

LIFE BOOK²⁰¹⁴

SPRAY INK LOVE

CELEBRATING YOUR POSITIVE QUALITIES
WITH SPRAY INKS, DRIPS AND SPLATTERS!

Hello again!

Welcome to our main lesson today. We are going to continue playing with spray inks and also draw in a semi side-profile portrait!

Theme wise we are going to be celebrating our 'positive qualities' as part of our journey towards more self-love, acceptance and kindness.

If you feel uncomfortable about the 'pursuit' of self-love/ self-acceptance and if you sometimes confuse it with 'arrogance' or 'self indulgence' and you wonder why I consider it so important, please read [this blog post](#) and make sure to watch the introductory video too. I explain all about it in the video and the blog post. <3

supplies used this lesson

(Remember that you can substitute certain supplies with others, you don't always need to buy all the supplies listed! :))



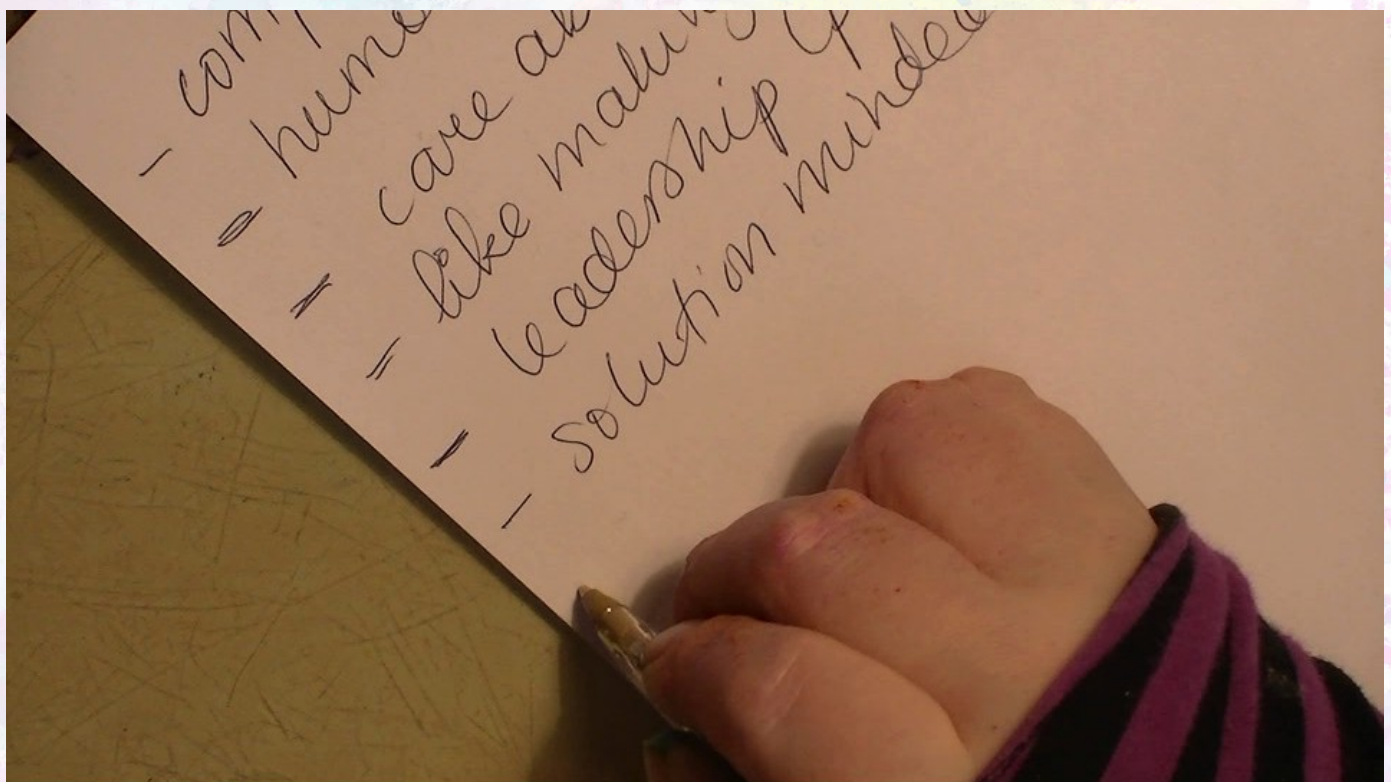
- Spray Inks (I used Dylusions by Ranger but you can make your own or buy different brands)
- Floral stencils (you can use any kind)
- Black paint marker (I used a posca pen)
- Graphite pencil
- Some acrylics paint (skin tone colour)
- Acrylics or neocolor II crayon in red/ raspberry for lip colour/ shading
- Rubber alphabet stamps (though not needed, you could write instead or print out on printer)
- High Flow Golden Acrylics (optional)
- White acrylics/ white paint marker or white gesso for highlights on the face



connecting with your positive qualities

First up, take a piece of scrap paper and have a think about your positive qualities, you have them, yes yes you do. I know some of you might be like *whaaaaat? Me?? Positive qualities? Eugh, there is nothing positive about good old me, I need to improve in just about every area of my life. I mostly suckity suck suck, nah no positive qualities over heresies move along now buhbye...*

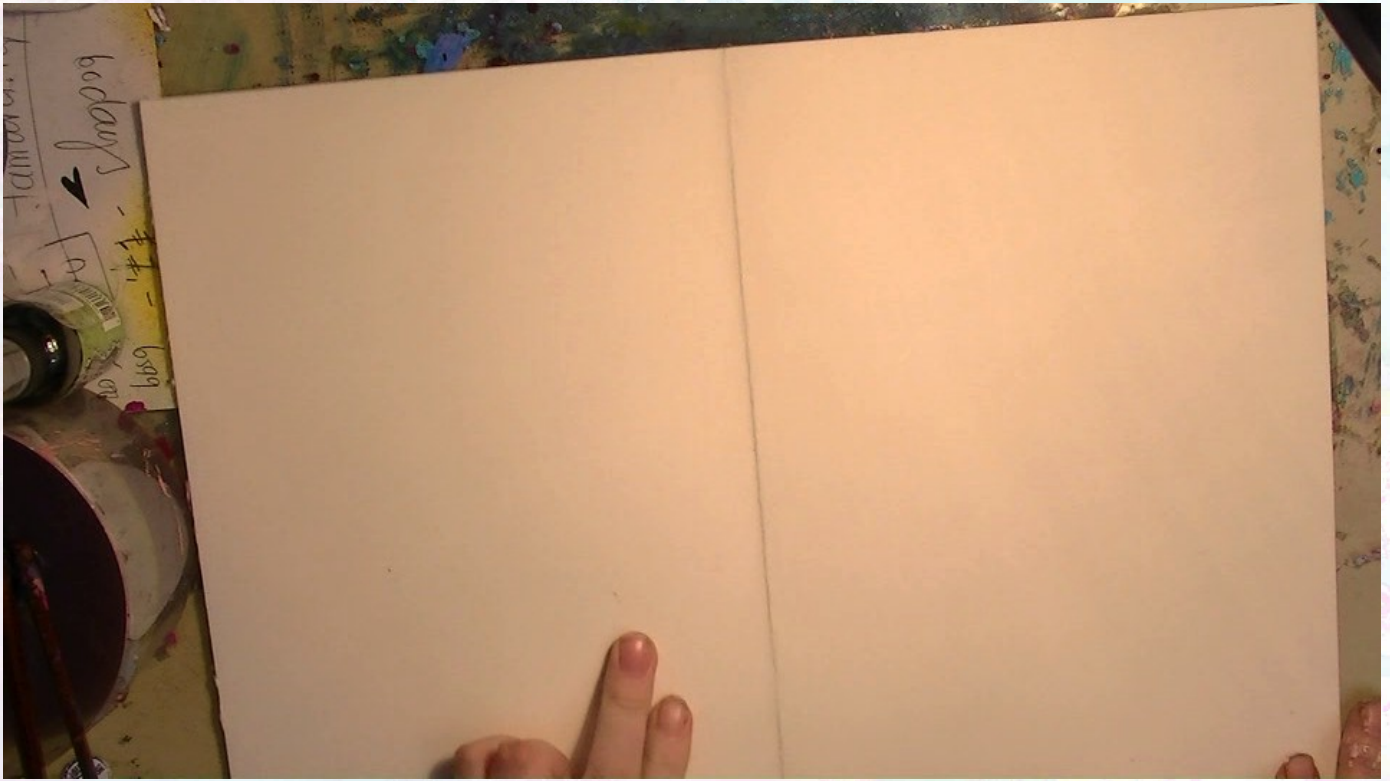
You, dear one, need to do this exercise the most! :)) So, if it's tough to think of any, have a sit down, breathe, think of someone who loves you, a lot, a best friend, your husband, your wife, God, your mother, your guardian angel, your dog, your neighbour, someone else who loves you heaps and heaps. Now, in your mind, ask them: *"What are my positive qualities? What do you like about me?"* And let the answers flow. They need not be grand answers (eg: you do brain surgery amazingly all the time), they can be beautifully humble (ie: you tend to the garden beautifully), they need not be about physical attributes but can be (I love my long brown hair), they need not be achievements, but they can be (I got my driver's licence!). They need not be abilities, but they can be (I can knit a RAD sweater), I focused on my positive qualities that benefited me and also the world and others such as: I care about other people, I am compassionate, I like making people laugh (humour), I'm an efficient and effective worker, I'm a nurturing mother etc.



Now write them down, savour the list for a moment, breathe into all these wonderful qualities that you have and then put the piece of paper away to use later.

creating your page

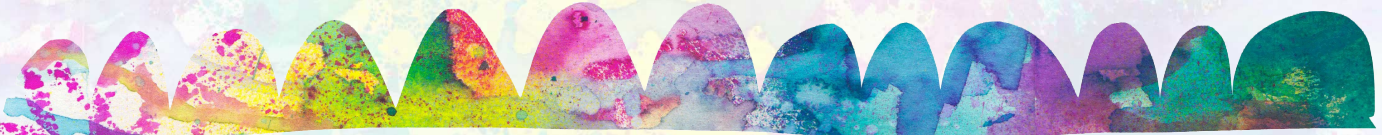
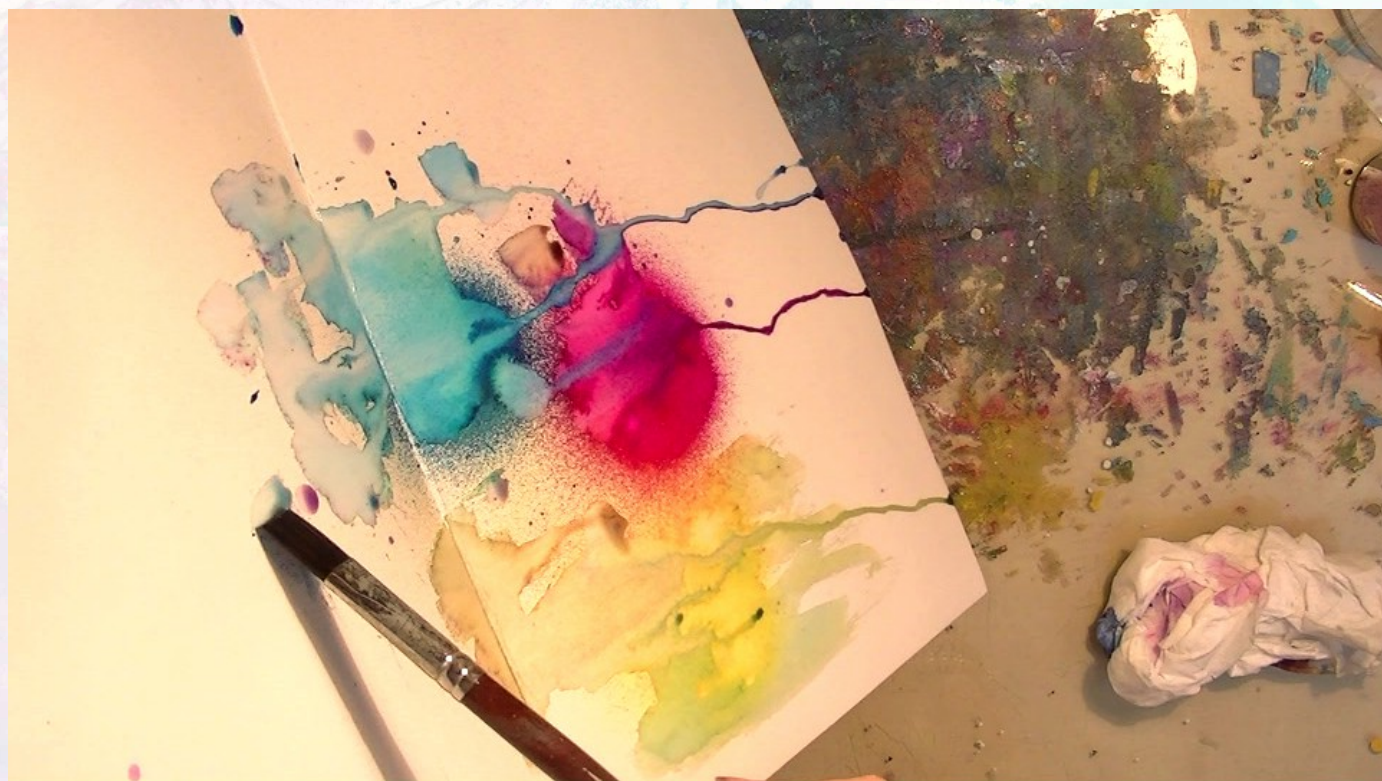
This page will be a fold out/ open-up page, you can create it by either taking 2 12 x 9 inches and tape them together or if you have any larger papers lying around (I often work on 16 x 14" for larger papers) you can use 1 of those and fold in half for the purpose of this lesson.



Step 1. Once you have your double page spread together start in a similar way to the page we did earlier, take 3 different spray in colours, spray each colour onto your page sort of centre-ish and add water with a brush, start making splatters and drips :) This time round, you don't have to think about leaving negative space (unless you want to!). Although aim to leave about a third or so mostly blank/ untouched on the left side of the left page, this is where your face will go later.



Step 2. As demonstrated in the earlier videos from the 'intro to spray inks' (and refer back to the other PDF too) continue to build your layers with water splatters, drips and extra spray splatches. Blot and dab with tissues where needed.



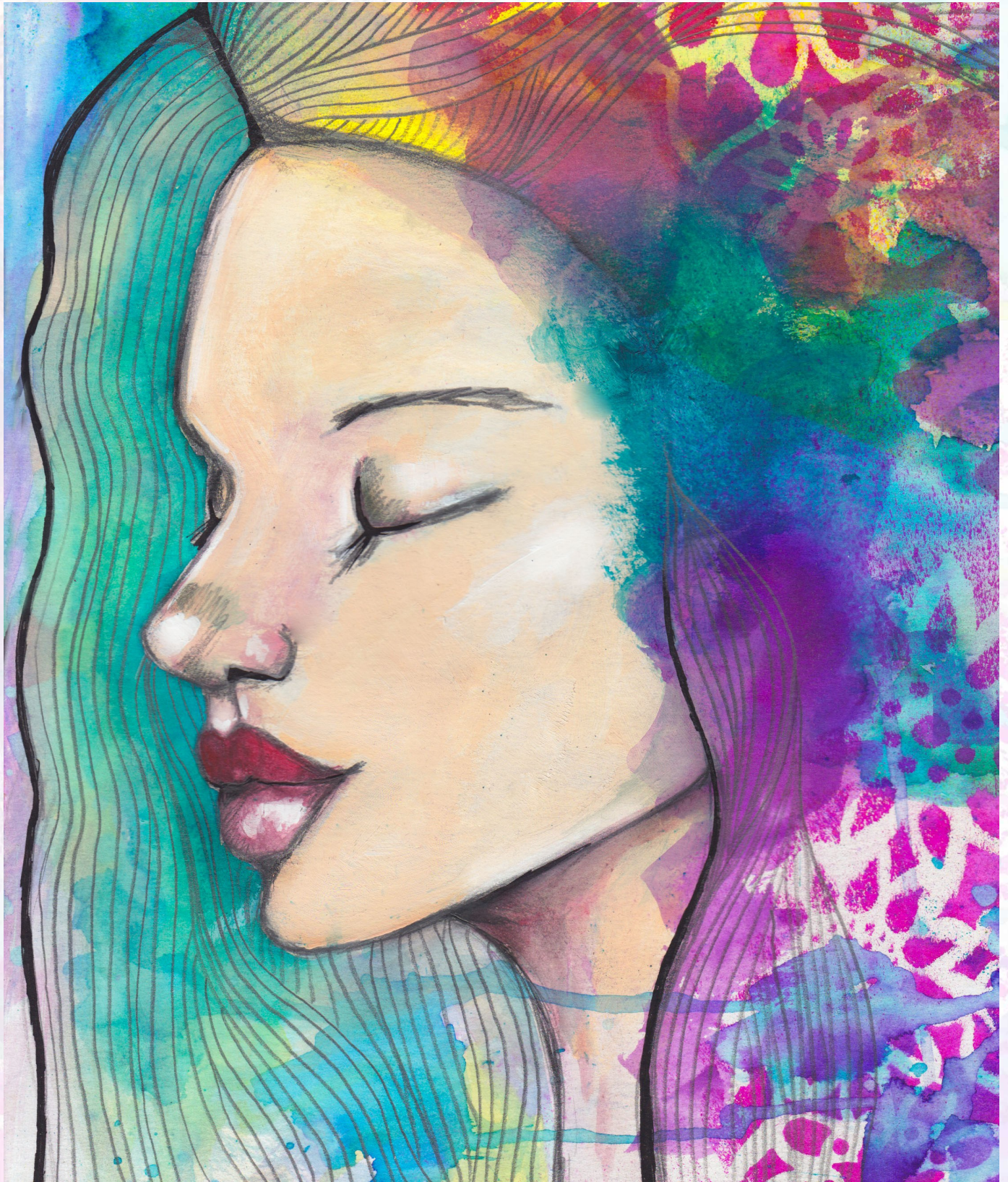
add pattern with your favourite stencils

Using your favourite stencils add pattern and layers by spraying the inks through your stencils over your previously splatterlicious layers.



drawing a semi-side profile

Draw your semi-side profile on the left hand side of your page in the area you kept relatively untouched by inks.



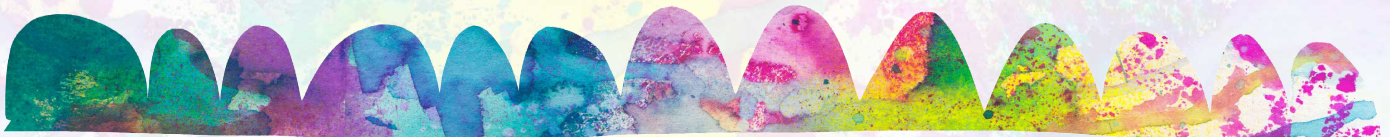
sketch diagram



- Start with a 'petal shape' for the skull with the 'pointy bit' eventually becoming the chin.
- Sketch the forehead leading into a dip where the eye sockets are (mid petal).
- The nose sticks out beyond the petal (mid the second half of the petal).
- The lips stick out a little too, the middle of the mouth is mid the second half of the petal.
- Note a little dip going inward under the lip
- The visible eye on the right is placed approx the size of 1 eye into the face
- The eye on the left is only barely visible
- Shading is fairly minimal on this page, this was deliberate so that it contrasted nicely with the rest of the colours.

when you shade remember:

- The upper lip is usually darker than the lower lip.
- Darker shading can occur on the neck under the chin/ jaw.
- Adding highlights really helps with creating depth and 'roundedness'
- Use a blending stump, your finger or other implement to create blending and gradients



Once you've created a face, use a black paint pen (or pilot or other) to outline her hair, this will help letting her stand out/ come off the page a little and not be too overwhelmed by all the colour, drips and splatters. You can also add small accents to the face with your black pen if you like, I did that in the nostril, the lip parting and some around her eyes/ eye-lashes. But this is optional.

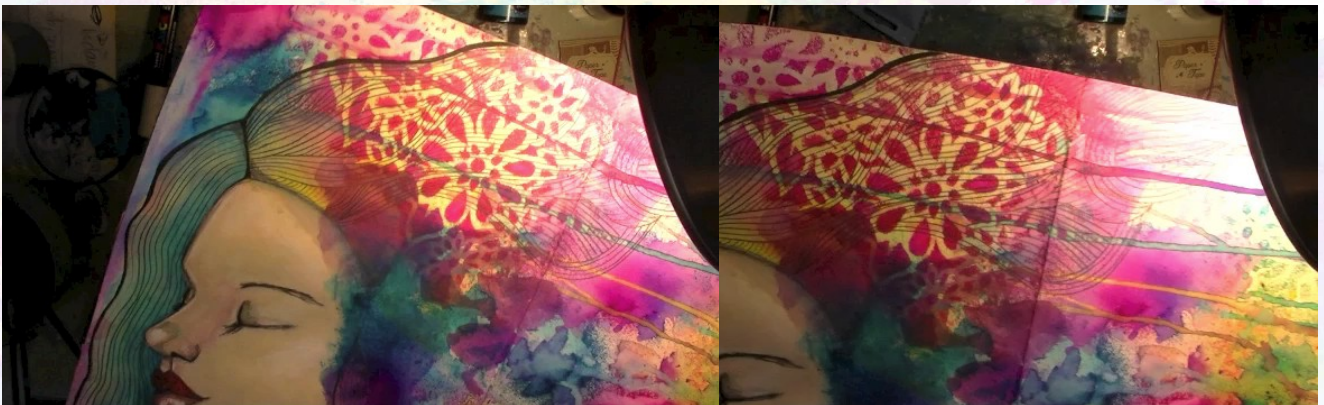


Depending on how you splatters and previous inks 'fell', you may want to be more deliberate about adding colour to the hair. I added a blue/turquoise purposefully in the hair area around her face to firm up and give more clarity to the hair area.





I really enjoy the combination of the bright colours/ splatters and inks with zen-doodle/ zentangle type line work which I then added to her hair.



finishing the outer page

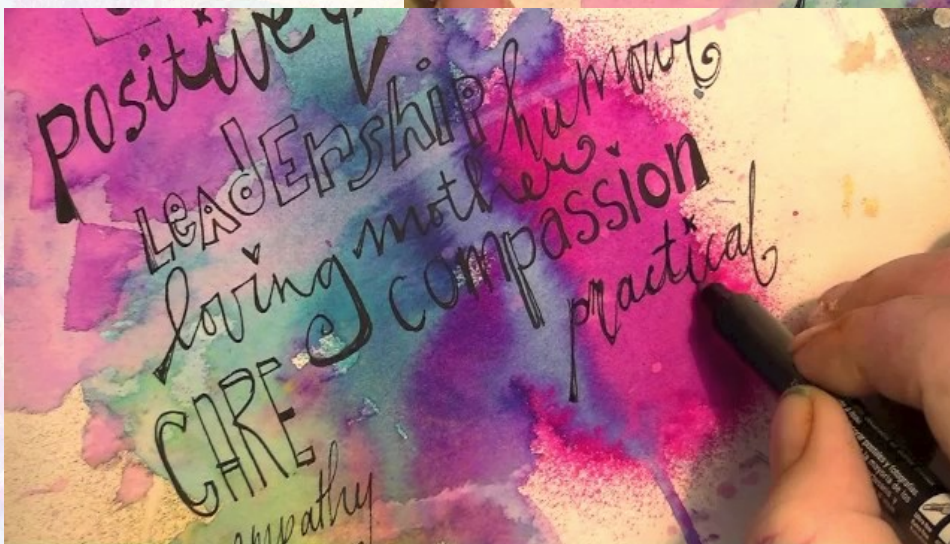
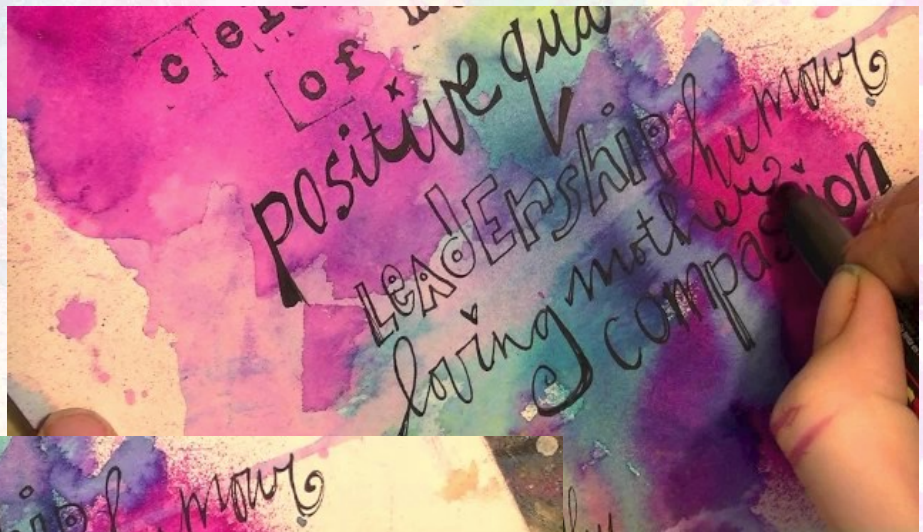
Initially I had a plan to add my positive qualities to the art in the main pages, but I liked where it was so much that I changed my mind and decided to add them to the outer page (which actually turned out to be handy as then I had something to add there!) :

This was a straight forward procedure of replicating a big 'splat' of colour, drips and inks like we created in the warm up and then adding my positive qualities (that I'd written down earlier) over the splat, like so:





I mixed my own handwriting/ lettering up with some rubber stamping. You can do this however way you like. I enjoyed using different types of lettering for each of my qualities. Note: I 'reduced down' my positive qualities to be one or two words for this purpose. So if one of your positive qualities is: I look after plants in my garden well, you could 'distill/ reduce' that down to: nurturing gardner (or something along those lines).



celebration

of my

positive qualities



LEADERSHIP

humour
loving mother

CARE & COMPASSION

efficient practical
empathy solution-minded

Free Spirit

I created a type of 'word cloud' but you could instead make a clear list, or play with a different kind of placement. Up to you, of course! :D

So there are your pages! Here is the inside:



And then when you close your page, you see the positive qualities! :))

I really hope you enjoyed the lessons today dear one. I look forward to seeing your working and hearing about what these lessons were like for you!

lots of love! <3
be kind to your beautiful self
take it easy
you matter, you do
much love
xoxo x
tam xo

: -)