

Dream Spiral - Supplies Used

Although this is the exact list of supplies that I used, because some folks like to know precisely, as ever, I encourage you to please use what you have .

This is not intended as a shopping list and the media used in this project, or something very close, are very likely to already be part of your collection.

If you are not sure, keep your palette choices simple - two or three hues are all you will need to create a pleasing design.

For your guidance, I used:

My art journal, (seawhite brand) , smooth heavyweight paper size A4. (you can work this up smaller if you wish)
Water, cloth or tissue and a couple of brushes (old or cheap ones are ideal, nothing fancy)

A selection of collage papers... Old letters, scraps of tissue paper, musical script or printed pages are all great.

(I chose papers in mainly muted tones but follow your own instincts.)

A couple of pages from a magazine or old story/poetry book. Children's old books are great for this!

IMPORTANT - You are going to cut these up so if the book or page is precious, then scan it and make a printed copy that you can use!

ModPodge Matt, or acrylic matt medium.

You CAN use standard PVA (school) glue if that is all that you have, but the surface will be shiny and harder to paint on.

I used water soluble pencils for this project, but you can also work with diluted acrylics, soluble crayons or even inks if you wish. Substitute with what you have available as needed.

Colours used : lemon cadmium 2, dark violet 25, blue grey 68, blue violet lake 27, imperial purple 23, kingfisher blue 38, prussian blue 35.

I also used my Stabilo Woody in salmon from the first workshop.

Black ink - any - this was one that I was given.

Water spray (optional but very useful)

Hair dryer or heat gun (great for moving the ink around, but you can also blow it into the patterns you want with a straw too!)

Gold metallic craft paint (optional) for spattering - I chose this as my finishing touch, I love spattered textures, but this is up to you!