

Take a Visual Journal to Your Soul

Materials list

This journal is meant to be a visual representation of who you are and what you like, so please feel free to improvise as much as you want to! I will be providing many materials, but I am hoping you will bring your own flourish to the experience and will bring whatever you'd like to incorporate into it.

The journal will consist of 128 10" x 7" pages plus a beautiful cover which you will design and create. To make it, we'll need **32 10"x14" sheets of paper**. That paper can be any type of paper you want it to be – watercolor paper, pastel paper, typing paper, special unique handmade paper, wallpaper, rice paper, Asian handmade papers, etc.! The sky's the limit! The cover will be approximately 10.5" x 22". It can be made out of anything strong enough to hold up as a cover and flexible enough to bend as you'd want a cover to bend: canvas, sturdy paper, quilted material – you get to choose.

There are **three categories of materials**: those I will provide, those you will need to provide, and those you might want to bring just for fun and for the creative adventure of it.

I will provide you with the following:

3 fancy pieces of paper of different weights and patterns (can't write on them, but they sure are pretty)
4 pieces of Rives BFK white paper – absolutely gorgeous for drawing on, prime paper
4 pieces of Rives BFK cream paper – absolutely gorgeous for drawing on, prime paper
8 pieces of 80 lb white drawing paper – good for writing on, can also be used for drawing
4 pieces Canson Cold Press Watercolor paper, 90 lb – good for watercolor
8 pieces of small paper for embellishments, collages, etc., different colors and patterns, fun stuff
binding thread and needle for sewing your book together
canvas for creating your cover and some acrylic paints to use for doing so
Velcro to fasten your cover to itself (should you choose to use it)
glue for use in creating the journal

You may notice that this provides you with the cover, the means to put everything together and **some**, but not all of the paper needed for the insides. You need 32 sheets of 10"x14" paper. I'm providing you with 23 sheets. That's because I want you to have the extreme delight of picking out the rest of the paper yourself! Beware – beautiful paper can be addictive!

What you need to provide:

For the weekend class (to make the journal):

(At least) 9 sheets of 10"x14" paper. You don't need to cut/tear it to size until you get here. In fact, it's better if you don't.

Helpful information: Paper comes in many different sizes. We'll be tearing it down to 10"x14" sheets while we're here. Here is a list of how many sheets you can expect to get out of different sizes of paper (some of the sheets will be smaller than 10"x14" by a little bit, but that's OK.)

- 26"x40" = 8 sheets

- 18"x24" = 4 9"x12" sheets or 2 10"x14" sheets
- 24"x36" = 4 10"x14" sheets or 6 10"x12" sheets

You can **purchase very cool paper at Plaza Art on W. Grace St.** It costs anywhere from \$2 - \$16/ large sheet. You get to choose! One of those sheets will provide you with anywhere between 2 and 8 sheets for your book (check above to see which size paper gives you how many pieces of paper). You can also get it from www.DickBlick.com. It's a fabulous place to get art supplies with the prices significantly less than anywhere in town, especially if you find a sale. BUT you don't get to touch and feel what you buy – your choice! Going to Plaza Art is a sensual experience I'd hate for you to miss. There's nothing like going through the drawers of papers and feeling it and seeing it and fantasizing about how it'll look and feel in your very own journal. Please give yourself sufficient time to browse the drawers and to enjoy the experience. It's a very important first step in this class. (If you happen to be going to Va. Beach between now and the class, Jerry's Artarama has a FANTASTIC supply of gorgeous papers that are definitely worth looking at. Their prices are very reasonable. You can also order from them online.)

There is also a brand new place in town to get paper – Paper Source on Cary St. in Cary Court, near Yoga Source and Can Can. They have a great selection of papers at reasonable prices. They also have lots of fun goodies for scrapbooking, so be pre-warned! It's a very addictive place to shop!

I recommend you get at least 2 large sheets of very special paper, but feel free to get more if your muse so inspires you. Make sure you can make at least 9 10"x14" sheets out of what you buy so you have the right amount for class.

Here are some types of paper you might want to consider:

- mulberry paper
- handmade rag paper
- colorful MiTientes paper
- sanded paper for pastels
- glassine to put with the sanded paper if you're going to do pastels
- Dendril (a type of plastic-sort of paper which is very cool with markers)
- parchment
- papyrus
- wrapping paper
- brown craft paper
- newsprint
- junk mail
- mylar
- special paper you've had stored away for years – now might be the time to use it!
- anything that intrigues you! There are no limits!

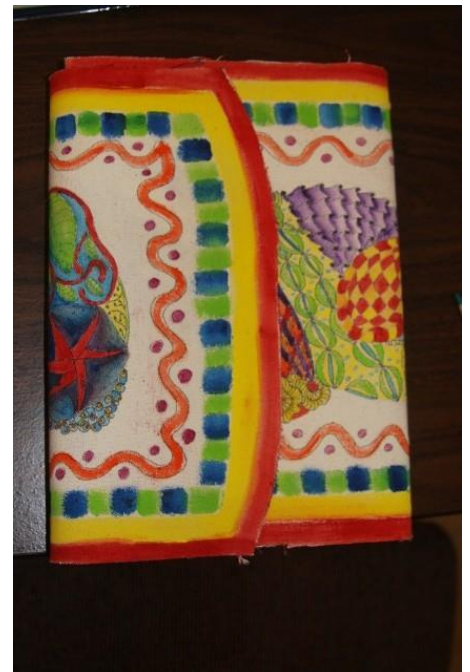
You might find that you want to trade some excess paper with your classmates because they might have stuff you'd love to have and vice-versa. We'll be fostering a sense of sharing and collaboration, so sharing will be a wonderful thing to do!

I'll be providing raw canvas for you to make a cover and *some* acrylic paint to cover it with. This could be similar to the second one in the picture of three I've inserted or the one by itself. I painted both the inside and the outside then drew on it as well. The one with all the designs (on the right) took about 10 hours, so if you want to get that fancy (and I encourage you to if you want to!) you might have to finish it at home. I'm planning 3-4 hours for the process of designing and completing the cover. If you want to use canvas and paint the cover, please bring the following:

- acrylic paints and a palette if you have them
- brushes
- .05 micron pen for drawing on the canvas



Another option for creating the cover can be seen in the first journal on the left. It is made out of several types of



paper bought at Main Art - a heavy-duty handmade white rag paper with a beautiful Japanese print paper glued on that and scraps of papyrus and MiTientes paper on top of that and some paper I made in a class years ago on top of that! You may get as elaborate as you want. If you want to go this route, make sure one of the papers you choose will be sturdy enough to serve as a cover and is at least 10.5"x22". Other than that, there are no restrictions!

If you want to create the cover out of paper you provide, bring the following:

- 10.5"x22" piece of sturdy paper
- any other embellishments you'd like
- anything else you want to do to it – if drawing, bring pencils/pens, etc.

You'll also need to bring the following the first day:

- scissors
- a bag lunch
- an expansive sense of what is possible!

- a large T-square if you have one. 36" is ideal. 24"-36" would also be helpful. I have a few, but it would be easier/faster/more convenient if each person had her own.
- glue stick if you want to glue anything onto your cover

Other things to consider bringing:

Any art supplies you have which you think you might want to use in your explorations. Each week we'll do open-ended exercises. For some I'll suggest specific supplies. For others, your intuition and preferences should be your guide. We may be doing any of the following, so please bring supplies that would work with them:

- collage (bring magazines, glue stick, scissors, embellishments)
- writing (pen you enjoy writing with)
- drawings (bring pencils, charcoal, micron pens, markers, soft pastels, oil pastels, watercolor pencils, crayons – anything you've had in your closet itching to get out ever since forever!)
- watercolors (bring watercolors and brushes. If you don't have any watercolors, a very reasonable option is Yarka watercolors you can get at Main Art for about \$10 or less for a pan of them. You can get a couple of brushes for about \$2.50 each. Ask Rudi which ones she'd recommend for my class. I don't remember the name of them, but they have clear handles with cushy holders and hold up well)
- cool paper, textures, embellishments which make you happy
- anything else you can think of which might help you express yourself fully

You won't need this last set of items until the Thursday evening meetings unless you want to use them to decorate your cover.

I know that's a lot of information. If it's overwhelming or doesn't make sense, call me at 804-267-3455 and I'll go through it with you. The upshot of it is that I'll provide most of the paper you need to make the journal, but I'd like you to get at least 2 pieces of large paper which you love to add to the book to make it precious yours. I'll also need you to bring some art supplies to each class for doing the exercises so you can express yourself fully. I'll have some, but it's better for you to have your own.

I am VERY excited about this class. We're going to have a lot of fun and, I hope, will be taking an extraordinary journey into our souls.

Let me know if you have any questions. Otherwise I'll see you soon!

Creatively yours,

Susan