c. Meryl Ann Butler 2022   OceanViewArts.com

YOU WILL NEED:
- **White card stock**
- **Colored Pencils**
- **Colorless Blender**
- **Pencil sharpener**
- **Eraser** (a gray kneaded eraser is gentlest on the card stock, but other erasers are ok.)
- **Scissors**
- **Glue** (either glue stick - Uhu is great if you can get it! or scrapbooking adhesive roller or rubber cement)

Please see sidebar at right for details

PREPARATION:
Print Chakra Cards pages on white card stock. (Do not cut out!)

Main pencil colors we will be using

These are typically all in the Prismacolor 48 set. If you have a smaller set, or a different set, you can substitute or you might want to get the ones you don't have via open stock. If substituting, printing the Prismacolor swatch card listed on page 3 helps).

*Canary Yellow PC 916
*Aquamarine (cyan blue) PC905
*Magenta (cool, pinky-red) PC930
*White PC938
Colorless Blender PC1077
Spring Green PC913
Violet PC932
Orange PC918
Ultramarine PC902
Mulberry PC995

CARD STOCK

Neenah Exact Vellum Bristol, 8.5" x 11," 67 lb/147 gsm, White, 94 Brightness, 250 Sheets is recommended (available on Amazon). This is the card stock used in most of my classes that require card stock. "Vellum Bristol" is a toothy finish lightweight card stock that provides a good surface for colored pencil (a shiny finish card stock does not work as it repels the colored pencil, tho' it's good for markers). I like to copy images from coloring books on Neenah Exact Vellum Bristol rather than color directly on the thin coloring book paper. Other brands of card stock may work, the finish should be slightly textured, not shiny or smooth.

COLORED PENCIL SET

The Prismacolor Premier set of 48 is the smallest set with all the recommended colors, although a smaller set will work, and more than 48 is a delightful luxury. (For Caran d'Ache brand, please see below.) Cheap "children's school supply" type colored pencils are not good enough quality for this project, but other artist quality brands are fine. (Prismacolor's "Scholar" student grade doesn't blend as well. Wax-based pencils are preferred, oil-based colored pencils are more pricey, but if you already have them, they are fine to use!)

COLORLESS PENCIL BLENDER

Available separately from the sets, the Prismacolor Colorless Blender usually comes in blister packs of two. However, if you don't have this, you can use your white pencil for very similar effects. The Prismacolor blender can be used with other brands of colored pencils. (An option is Caran d'Ache's blender, please see below.)

ABOUT CARAN D'ACHE

Caran d'Ache makes Pablo brand colored pencils which are also great. Caran d'Ache's top of the line is the Luminance 6901, they are pricier than Prismacolor, but fabulous. Caran d'Ache makes a Full Blender Pencil in blister packs of two. This brand, made in Switzerland, may be easier to find in Europe than Prismacolor.

GRAY KNEADED ERASER

If you have taken my drawing classes, you don't want to use the same kneaded eraser that you used with your charcoal pencils—colored pencils need a clean new one! A kneaded eraser is best, but you can substitute Pink Pearl or another type of eraser.

PURCHASING INFO- Prismacolor Pencils

Dick Blick and Jerry's Artarama both carry sets and open stock.

Dick Blick: https://www.dickblick.com/products/prismacolor-premier-colored-pencils/

Jerry's Artarama: https://www.jerrysartarama.com/prismacolor-colored-pencils
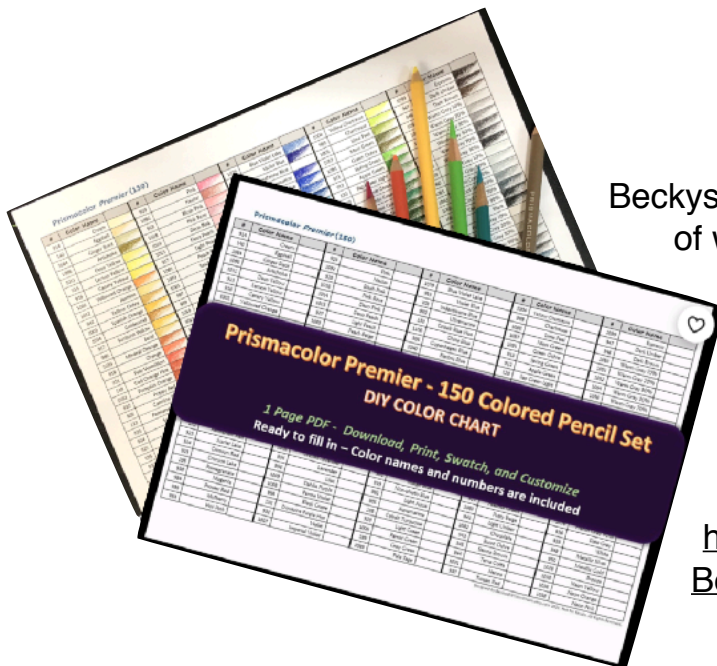
PENCIL SHARPENERS

A long tapered point works better for most colored pencil applications than a shorter point, but either will work for this workshop. I use an electric pencil sharpener because I sharpen frequently, but manual sharpeners are fine.

Many sharpeners will show in the packaging or advertising which type of point is offered, and some make both! A sharpener that specifically states it is good for colored pencils is generally less likely to break the more fragile colored pencil "lead."

Beckys DiY Color charts are a great way to keep track of which colored pencils you have. The Prismacolor Premier chart is shown here, she also offers charts for other brands. These work best if you print them on Neenah Exact Vellum Bristol. I will demo the best way to use these charts in class.

https://www.etsy.com/fr/shop/BeckysDIYColorCharts

Compiled by OceanViewArts.com

PRISMACOLOR SWATCH CARD

Colors may look different on different printers, but this is still a great resource.
http://www.jennyscrayoncollection.com/2020/04/complete-list-of-prismacolor-premier.html

LIST OF PRISMACOLOR COLORS BY SET: 24, 36 & 48

Colors generally recommended for OVA workshops are in bold.
The set of 48 is the only set that contains all the colors on the list, however, smaller sets can be enhanced with the addition of open stock additions.

24 Count Prismacolor Soft Core Colored Pencils - 3597T

True Blue, Grass Green, Apple Green, **Canary Yellow, Orange**, Crimson Red, **Violet**, Violet Blue, Sienna Brown, Dark Brown, Indigo Blue, Lt. Cerulean Blue, Dark Green, True Green, Poppy Red, Pink, Tuscan Red, Peach, **Mulberry**, Spanish Orange, Parma Violet, Goldenrod, Black and **White**

36 Count Prismacolor Soft Core Colored Pencils - 92885T

Cream, **Canary Yellow**, Yellowed Orange, Spanish Orange, Goldenrod, **Orange**, Poppy Red, Carmine Red, Crimson Red, Process Red, **Mulberry**, Pink, Light Peach, Peach, Parma Violet, **Violet**, Violet Blue, **Ultramarine**, True Blue, Lt. Cerulean Blue, Indigo Blue, Light Aqua, Chartreuse, Apple Green, True Green, Grass Green, Olive Green, Dark Green, Light Umber, Sienna Brown, Tuscan Red, Dark Brown, Black, **White**, Metallic Silver & Metallic Gold

48 Count Prismacolor Soft Core Colored Pencils - 3598T

Cream, Ginger Root, **Canary Yellow**, Yellowed Orange, Yellow Ochre, Spanish Orange, Goldenrod, **Orange**, Pale Vermilion, Poppy Red, Carmine Red, Crimson Red, **Magenta**, Process Red, **Mulberry**, Pink, Blush Pink, Light Peach, Peach, Lilac, Parma Violet, **Violet**, Violet Blue, **Ultramarine**, True Blue, Lt. Cerulean Blue, Peacock Blue, Indigo Blue, Light Aqua, **Aquamarine**, Chartreuse, Lime Peel, **Spring Green**, Apple Green, True Green, Grass Green, Olive Green, Dark Green, Light Umber, Burnt Ochre, Sienna Brown, Tuscan Red, Dark Umber, Dark Brown, Black, **White**, Metallic Silver & Gold

Appendix: Pencil Sharpeners

c. Meryl Ann Butler 2022   OceanViewArts.com

Pencil Sharpeners

A sharp point is very advantageous for the methods you will be learning, and if you want to continue working with colored pencils, you will find that an electric pencil sharpener that sharpens to a long, tapered point is a huge help since you will be sharpening your pencils frequently.

Colored pencils have softer leads which can be broken easily by some pencil sharpeners. Most pencil sharpeners that are appropriate for colored pencils will say that in the information about the product.

Many of my students and I have the blue X-Acto School Pro pictured at left, but it appears to be discontinued, and replaced by the black model shown in the center.

Other good brands for both handheld or electric sharpeners are KUM, Staedtler, and AFMAT.

Inexpensive (a dollar or two) handheld school type sharpeners often break the colored pencil leads. Professional handheld sharpeners are usually $6 or more, but worth it because they save your pencils!

X-Acto School Pro discontinued?

X-ACTO SchoolPro Electric Pencil Sharpener 001670

Hand sharpeners by KUM

Available on Amazon

Other good brands: Staedtler, AFMAT

Intro to Chakras, Colors and Healing
Pdf printing instructions

1. The Flash Cards (Document: 1Chakra Color BW CARDSTOCK)

Print the 6-page pdf, "Chakra Color Flash Cards" in black and white on white card stock. (A vellum finish card stock, as described in the supply list, minimum 65 lb. or more is recommended for best results with the colored pencil. However, if card stock is not available, you can print it on any paper, you will still learn about colors!) ***This is the only printing you need to do before class.*** *(Please do not cut these cards out: coloring is easier to do on the full sheet.)*

2. The Backings (Document: 2Chakra Color Backing CARDSTOCK)

It is not essential to print these before class. I will demo how to add the backings, but you can complete this step after the class, so you may wish to make these copies after later especially if you want to shop around for a thicker card stock:

Print **four copies** of the 1-page color pdf, "Color Flash Card Backings" on white card stock, at least 65 lb, but heavier is fine.

Note: These are backings that will be glued to the backs of the flash cards you will be making. You will NOT be adding colored pencil to these backings, so a vellum finish is not needed. Some people prefer a shinier finish for the backing, and a heavier card stock so the flash cards will be thicker. You can choose what works best, and I will address questions about this in the workshop.

You may want to consider laminating your finished cards - if so, it's always a good idea to experiment on a sample in the laminating machine to make sure that any art materials or glues you have used are compatible with laminating.

There is a 1-inch line included on these pdf pages in order to make sure that both your black and white cards and the color backings print out at the correct RELATIONSHIP. Some printers automatically reduce the size a couple of percent, or might enlarge them. THAT IS OK as long as the "one-inch" line measures the same on both the black and white and color backing copies (even if it measures slightly longer or shorter than one actual inch.) The line is provided to make sure that both the cards and the backings are printed at the same proportion to each other. If both print slightly larger or smaller, your cards will be just fine!

3. Coloring Guide (Document: 3Color Chakra Cards Coloring Guides)

These two pages offer a guide to coloring and can be simply referenced on your device or printed, as desired. (Keep in mind that a digital copy does not show the soft blending very well, but it will offer some options on which areas to color in.)