

## Tender Heart Intuitive Journal Page

### Supplies Used

Welcome to a class where creativity flows freely!  
This journey is all about embracing your intuition, both in your art and in how you choose your materials. The best part? You get to select the water-soluble supplies that *speak* to you, using the colors and tools that inspire you most—so no need to stress about having the exact same supplies I use. However, to achieve the stunning effects we'll be exploring, there are a few key materials that you'll definitely want to have on hand.

Here are the 'NEEDED' supplies! :

Substrate - I worked in my art journal which is about 8" x 10" mixed media paper. Use what you have!

White gesso primer We are going to throw a LOT at this page, so if you are working in your journal, even a really high quality paper might get a little weak. A good layer of primer will make it invincible! ( well almost!) Make sure your gesso is fully dry before we begin .

Water for rinsing

Brushes - just one that allows washes and one for smaller details is probably enough, but if you are going to add some acrylics into the mix like I did, then use different brushes for different paint types so they don't get ruined!

Water spray - mine is from a hair product and has a lovely fine mist - you don't need to buy a fancy one, ( unless you wish!) check with friends and family for their old containers if you don't use a hair spritz!

Cloth or Kitchen paper towels - whilst I encourage that you allow the paint and water to flow as much as you can, there may well come a point when you can see a puddle has no intention of drying any time this century. Trust your judgement and when a mop up is needed, you will know!

Above are all the NEEDS - below are the exact media that I used, as a guide, but do select/substitute from your own supplies as needed or preferred.

Just be mindful of what is soluble and what is NOT - this will be important as you start to build up layers .

\*nice to have but not necessary - hair dryer or heat tool to speed drying time - of you may wish to let things sit and work their magic. Perhaps do a little of both ( my approach) \*

#### SOLUBLES USED :

Blue ws Aquamarker (#191)

Tombow ws marker ( #912)

Derwent Aquatone ws crayon (#08)

Neocolour II ws crayons in jade or turquoise ( colour number not visible)

Derwent ws pencil Prussian Blue ( #35)

#### NON SOLUBLES USED :

Faber Castel Polychromo Pencil Phthalo Blue

Acrylic Paints - assorted left from another project!

Black, bright pink, melon pink, salmon, cadmium yellow and white. \*\* white is probably a NEED for blending\*\*

Extra details were added with a humble black ballpoint pen, something which I have always found reliable even when nothing else will work. There is very little black in this page,

but this is perfect for tiny marks and lines to refine any last touches .