



Art of the **Subconscious:** the art of letting go

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Will you relinquish your *creative control* & surrender to the medium

Today we will explore an abstract art form where your use of technique and natural interactions of the mediums reveal the pieces character. You are tasked to enhance them and reveal the painting one layer at a time. Figures, faces, and places often pop up & off you go, or the layered colours and shapes attract your attention and a beautiful abstract emerges, drawing viewers in & keeping their attention, often raising the question "How did you do that ?"



A quick sketch that turned into an epic *29-hour* drawing journey

There are moments when art feels like it simply appears, bypassing conscious thought to engage the viewer and provoke deep reflection. This magic is born from a lifelong practice of 'letting go'—trusting my hands and my subconscious to translate years of experience into every stroke.

Lutte : it began as a sketch & a 29 hr drawing ensued

Materials

Canson mixed media paper, graphite, vinyl eraser, kneaded eraser, electric eraser

Techniques

Sketch, refine, roadmap, render using hatching, cross hatching, & scribbling with intention (aka scumbling)

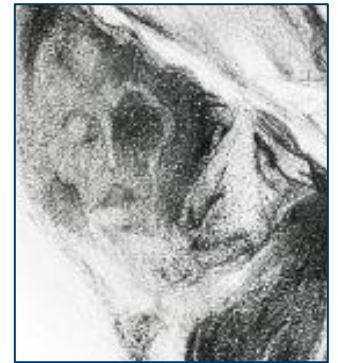
When the mind's eye took over

This began as a traditional rendering of a ballerina surrounded by her tutu. I ignored the figures & faces I saw in the shadowed areas of her skirt, but when I saw the third one I knew they were important so I let my mind go & went with the flow.



Lutte :
a struggle between
light and dark

Creatures & figures emerged through the drawing, I had to be careful not to change one to make another as I drew. Here are some of my favourites.





The element of *play* is generously applied

Moments noticed are opportunities to grow and expand on your creative toolkit, Often these moments are dismissed by your consciousness as you already have a plan and are unwilling, or unable to let it go.

Raven : created on a sunny afternoon in my backyard

Materials

Terra skin (10 pt), acrylic pouring medium, fluid acrylics, house paint, spray bottles, fresh air, hot sunlight, good tunes, patience to let each layer dry. I had three pieces on the go that day so I didn't compromise the zone I floated from piece to piece in .

Techniques

Splattering, tipping the surface, spraying it with water before of after paint application to achieve various flow effects.

Disaster struck

This was left out in my un-heated studio last winter and with the -30 C winter the painting became brittle, and cracked apart.



Breathe in, open your mind, & get into the zone.

Art is a tactile experience. I easily enter “the Zone” by picking up some art materials & thinking about using them. It’s not so easy for everyone, especially in a class situation. Here are some tips,

- **Gather your materials** for whatever you have in mind, this gets the creative juices flowing
- Begin with a **10 min warm up** exercise : making marks on a surface, colour theory, a monochromatic painting, a loose drawing with pencil on a stick, wrong hand painting, paint your pencil, the list is endless.
- **Try something different**
- Keep a **sketchbook** & drawing device with you at all times. No digital ones!
- **Play** with your tools & mediums to observe how they interact with your actions (splatters, spray, scrape, blow, tilt...) **Be the biggest kid in the room!**
- **Use what you’ve just explored** in your art with what you already do & see where it takes you
- **Stay positive & accept what comes out.**

The Balloon Man 2018

This began as a vase of white Peonies

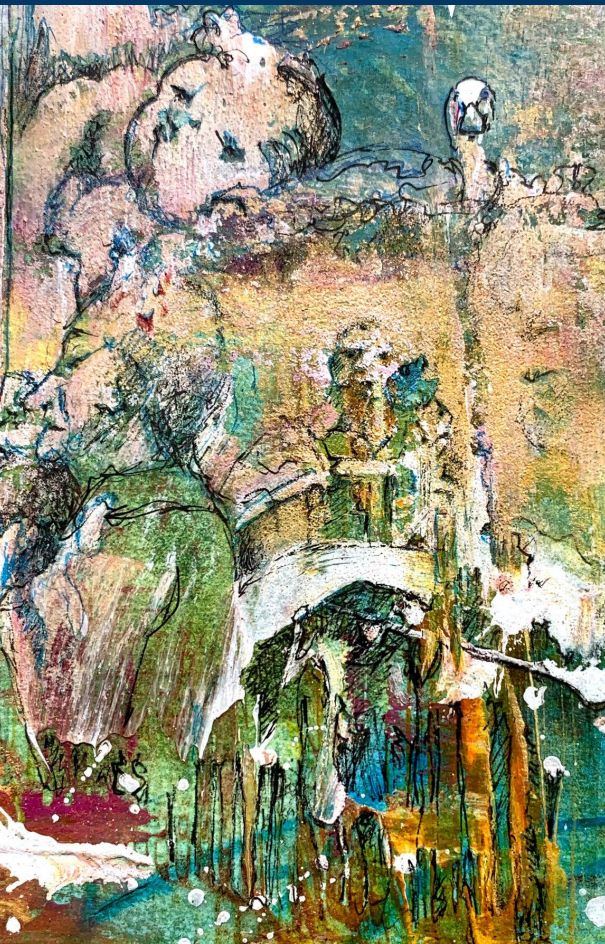


Simple techniques to get you started

The basic theory of this artform is to get the medium moving on the surface and interact through blending, bleeding, overlapping, and mixing together. Think of the piece as a still life set-up, you have different textures, shapes, sizes, values, & colours; each element has varied mass, position, transparency, surface, and are overlapped to create space.

Here we go!

- **Select two-three colours** (colour theory) that contrast and mix nicely, keep special colours (metallics, fluorescents...) for the **Lipstick & Mascara**
- Begin by **spraying** the surface with water (H²O) or rubbing alcohol (RA) - no puddles just a light, overall spray
- **Gently splatter** a couple of drops of colour on the surface, & use your **spray to move them** around. Dilute to create your base layer (coloured ground). Use the **spray, a straw or tilt** the piece to direct the colour puddles & move them together & apart. Control the extra H²O/RA with your rag
- Use a **hair dryer** to move the medium or just dry it off. Observe what's there
- When dry **repeat the process** and use less/no spray and the straw to get the inks to spider and connect



Rainbow Bridge : who's waiting for you
2024 creative reset with friends

Use traditional knowledge to keep you going

As with any artwork you will be observing your process and also need to LOOK at what you've produced, this time from all angles, & even in the mirror to see where your piece is speaking to you most, if at all, yet.

Build your layers up using a combination of :

- **Colour theory** - Be selective, you don't want to make that typical green/grey when too many colours are used.
- **Much, Some, Little** - Ex: Much sky, Some land, a Little water; too much of everything will make a painting seem overwhelming
- **Elements & Principles of Art** - focus on one technique (spraying, blowing etc) per layer keeping these rules in mind, and document what you've done,
- **Transparent Layering** - Use the inks opacity. Go from opaque to transparent
- **Composition** is just as important as in a lifelike painting to draw the eye in, and can be achieved using colour, line, repetition, texture,,,,
- **Play** with the different mediums, test what happens when you mix the sprays
- **Know when to stop** or ask for an opinion, mine is always available.

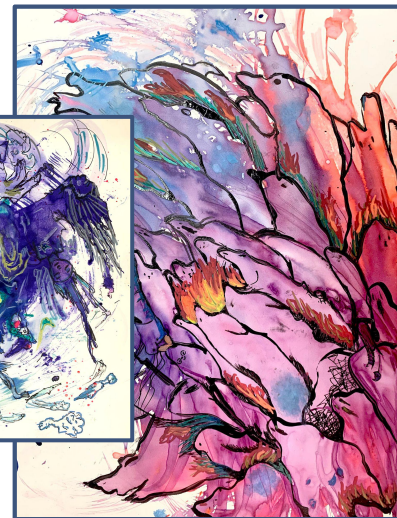
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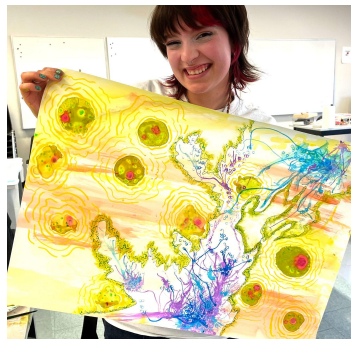
Some *inspiration*





Workshop materials & a few of the results

- **Surface** - Terra Skin in 28x40" sheets [TerraSkin Paper](http://kingsframingandartgallery.com) at kingsframingandartgallery.com. Another option is mineral paper or Yuppo.
- **Inks Used** - All ink is available on Amazon.ca, Windsor Newton drawing Inks, Monte Marte Acrylic Ink, FansArriche Alcohol Ink Set, Rozifar Acrylic and Alcohol Ink
- **Mediums & Supplies** - 99% Rubbing Alcohol, Water, small to XL brushes, straws, hair dryer, gel pens, Sharpies & Sharpie Roller pens, pencils



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