

## SUPPLY LIST FOR THE JOURNEY INTO MINDFUL MANDALAS

The supplies you will need are simple and you may have many around the house. If you don't, order these online. I've listed what is essential and what is optional, plus the approximate price to date.

You can order these as a bulk item from Amazon.

Please be sure to use Amazon Smile and make Healing Icons your charity of choice. A percentage of your sales goes to foster our mission.

To date, the total cost of these basic supplies are \$36.11

Reeves Watercolor Pencils 12 - \$8.69

SunWorks Heavy Weight Black Construction Paper - 100 sheets \$3.69

Mead Composition Journal - \$1.99

Oxford Blank Index Cards - 100 - \$1.49

Sharpie fine and ultra-fine black markers - \$3.64

Elisel 10 pcs Paint Brushes - \$5.99

4"x 6" Scotch Self-Seal Laminating pouches - \$3.67

SunWorks Construction Paper 18" x 24" 50 sheets - \$6.95

### Week One

#### Essential

##### 1. Watercolor Pencil Set

We will be using this set as both a dry and a wet set. During the first week you will only be using the white pencil from this set.

Optional - After you get further in the practices, you might consider these:

Prismacolor Scholar Color Pencil Set - Pack of 24

##### 2. Pencil Sharpener

##### 3. Black Card Stock/Construction Paper

Heidi will show you how to cut this paper into 4' x 6" pieces in the first class

Optional - If you really get into the black and white mandala practice, you might consider...

a. Hamilco 4" x 6" Black Card Stock 100 sheets

b. Black Paper Scrapbook or Photobook - 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.

c. Pentelic Traveler Pocket Black paper Journal Sketchbook - 8" x 6"

d. 2 - 9"x12" Spiral Bound Black Heavyweight Sketch Pad

##### 4. Compass or Circle Template

There are plenty of circle templates around the house - anything bit less than 4" will do just fine - a jar lid, a small bowl

5. Sketchbook / Journal - no smaller than 5" x 8"

## Week Two

### Essential

1. Unlined 4" x 6" White Index Cards

2. Leaded Pencil  
Any pencil will do

Optional - 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

## Week Three

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

## Week Four

### Essential

1. Black Felt Fine Tip Pen

2. Watercolor Pencils

3. Small Acrylic Brushes

4. Paper Towels and a Paper or Plastic Cup for Water

Week Five - No new Materials are needed.

## Week Six

### Essential

1. 4"x 6" Scotch Self-Seal Laminating pouches

2. A storage "container" for your mandalas

Plastic baggie, box, or large envelope

Optional  
12 pack 6" x 9" Organza Gift Bag

## Week Seven

Essential

1. Large Sheet(s) of 18" x 24" Black Paper

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

Week Eight - No new materials are needed.