

# The 8 Benefits to Doing Fluid Art

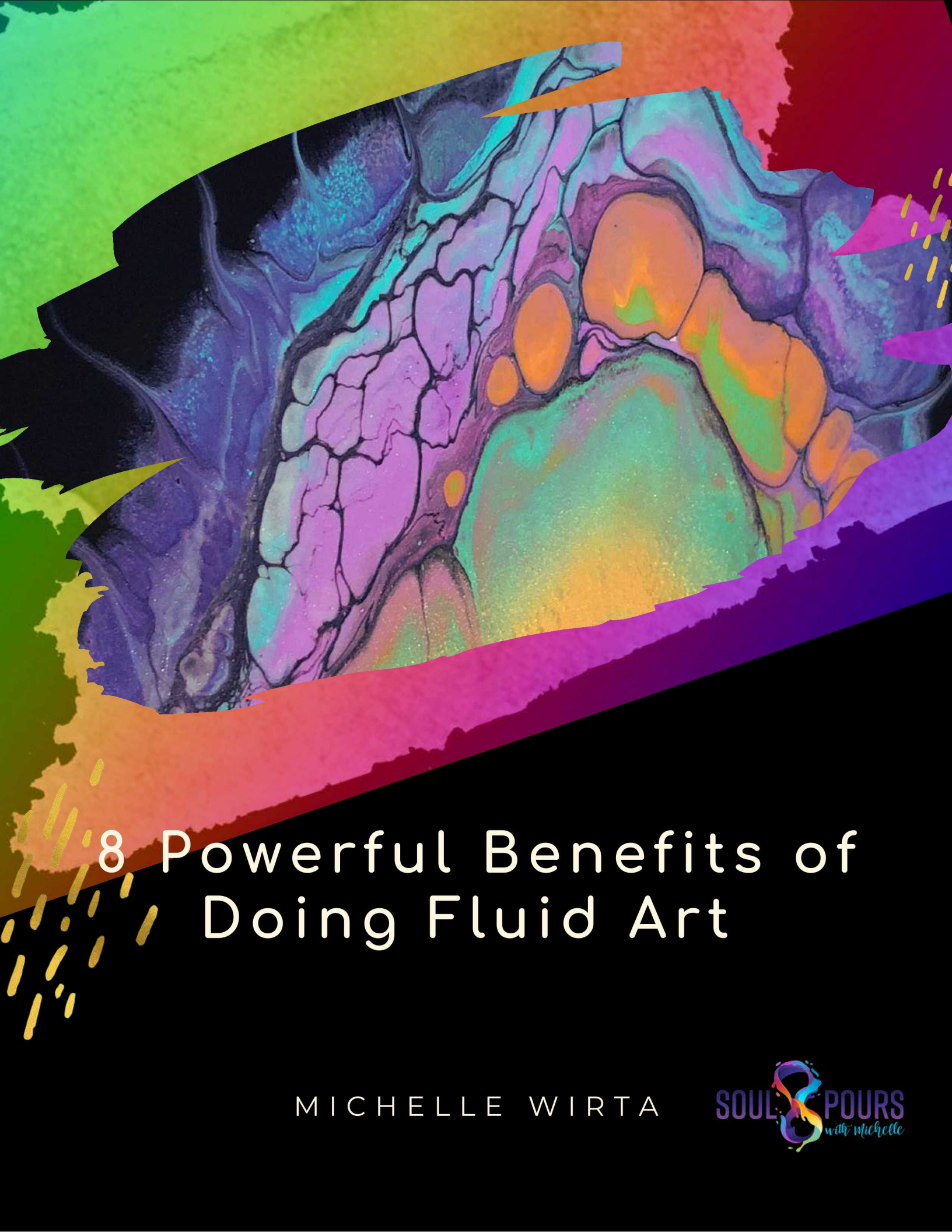
*By: Michelle Wirta*



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# 8 Powerful Benefits of Doing Fluid Art

MICHELLE WIRTA





# Hey there friend!

I'm happy to cross creative paths with you today and grateful you've followed your curiosity to check out this little letter from me.

I'm Michelle and work as an artist and creative life and livelihood and mindset coach. My main art form I adore is fluid art. Have you heard of it?

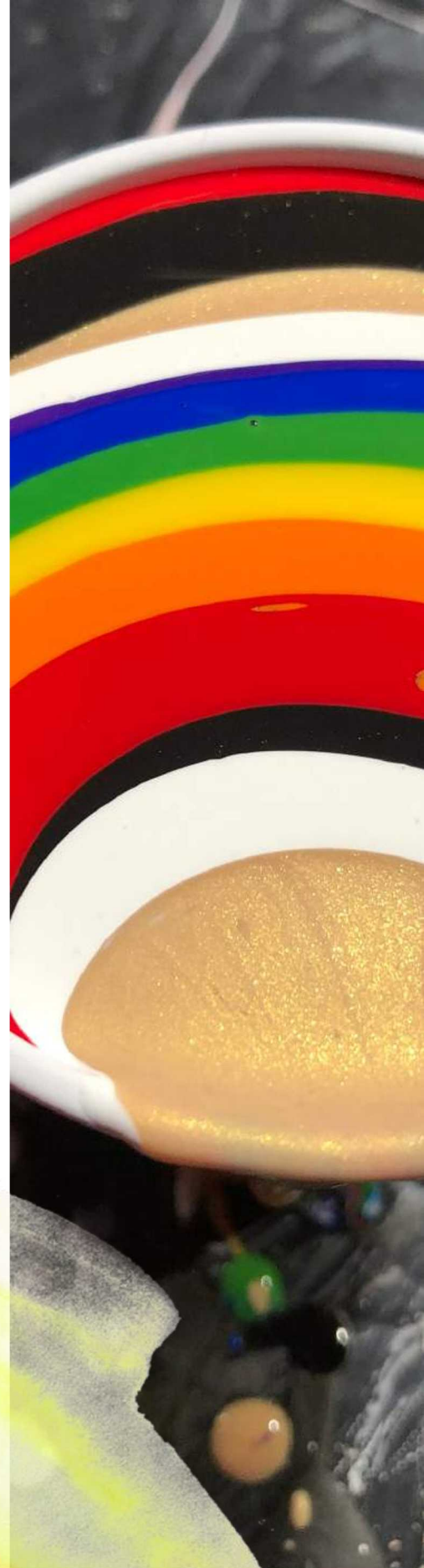
Fluid art has gotten incredibly popular the last few years. Especially so, like other self soothing in times of big stress outlets that many of us turned to for solace, in the world changing year of 2020.

It was first discovered in the 1930's by a Mexican muralist and political activist by the name of David Alfaro Siqueiros. He called it 'Accidental Painting'.

I'd love to share with you some reasons why fluid art is, I believe, one of the most creatively freeing and personally transformative art forms out there. It holds incredible benefits for your health and well being, along with any personal growth you aim for.

I hope this will inspire you to try it out and see how you feel when doing it and what you can learn about yourself while making something gorgeous while making a beautiful mess!

In case you're totally new to fluid art I'll next go over what it is. Then we'll get right into the benefits.



# What is Fluid Art?

In essence, fluid art is an art form done by using a fluid medium - paints, mediums, inks, and resins - and friction to create utterly unique and abstract pieces of art.

You work with your products in a very liquid form and create, through different techniques, elements, and friction, organic and ingredient based reactions, which then causes unique and wild, often quite unexpected effects and details in your art.

The key to fluid art is letting go of control. You have to in order for anything awesome to happen because your medium is in a flow state.

Of course, techniques, measurements, ingredients, canvas size, etc. are places you can 'control' things, but the results themselves are not ultimately controllable.

No paint by numbers or even copying your friend's or art teacher's results here. Why?

Because it's impossible. Every piece is utterly unique and unrepeatable due to its fluid nature.

Whether you try this art form as a creative outlet, a personal time and self care practice, a hobby, or full time art endeavor, you can tap into the following 8 (and many more 😊) life changing benefits of doing fluid art.







## 8 BENEFITS OF DOING FLUID ART

### 01 Learn to Let go More Often

You'll gain more hands on freedom from learning to let go of particular results. I bet you'd agree that we're a very outcome oriented society. Fluid art teaches you to let go over and over and just see what happens.

### 02 Nervous System Soother

Like a massage or cooking a good meal, flow art is incredibly tactile and sensory. Mixing, splooshing, tilting, swiping, and generally working with free flow, moving materials is deeply calming to your brain, senses, and nervous system.

### 03 Color Therapy

Color is healing, stimulating, soothing, and more to our brain and mental health. Seeing how the colors combine, dance, diffuse, layer, arise, shift, etc., creates different visual and sensory experiences, as well as helps you express your feelings thru the symbolism and energy of colors.

### 04 A Safe Place to Screw Up

Messing up doing something creative is probably the safest place we have to learn how to make friends with 'failure'. No major consequences happen from it, except for maybe some wasted materials and a sore ego. This is especially true for fluid art as one of the most uncontrollable art forms out there.

### 05 Risk Taking Creates More Resiliency

Similar to #4, you have many opportunities to pour, play, and do things over in fluid art. If you go with the flow and don't like the results, scrape it and do a do over darling! It may feel frustrating, especially when you \*think\* something will turn out perfectly.

con't . . .

But since you weren't totally in control of the art form in the 1st place, it teaches you that you can bounce back and go again in a different or new way.

Remind you of anything?☺

# 8 BENEFITS OF DOING FLUID ART

## 06 Can Cure Fears of Commitment

I often say “pour yourself ALL IN to what makes you come alive” for a reason friend. Fluid art is not a half assed art. You can do it a little here and there, but the actual process asks you to commit and pour it ALL out.

You can't take anything back because of the fluidity of your materials. By default it makes you commit to something and see what happens.

## 07 Make a Mess!

As adults, we don't get much permission to make a mess. Fluid art is like the adult version of finger painting! Even if there's much clean up involved, it's SO WORTH IT to let things flop, splatter, drip, and basically get all over the place.

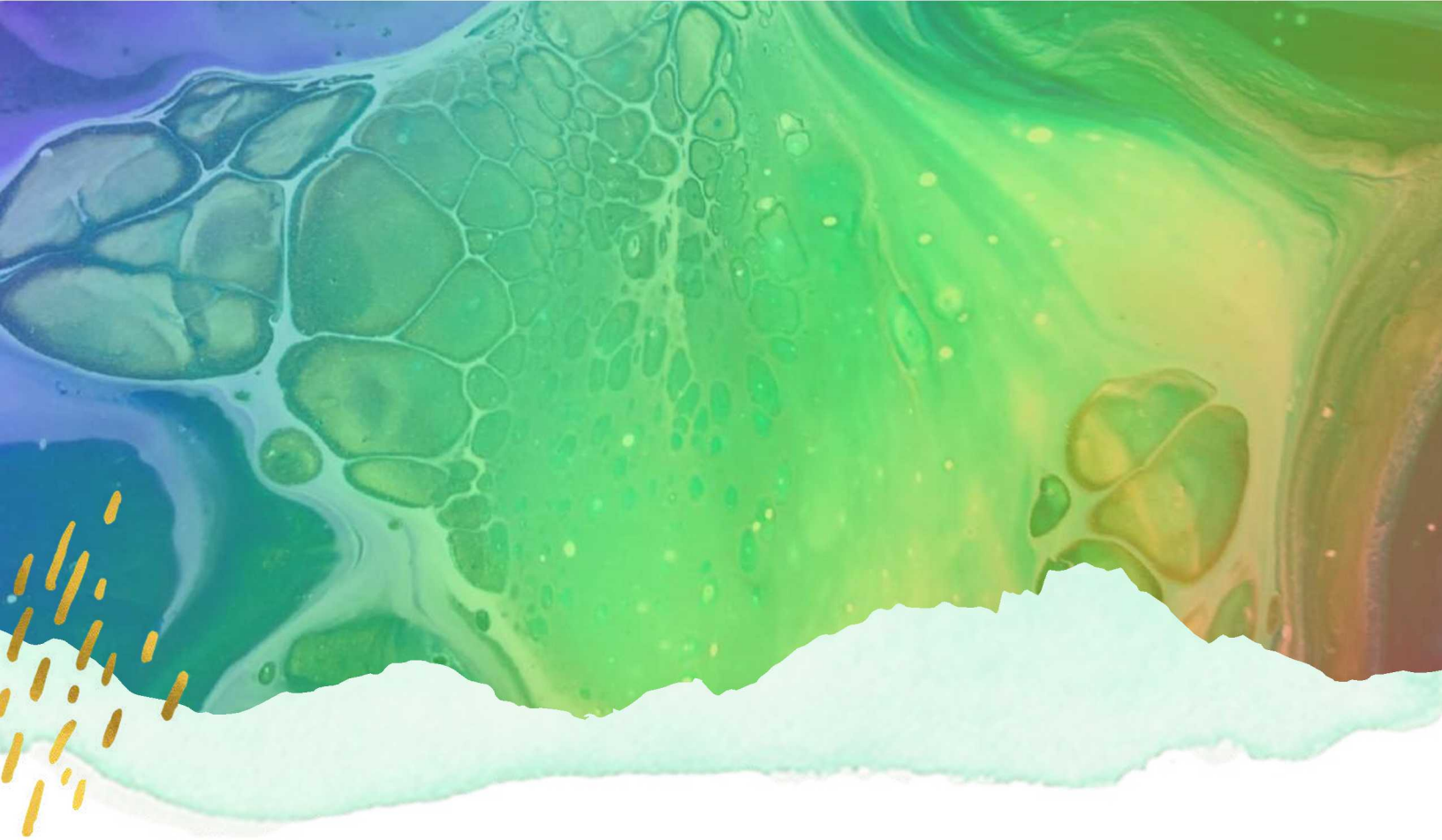
It's another freeing part because you have to make a mess to make this type of art.

## 08 Time Friendly Creativity Blast

So often we think we don't have the time to be creative. But in fluid art, if you have your paints already mixed up, you could feasibly make something stunning in a short time span. Unfortunately, this is also one of its criticisms by self appointed art critics 😊.

However, haven't we been conditioned to believe that making art has to be really hard, take tons of time, and intensely laborious to be worthy? Fluid art can certainly be those things too, depending on what technique or style you're doing.

But, if you just want to play with color, flow, and creative expression on the fly, you can easily do something creative and still get all of the above benefits in no time flat.



## 09 An Extra & Potentially the Most Powerful Benefit in Doing Fluid Art

The transformative power of doing fluid art is huge if you are someone who values doing things to know and grow yourself.

I mention this because I've been into as well as worked in the field of personal growth for 30+ years., and doing fluid art was and continues to be an incredible healing practice.

All art has the power to help you process things that happen and get to know yourself more.

*like a river - you can't step in the same fluid  
art piece twice*

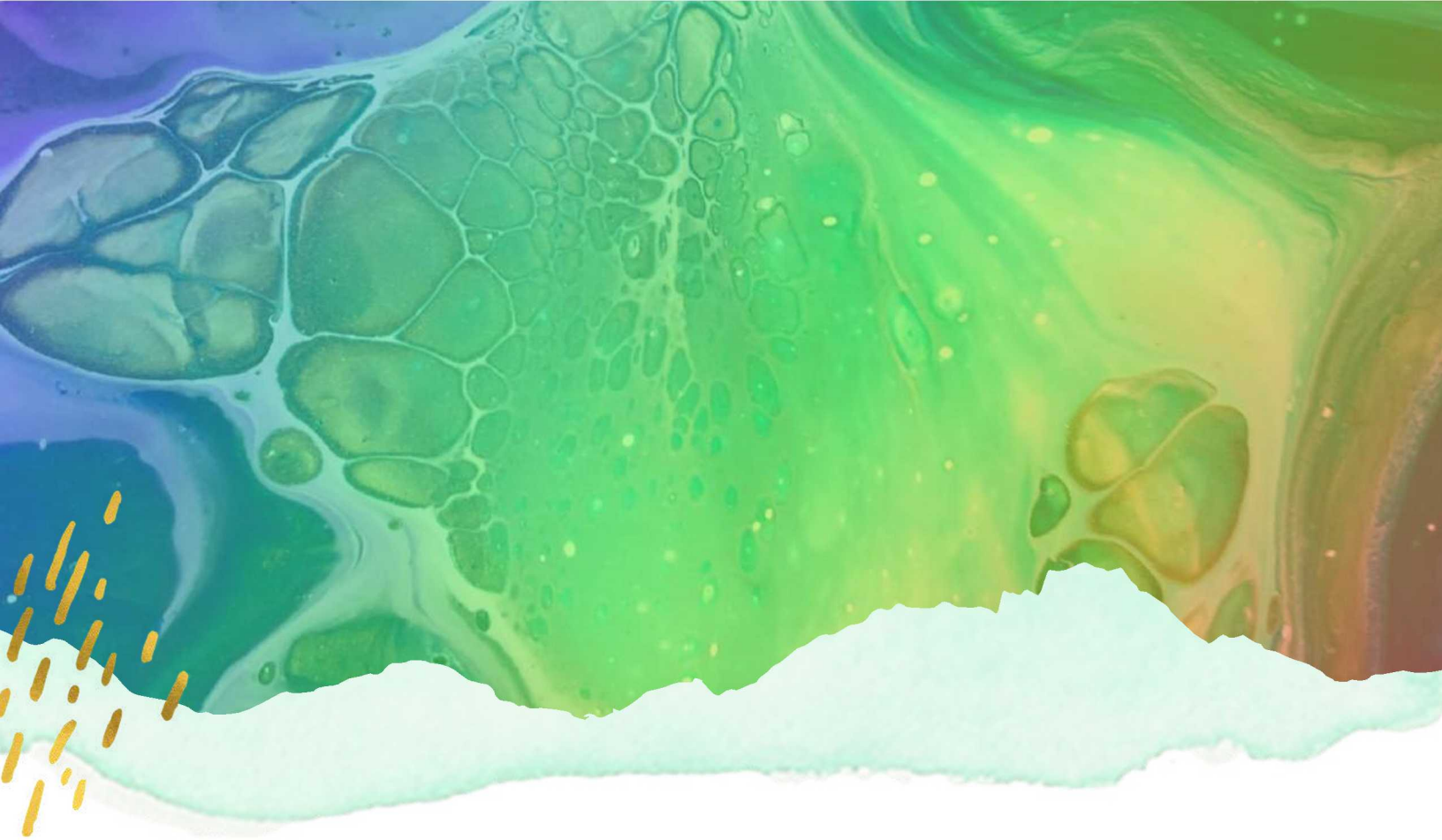
We've been expressing our deepest desires and takes on life since we painted hands and symbols on cave walls.

There's no denying that doing art is a whole brain, sensory, emotionally expressive and healthy thing to do.

Science, psychology, and the medical fields speak to its power to help us process and heal ailments on all levels.

It's simply good for the soul to express and create something with your own bare, and in this case, paint covered hands.





Fluid art turns up that possibility many notches because of its fluid, hence, uncontrollable nature. It's a continual exercise in cultivating a healthy, creative mindset of non attachment and a powerful presence practice.

Spiritually speaking, doing a creative practice helps you access more possibilities thinking, receptivity and inspirations, and that wonderful state of flow that brings you fully into your body, sensations, and the presence of now.

For me, doing fluid art is definitely the funnest, most freeing, and phenomenally powerful healer and muse that brings me back to my center and core self.

It inspires me to try new things, trust in the creative process in art as well as in my life more, dream bigger dreams, play more, and see the immense magic and beauty that comes when I pour myself ALL IN and ALL OUT.

If you'd like to play in some fluid art with me or have a 100% uniquely custom commission created for you come on over to [Soul Pours](#). I also have a new venture opening doors in May 2021 called the SPA, a.k.a. Soul Pours Academy, for live classes and online courses in fluid art as well as coaching for creating flow in your life and livelihood.



## A little of my story and how I got into flow . . .



I mentioned how wildly popular paint pouring got in 2020. I, like you most likely did in your own way in that crazy year, was one of those seeking solace. But truly, I was already primed for another big life shift.

About 5 years into an intense 7 year span of shocking changes in my personal life and businesses, my son and I began to plan a year of international travel. It was a few years in the making and I was very ready to be debt free, time free, and experience newness and adventure with my son.

But, as you probably guessed, our plans were abruptly crushed with Covid shut downs, 5 weeks into our year long adventure.

I felt so angry and freaked out and sad by all the losses, in my life and in the world. I later realized that I also went into deep grief from the loss of all the memories of adventure my son and I wouldn't have together.

To soften the blow of it all I found myself, intuitively and repeatedly, turning to this weird thing called fluid art. I don't even know how it found me.

But I craved a place to lose total control that was safe. To move big emotions and energy. And, maybe, even create something beautiful to take my mind off all the fears, disappointments, and uncertainties swirling around.

In discovering fluid art I found my flow and resiliency again. Another way to tap back into my true creative roots.

I'd always wanted to be an artist as a child. I've done many creative businesses and helped creatives with theirs as a coach as well as in branding. But to be a full time artist had always felt like a far from reach reality.

Though, as I shared my color joy, process, and delight in fluid art, I began receiving requests for teaching and commissions.

So, in the year that changed it all, I found fluid art and am eternally grateful!

Pour yourself ALL IN to what makes you come alive, LOVE . . .

*Michelle*★

