

"Crossing" - An Art Journal Technique by Effy Wild



Hello, lovely!!!

I am so pleased to be here with you for the Life Book Well Being and Creativity Summit! Here is the activity I'd like to share with you, and I hope you find it as helpful as I do in the course of navigating my life.

"Crossing" is a way to be with whatever is happening for you in any given moment, and allowing it move out of your body and onto the page. Once you've fully expressed whatever it is that needs to be expressed, you then turn the page and 'cross it' with colours, symbols, and images that feel medicinal.

In the example I am sharing with you today, I'll be working with sorrow over a loss, which is a pretty universal experience. As I work through the process, I will be sharing why I'm making the choices I'm making.

In order to get the most out of this process, I find it important to include text that is affirmative - that soothes or validates or provides a sense of the desired change. That being said, there is no requirement to include text, so if you prefer just to work with colour, marks, symbols, or images, that is completely fine.

For the purposes of this lesson, I'd like you to work with something that isn't terrible 'big' or 'heavy'. Consider this a practice session. Once you fully understand the process, you can begin to move into working with your big stuff on your own, but please note that this is not meant to be a substitute for profes-

sional therapeutic, medical or pastoral support.

Supplies

A piece of fairly sturdy paper. I recommend 140 lb watercolour paper.

A writing or scribbling implement. I used TomBow markers.

All the mediums you love to use, like gesso, acrylics paints, sprays, etc.

I used:

White gesso.

Sequin Waste (aka Punchinella)

Scrapbook paper

Archival Ink by Ranger

Soft Gel Medium by Golden

Fluid Acrylics by Golden in the following colours: Permanent Violet Dark, Pthalo turquois, Iridescent Fine Silver.

DecoArt Mister in Carbon Black

Sakura Glaze Pen

Faber Castell Pitt Pen in black

Unibal Signo Broad in Silver

Krylon Workable Fixative

Where To Find Me



I blog at effywild.com, commune with my virtual village on [Facebook](https://www.facebook.com/effywild), produce luscious content for my [patrons on Patreon](https://www.patreon.com/effywild), and I teach in my own network at effybird.com

You can email me at hello@effywild.com. I'm always delighted to hear from those who've done one of my lessons!