



A handbook for hobby and experienced artists alike with guided exercises and prompts for mindful practice

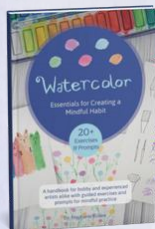
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Here's your free book sample!

What's Inside:

- “Table of Contents” from the full book
- Full required supplies list (so you can start preparing for your book to arrive!)
- Intro to the section on “loading your brush”
- Example lesson from “Composition”
- Example mindful exercise for “Long Cats”



[Buy Full Book](#) 

The full book is available on Blurb as a 5x8” softcover and has 74 pages with full-color, follow-along examples.

- 1** Supplies List
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Supplies List

These supplies are readily available at hobby and craft stores and online retailers. There is no need to go for professional grade supplies to get started, as you can build up to those as you progress.


You may wish to get a basket, large pencil case, or other container to make it extra easy to store your supplies and get them out when you're ready to have a painting session.

Required Supplies

- watercolor palette
 - 16–24 colors recommended
- watercolor paper
 - size 4x6 or larger
 - save money by cutting down from larger sheets*
 - look for 140 lb (300 gsm) or higher, either cold or hot press
- watercolor brushes
 - at minimum, acquire small, medium, and large round brushes which are available in inexpensive sets
- two small water vessels
- pencil
- hair dryer or craft heat gun
- paper towel
- *choose one or more:*
painters, washi, masking,
or artist tape



**Learn about
paper on
page 13**

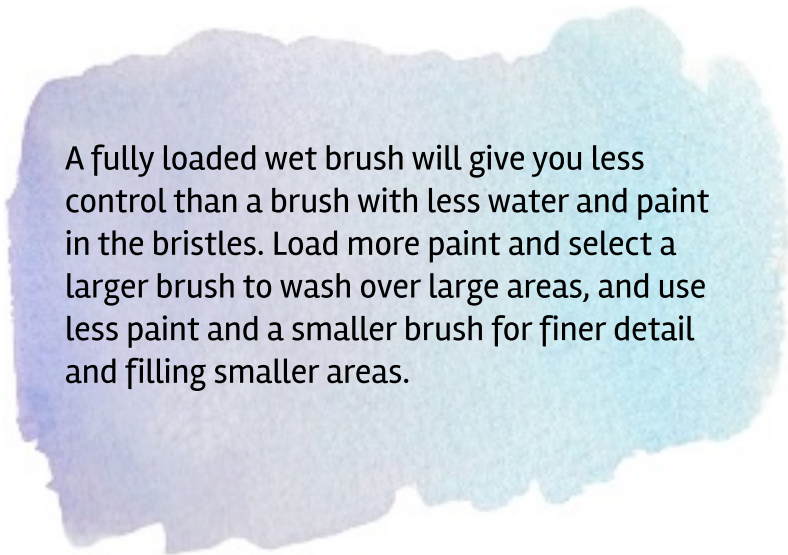


**Get to know
brushes on
page 11**

Loading a Brush

To load a brush means to soak the bristles with either water or paint, which allows you to use the paintbrush.

It may seem like this is simple – just dip a brush into paint or water and go, right? With watercolor, the amount of water vs. paint in the mixture means there's a bit more to it than that!



A fully loaded wet brush will give you less control than a brush with less water and paint in the bristles. Load more paint and select a larger brush to wash over large areas, and use less paint and a smaller brush for finer detail and filling smaller areas.



Plant Shelf

First, sketch basic vase and plant shapes on top of a long, slim rectangle shelf. Use very light pressure with a pencil so minimal marks show through the paint.



Choose and mix your vase decoration colors in coffee consistency. Then, paint each vase. Consider what materials might be used, and leave a shine for glossy materials like glass or glazed pottery.



Next, add the first wash for the plants. We'll continue to layer glazes for further detail once dry.



When dry, add a second coat for detail on the green plants. Choose a flower color and paint small "V" shaped buds, or the flower shape of your choice.



Once dry, using a tea consistency mix of light blue-gray, paint a wash down one side of each vase to create dimension with a shadow layer. Also paint the first wash for the wooden shelf.



Use a darker brown to carefully paint in soil in each container. Also use this brown to swirl in wood grain for the shelf.




Finally, use the shadow mix to glaze below each vase for a slight shadow cast onto the shelf. Re-glaze any details to add contrast to your liking.



Long Cats

Prepare cream consistency of
3-5 colors of your choosing.



Choose your first color, and paint a tall
rectangle with two triangles at the top.

Add more in your other colors, varying
the height a bit.

Paint a curly tail on one or both outside
rectangles.

Once dry, use a waterproof pen to add
faces and markings to each long cat!

