



## Supply List for TARA Painting Meditation with Whitney Freya

### Acrylic PAINTS:

You are welcome to use the variety of paints you already have on hand, as long as you have the basics: white, black, red, yellow, blue. This course is all about encouraging your own self-expression and if you already paint, you probably have everything you need. If you are new or need to replenish your palette, here are the colors I recommend having on hand.

I typically order my paints online from Dick Blick. Their studio acrylics are great. You can find them here: <https://www.dickblick.com/products/blick-studio-acrylics/>

Titanium White, Mars Black, Yellow (Cadmium Yellow Medium comes in handy), Cobalt Blue, Cerulean Blue, Red (Primary Red is great, if you have a Cadmium Red be sure to have a primary type red too), Magenta, Payne's Grey (love this color—creates a nice alternative to black and deep blue), Bright Aqua Green (a DickBlick color we all love), & METALLIC GOLD (and any other metallics or fluorescents you like).

### BRUSHES:

You want brushes that are for acrylic paints (stiffer than watercolor and not as stiff as oil paint brushes).

This set on Amazon is great and SUPER reasonable: <https://amzn.to/3lcd6sN>

## CANVAS:

Please get as BIG a canvas as you can afford or you have space. Painting bigger is easier AND for our TARA “Altar” painting it will lend itself to freer painting and expression.

In the course video lessons I am painting on my bedroom door (so big!) and on an 18” x 24” (which will be won by one of YOU!). I recommend at least 24” x 30”.

## EXTRAS:

These supplies are not necessary, but I use them in the course.

The book I use for inspiration: TARA... by Rachael Wooten.

Charcoal Set: Buy it here. This is for layering the mantras and symbols onto our canvas and also used to define aspects of our TARA “Altar.”

Stencils: Mandala stencils. I love these: <https://amzn.to/2Qs0yiF>  
My Actual Sacred Symbol Stencils: <https://whitneyfreya.com/actual/>

Patterned papers, fabric, tissue paper. Whatever you have is fine.

Satin Varnish: for finishing the painting and using with mixed media. I have this one: <https://amzn.to/34sVUcA>

## FOR YOUR ALTAR:

I love to create sacred space for my painting practice.

As an example, on my altar I have a candle (I happened to have green, for Green TARA, but any candle is fine), a TARA sculpture (not necessary, of course, but if you have one... or you may want to get one like this: <https://amzn.to/2QnEaXL> I have a small one like this and they are readily available at new age stores or amazon, and a vase of flowers (actually a jar of flowers) from my garden.

*I am so happy you are joining me for this truly magical journey. ~WHITNEY FREYA*

*OM TARE TUTTARE TURE SOHA.*