

# Paint Your Heart and Soul 2017

## Soul whispers

*Surprise lesson by Katrina Koltes*

Hi everyone!

I'm so excited to be able to participate in this wonderful workshop with Olga Furman and all the other wonderful teachers!

I love to use my intuition while creating. Sometimes I start off using a photograph or magazine image photo for reference, but then leave space for inspiration take over, leading it to something more personal and authentic...a little glimpse into my soul. I would like to show you my process of trusting my intuition, letting the painting evolve, and just having fun while we create.

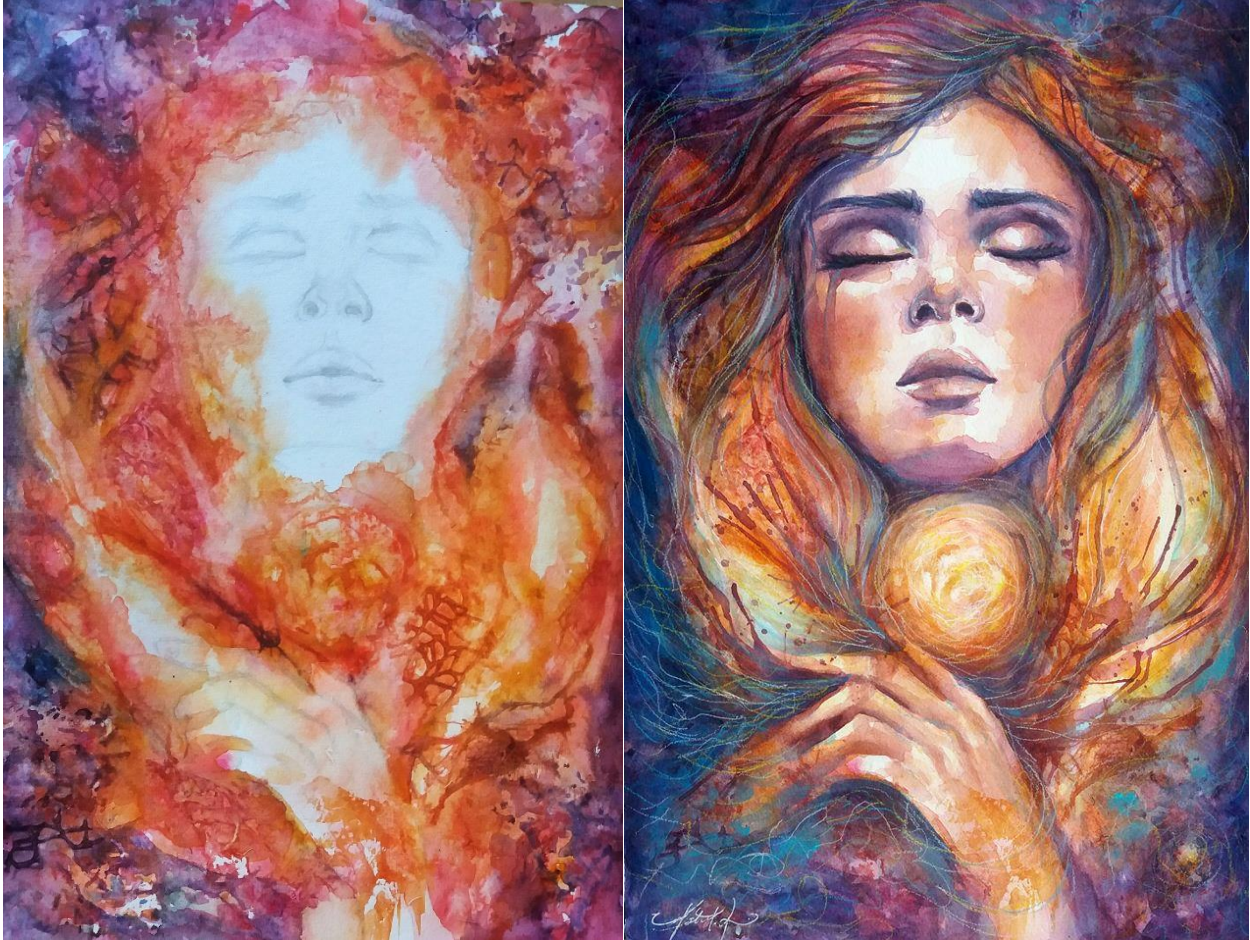
While telling our own story, and portraying our emotions through our art, we create that special connection with the viewers, who can in turn, interpret it into their own story.

I hope you enjoy this process, and that it inspires you to create beautiful paintings straight from your heart!

In this lesson, we will be using both watercolors and acrylics which is often how I create. I enjoy starting off with layers of luminous watercolors, then creating a stronger contrast with acrylics in the final layers. We even use a few pastel pencils in the final layer but you can use whatever you are comfortable with.

So, let's get started!

Go ahead and pull out your favorite colors and lets have some fun!



Here are the supplies I used, but feel free to substitute with what you have!

## Supply List

- **Watercolor paper** (I used Canson block, 140lb, 12x18')  
<http://tinyurl.com/jonp8em>
- **Graphite pencil** for the sketch
- **Various sized Paint brushes**
- **Salt, a straw, gauze, stencils** or any heavy textured paper or cloth that will leave a mark (see first video for examples)
- **White gel pen** (optional) <http://tinyurl.com/helntqf>
- **Watercolors** (You can use your favorite colors, feel free to use what you have! I used Daniel Smith: Quinacridone genuine gold, quinacridone coral, quinacridone rose, rose of ultramarine, and Phthalo blue.  
<http://tinyurl.com/jqifbdx>

- **Acrylics** (I suggest the fluid acrylics from Golden if you have them, otherwise heavy body diluted with a lot of water and glazing fluid works ok too. I would avoid matt craft paints as they wouldn't work so well for this project.) the colors I used are: Phthalo blue, Dioxazine purple, Teal, Quinacridone burnt orange, Payne's gray. <http://tinyurl.com/jecuwndf>
- **Pastel pencils or Color pencils** (optional) I used the colors: Teal, Yellow, White, Purple and Hot pink. <http://tinyurl.com/hk7rb3z>

## Reference photos

These are the the two reference photos I used. The first I took from a magazine, which I used as a general guide for her face, then the second I used for the position of her hands, taken from Pinterest... Feel free to use whatever image you find that speaks to you or portrays the mood you want to express. Remember it's your painting, your story, your chance to express what you can't normally express in words. ;)



Thank you being here, and I really hope you enjoyed this lesson!  
If you're interested to see more of my work please visit my website  
[www.katrinakoltes.com](http://www.katrinakoltes.com), I'd be happy if you stop by!

Happy creating!

xoxo,

*Katrina Koltes* 😊