

# SUBCONSCIOUS PAINTING

doing without doing



*The Skaters*

A workshop in oil painting

with

**Sophia von Wrangell**

## **Theory of Subconscious Painting**

At a subconscious level we already know everything. Knowledge from the subconscious comes through the medium into the painting. The subconscious image interacts with the subconscious of the observer. This enables each viewer to see his/her own painting in your painting.

### **In classical painting:**

The act of creation begins with the object.  
The observed object is transposed into the painting.  
The artist is bound to reality by line and color.

### **In subconscious painting:**

The act of creation begins randomly. The artist is free of reality.  
The work is observed by the creator, and from that observation comes forth the subject of the painting.  
The act of creation ends with the object.

## **About Sophia von Wrangell**

### **\* More than 40 years painting experience**

In 1977 Sophia apprenticed with Corneliu Braescu, Emeritus painter of Rumania and has been painting ever since.

### **\* Skilled in a variety of styles and mediums**

Sophia uses many known styles such as cubism, impressionism, surrealism, and even realism. Not only do her paintings vary in style, some of them create a completely new style.

Sophia works with oils on canvas, watercolor, pastels, and she developed a new technique using oils on gesso on wood.

## *Emergence*



### **\* American Exhibits**

Sophia had her first American solo exhibit, "Creating Subconscious Worlds" at The Monarch Sculpture Park and Contemporary Art Center, Tenino, WA in 2000. She participated in several Art Walks in Olympia and presented four watercolors in the "Miniature Paintings" collective exhibit of the Association of Artists of Olympia in September 2001.

Sophia has works in Colombia, Spain, Rumania, USA, and Germany

## *Carrousel*



Four paintings in one: turn it around.

"Art is **divine expression** from within, and unique meaning. Trance in a timeless state akin to our illusion of glory. Even if we do not acknowledge it consciously, Art awakens, nourishes, changes, mobilizes, enriches and inspires."

"Art is the **consciousness** of society."