



Dream & Journey Supply List

This is a suggested supply list, please feel free to choose the supplies that you want.

- **Canvas** - one large stretched 24"x24", two 12" x 24",
- Watercolor paper or mixed media (I like to create my Dream & Manifesting Mandalas on 12"x14" pieces of watercolor paper. I get sheets and cut them down. However the templates that you will trace just fit an 8.5" x 11" size)
- **Art Journal** (mixed media) - optional
- **Black sharpie** - fine tip, waterproof
- **Pencils, pencil crayons, markers** of your choice
- **Watercolor Paints** - Any type of watercolor paint works well. I really like my Brusho Crystals ○ Here is a link on Amazon of the ones I use
https://www.amazon.ca/Brusho-Colourcraft-Crystal-Color-Colour/dp/B004EBIUW6/ref=sr_1_1?crid=24J0298NZ5DM2&dchild=1&keywords=brusho+crystal+colours&qid=1609633165&srefix=brusho+cry%2Caps%2C232&sr=8-1
- I quite like playing with watercolor pencil crayons and watercolor markers too. My markers are a brand named Koi Acrylic Paints (these are optional)

Acrylic Paints - I like using Liquitex Basics. You can get them in heavy body, or opaque. The heavy body are usually more expensive. I have starred the ones I would begin with. Buying paint for me is kind of like walking into a bookstore. I never leave with my hands empty.

- My favorite colors are: ○ Titanium White * ○ Mars black, and also Paynes Grey * ○ Burnt Umber (brown) * ○ Cadmium Yellow Medium * ○ Quinacridone Magenta * ○ Phthalocyanine Blue * ○ Dioxazine Purple ○ Prism Violet * ○ Bright Yellow Green ○ Turquoise ○ Other great colors are Chromium Oxide Green, Hookers Green, Burnt Sienna, Bright Aqua Green, Cadmium Orange (very expensive), yellow oxide.

Paintbrushes

- I like to have a 1", ½", ¼" and a fine brush.

- Everyone has a different view on brushes. Mine are soft brushes and I have seen them at Micheal's. They are clear handled.
- **Carbon paper** to trace your mandala templates onto your canvas. You can get this at any office supply store.
 - Other optional supplies: I demonstrate adding template patterns onto my backgrounds. I usually just get stencils that are plastic and good for painting. You can find a variety of these on Amazon or at Michaels Art Supply Store. They are fun to create interest in the background.
 - In the mandala painting I will often use liquid paint and pour it on for some bright pops of colour. I use magenta, yellow, white and turquoise. Again these are optional.