

The Birth of



Meet Your Mighty Inner Ally

An Intentional Creativity® experience guided by Evelyne Verret

Supplies List

- 11"X14" canvas*
- Charcoal sticks (soft) (optional)*
- Watercolor crayons or pencils (optional)*
- Brushes (variety of sizes)
- Acrylic paint: You will need a variety of colors for the underpainting and Titanium white, yellow, red and dark blue. Also, choose one of these 3 colors from the Golden Brand (1oz bottle is enough): Phthalo Turquoise, Quinacridone Magenta, or Quinacridone Nickel Azo Gold (I used that one in the videos)*
- Black Sharpie*
- Gold paint pen (I like Posca paint pen but Sharpie works too)*
- Liquitex Matte Medium*
- White Gesso*
- Journal
- Water spray bottle
- Paper plate or palette
- Jar of water
- Tissue paper (color doesn't matter)

*These items are on a list I prepared for you on Dickblick. You can find it here: [The Birth of Paradoxia shopping list](#) . Add the items that you need.

If you have any questions, don't hesitate to contact me at evelyne@coachevelyne.com.