

LifeBook Summit Offering

You Are Enough - Lisa Oxley – An Art Journal Page

Student Materials Required

Art journal Or High Quality Watercolour paper, A4 white printing paper, Matt Medium, White Gesso, Acrylic paints- I have used Dina Wakley- Turquoise-Lemon-Tangerine-Magenta, Dylusions Bubblegum Pink, Delta Cermacoat White , Golden Titanium White, Stazon Black ink, Background stamps (I have used a script stamp- Unknown, Spot Stamp from Darkroom Door), Black sharpie- to create the background pages, Black journal pen- mine is a Fudeball, a white out correction pen- mine is a Pentel- one could also use a white Posca.

Also required a magazine page with a models eyes (appropriate to the size of the substrate you are working on) Hand drawn background pages.

*While working on this page remember *White Space *Connecting Elements

*Working in Odd Numbers.

Step By Step Process

Using various sized sharpies I have made a few pages of repeated patterns to use in your pages. While I have provided a download of the pages I have created, I do encourage you to create a few pages yourself to add to your stash supply.

Taking small strips from the handmade pages created, adhere an odd number of strips to the page using matt medium. *Always ground the paper to the edge of the page, or another element on the page. Adhere the eyes from the magazine to the page using matt medium. Dry.

Using gesso, cover the areas without pattern elements, pay attention to go around the eyes as well, the magazine area will possibly need a few coats to meld the page. Address the edges of the attached pages, Dry.

Utilizing the gelli print pages within ones stash select a few strips with colours that appeal to you, and adhere them to the page with matt medium, connecting to the pieces already on the page.

Select acrylics and apply to the page, filling in the gaps- at this point, remember again the importance of white space, and leave an area free from colour. If one does

place too much colour on the page, gesso is your friend. One can at any time redesign your overall look by adding a layer or two of gesso.

Build up your individual acrylic paints, drying in between each colour to maintain the vibrancy. When adding colour near the white, add your preferred colour, then using the same brush add a little white paint to allow the colour to fade through into the white area. Pay attention to shading out into the white to connect the page and help the overall flow of the page.

Add background stamps, working across and around the page connecting elements with the stamp details.

Mark making time and this is where I will add a few random clusters of white dots, for this I use a Pentel white out correction pen. A white Posca or acrylic paint dots would be just as effective. Using your journal pen scribble and scratch unique marks onto your page. I particularly love semi straight lines with a scribble type heartbeat over the top. Always grounded to the side of the page, in odd numbered elements.

My title is a simple sticker from Maremi_small_art_design titled YOU ARE ENOUGH.. I have added a little extra personal journaling around those words which include. BE Happy, You are Enough, I Am Too.