

WELCOME TO

THINK

&
Paint

CURATED BY
JEFF KINZ

FOUNDER OF T&P
EMCEE AND VISUAL ARTIST

Peace Soho Friends!

Tonight will be a gathering for conscious conversation and art creation. With guided prompts to make you think and a blank canvas for you to paint, Think & Paint encourages you to exchange unique and intimate life perspectives, both visually and verbally.

Don't forget to share your painting with us on social media!

Thank you for joining our community!

We affirm you will have an enlightening experience.



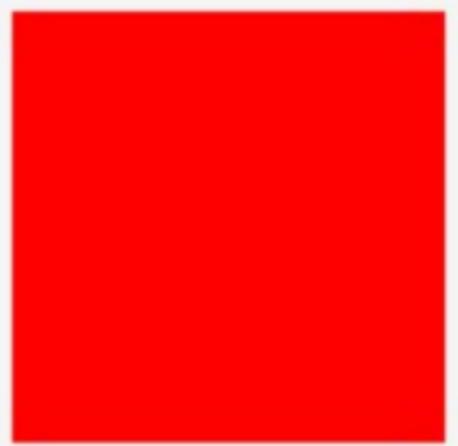
THE ART ELEMENT OF SATURATION AND YOUR PUREST MOST AUTHENTIC SELF

We invite you to make
yourself comfortable and
create a safe space
together. After setting up
your canvas and paint,
please review this packet
to get you thinking.





Increased brightness



More White



Decreased saturation



More Gray

What is Saturation?

Saturation refers to the intensity of a color. This is different from hue (what color family it belongs to) and value (how light or dark it is).

Saturation is the strength of a surface color, its degree of visual difference from neutral.



Examples of Saturation

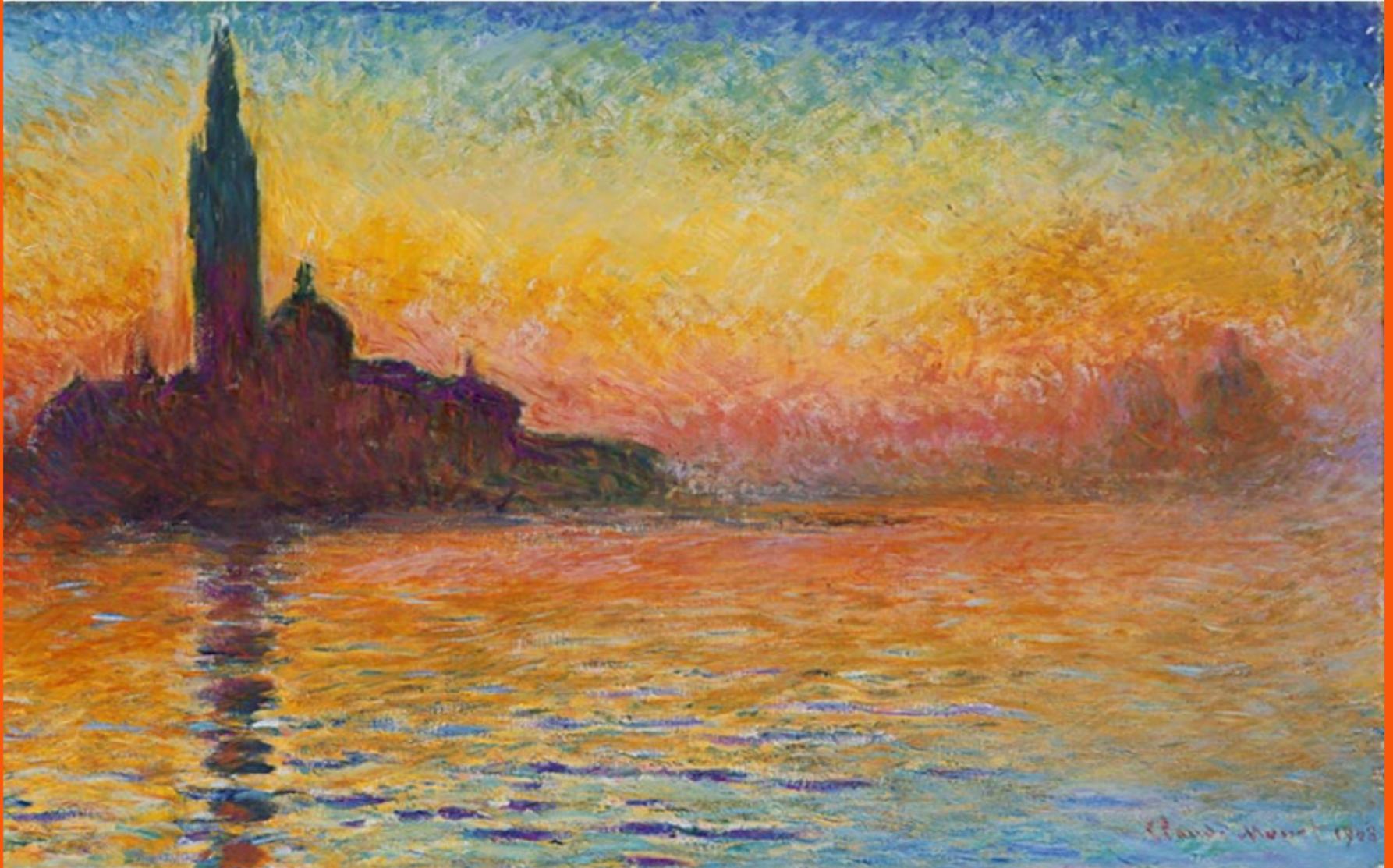


VARIATION 186 120 X 120

John Steyer



Bob Swartz



FINDING YOUR AUTHENTIC SELF

When you first start gaining consciousness from from your sleep, what are the first thoughts that come to your mind?

Why do you think it's important to give your self checks and balances ?

Can you remember a moment in your life when you where you were unapologetically yourself because someone forced you to be? If so why?



What does emotional authenticity mean to you?

What rituals or routines do you practice to keep a healthy sense of self ?

Why do you think we allow others thoughts and opinions shape our personal realities?

Why do you think some of us might shy away from moments solitude ?

Think back to a time where truly felt pure, untouched, or uninterrupted; what internal and external factors made that possible?

When you are not true to yourself , why do you think it's challenging to forgive yourself?

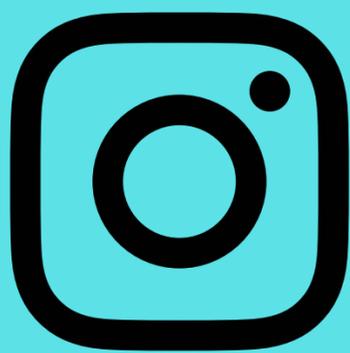
When did you become self aware of the ways in which you've back from bring your most genuine self?

What values did you have that you don't anymore and why?

How do you practice remaining present?



**SHARE YOUR
ARTWORK!**

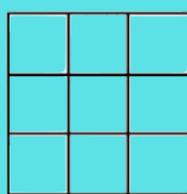


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