

# *The Layers Begin Here: Your Supply List*

**\*The highlighted supply items are what we will be using in the Soulful Stories Starter Lessons**

**Before we begin, let's take a gentle pause...**

Gathering your supplies is more than checking off a list—it's the first step in connecting with the stories waiting to unfold within you. Each material, no matter how small or humble, will play its part in this layered journey of creativity and healing.

This isn't about having *everything* or the "perfect" tools. It's about showing up for yourself with what feels right, trusting that the magic comes through in the process. I'll guide you through what you'll need—layers of paper, paint, textures, and an inspirational bundle of personal materials.

For an in-depth journey into the many materials you might gather for this project, I invite you to download the [Creative Guide to Healing and Art](#). It's brimming with inspiration and ideas to spark your imagination and help you discover the treasures waiting to be part of your story.

Take a deep breath, make a warm cup of tea, and let's get started...

## **The Substrate**

You'll need a sturdy surface that can hold up to the layers of this mixed media process without tearing. I recommend a good-quality stretched canvas or wood panel. I'll be using a **18" x 18" canvas**, but [feel free to choose what feels right for you](#).

## **Acrylic Paints**

You can use any paints you already love or explore a different color palette. Here are the ones I'll be using:

- **Titanium White**
- **Black** or **Payne's Grey**
- **Yellow Ochre**
- **Burnt Umber**
- **Primary Red**
- **Hunter's Green**
- **Primary Yellow**
- **White Gesso**

## **Acrylic Inks (Optional)**

You can use any colors you already have or explore a different color palette. Here are the ones I'll be using:

- **Hunter's Green**
- **Muted Green**
- **Olive Green**
- **Yellow Orange Azo**

### **Alcohol Inks (Optional)**

You can use any colors you already have or explore a different color palette. Here are the ones I'll be using:

- **Rain Forest Green**
- **Orange**
- **Bright Yellow**
- **Magenta**

### **Mediums (I'm Using)**

- **Heavy Gel Medium** (Semi-gloss or Matte)
- **Gel Medium** (Semi-gloss or Matte) or **Mod Podge**
- *(Optional)* **Hard Molding Paste**: This can be mixed with paint or used alone to create texture. It dries very hard and durable but does require extra drying time.

### **Tools**

- A **palette knife** or an old plastic card for scraping and layering.
- A variety of **small and large brushes**: Include detail brushes and a larger one for background work. Choose ones you're comfortable using and suitable for acrylics.
- Mark making tools: wire brush, etching tool, fork, putty knife.
- Your favorite **journaling tools**: I love using **Stabilo All Pencils, Neocolor II crayons and Stabilo Woodys** and **Posca Paint Pens (black & white)**.
- An **apron** or clothes you don't mind getting messy.
- A **palette** for mixing paints.
- A **spray bottle** for water
- **Painter's Tape** for masking

### **Mixed Media Materials**

This is where the magic happens! Here are some ideas to spark your imagination:

- **Papers & Ephemera**: **Collage Papers**, Vintage wallpaper, old books, sewing patterns, postcards, journal pages.
- **Fabrics**: Lace, ribbons, burlap, scraps of fabric from sentimental clothing.
- **Found Objects**: Jewellery, buttons, keys, or anything meaningful to you.

- **Texture Makers:** drywall tape, cardboard, lace, plaster, embroidery, or packing materials (like [bubble wrap](#)).

Think of these materials as treasures—each one bringing its own history, texture, and story to your work.

## Special Items I Used in These Projects

Here are a few of the new materials that added explored to add a little extra magic to my *Soulful Stories* creations. If you're feeling inspired, I've included the links so you can find them, too!

### Papers

- **Origami Papers**  
Vibrant patterns perfect for collage and layering.  
[Shop them here at ArtCards by Valerie](#)
- **Handmade Rose Kozo Washi Paper (White)**  
Soft, delicate paper with a touch of handmade elegance.  
[Explore it on Etsy](#)
- **Milano Marble Momigami Kozo Washi Paper**  
A stunning marble effect that adds a unique, textured layer.  
[Find it here on Etsy](#)

### Fabrics

- **Exquisite Cotton Floral Embroidery Lace Fabric**  
Adds softness and intricate texture to your work.  
[Available on Etsy](#)
- **Floral Embroidered Tulle**  
A colorful, whimsical layer that brings depth and charm.  
[Find it on Etsy](#)
- **Lace Fabric – Floral Embroidered Ivory**  
A beautiful and versatile lace fabric for a vintage-inspired touch.  
[Available on Etsy](#)

### Natural Elements

- **Real Dried Pressed Flowers**  
Perfect for adding delicate, natural beauty to your layers.  
[Find them here on Amazon](#)

Each of these materials holds so much potential to bring your story to life—whether it's a soft texture, a pop of color, or a connection to nature. Use what speaks to you and let your creativity guide the way!