

Painting & Meditation

MATERIALS:

Please keep in mind the better quality the pigments, the better the color mixing. The word hue after the color is a weaker form. Winton is a student grade, more inferior. The more expensive versions are better. I use Winsor & Newton or anything pricewise comparable. Same for brushes, a good bristle brush will have the strength to hold the paint. Jerrys Artarama and Blick usually have paint and brush sales. I prefer Jerry's on No Main St. Prov. Near Whole foods and Mc Donalds.

Your tubes of colors must include – any type of white, yellow, and a red, alizarin crimson, yellow ochre, burnt sienna, burnt umber, greens such as viridian and perm green, blues including ultramarine, cobalt, cerulean, and a black.

Bristle brushes round or flat, various sizes.

Gamsol paint thinner not turpentine

Paper towels or rags

Linseed oil or a paint medium such as Galkyd or Galkyd light. Liquin has a strong odor, do not use.

Pad of canvas paper 9x12 or larger

Wide bottom glass or cup

Pencil

Eraser

Palette knife

Masking tape

A wooden palette

A sturdy surface to tape your canvas paper to