

# Art and Living Energy ®

## Suggested Materials List – 1st 4 week Practice

Artist grade materials especially selected for this practice.

### 1. Artist grade graphite pencils

At least three.

They are graded. “H” indicates hard pencils. “B” designates the blackness of the mark the pencil makes.

I recommend B pencils, as you will feel the pencil against the paper more, and they will let you feel your body energy more. They come in a scale of strengths. If you can select them at an art supply store, let yourself try a B, a 2B, a 4B, a 7B, and an 8B to see what feels right and pick three.

A recommended set on BlickArt.com:

**Staedtler Mars Lumograph Black Drawing Pencils (Set of 6 includes one each of 8B and 6B, and two each of 4B and 2B.)**

**Blick Item: 22470-1001** List \$12.90 Sale \$9.65

\*\* ® STAEDTLER is a registered trademark. ® Mars is a registered trademark. ® Lumograph is a registered trademark.

### 2. Artist pencil “dedicated” pencil sharpener

**Faber-Castell Grip Trio Sharpener**

Blick Item: 21430-1004 Grip Trio Sharpener, Blackberry List \$6.25 \$4.39

Blick Item: 21430-1001 Grip Trio Sharpener, Silver List \$6.45 \$4.39

### 3. High quality Mixed Media paper

Mixed Media paper will support your Art and Living Energy® practice (practice is time in the work), with pencils, pastels and watercolors.

Pick whether you want to work smaller or larger. Part of the decision will be in your attraction, and remember there is no wrong answer.

I suggest paper dimensions that match standard frame sizes, so that when you feel like displaying your art, it will be easy to frame.

2 personally selected options, each with two listed sizes:

Pentalic Nature Sketch Book (Extremely heavyweight paper, smooth on one side, more textured on the other side)

Blick Item: 12456-1075	Nature Sketch Book, 50 Sheets	7" × 5"
	List \$10.50	\$6.99 sale

Blick Item: 12456-1824	Nature Sketch Book, 20 Sheets	18" × 24"
	List \$37.95	\$28.73 sale

### Bee Paper Aquabee Super Deluxe Sketchbook

Blick Item: 10010-1009	Super Deluxe Sketchbook, 60 Sheets	9" × 9" Square
	List \$21.25	\$12.89 sale

Blick Item: 10010-1011	Super Deluxe Sketchbook, 60 Sheets	6" × 4"
	List \$10.50	\$6.26 sale