

Hi! I wanted to share with you my favorite supplies to have on hand for painting. I don't use ANYTHING fancy or expensive, because I am committed to making your sacred spark, your creator self, as accessible as possible!

But I have used some icky cheap paints in the past, so I really love these....



PAINTS:

I only use acrylic paints. I use "studio series" economy paint, myself. I buy this brand online myself: <http://www.plazaart.com/paint/acrylic-paint/student-acrylics/plaza-studio-acrylics.html?size=241> ...white, black, red (cadmium red medium), yellow (cadmium yellow medium), blue (cobalt), cerulean blue, and magenta. Optional colors that I always use are burnt umber, red oxide, and metallic gold.

BRUSHES:

Again, I use cheap, economy, long-handled bristle brushes. This is the set I have used for years, Artist's Loft Necessities (Item no. 10335746) on this page: <http://www.michaels.com/search?q=paint%20brush%20sets>

OTHER SUPPLIES:

CANVAS: I love the "gallery wrapped" canvas so that it is thick and does not need to be framed. PALETTE: I use clean foam meat trays, or paper plates.

I would love to talk with you, as your muse, to help you move through anything that might be holding you back from your FULLEST personal expression! Pick a time here: <https://www.timetrade.com/book/XH3TK> Would love to connect!

