

SUPPLY LIST FOR THE JOURNEY INTO MINDFUL MANDALAS

You can order these on line or if you'd rather have a field trip to your local art supply or craft store, here are the things you will need. Some like to purchase all at once, others like to spread it out. I've listed what you will need week by week.

Week One

Color Pencil Set (12 - 24 pack)

Berol PrismaColor, Derwent, or Milan are my favorites. During the first week you will only be using the white pencil from this set.

Pencil Sharpener

Any kind will do but I prefer the ones with a lid. Prismacolor or Staedtler are good ones

Black Card Stock

Smooth surfaced, letter size - Cut into 4" x 6" rectangles - Heidi will show you how to cut in the first class. If your art supply store doesn't have this, usually any office supply store will. This is an easy one to order on line.

Compass or Circle Template

Anything a bit less than 4" will do just fine - a jar lid, a small bowl

Sketch book / Unlined Journal

Spiral or bound - the choice is yours. I prefer the spiral bound as I like how it easily lays flat. My favs are the Canson XL Mixed Media Pad with the paper weight of 98lb. or Strathmore Mixed Media Visual Journal with the paper weight of 90lb. But any kind will do. I'd start with a 7" x 10" or a 9" x 12"

Week Two

Unlined 4" x 6" White Index Cards

A Pencil

Any pencil will do but if you really get into this a series of Graphite Pencils can be fun to use. They come in different hardnesses which relates to the amount of graphite they leave on the page - The H Series is the hardest so it has a lighter touch. HB Series is more like a regular pencil and the softest is the B series which makes a very dark mark.

Optional - Black Paper Scrapbook or Photobook

If you really get into the black and white mandalas you will probably want to purchase one of these. I've included three examples as they can sometimes be hard to find. I like a small one that I can keep with me in my briefcase/satchel or a larger one just in case I feel like working big.

Week Three

No supplies to purchase for this week. You will need your favorite writing/ink pen.

Week Four

Sharpie Pen- black, thin tip

Watercolor Pencils (12 - 24 pack)

Berol Prismacolor (\$\$\$) or Derwent (\$\$), Staedtler (\$) General Pencil Kimberly (\$) are all nice sets.

Small Acrylic Brush or Water Brush

Loew Cornell makes nice sets of round or flat brushes. I prefer ones with short handles. You want a variety of small ones, no larger than 1' wide. Waterbrushes are super cool as they have a water reserve built into the brush. Terrific for working outdoors or on the go.

Paper Towels and a Paper or Plastic Cup for Water

If you are not going to use a water brush

Week Five - No new Materials are needed.

Week Six

Scotch Self-Seal Laminating pouches

4" x 6" - glossy or matte the choice is yours. I'd get at least 3 packages.

A Storage "Container"

Something to keep your mandalas in. My favorite is a 9" x 6" organza bag but a plastic baggie, a box, or large envelope will also work.

Week Seven

Large Sheet(s) of Black Paper 12" x 18" or 19" x 25"

If you find a size in-between these sizes, it will work beautifully.

If you are creating by yourself you will need one large sheet. If you can't find single sheets of Strathmore Artagain - Coal Black - 19" x 25" you can use a large sheet of charcoal paper. Your art supply store will be able to help you with this.

If you are creating with others, each one in your group will need to make sure that they have a sheet of paper. Strathmore STR-445-112 is a pack of 24, 12" x 18" sheets black paper, which is a good buy and your group can split the costs. Otherwise everyone can purchase their own sheets. If you can't find the paper mentioned above, you can use a large sheet of charcoal paper. Your art supply store will be able to help you with this.

Gather things from Nature - Flowers and Herbs, Sticks and Stones, Seeds and Berries, Sand and Shells...

Week Eight - No new materials are needed.