

Suggested Materials List – 1st 4 week Practice

Art and Living Energy ®

Artist grade materials especially selected for this practice.

1. Artist grade graphite pencils (I recommend 3 B's)
“H” indicates hard pencils / “B” designates the blackness of the mark

Open stock: Try some at the art supply: B, a 2B, a 4B, a 7B, and an 8B
See what feels pleasing to your hand

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

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2. “Dedicated” artwork pencil sharpener

Faber-Castell Grip Trio Sharpener

Grip Trio Sharpener, Blackberry
Grip Trio Sharpener, Silver

3. Pick one High quality Mixed Media paper (it works with pencil, pastel and watercolor):

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

Nature Sketch Book, 50 Sheets	7" × 5"
Nature Sketch Book, 20 Sheets	18" × 24"

Bee Paper Aquabee Super Deluxe Sketchbook

Super Deluxe Sketchbook, 60 Sheets	9" × 9" Square
Super Deluxe Sketchbook, 60 Sheets	6" × 4"

4. High quality pastel crayons

Unison on Amazon

Schmincke has nice sets of 10, and 15

If able to go to an art store in person, try some to see what 4 or 6 colors attract you