

SACRED *Colours*

Painting as a Spiritual Practice **H.E.A.L. Project**

(Optional Watch: “Getting Ready to Paint” for my tips before shopping for supplies!)

Surface: Canvas, canvas panel or board

Medium: Acrylic paint (Golden fluid acrylics, or any kind of acrylic paint)

Paint brushes: synthetic brushes of different shapes and sizes, natural, stiff hog hair brushes - round, different sizes, some blunt and some tapered

Palette: old glass picture frame or window, a commercially available palette or even a plastic plate

Water jar: old mason jar or plastic container

Floor / table / wall covering: commercially available drop cloths, newspaper, plastic or an old sheet

A rag: an old towel or microfibre cloth

Spray bottle: you could save an old multipurpose cleaner bottle of some kind, make sure it's been washed out well or you can buy an empty one at your local dollar store

Various other mark making tools: think pattern makers, e.g. stencils, plastic fork, bubble wrap, lids from containers (check your recycle bin & be creative!)

Journal or notebook: dedicated hardcover journal or even a lined notebook will work

Pencil & eraser: any kind of pencil and eraser will do, I like these Staedtler pencils and white erasers but if you have a favourite, use that

Charcoal or chalk: not 100% necessary but will be helpful for writing your intention on your painting surface and for drawing outlines of what you intend to paint

A sharpie: optional, but useful sometimes

Brush cleaner and preserver: “General Pencil Company The Masters Brush Cleaner & Preserver” from art supply stores, “Orange oil” from wall painting supply stores or regular dish soap

Painting clothes: wear clothes that you don't mind getting paint on when you're practicing

Optional extras: Extra coloured pencils, markers, pastels, or other favourite medium