



Sketchbook Exploration & Reflections - Volume 2

Sketchbook Exploration & Reflections

Volume 2

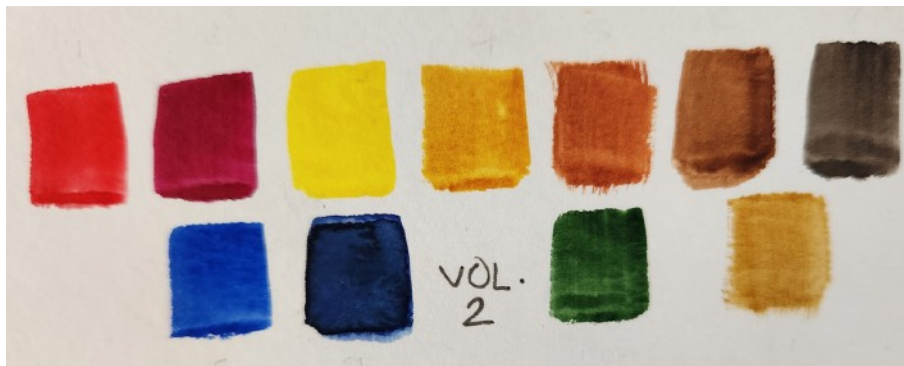
Welcome Back!

In the spirit of honoring Mother Earth - Mother Gaia this month - we will be exploring the Tree of Life in some fun, free flowing exercises - assisting you to let go and connect with your inner creative self. Let's go create!!

Tree of Life - World Tree - Tree of Knowledge - Cosmic Tree - Tree of Enlightenment. The tree is seen as a sacred symbol, which carries significant meanings in both religious and spiritual philosophies. While the Tree of Life symbolizes many different things, there are common themes represented within multiple cultures. - Connection to all - Source of life - Fertility - Growth & Strength - Individuality - Rebirth - Unity - Wisdom

*“Trees are poems that the earth writes upon the sky.”
- Kahlil Gibran*

Color Palette



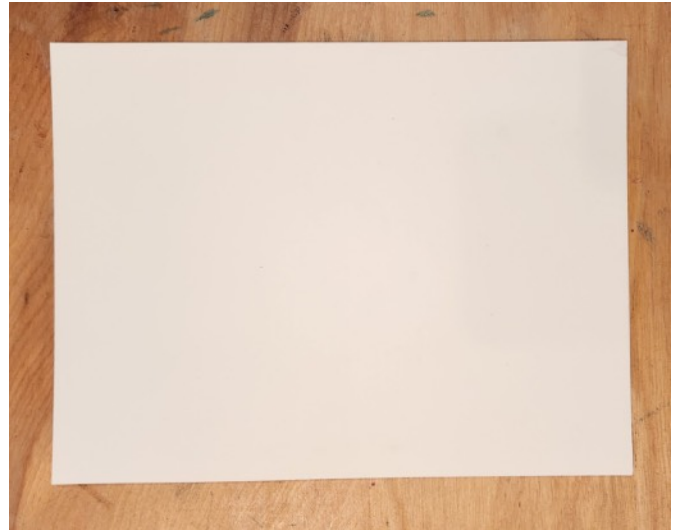
**Red, Crimson, Medium Yellow, Yellow Ochre, Burnt Sienna, Burnt Umber,
Sepia, Ultra Marine Blue, Indigo, Deep Green, Raw Sienna
[colors listed as shown above]**

***You do not have to go out and buy theses exact colors - use them as
a guide to match with similar colors in your set.***

Sketchbook Exploration & Reflections

Volume 2

Supplies



Sketchbook

Water color paper - Watercolor paper [2 or 3 sheets] or bound sketchbook with watercolor paper; preferred paper 140lb/300gsm to be able to handle the water. Cold press will have more of a texture - hot pressed is smoother

Water color paints - a pan set of water colors will work perfectly!

Water jars - 2 to 3 is best

Paint brushes - medium and smaller sizes - use what you have

Pencil for sketching

Kneaded eraser, white eraser & pencil sharpener

Ink Pen/Pigment liners (waterproof)

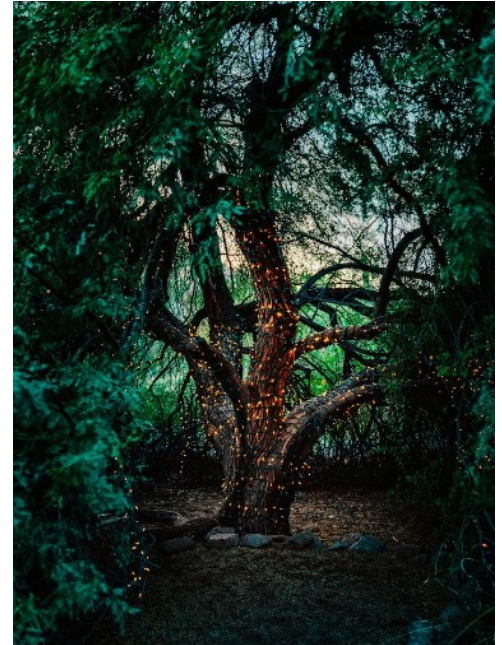
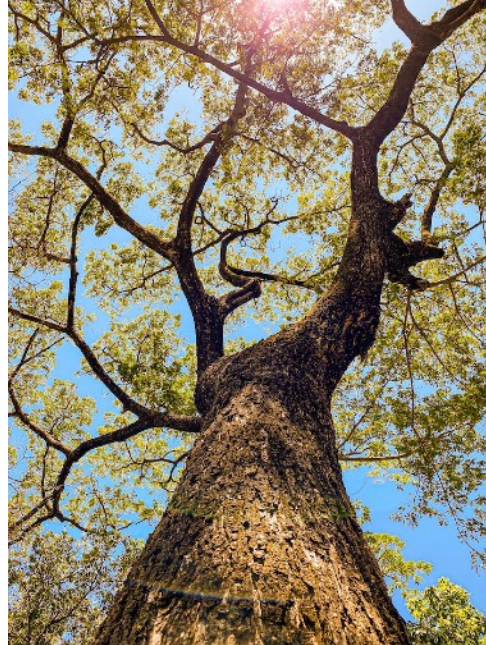
Exacto knife & ruler

Colored pencils (optional)

Sketchbook Exploration & Reflections

Volume 2

Reference Images - All images were found on unsplash.com - a great resource for copyright free images to create from



Sketchbook Exploration & Reflections

Volume 2

Reflections Exercise - [sketchbook, pen/pencil/colored pencils]

Sit in a comfortable position [sit out in nature, if you have the opportunity to do so] - close your eyes down - take a few rounds of breath - dropping out of your thinking mind and into your heart - bring to mind your tree of life - maybe it is a tree you see at a park - a tree from one your hikes - a favorite from your childhood - let it come to you and breath - what do you feel when you see your tree? What are your roots anchored in? How high and wide do your branches grow and expand? Picture yourself climbing on the limbs - sitting on the earth below it - while the leaves bring you shade to rest - Take a few more rounds of breath in and out of your heart and then gently open your eyes....

- Write down in your sketchbook all that came forward to you from your unique Tree of Life - let it flow from thy heart - it does not have to have any rhyme or reason - fill the whole page with what you felt and what it symbolizes for you - it can be words - it can be small sketches of the tree, symbols, or colors that presented

Sketchbook Exploration Exercise 1:

Continuous Line Drawing - [sketchbook or blank piece of paper, pencil or ink pen [preferably, waterproof]

- Open to a blank page - Pick one of the references photos - grab your pencil or pen and start to draw the tree by using **one continuous line - yes ONE line!** Keep the point on the paper the **whole** time while you are drawing!
- **Repeat at least 2 more times**- you will start to find a rhythm and flow to the continuous line, seeing how you can fill in shapes and make some lines darker and re-sculpt some that look off from the initial go around.
- You can add color to these, with watercolor or colored pencil.

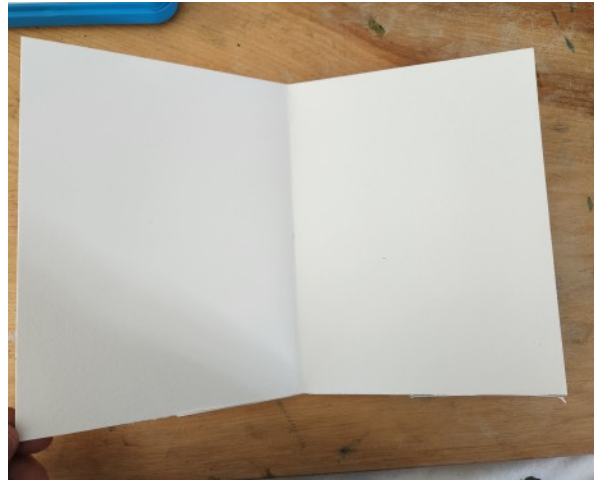
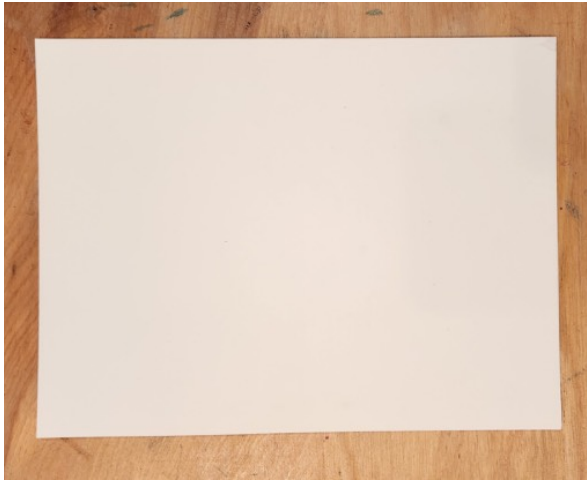


Sketchbook Exploration & Reflections

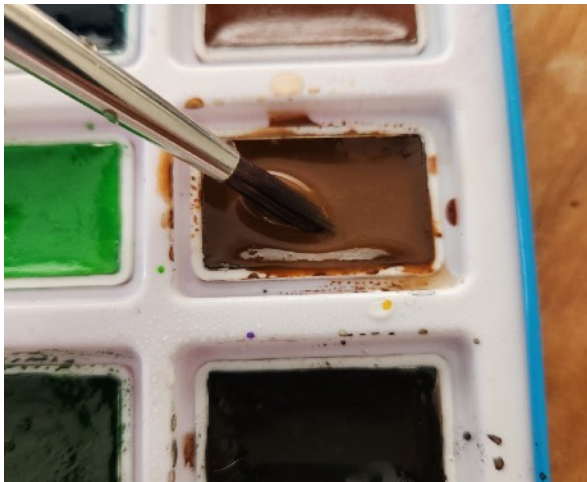
Volume 2

Exploration Exercise 2: [watercolor paper, watercolors, brushes, water jars, exacto knife & ruler]

- Take a piece of water color paper-fold it in half-since it is a thick paper you will need to score it with gently down the middle with an exacto knife [& ruler] or use a watercolor paper bound sketchbook



- Decide what color you want to start with and add lots of water to it-you want it very wet when painting
- Begin by painting half a tree on **ONE SIDE** of the paper-
- For exercise to work, keep the paint wet as you create your tree



Sketchbook Exploration & Reflections

Volume 2

- Once your half tree is completed (before it starts to dry) fold the paper in half - gently run your hand over the closed paper and then open



- Start to move the wet paint & give the tree more structure & form. Begin to lay in other colors as well, adding more elements and detail; once dried, if you like, use your colored pencils/ink pens to add in smaller forms - the choice is yours!



Sketchbook Exploration & Reflections

Volume 2

- Since this is so much fun, try creating another tree with different colors, different shapes. Get the family to create with you! [This was done in a watercolor paper sketchbook]



Hooray!!! You have completed Volume 2!

I would love to see what you have created, if you are willing to do so - please email me at letyourheartshinebrightly@gmail.com

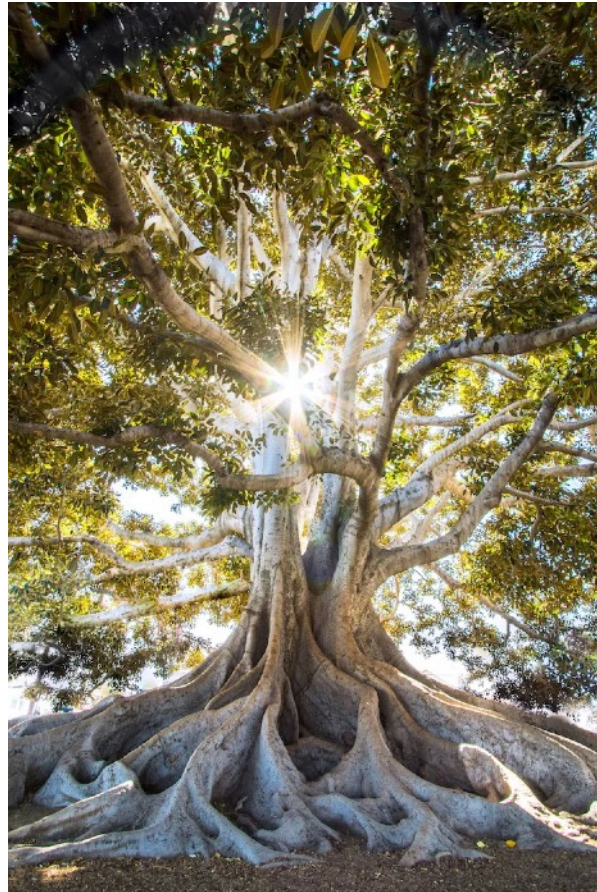
Happy Creating!

“Praise and blame, gain and loss, pleasure and sorrow come and go like the wind. To be happy, rest like a giant tree in the midst of them all”-Buddha

Join me Friday, April 21, 2023 at 7PM Est LIVE - For a deeper exploration, connecting with the Tree of Life; learn its symbolic meanings and how they are reflected in your life and create your own unique image with my guidance.

We will be using the reference image below - please download image to your device to print or have handy during the live session

<https://unsplash.com/photos/EwKXn5CapA4>



Supplies needed for this live session

- acrylic paints - colors of your choice
- various sized paint brushes
- a palette to mix colors (palette paper or a white ceramic plate)
- water jars (2 or 3)
- canvas/canvas board (size of your choice)

Don't know where to start on getting your supplies - check out the Amazon link below-

This kit has all you will need for class and beyond it - Acrylic Paint, Set of 24 Vivid Colors (22ml/0.74oz), Art Craft Paints for Beginners & Professional Artist, with Palette, 2 Painting C... <https://a.co/d/hknhOFY>