

An abstract painting with a rich, textured background. The colors are a mix of vibrant blues, teals, oranges, reds, and purples, with visible brushstrokes and splatters. The overall style is expressive and modern.

# Rise Above

A TRANSFORMATIONAL  
PAINTING CHALLENGE

## Supply List



# Supply List. Canvas

**CANVAS** . We recommend painting BIG!

Here's why...

**#1 It is actually easier to paint big.** Most beginning painters think painting smaller is easier, somehow “safer” (painting is very safe). It is the opposite. In the lessons, we are painting on a 36” x 48” canvas. A 24” x 30” canvas is another nice size if you desire.

**#2 Painting BIG symbolizes taking BIG leaps,** BIG steps into your NEW creative expression. It will blast through BIG limiting beliefs, resistances or fears. Go BIG!

Michael's often has BIG sales on canvas. Whitney Freya lives in a rural area, so she orders her canvases (free shipping) from [dickblick.com](http://dickblick.com).

You could also paint on a BIG piece of cardboard, or unstretched canvas. We recommend priming both.

You could use typical household primer paint (be sure it is acrylic based.)



# Supply List. Paints

We recommend painting with **ACRYLIC PAINTS** because we will be layering over and over on the same canvas.

In this course, Whitney Freya is using Blick Studio Acrylics in the following colors:

- Titanium white
- Primary or Cadmium yellow light
- Primary Red
- Cerulean blue
- Turquoise or bright aqua green
- Quinacridone Magenta
- \*Flourescent pink
- \*Deep violet
- Mars black

*\*Optional colors. These are both hard to mix from the other colors AND you can mix A LOT of colors from the others.*



# Supply List. Brushes

**BRUSHES** . Almost any brushes made for acrylic paints will do great! We don't recommend spending a lot of money on brushes.

*Watercolor brushes are super soft & floppy. They are hard to control with heavy body acrylics.*

*Oil brushes have very stiff bristles. Not ideal for acrylics.*

*Acrylic brushes are typically made from synthetic bristles, ROUND is our shape of choice. Any will really work just great. Any kind of beginner set will work perfectly.*

**Brush Sets:** Here are some examples...

<https://amzn.to/3RTQP5j> or <https://amzn.to/3RVhzCw>

**LARGE brush:** Blick Mega Golden Taklon Brush - Mega Filbert, Short Handle, Size 50 or 40 from [dickblick.com](http://dickblick.com)





# Supply List. Misc

***Rise Above, Free Your Mind One Brush Stroke at a Time*** by Whitney Freya . available on [amazon.com](https://www.amazon.com) or [WhitneyFreya.com](https://WhitneyFreya.com)

***My Painting Journal*** by Whitney Freya on [amazon.com](https://www.amazon.com)



We always recommend using recycled and reusable materials for our miscellaneous supplies.

- Water containers: tin cans, jars, etc.
- Rags: old clothes or dish rags instead of paper towels. Better yet! Dedicate an outfit to your painting clothes. It's fun to just clean your brush on your clothes! And you will have one-of-a-kind, artsy clothes!
- Palette: Empty meat trays, the plastic tofu containers, or any other plastic food tray that you can recycle.

MUSIC . CANDLE or INCENSE or DIFFUSER  
OPEN MIND . RECEPTIVE heART  
SENSE of ADVENTURE . CURIOSITY

We are excited to share  
this experience with you!