Though Hellen Frankenthaler's method was to pour thinned paint on untreated canvas laying on the floor I have started with a stretched canvas that has a thin layer of gesso applied. I then thinned acrylic paint with medium and water. The colours I used are Thalo Green, Burnt Umber, Raw Sienna, Hookers Green, Hansa yellow and Cerulean Blue.

I mixed these colours with the medium and water in cups and poured them onto the canvas. I started with yellow then poured the thalo green. It fell out of the cup in one clumps and oozed over the canvas on the top left. It then ran towards the middle. It mixed with the yellow producing a neat effect. I then poured the raw S sienna it mixed with the green and yellow I waited but not long enough then poured the burnt umber. I think it was too running and poured out of the cup too fast and made a mess. I sopped up the excess green and browns with paper towel.

I then added the hookers green to give a different green and create some depth and variety. I watered down the blue and brushed in on for the sky then rubbed it in with a dry cloth. I did the same with some of the hookers green and the browns on the bottom of the canvas. I added the tree trunks to very far left, your left, after with thalo green and burnt umber. I used a brush and dry cloth on the bottom to create the earth path effect.

I like the over idea of the painting. I think I have achieved the forest effect I was going for. I like the sky and the yellow and the middle bottom part of the work as to me it does look like a forest. I am not happy with the far left where I applied the tress after. (Note the last image, second down form this one, on the far left there is nothing but hookers green). I am undecided about the large splosh of thalo green in the top left running to the middle I like but question it. I like that the viewer can images in the marks made. Similar to being in the forest with all the shades and shaped creating images that the minds eye can see.

It was a good exercise in a style that I will continue to explore. I will start on untreated canvas, apply one or two paints at a time allowing them to dry between next application of other paints, unless I am going for the mixing effect. I am looking forward to exploring landscape in the abstract form.