

PIXIE CAMPBELL



VISUAL QUEST: SHAMANIC PAINTING MATERIALS LIST

Art Supplies

Choose the materials which you love working with best, rather than everything on this list. It is easy to get caught up in the rush of new materials which takes the focus off of the work. For example, if you love watercolors, stick to that and maybe a fun new brush or medium. The focus of this course is on interpretation and process, and expanding your mixed-media experience is secondary.



Board

Fiber board, wood panel, gesso board, canvas, heavy paper, the choice is yours. Your surface should offer you enough space to get a bit wild with. I'll be working several surfaces as large as 40" x 40" but 12"x12" or larger will work just as well. Plan for a minimum of two boards.

Sketchbook

Mixed-Media variety such as [Moleskine](#) or [Canson](#), or your preference. I like heavier paper to handle some wet media. Watercolor pads and books seem to work well.

Tracing Paper or Deli Paper (also known as Dry Wax Paper)

Perhaps get some from the local deli first and if you like it, order more online.

Plaster, PVA, Molding Paste/Spackle

(For building textured backgrounds, experiment with some or all)

Paint:

Acrylic paints in a variety of colors**, including [transparent mixing white](#), any brand will work.

**When you choose your palette, include a variety of the colors that call to you intuitively, as well as contrasting colors. Liquitex fluids, Golden soft body, even craft paints will work if they're in your treasured colors. Small bottles or tubes are fine.



[Caran d'Ache Neocolor II Water soluble pastels](#) or any variety of water soluble oil pastels. These run when water is applied. *(Be sure they have the II on the label, otherwise they won't break down in water.)*

Graphite Pencil

Stabilo is a good brand, and you'll want at least one soft 9B. Water soluble. [Derwent Graphitone](#) are also fun.

Glitter or Mica Flakes or something sparkly

Spray water bottle + Water jar for brushes

Palette knife

Variety of paint brushes (an inexpensive pack will do)

Variety of sponge brushes

Mirror Palette, palette paper or paper plates

Apron or smock

Sacred Tools

Smudge wand/plant bundle (like [this](#), and [this](#)), fireproof dish or large shell

Journal

Large feather or [smudge fan](#) (optional, as you can simply smudge with the wand itself)



All photos by the lovely [Stacy de la Rosa](#)