professional game of chess provides an example of right brain creative thinking. In chess the variables are complex and the dynamics are fluid, from an ever changing opponent. A free mind is essential to see all the variables. Nothing is static. Thinking can't be forced here; an understanding of the entire dynamics has to be seen. Tunnel vision is not acceptable. The totality of play has to be understood, intuition is called upon. If chess isn't your thing, this also applies to race car drivers! Drivers must "see" the whole situation. It would be dangerous to get tunnel vision, only focusing on the bumper in front of you.*

*As painters, we are also being challenged by a constantly fluid and dynamic set of circumstances. In an intuitive state, often called the "right brain zone", we learn to rely on instantaneous vision and trust our immediate impulses. We can trust that the sense of emotional touch can be stronger than the sense of sight. I have learned to "feel" that a stroke is right, rather than see it. For much of my painting, I avoid looking too closely at where I'm painting; a quick glance is good enough. That glance is followed by a softening of my gaze, as I take in the totality of the painting. There is great joy in achieving a higher level of subconscious decision making!*

*This month practice relaxing your brain and letting your right brain free flow in creativity. Don't stress if it's not "perfect" just enjoy the freedom. Next month I'll share more about how I try to stay in the subconscious zone. If you're pleased with your art, please do share it on Facebook and Instagram using the hashtag #leftbrainart. Or post it on Eric Wiegardt Workshop Artists page - [HERE](#) I would love to see your work!*

*How did your painting without a reference go? Did you find it challenging, fun or impossible? My message today will help you on the path to achieving great reference free art. Keep practicing! Share your artwork on Facebook and Instagram using the hashtag #ReferenceFreeArt.*

**Keep your brush wet!**

**Eric**



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