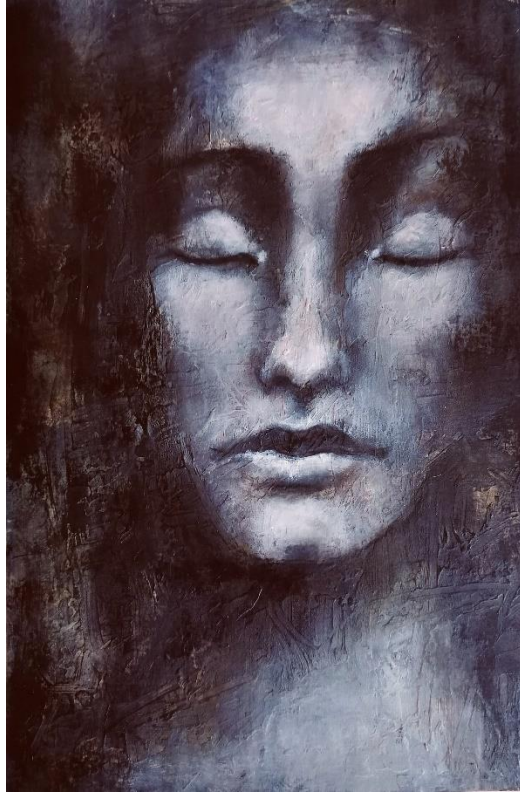


Intuitive Portrait - Inner Peace

by Nanda Boukes - Sacred Soul Art



For this Piece i wanted to work with the intention of Inner Peace, without a plan upfront
working from the inside out

Intuitively, loose, raw.... and create something that represented Inner peace for me
That you can come back to and can connect with

I just started with a meditation before getting started....

Selected a limited color palette which represented calm, peace, balance, rawness
and emotion

Than just started laying down the selected colors, no thinking, just going with the
flow, allowing.... to emerge what wants to emerge...allowing myself to just be
I used modeling paste, representing the rawness, the hurt, the scars, the layers that
forms you

A face wanted to come through.....

And i went from the rawness, the hurt, the insecurity, the scars
To the calm and peaceful

From darkness to light....

Within you there is a stillness
and a sanctuary
To which you can retreat at anytime
And be yourself

Your inner peace
is the greatest
and most valuable treasure
that you can discover

I release my negative thoughts
Embracing Positivity and Optimism
When i accept myself
I am freed from the burden
Of needing you to accept me

I may feel disconnected from this peaceful space
But peace is always there
With each breath i take
I realize inner peace
Here in my breathing
I feel comforted and receive answers
Here in my breath
I feel deeply at peace

I am grounded
In the beautiful, serene
Space of my heart

I am at peace



Supply List :

- Heavy Watercolor paper (i use canson 370 g/m2)
 - Painters tape or washi Tape
 - Deco Art Media Modeling Paste
 - Vallejo Fluid acrylic Raw Umber
 - Deco Art Acrylic True Ochre
- Deco Art Americana ultra matte acrylic whisper
 - Deco Art Americana Acrylic Snow White
 - Deco Art acrylic Raw Umber
 - Deco Art FLuid Acrylic Raw umber
 - Deco Art Fluid Carbon Black
 - Charcoal Vine and pressed
 - White pastel
 - Water soluble charcoal pencil
 - Water soluble pencil staedtler black
- Artgraf tailors chalk in white and sepia



I hope you will enjoy this Video !
xxx Nanda

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