



## Getting Started with Art Journaling

An important aspect of art journaling is going inside yourself and bringing that out onto the page. An art journaling class is the catalyst for this and you will find that as you get into the process, things will come out that you didn't even realize were inside of you. This is a very expressive and freeing type of art and you are not starting out with an intention of what the art work will look like but rather are letting it come out of you. You are a conduit for the source inside of you. In some ways it is a meditative practice and you are making the space to allow balance and change to come into your life.

The hardest part is getting started. There are a lot of people out there doing art journaling now and there are YouTube videos and classes everywhere. I suggest googling art journaling or searching on Pinterest and looking around to see what's out there. Take a free class. And please don't get hung up on trying to make your work look like someone else's. This is about process, not product, and the important thing is that you are expressing yourself. Get out your supplies, play, and make a mess.

People can really get carried away with art supplies and purchase everything under the sun. You don't need a lot to get started and it is best to use things that you have on hand and then supplement as needed. You can build up your art supply materials over time. In some countries there is very little access to art supplies and that is particularly challenging. Things can be ordered online but international shipping costs for packages are high. At a very basic level you need mark making tools (pen, pencil, crayon, charcoal), something to make marks on (paper), some sort of adhesive (glue, glue stick), and something to cut with (scissors). Improvise!

### What are the items that I use?

Strathmore Visual Art Journal or Canson Art Journal (140 lb. watercolor or mixed media paper)  
hand bound art journals (Effy Wild tutorial)  
drop cloth or vinyl tablecloth to protect work surface (I use the dining room table)  
craft paint (I use Craftsmart acrylic craft paint)  
cheap brushes (Michaels) - rinse them after use  
plastic food containers for water  
plastic disposable plate for a palette  
plastic spray bottle (from makeup aisle at drug store)  
discarded credit cards for moving paint around  
bubble wrap (to make marks)  
bottle caps and other round objects for mark making  
assortment of markers, pens, charcoal pencil  
a few paint pens (I love white ones)  
glue stick  
scissors  
washi/craft tape (optional, fun stuff)  
matte gel medium (I use Liquitex brand)  
gesso (I don't have a favorite brand yet)  
brayer  
stencils (I just have a few and would like more)  
rubber stamps and ink pads (from previous craft adventures)  
paper towels  
wax paper or deli paper (to protect pages underneath)  
ArtBin full of found paper items – old calendars, ribbon, brochures, pages ripped out of old books, etc.  
sheet of plexiglass for monoprinting (a gelli plate is better and a good gift hint)  
monoprint papers  
scrapbooking paper (from my previous adventures)  
sequin waste/punchinella (a splurge from Artfire)  
Ranger heat gun (speeds up drying time, a splurge)  
rotary cutter and mat (from my sewing supplies)  
and to store it all, several small Sterilite plastic containers and/or ArtBins when they go on sale