

Creating interest and mandala outline



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# Creating interest and mandala outline

## Materials

Your paints  
Stencils or other mark making tools  
Sponge(s)  
A piece of chalk

## Instructions

Part one of this week's lesson is about stencilling onto your paintings, to give it a little something you may not have created from your own imagination.

The idea is to add interest, either by your mark making tools, a paintbrush or the stencils.



Stencils are usually sheets of plastic with designs that have been cut out, so when you put them down and you paint in the areas where the holes are, when you peel it off you're left with the pattern on your canvas.

The reason I use these are because it's a really quick way of getting pattern onto a canvas without having to think too hard about it. You don't have to go out to buy stencils you could use anything with holes in it – I often use paper doilies that you would see under cakes. It's the same idea.

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Before I start I have some important tips for you:

I use the paints straight from the tube or bottle and do not add water because this way I get really strong vibrant colours. So when you are stenciling with the sponges please remember to keep your sponges dry of water.

If your sponge is wet you will get a really watered down version of the colours, and if you're looking for then the nice strong colours you will not achieve them with watered down paints. So hear my voice in your head – keep your sponges or brushes dry!

Also don't use too much paint on your sponge as it squidges underneath the plastic and you won't get the crisp stencil pattern you are hoping for.

## **So let's start stenciling ...**

I am taking a sponge and using it dry with my paints (remember don't add water to your paints as they will become watery) and I just mix my paints with the sponge – in this particular example I am using white with either blue or yellow so it will stand out from the background - but the colour choice is entirely up to you. Black and dark colours can be tricky at this stage so it may be best to use lighter colours.

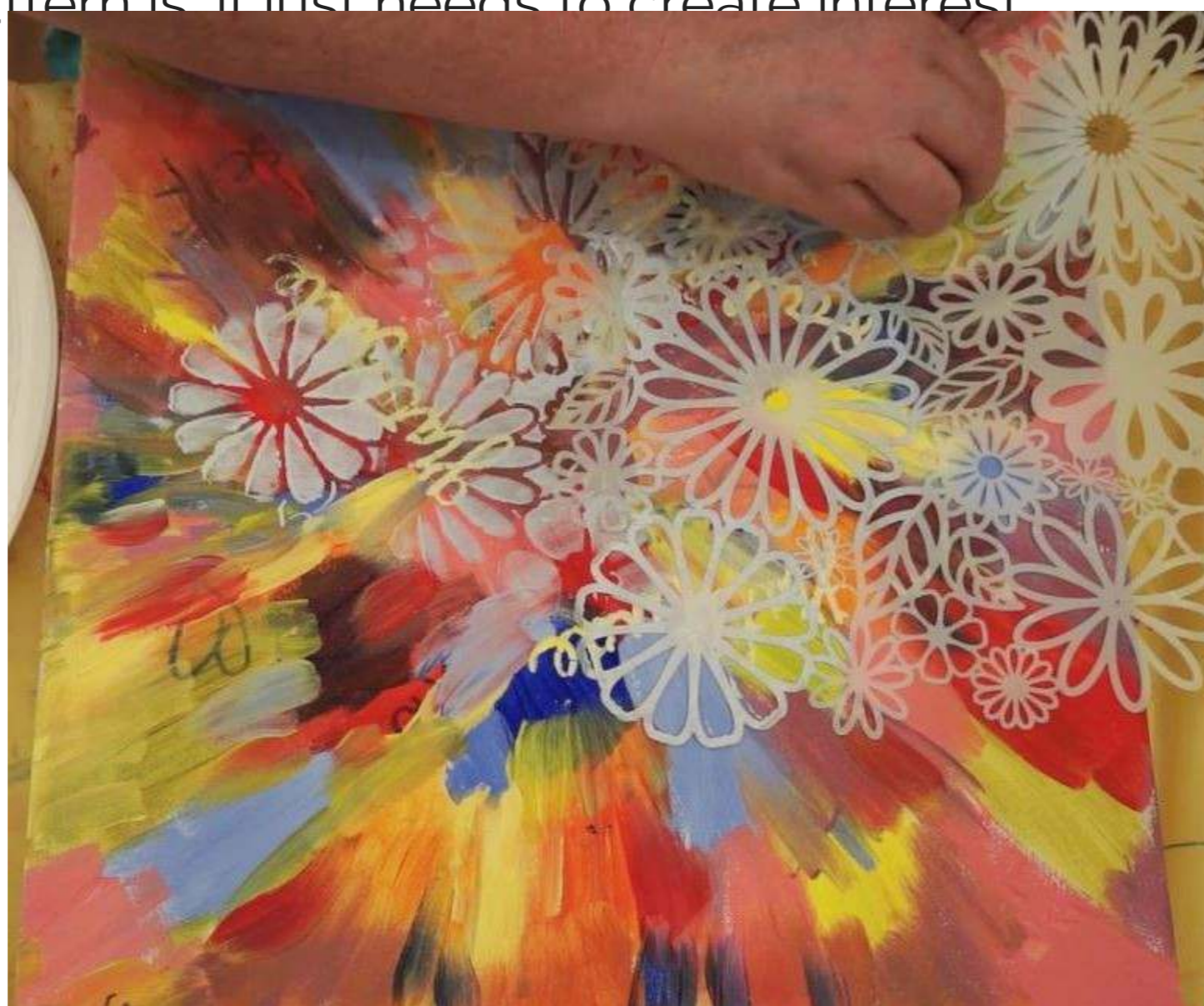


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This particular stencil is from Tamara Laporte from Willowing and I really like the fact that she's got different words on here. I chose to use her word gratitude, and you could again write or paint more words on this layer as it is just another layer you are painting onto your canvas. So don't get too precious about it.



So next I continue to add pattern and shapes using a flower stencil – it does not matter what the pattern is, it just needs to create interest



You don't need to spend a fortune on things to make marks as anything that you can find in your home that has holes in, or you can dip into paint will do. It's all about having fun and putting good energy into your paintings.

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So far in my painting I have put in a lot of words such as gratitude and soulful (in this layer) and in the bottom layer words about relaxing and having more time. So all the time I am thinking about what I want to bring into my life.

It's all about creating different layers and patterns of positive energy. And even though it is not neat and tidy, or polished at this stage I am still filling it with heart centred energy.

Now we need to let this completely dry before we start the next layer.



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**This next layer is about creating the shape of your mandala.**

With a piece of chalk I create a cross on my canvas in order to find the centre. It doesn't need to be neat and tidy as chalk rubs off.



I then create a cross from each corner of the canvas and you will notice that I have ended up with 8 sections (remember in the black and white mandala exercise we repeated the pattern 8 times around?)



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You will see from my demonstration that you can create petal shapes, or curly brackets or whatever you feel. It is the same principle whatever you do once on the canvas you need to repeat it around.

One useful tip when you are drawing in your shapes with the chalk is turn the canvas around. I like using chalk as it gives you the opportunity to change anything before you've committed yourself to painting it in.

So before you create your shape, you could look for a mandala shape on the internet (there are a lot) or just dive straight in and create your own from your imagination.



Before moving to the next stage of painting in the lines, I take a cloth and rub off any lines that I do not wish to paint (for example the lines that came right out to the corners. I just leave behind the lines I want to paint in.

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Next I paint in the lines, and you will notice I don't do it very neatly as later on we will be painting over some of the lines. As I mentioned one thing to be a little careful of is painting your lines in black - they are a little trickier to paint over so I would suggest you use a lighter colour for this.



Once I have painted in the lines I remove all the excess chalk.





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What I am left with is something that looks little like stained glass windows. This is so that you can see the beautiful colours and patterns peek through. You can have pattern on the inside and/or pattern on the outside – it is entirely up to you. We will look at this in the next lesson.



So give this a go and please do share your progress with us on the FB page so that I can see what you have created.

Have fun! and remember this is just another layer....

Angela x