



## Ways to End Painters Block

During our time of self imposed, “Shelter in Place” and with the spring rains keeping us in our studios...we can lose our motivation to paint.

There is an old saying “art is the only way to run away, without leaving home.”

You don’t have to BE IN THE MOOD TO PAINT!

You can GET IN THE MOOD!

INSPIRATION IS THE KEY...How do we get it?

Here are a few tips that can help you switch from the rational side of the brain to the creative “Right Side” The Zone.

1. In the morning when you are rested...try sketching. It can get you there.
2. View the 2019 AIS National Exhibit in NYC at the Salmagundi Club. Pure Inspiration [www.americanimpressionistsociety.org](http://www.americanimpressionistsociety.org)
3. Listen to Classical Music while looking at online videos or an instructional DVD you have not seen lately
4. Decide what you would like to paint ...something new or tweak an old one.
5. Don’t let negative thoughts interfere.
6. Load your palette with fresh paint. Grab that brush and give it a whirl...

YOU CAN DO IT!!!

Know that with Deb, Don and Liz at the helm, our members can look forward to exhibiting their work in the very best galleries in these United States.

Wishing you all good health and continued success in your careers.

**Charlotte Dickinson, Founder of AIS**

April 2020