

Materials List for PAINTING AS INNER ENGAGEMENT, Part Two

Palette (at least 11"x14") (non-disposable: glass, plexiglass or wood preferred)

Tall can, to hold brushes that are in use (like large tomato juice can)

Gamsol (a good non-toxic solvent)

Refined Linseed Oil

Baby food jar or similar with lid

Palette knife for mixing (with blade long like a finger)

Palette cup (metal with a clip on the bottom)

Cotton rags (preferred to paper towels)

A variety of brushes, I recommend hog bristle by Robert Simmons/Signet (try different shapes, there are basically four shapes: rounds, flats, brights and filberts. I recommend at least two brights that are a number 10, two brights that are a number 8, three brights that are a number 6 and three brights that are a number 4.

Oil Paint:

Titanium White

Ultramarine Blue

Prussian Blue

Cadmium Red Light (real cadmium – I recommend Gamblin)

Cadmium Red Medium (real cadmium – I recommend Gamblin)

Quinacridone Red or Alizarin Crimson

Cadmium Yellow Light (real cadmium – I recommend Gamblin)

Indian Yellow

Cadmium Yellow Medium (real cadmium – I recommend Gamblin)

One Canvas approximately 12"x16" to 16"x20".