

INTERACTIONS WITH ART

DRAWING FROM INTUITION



Dusan Marek *Dragon Fly* 1970
oil on aluminium

Introduction

This drawing workbook invites you to connect with your intuition as a way of sensing, exploring, and responding to the world around you.

Across many cultures, including the deep knowledge systems of the Palawa people of lutruwita/Tasmania, understanding often comes through careful observation, feeling, listening and relationship with Country.

These drawing exercises encourage you to notice patterns, symbols and sensations as part of your own way of making meaning – beyond words, beyond logic and in conversation with the unknown.

What is intuition?

Intuition is like your brain's inner compass – it helps you sense, decide, or understand something without needing to think it through step by step.

IT'S THAT MOMENT WHEN

You just know something is right or wrong
You get a gut feeling about a person or place
You make a quick decision that feels right – and often is

THINK OF IT THIS WAY

Your intuition is your brain's way of using everything you've seen, felt, moved through and experienced to guide you in the moment – even things you don't consciously remember.

IT DRAWS ON

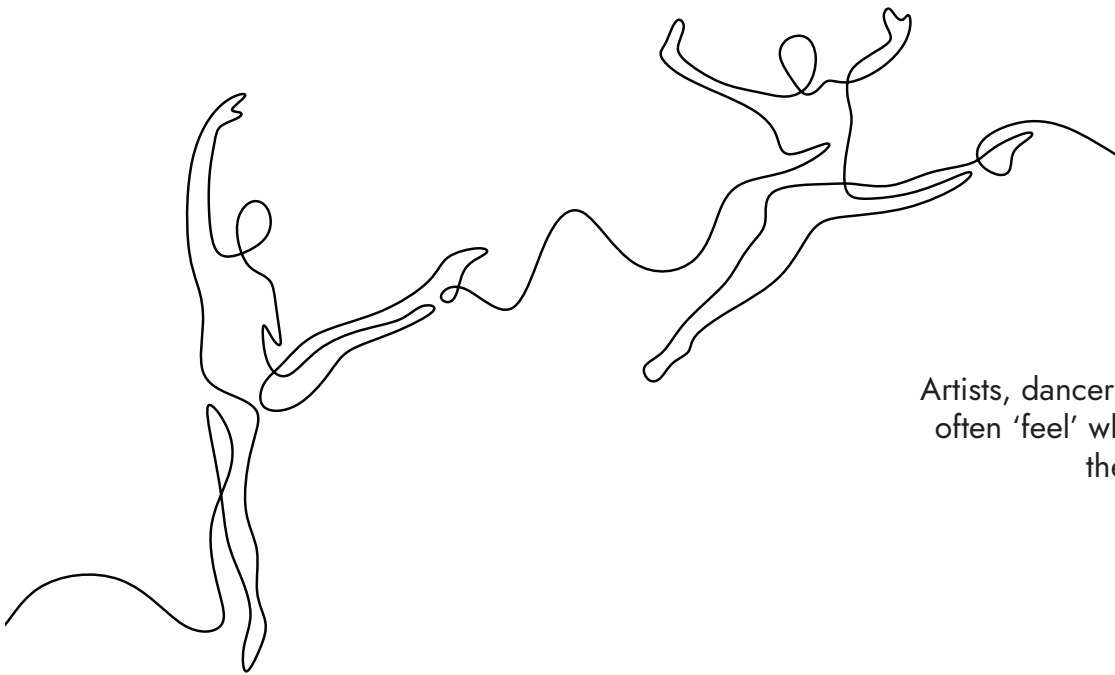
Patterns you've learned
Memories (even if they're not conscious)
Felt responses in the body – like gut reactions or physical sensations

“ I do not seek, I find. ”

Pablo Picasso

Real-life examples

Doctors often sense what's wrong before running tests — based on subtle signs and years of experience.



Artists, dancers, and designers often 'feel' what's right before they can explain it.

Chess masters can make brilliant moves in seconds, thanks to deeply memorised patterns.



In art, intuition helps you

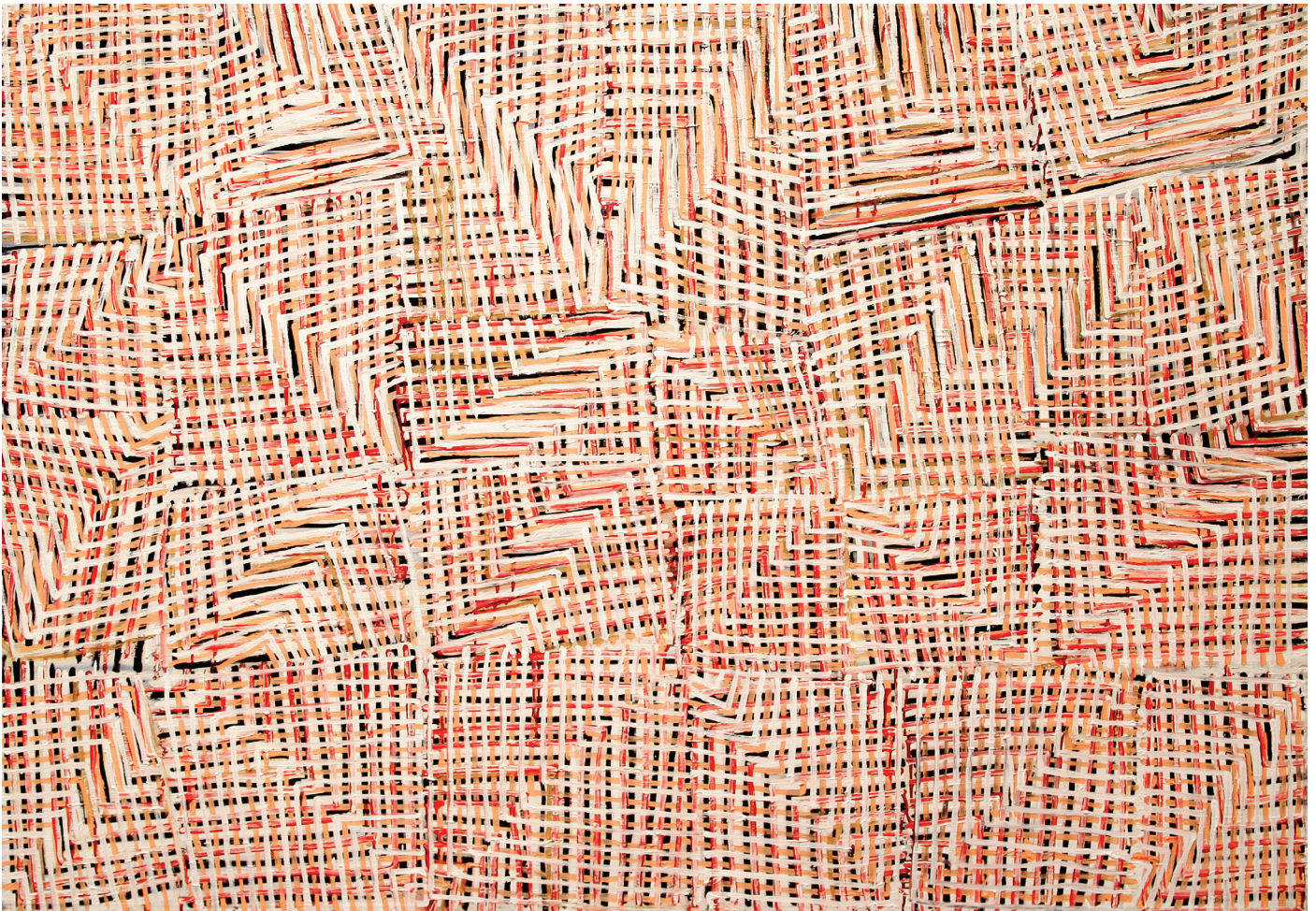
Respond to the energy
of a piece,
rather than its meaning

Make creative choices
that feel natural
and alive

Stay connected to your body,
imagination, and senses

Express yourself
without overthinking

SOMETIMES, YOUR HAND KNOWS WHAT TO DRAW BEFORE YOUR MIND KNOWS WHY



Kerry Gregan Mimosa 1999
oil on linen

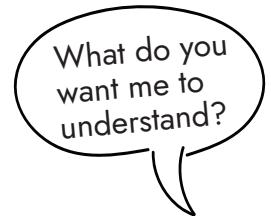
Drawing exercises

Complete the following activities to tap into your intuitive abilities and by-pass the logical thinking part of your brain.

A CONVERSATION WITH ART

1. Choose one artwork on show that feels especially powerful or strange to you.
As you look around, stop in front of the first one that intrigues you.

2. Imagine having a conversation with the artwork. Write a short dialogue.



3. After the dialogue, draw your response to the artwork – this could be abstract or symbolic.

4. If this artwork could speak one sentence to you, what would it say?

FIRST GLANCE, FIRST FEELING

Choose another artwork that catches your eye. Without reading the label or title, sit quietly in front of it and ask yourself:

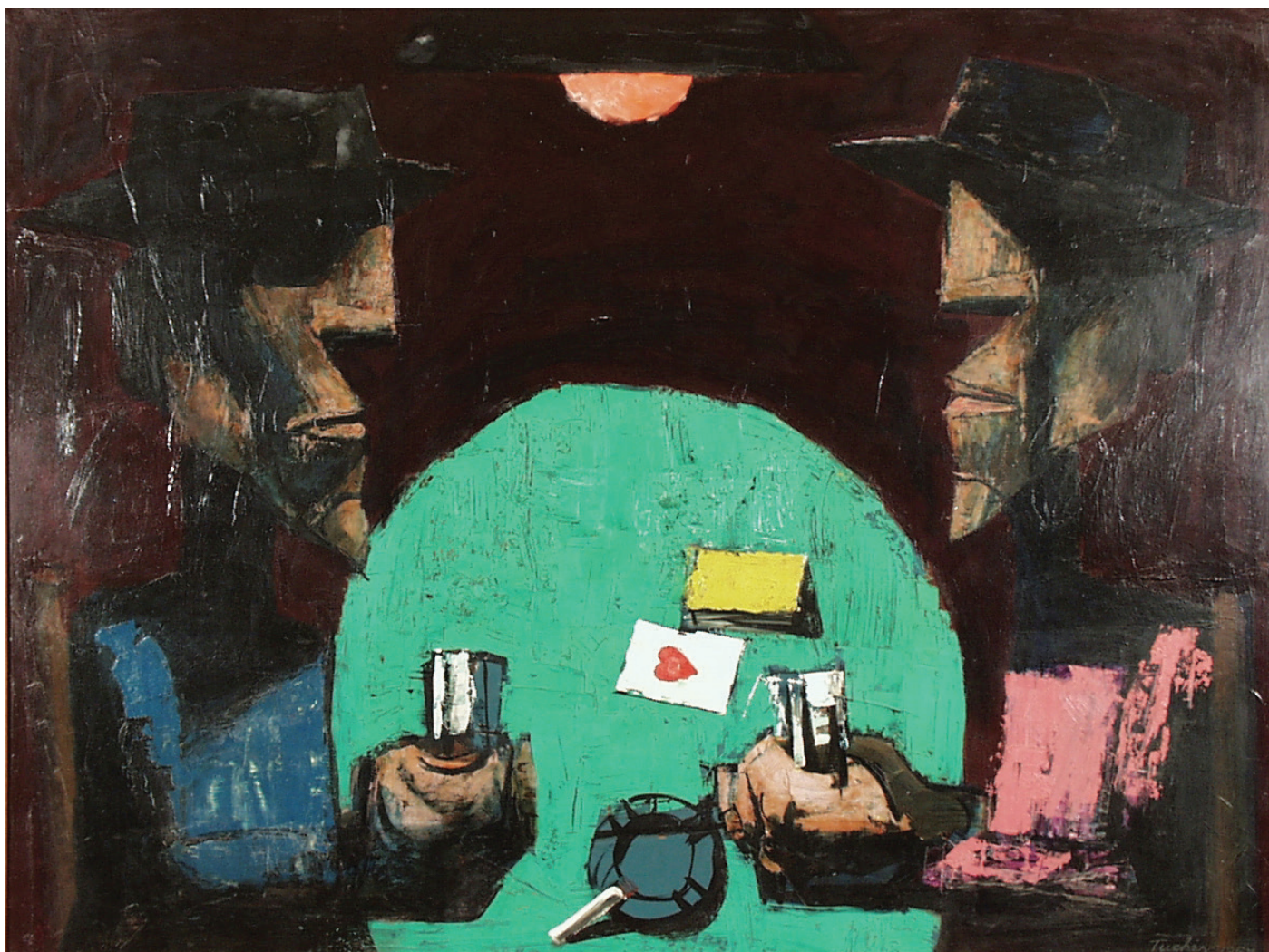
1. What is my first felt response in my body, e.g. tension, warmth, stillness, energy...?
2. What does this piece stir or awaken in me – memories, places, movements, or sensations?
3. Now, make a quick sketch of the artwork below – not to copy it, but to capture the energy, movement, or sensation it evokes in your body.



Frederick Strange (attributed) *View on the Tamar* 1850 (detail)
oil on canvas

“ I’m drawn to the emotional potential of simplified forms – how a single line or block of colour can hold mood, memory, or movement. I use colour instinctively to create energy, contrast, or calm, often layering textures to build visual rhythm. ”

Eloise Lark – QVMAG RISE 2026 Artist



Albert Tucker *The card players* 1957
oil on hardboard

“Something I’ve found about the work is – usually people take their own things away. They’ll look at the work from their own personal perspective, and sometimes project themselves, or people they know, onto the work as well.”

Sam Jinks

SYMBOL HUNT

Walk through the galleries and look for symbols or motifs that stand out to you – these could be shapes, objects, colours or gestures. Choose artworks that contain symbols that feel meaningful or mysterious.

1. Draw the symbols below and write down a few intuitive thoughts about what each symbol might represent in your life right now.

2. If this artwork had a movement or gesture, what would it be, e.g. slow and grounded, sharp and quick, flowing or still?

EMBODIED DRAWING

1. Stand in front of an artwork and observe how your body feels. What sensations do you notice in your body as you look at this artwork, e.g. heaviness, lightness, stillness, tension, breath changes?
2. What part of my body seems to respond most strongly to this piece – and how? Is there a leaning forward, a tightening, a sense of openness?
3. Do a quick sketch below. Draw lines or shapes that reflect your physical sensations, e.g. tension, openness, stillness. Let your body guide your hand – don't try to make it look like anything. Remember, you are trying to tap into the part of your brain that is behind logical thinking.



*“The artist must train not only his eye
but also his soul.”*

Wassily Kandinsky

INK BLOT DRAWING

Follow your intuition and use the ink blots below as a starting point for drawing.



Reflection

Which activity felt the **most natural** or enjoyable?

Did anything **unexpected** come up in your drawings?

How did it feel to draw **without a plan** or goal?

What did you learn about your **intuition**?

Which **artwork spoke** to your intuition the most? Why?

Did your **intuitive responses** differ from what the label or title said?

How did drawing help you **connect more deeply** with the art?

What did you learn about your own **inner voice**?



Philip Wolfhagen *Night beacon III* 2005
oil and beeswax on canvas