

# Create an Abstract Dreamscape

Intrigued by the theories of psychologist Carl Jung, Bernice Bing sought to explore her dreams and subconscious through her art. She was also inspired by her surroundings; her move to Mayacamas Vineyard in Napa led her to produce many abstract landscape paintings that include dream-like imagery.

Look at the Bernice Bing paintings below – what words would you use to describe them? What makes them dream-like?



*Blue Mountain, No. 2*, 1966, by Bernice Bing (American, 1936–1998). Oil on canvas. *Asian Art Museum, Gift of the Estate of Bernice Bing*, F2020.25.10. Photograph © Asian Art Museum.



*A Lady and a Road Map*, 1962, by Bernice Bing (American, 1936–1998). Oil on canvas. *Asian Art Museum, Gift of the Estate of Bernice Bing*, F2020.25.10. Photograph © Asian Art Museum.



*Epilogue*, 1990–1995, by Bernice Bing (American, 1936–1998). Oil on canvas. *Asian Art Museum, Museum purchase*, 2020.27a-c. Photograph © Asian Art Museum.

# Steps for Creating Your Own Abstract Dreamscape

- ① Think about some of your most memorable dreams.
- ② On a sheet of paper, brainstorm a list of symbols and images that appear in your dreams most often.
- ③ On the other side of your sheet of paper, use a pencil to lightly sketch a draft of your dreamscape. Figure out where you want your images to be placed and woven together. You can start with one of the images or symbols from your dream and try the following:
  - a. Repeat it in different areas of the paper
  - b. Distort it by changing its form, size, or texture
  - c. Add marks and shapes that express your feelings about that image or symbol
  - d. Add other symbols or images from your initial brainstorming and try steps a.-c. with them.
- ④ Think about the colors that can express the various emotions of your dream(s). Are there different shades of the same color that might convey your feelings more clearly? Should some colors be smeared or faded while others are sharp and intense?
- ⑤ Use the provided materials to complete your abstract dreamscape.

## Sample abstract dreamscape by artist Sam Nakahira



Special thanks to artist [Sam Nakahira \(samnakahira.com\)](http://samnakahira.com) for collaborating on the creation of this activity.