

CATHY NICHOLS

20-Minute Timed Oracle Card "Surprise" SUPPLY LIST

Note: It is very important that your supplies be randomly chosen. I do this by closing my eyes and popping my hand into a larger stack of each supply. When choosing my 3 paint colors, for example, I closed my eyes and reached into my acrylic paint bin (no peeking!). 😊

- 3 randomly chosen colors of acrylic paint
- 3 randomly chosen markers (gel pens, paint pens or sharpies work well)
- 1 randomly chosen extra medium (I used a Caran d'ache neo 2 aquarelle crayon, but you can use ANYTHING)
- 3 randomly chosen scraps of collage paper (scrapbook, book page, old phone book, old painting ripped up – anything goes)
- 1 magazine
- Matte medium
- Glue stick
- 1 sheet of mixed media paper (I used 9x12, but any size 4x6 inches or larger works)
- Ruler & pencil OR 3x5 inch index card to trace the shape of your oracle card onto the mixed media paper
- Scissors
- Timer (phone stopwatch works perfectly)
- Your favorite paintbrushes (I used ¼" flat brush and 1" flat brush)

Also, print out the list on the right of title tags for your oracle card. You can choose one after your 20-min painting is finished.

*Be gentle with yourself and have FUN!*

Xo, Cathy Nichols

[www.cathynichols.com](http://www.cathynichols.com)

SORROW

BEAUTY

GIFT

LAW

NEW LIFE

CHILD

WISH

STRENGTH

COMPASSION

SOULFULNESS

NOBILITY

DANCER

IN TUNE

HARMONY

ICONOCLAST

RISE

FOOL