

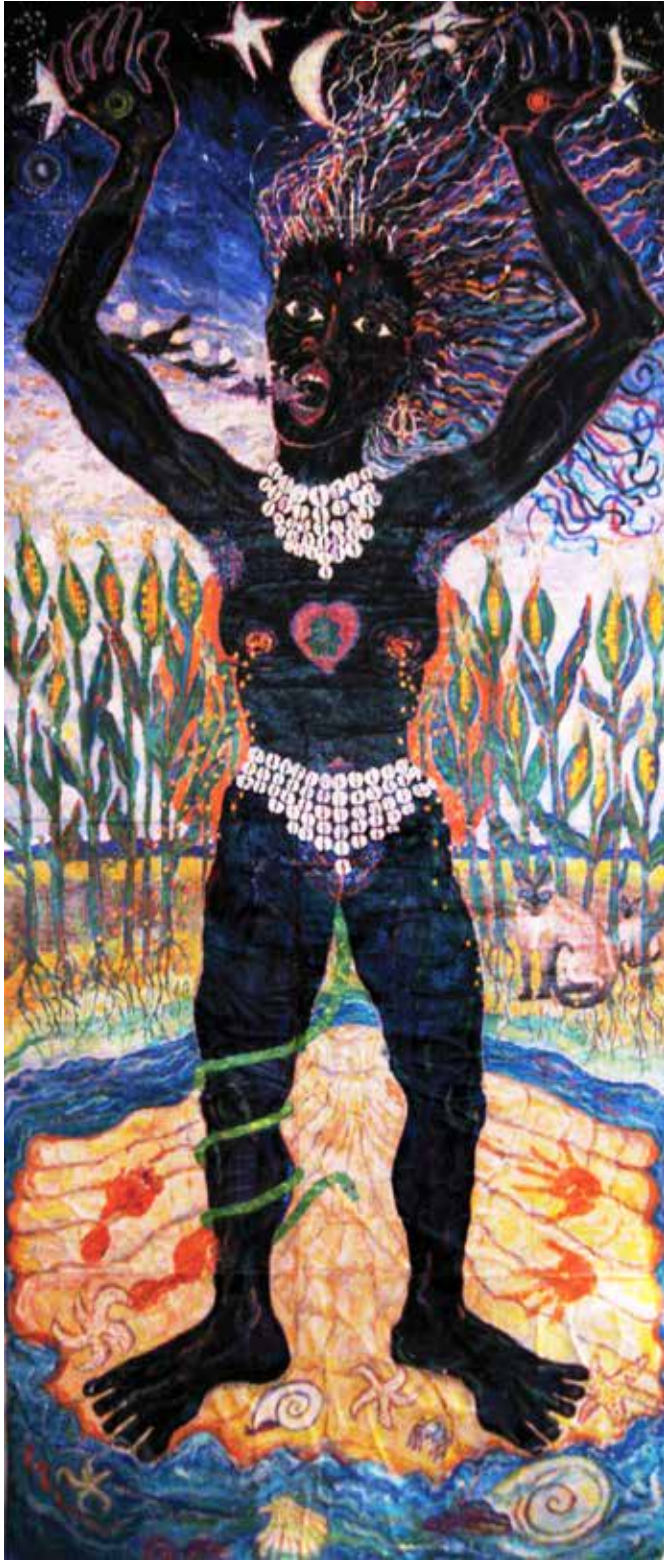
AVIVA GOLD

# PAINTING FROM THE SOURCE

*Awakening the Artist's Soul in Everyone*

*Full Color!*





Black Venus, 1997



*Aviva Gold dreams her Source... her parents Ben and Ruth on their honeymoon.*

First born, sweet, innocent and loving ... but watch out world. Soon to discover, she was born into a time and place where the wealth, freedom and respect given to her brothers was not to be hers... Where dark skinned people do not have the same wealth, freedom and respect as light skinned. She remembers when she was a man. She remembers when she was black. She remembers when she was a wild one close to the earth. She never forgot. Memory of her other lives makes her an artist, mandates her outspokenness to the status quo. May we all be so.



*“Beauty happens whenever your soul truth is expressed.”*

— Aviva Gold



# *Painting from the Source*

*Awakening the Artist's Soul  
in Everyone*



**Aviva Gold**

## THIRD EDITION

2020 Source Books

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For information contact Aviva Gold, Source Books, Oracle, AZ.

Aviva@PaintingFromTheSource.com, www.PaintingFromTheSource.com

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# *n the source*

*To my best teachers, my sons  
Sabin, Max, and Josh Gershweir*



*Josh's Bar Mitzvah  
party in 1986 ... when  
PFTS was just beginning  
to formulate.*



*Breakthrough painting  
described in Part I.*

Birth, 1982



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# *in the Source*

## *Acknowledgements*

### **Third Edition 2020**

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### **Second Edition 2012**

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### **First Edition 1998**

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*Different painters.  
Different impact.  
Same authentic Truth.  
Same Source.*



*I m a g i n e  
S o u r c e  
t h e  
M a g i c*

Imagine yourself painting with no hesitations, no conflicts.



*Expressing the Beast  
to get to Beauty.*

*Add feet and earth below  
to nurture and bloom.*

**Imagine** yourself painting with no hesitations, no conflicts. Your brush dips into pots of vibrantly colored paint; inner inspiration guides your hand into lines and shapes that find their perfect places on the paper...

**Welcome!** I am Aviva Gold, your guide to the magic source. As children, all of us lived and painted intuitively, but somewhere along the line this freedom gets trained out of us, and we are either categorized as artists or not. Now as adults we can re-create the boundless joy of unselfconscious art by setting aside intellectual critique and self-doubt and reconnecting with the source.

**Paint and remember!** Return to the easel with the same child like sense of play. Learn to let go of inhibitions, relinquish control, and embrace the source. Using simple materials – tempera paints, newsprint – paint without worrying about the end product.

“In times of change and decision-making, Aviva Gold offers an extraordinary way to travel and explore our dreams of life. This book is a guide to discover our unique talents, the power of creativity and access our inner wisdom that gives strength and healing.”

– **Thomas Lüchinger, film maker, “Paths of Life”**

“If there is an artist buried in you who is struggling to get out or a free spirit who needs to be set loose, this book will be like spending a week at a creativity spa. Read it, study it, live it, and you and your soul will emerge rejuvenated.”

– **Suzi Gabolic, author of “The Reenchantment of Art”**

“Aviva teaches painting as everyday shamanism; paint like a child, and you call back your vital soul energy. I highly recommend this spirited, generous book.”

– **Robert Moss, author of “Conscious Dreaming”**

“Aviva Gold significantly enlarges the artistic and spiritual landscapes and eloquently affirms how all creation springs from the great mystery that gives shape to everything – it is not you alone who paints the picture.”

– **Shaun McNiff, author of “Art as Medicine”**



**Aviva Gold, Art Medicine Woman, MFA, CSW, ATR-BC,** has been leading *Painting From The Source®* workshops for over three decades, skillfully blending depth psychology, art and Shamanism, in prestigious retreat centers worldwide.