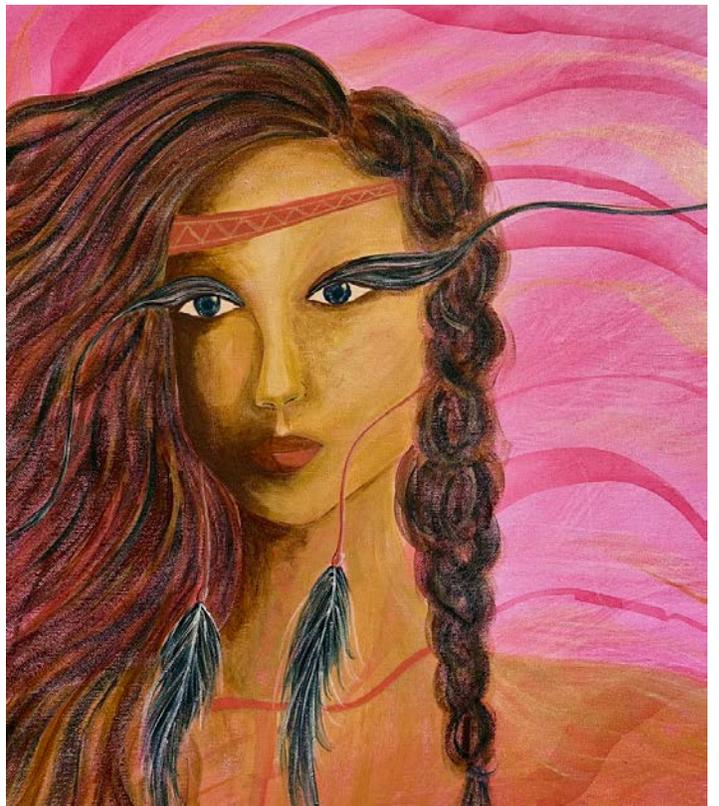


# Paint From Your Soul

## Step by Step Guide



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## Tips For When You Feel Stuck

- **Pause & reflect:** remember your intention and what this type of art is about. Feel into what wants to happen. Maybe it wants to be different than what you originally thought...
- **Photo and flip:** take a photo of your drawing/painting and then, using your phone edit abilities, flip the image so you see it in reverse. This helps amazingly well to see it with "fresh eyes" and notice what feels off to you.
- A mirror is another way of doing this
- **B&W view:** take a photo and change it to black and white. This helps you see only the values and you can assess the balance between your darks and lights.
- **Change filters:** use the filters on your phone to play with the warm and cool tones of the photo. This helps you see if you prefer bringing more warm tones in (reds, yellows, oranges) or you prefer more cool tones (blues, purples and greens)
- **Find 1 step forward:** all you need is 1 step. Don't try to figure it all out now. If you can find 1 small change you want to make - do it - and that will lead to the next step afterwards.
- **Upside down:** turning your painting upside down will also help you see it with "fresh eyes." Notice if the balance feels off or things need to be adjusted.
- **Squint:** step back and squint your eyes when you look at your painting so you can see it as a whole instead of all the details.
- **Someone else's eyes:** you can ask someone else what they see IF they are also artistic and able to give advice about art.

# Step 1: Paint Emotion

## Letting Go/Trusting

Have fun! If your perfectionist comes up, that's okay. Notice what comes up and keep painting.

💡 Remember, "The worst that can happen is I don't like it!"

### Materials

- What color do you want to paint with if you went with your gut-knowing? (choose 1-3 colors)
- Jar or old Tupperware
- Marbles or round objects that can track paint (and are easy to clean!)
- Brushes of different sizes
- Latex gloves - if you don't want to feel paint on your hands

### Techniques

- Marble rolling
- Drip rolling
- Non-dominant hand painting
- Eyes closed painting

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## Anger

Only choose anger if you feel like you want to explore it right now. If the anger becomes too intense, pause and switch to another technique.

### Materials

- What 1-2 colors feel like anger to you right now in this moment? Go with your gut-knowing!
- Jar or old Tupperware container
- Towel
- Stiff brush or old broken brush for vigorous dry brushing and texture
- Plastic fork
- Latex gloves (if you don't want to feel paint on your hands)
- Techniques
- Cloth "slap painting"
- Dry brush vigorous scrubbing
- Fork painting/scratching
- Drippy paint slash (if your space can handle it)

💡 If you're having trouble accessing frustration/anger, move from your lower abdomen. Sounding and grunting is also helpful.

# Step 1: Paint Emotion

## Confidence

See if you can follow your own enjoyment with your mark making and stay tuned into that. You don't even have to like it.

💡 Remember, "You can't do this wrong. This is your expression."

### Materials

- What 1-2 colors feel like confidence to you right now in this moment? Go with your gut-knowing!
- Brushes of different sizes

### Techniques

- Use dominant or non-dominant hand for the first mark
  - Embody confidence – tell yourself you can do it and any mark you make is valuable; remind yourself you can't do it wrong – and then make your mark!
  - Follow what feels good to you
- 

## Joyfulness

Use the sponge and the bouncy-ness of the canvas and techniques to see if it can evoke the emotion in you.

### Materials

What 1-2 colors feel like joyfulness to you right now in this moment? Go with your gut-knowing!

Sponge or paper towels

Pallet knife

### Techniques

Sponge or paper towel texture painting

Tapping drips

💡 Here's a tip: Yellow is a wimpy color that doesn't show well, so it might not be the best color to use for the first layer. You can always add yellow in the second layer for the emotional tone.

# Step 1: Paint Emotion

## Sadness

If you feel that you're getting lost in the sadness, pause the painting experience. You can always switch to another technique. If you want to cry, cry!

### Materials

What 1-2 colors feel like sadness to you right now in this moment? Go with your gut-knowing!

Multiple jars or old Tupperware containers for each color (you can also use your water jar)

Brushes of different sizes

### Techniques

Slow, wet drippy techniques

Pour watery paint onto the canvas directly

💡 You can play around with how fast or slow you want the paint to drip depending on how much water you add to the paint.

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## Step 2: Set the Mood

Choose 1-2 colors that you want to have as your background and cover your canvas with paint. This will set the emotional tone of the painting.

You can choose to cover the canvas with a transparent layer of paint (by adding water, adding medium, or using an already transparent color)

OR you can cover the canvas in more opaque colors to cover up parts of the emotion painting you no longer want to see.

## Step 3: Choose Archetype



### MOTHER

The energy of Mother extends beyond the typical idea of having children. Mother energy is all-encompassing, abundant, and giving. Her nature is generosity. For her, giving is a pleasurable act. She delights in helping others and creating situations for people to grow and develop. She nurtures those around her, be it children, animals, or the Earth. She creates community where people can feel they belong. Mother energy helps you feel a profound sense of okay-ness. All your needs are met, you are seen for who you are and you are loved. There's a warmth to her energy, like being embraced in a hug that helps you feel accepted exactly as you are. You're in Mother energy when you reflect someone's sparkle back to them, encourage them, and make them feel seen and heard.

You might want to work with the Mother if you want to bring in more of that infinite okay-ness for yourself. Maybe you didn't get that from your own Mother and now it's time for you to really bring that energy in and foster it within yourself.



### LOVER

The energy of Lover is embodied joyfulness. The Lover enjoys all that life has to offer! She's fun and carefree. Her motto would be "follow what feels good." The Lover remains connected to her child-like sense of wonder about the world. She loves her body and what she can experience with it! She also brings an allure and magnetism - she's magnetic because she is so alive and in love with who and what she is. Lover is very fun to be around. She makes life better. You can access The Lover in moments when you feel excited by life and in a playful mood or when you feel beautiful and you connect with your own attraction.

You might choose to work with Lover energy if you want more joyfulness or playfulness in your life. Or if you want to practice your magnetism because you're ready to call in a Lover or your ideal customers/clients.

## Step 3: Choose Archetype



### PRIESTESS

The energy of Priestess is wise and knowing. Her presence is powerful because she sees past the masks people wear into their deeper selves. She is the Namer of the unnamed. Sayer of the un-said. She will bring forth a message of healing, whether you're ready for it or not. Because of this, Priestess can be unsettling for people who want to remain hidden. The Priestess challenges what the rational mind believes is possible. Knowing things she "could not know," accessing wisdom from Divine Guidance and bringing the message through to those who need to receive it. She is a conduit, able to transmute knowledge and healing. You can access The Priestess when you are grounded and connected to your inner quiet knowing - suspending your ego and receiving "what wants to come through."

You might choose to work with Priestess energy if you want to get more connected with your spiritual self, your intuition, your ability to tune into what wants to happen. You could even call it your magic.



### WARRIORRESS

The Warriorress is very different. She is strong, she is powerful, she is a protector. She will take care of the innocent, not by Mothering them, but by making sure that they are safe. The energy of the Warriorress is straight, focused, and on a mission. Hers is the most masculine energy of the 4 main female archetypes - she is a doer, with a singular focus. Her eyes are on the prize and she doesn't have time for anything that would distract her from achieving it. The Warriorress is known for her good, clear boundaries. She has a strong advocate heart, in love with her mission above all else, she is called to serve the greater good. You know The Warriorress energy when you have that "get shit done" attitude. We use her every time we are focused on an important task and want to accomplish it quickly and well. Her motto would be "I will succeed."

You might like to work with Warriorress energy if you want to be more connected with that fierceness and determination to accomplish your mission or purpose. If you need better boundaries in your life, Warriorress is your best friend.

## Step 4: Archetypal Elements

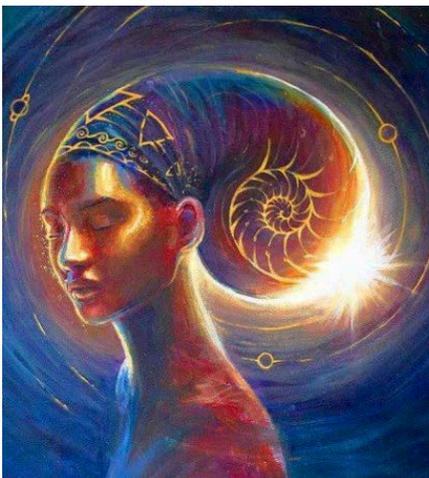
Below are examples for inspiration - NOT to be copied exactly

### Animals



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### Orbs

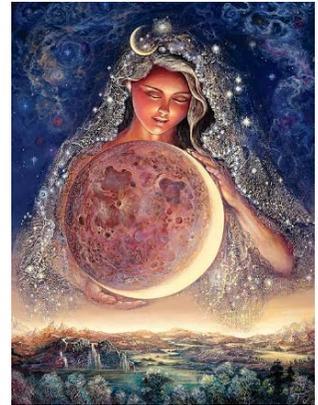


# Step 4: Archetypal Elements

## Flower



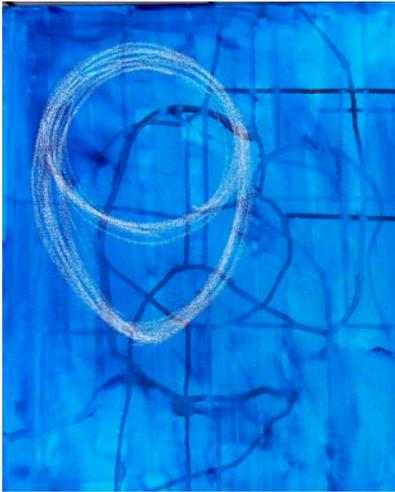
## Moon



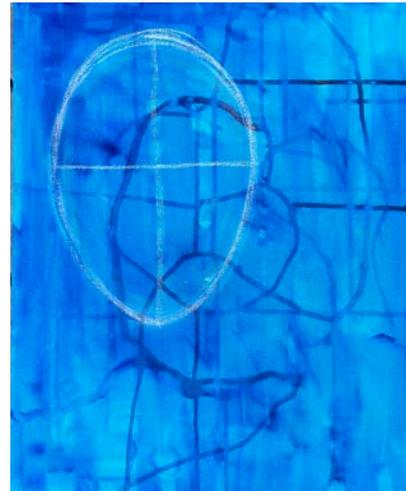
## Fire



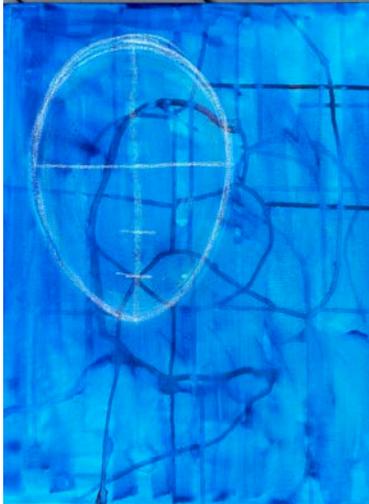
## Step 5: Draw Your Face



**Step 1:** Draw a circle as best you can. Add in the bottom oval shape. This will be the shape of your face.



**Step 2:** Draw a line down the mid-way point of the face, from forehead to chin. Draw another line from "ear to ear" for the eyes.

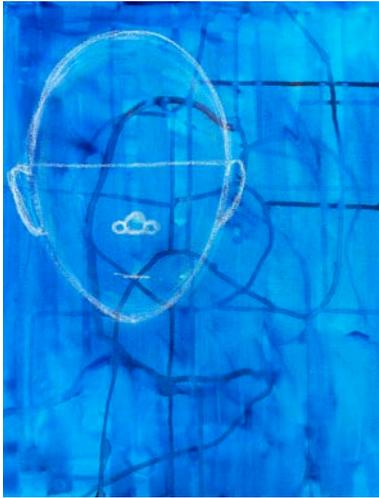


**Step 3:** Draw a small line at mid-way point between the eye line and chin. That's for the nose. Find the mid-way point between the nose and the chin. Draw a small line for the mouth.

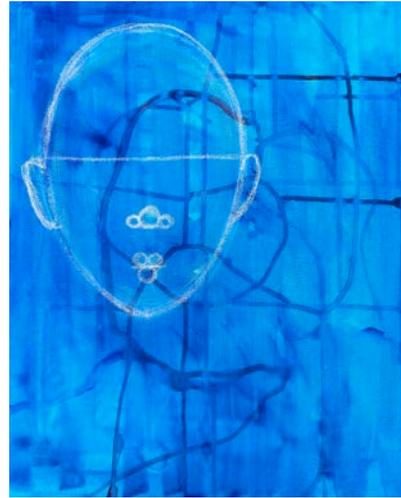


**Step 4:** Draw in ears between the eyes and nose.

## Step 5: Draw Your Face



**Step 5:** Draw a circle in the center of the face and two smaller ones on either side of it.



**Step 6:** Draw two smaller circles above the mouth line and a bigger one below it.



**Step 7:** Draw lines on either side of the nostrils up to the eye line. The size of the nose is the same distance between your eyes.



**Step 8:** Eyes. The distance between the eyes is the same size as the eye themselves. Begin drawing them in. The pupils will reach the top & bottom of the eye.

## Step 5: Draw Your Face



**Step 9:** Mouth. Use the circles to form the lips. The corners of the mouth are in line with the nostrils & inner corner of eyes.



**Step 10:** Nose. Outline the bottom of the three nose circles. Erase the other markings.



**Step 11:** The neck is as wide as where the ears start. It can be as long as the distance from the nose to the chin.



**Step 12:** Finishing touches. Draw in shoulders, hair, and your archetypal elements.

## Step 6: Mix Skin Tones



### For lighter skin tones:

Mix red and blue to make purple. Add in **raw sienna** your darkest tone. Then add whites.



### For darker skin tones:

Mix red and blue to make purple. Add **burnt sienna** to get your darkest tone. Then add whites.



### For darkest skin tones:

Mix red and blue to make purple. Add **raw umber** to get your darkest tone. Then add whites.

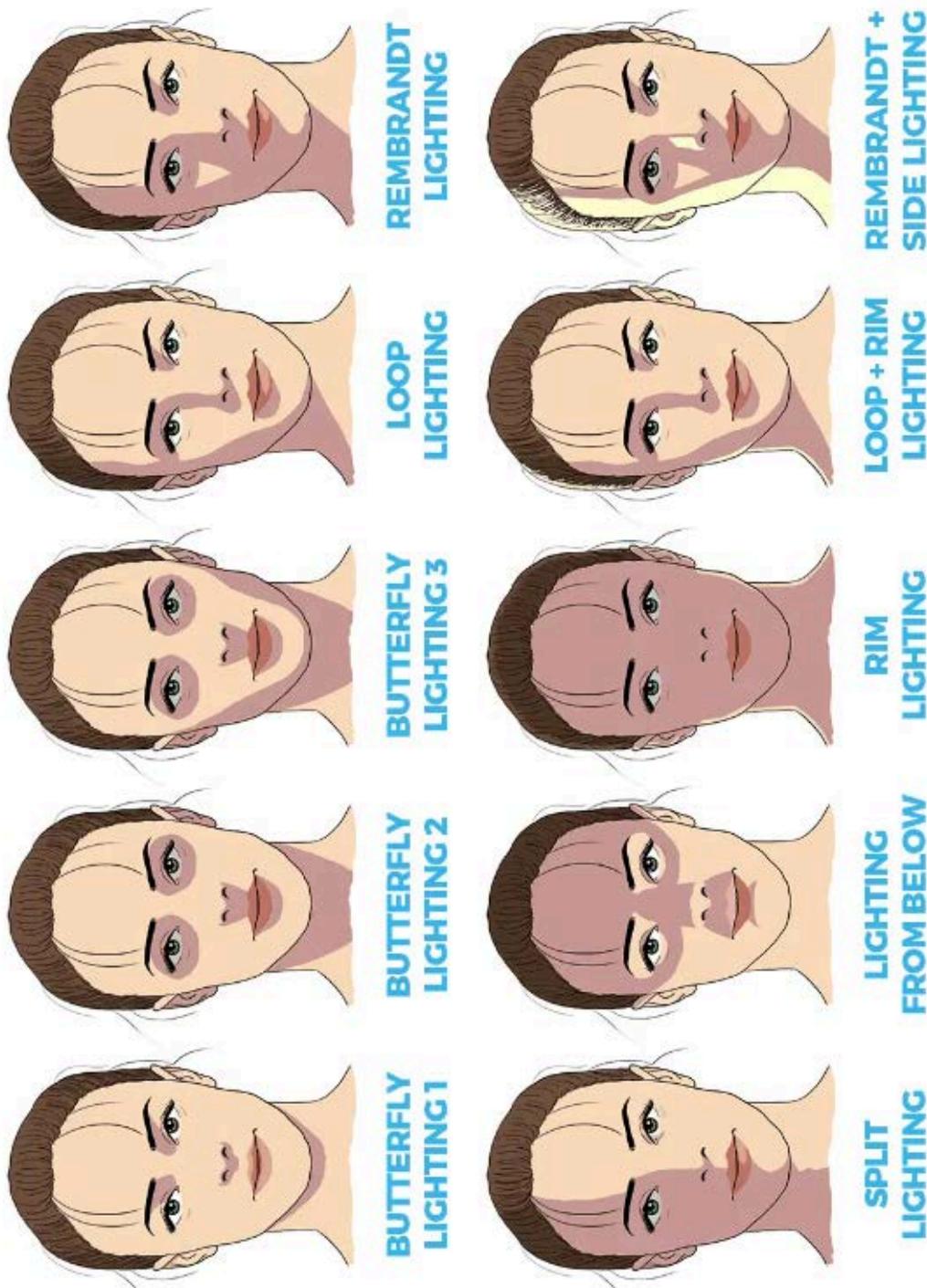


### To add medium:

Create about a 50-50 ratio of medium to your paint for more transparency in your first layer of skin tone.

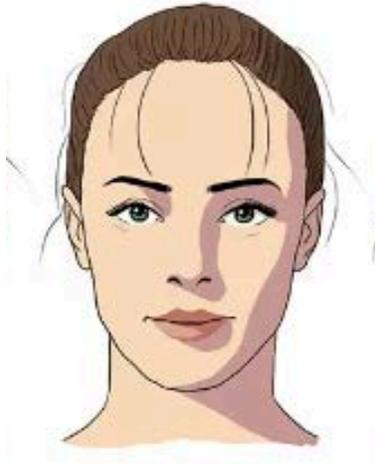
## Step 7: Choose Lighting

Choose the style of lighting you want to use. I recommend loop or rembrandt lighting because they are the most natural looking and help define the nose.



## Step 8: Painting Your Face

The lighting guide I'm using: Loop lighting



### Step 1: Paint in the Shadows

Paint the shadow color in the areas that are shadows according to the lighting guide.

If you want, you can sketch the shadow areas out with chalk first.



### Step 2: Paint the base skin color

Put regular skin tone in the other areas.

This first layer is 2 sections: shadow and base. Any variation in color is due to the amount of paint I put down and the concentration of blue behind it.

All paint is mixed with medium to be transparent.



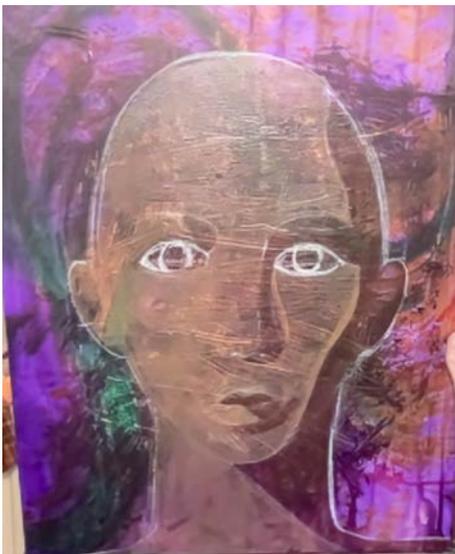
## Step 8: Painting Your Face

The lighting guide I'm using: Loop lighting



### Step 3: Paint Shadows Again

When the paint is fully dry, paint a 2nd layer of your shadow color in all the shadow areas. It will get darker and more opaque.



### Step 4: Paint Base Skin Again

Paint a 2nd layer of base skin color when the 1st layer is fully dry. It will become more opaque and stand out more from your background.



## Step 8: Painting Your Face

The highlight map I'm using:



### Step 5: Soften the Edges

Paint a soft, transparent layer of base skin color on the edges of your shadows to "soften" them. This helps the transition be less stark.



### Step 6: Highlights

Using your lightest skin tone value, add highlights according to the highlight map above.

I will use 2 brushes here, 1 with my highlight color and the other with my base skin tone color.



## Step 8: Painting Your Face

### Step 7: Outline Lips & Nose

Using your original dark purple, outline the lip area and blend the dark purple into the shadow areas.

Do the same for under the nose.

### Step 8: Eyebrows

Using your original dark purple, paint eyebrows along the shadow lines.

Outline under the chin and blend into the shadow area.



## Step 9: Painting Hair

If you want **transparent** hair, add medium to hair color (50 - 50 ratio of medium to paint). Otherwise you can have **opaque** hair.

Start with darker tones of hair color first. Paint the hair in sections so it's not all one color. Painting in sections will give it more definition

### Transparent Hair



### Opaque Hair



## Step 10: Painting Eyes

**Step 1:** Fill in eye balls. (Don't use a completely white white.) Adjust the eyes so they are the same shape & size.



**Step 2:** Add a shadow to the eye lids & corners. Blend it into the eyeball.



**Step 3:** Paint in irises. The first layer can be darker than what you want the iris to be so you have a darker outer edge. Add in the color you want the iris to be. Then, add flecks of a slightly lighter color for depth. Note that the irises touch the top and bottom of the eye, so there's no white showing.



## Step 10: Painting Eyes

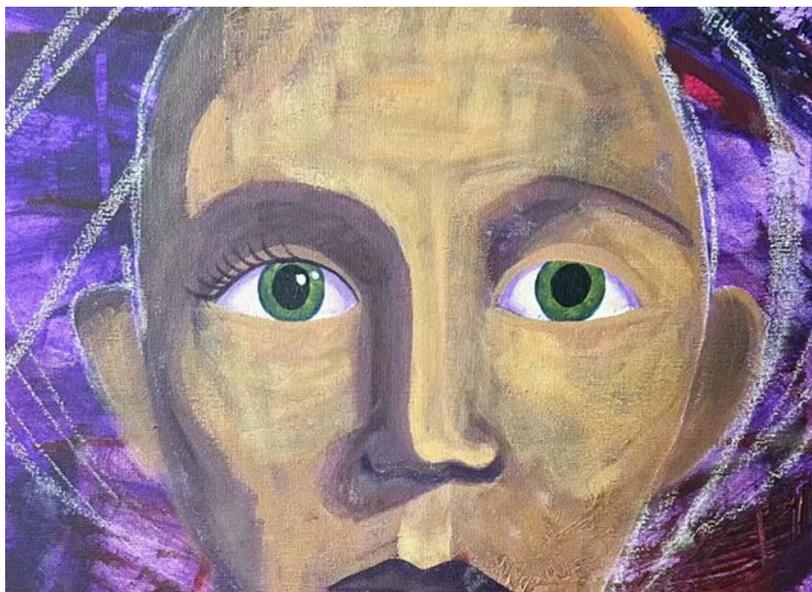
**Step 4:** Paint in pupils. Start smaller than how you want them to end up so you have room to adjust.



**Step 5:** Paint in eyelids and under the eye. Mix up a lighter version of the skin tone for a nice highlighter color.



**Step 6:** Add in a line on the eye lid, eyelashes, and white reflective spots.



## Step 11: Gold & Silver Touches

Adding gold and silver details to your painting can make things really POP! Think about how you might enhance the archetypal energy or add more depth.

