



# *My safe place*

LIFEBOOK 2018

—  
Main lesson  
with Katrina koltes

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

## SUPPLY LIST

- 1 Watercolor paper(I used 12x18", Canson cold pressed. But feel free to use hot press if you prefer and whatever size brands you have, (just make sure it can take a lot of water).
- 2 Watercolors:I used Daniel Smith watercolors as I love that many of them are made with ground healing crystal and stones, and have a beautiful granulating effect. But please use what you have and can afford, using similar colors in other brands, or just colors you love. (You will also need small palette to mix colors.) Moonglow (or purple), Myan blue (or a medium blue), Opra pink (or a hot pink), Quinacridone gold (or a golden yellow), Cascade green (or an earthy green), Piemontite (or reddish brown), Kyanite & Amethyst genuine (or a sparkly blue and /or purple for the sky), Rich green gold (or a light bright green), Quinacridone Rose (or a dark pink)
- 3 Pencil and eraser
- 4 spray bottle for activating your palette, water jar, Salt & a straw, Paper towels
- 5 Paintbrushes,(preferably for watercolor) I used a large, medium, and small round from Princeton Neptune (they are wonderful synthetic watercolor brushes) but please use what watercolor brushes you have or can find.
- 6 Color pencils in the same tones you painted in (I used prismacolor pencils)
- 7 I used a pale gray acrylic ink with a dip pen for writing the words on her dress but a normal ink pen or other writing tool is totally fine too!



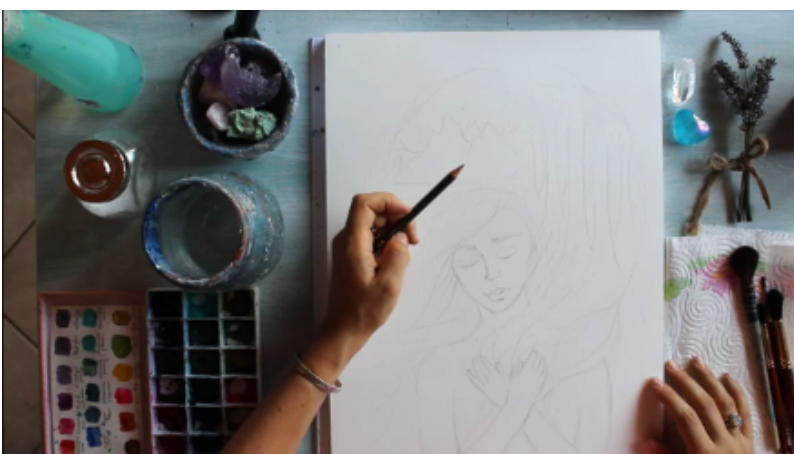
# *Creating the painting*

## Step 1



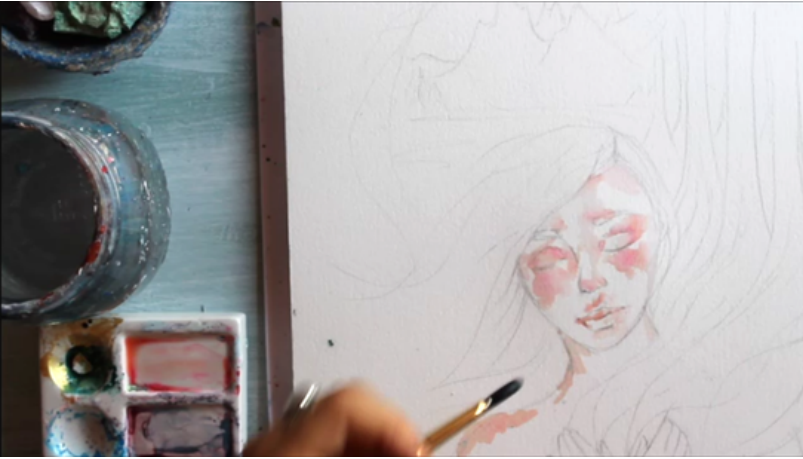
Before we begin I like to take a few minutes to center in, breathe, and just listen to my intuition. You can light a candle, or do whatever ritual you use normally, and write a few words of what is on your heart. This is a time to concentrate on YOU and practice some self-care. A special time to create and just enjoy yourself.

## Step 2



We begin by drawing a sketch of a girl (or boy if you are male) with her hands over her heart. This is a self-portrait in a way, we want to paint a light of healing coming from our heart, spreading love around ourselves and keeping us safe. We draw our favorite place, the place we feel most at ease, where we can feel protected and loved.

## Step 3



We begin by painting a first layers on her face with bright pink and golden yellow. We don't have to worry about blending just yet, although if you want to soften some edges you can dab with a paper towel or soften the edge with a clean damp brush. We want to leave plenty of white for highlights. Add warmth in the areas that would normally be warmer tones like the eyelids, cheeks, lips and shoulders.. continuing on the same way with her hands and arms.

## Step 4



While that layer dries we start to paint the pine trees and moss covered ground. I drop in many different colors like earthy green, purple, a golden green, blue, and a reddish brown. You can sprinkle a little salt on top or tap your brush with clean water into the color to make some variation.

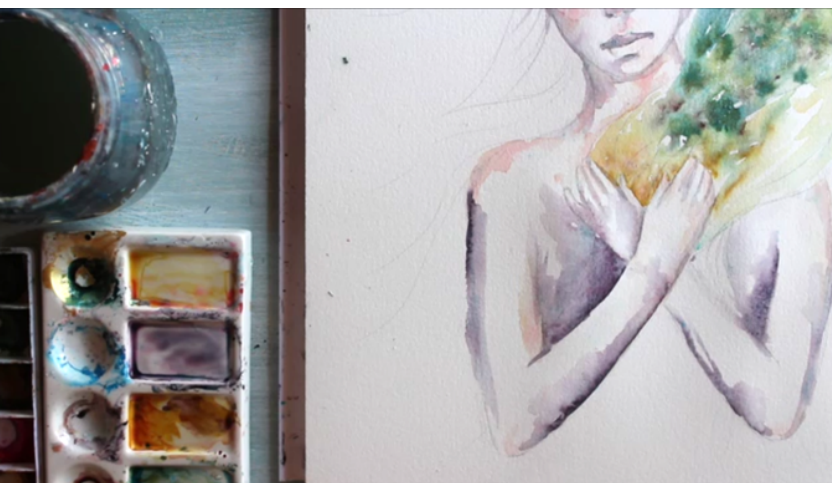
Remember to leave white spaces for the highlights! I also add some golden yellow near her hands to make it look like a glowing light is emanating from her heart.

## Step 5



Now that the first layer is dry we can add another layer to her face. This time I'm adding some purple in the areas that would be more in the shadow like between her eyes and bridge of the nose, her top lip, under her nose and lip, eyebrows and hair-line.

## Step 6



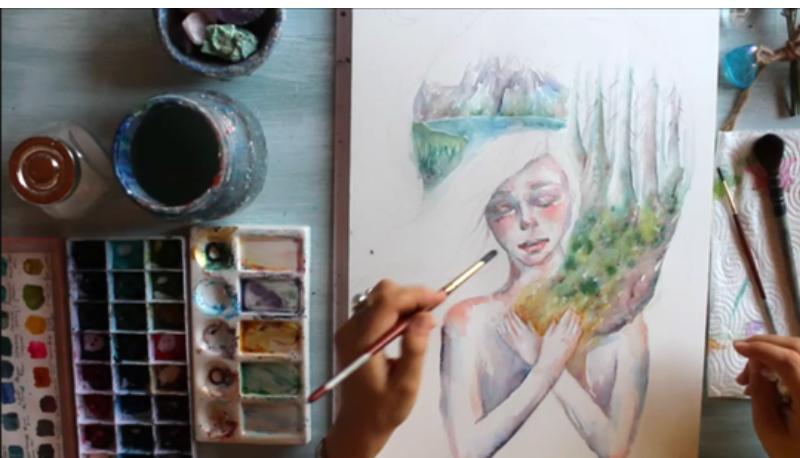
I do the same with her hands and arms, adding shadow with purple in between her fingers, under her arms and just in the places more in the shadows.

## Step 7



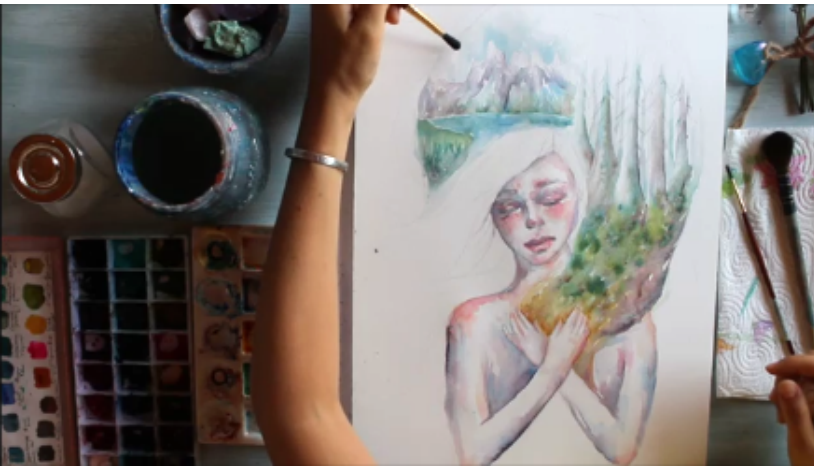
I keep working on the background now while the face layers are drying. I go back and forth like this giving time for each area to dry so it doesn't make a mess. I add some mountains from a photo I took in the alps, (one of my favorite places). I'm also adding a pine tree forest in the distance with a mixture of purple and green, while the mountains are painted with purple, green, and blue, leaving a white space for the snowy peaks. The lake is a mixture of green and blue.

## Step 8



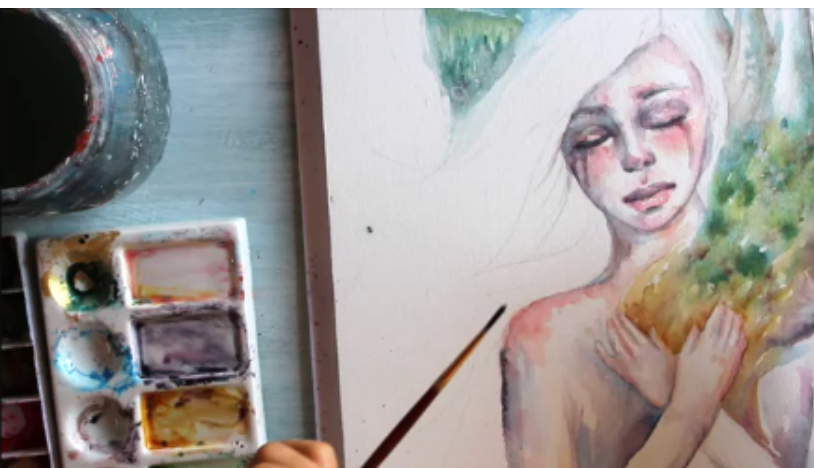
After that I switch to the face again to add more warmth with the pink on her cheeks, chin, lips, eyelids, the tip of her nose and shoulders.

## Step 9



Now I want to add in a little blue in the sky just because I want the snowy mountains peaks to show. It's important not to make it too dark if we are already going to do a night sky around her. We want the contrast and for the orb surrounding her to remain lighter.

## Step 10



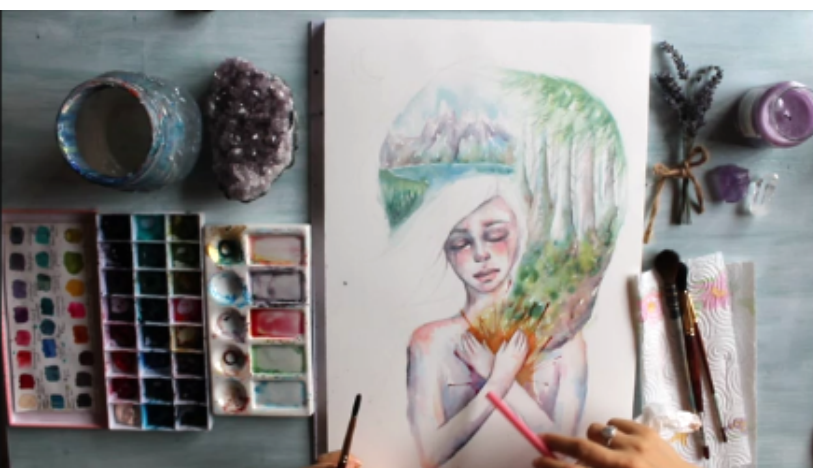
Then I finally add some detail to her face. With my thin round brush and a mixture of purple and brown (you can also mix the purple with green or blue to make a neutral dark color), I add some lashes, eyebrows, define her lips and face line, and her fingers. I added some drips as tears of healing too, (this is totally optional, and up to you how you want to portray your girl's emotions) ;)

## Step 11



Next I add some branches in the foreground to indicate the pine trees and I also define the pine tree forest a bit in the distance on the left. For the foreground branches on the right I make a layer with green gold and drop some darker green into it on the outer edge before it dries. Once it's then dry I add an indication of pine needles with the same darker green.

## Step 12



I decided I want to make some splashes and rays of light coming from her heart, to indicate a healing light. So I'm using the straw to blow out some marks and I splash some paint around with the paint brush. :)

## Step 13



Then I finally start to paint her hair. I'm using purple with a thin round brush for details and drawing flowing strands, as they mix into the lines surrounding the healing orb around her. It's important to make long sweeping movements with your whole arm if you want the lines smooth and flowing.

## Step 14



Once that is relatively dry I can add some light shadow with the blue and purple in her hair here and there and if you like, make some drips and splashes coming from her hair. I always love drips, as they tend to give a dramatic look to the piece.



## Step 15



Next I paint the night sky. First I wet the whole area with a big brush, making sure to leave out the moon. While everything is still wet I drop in the moonglow, kyanite and amethyst genuine, to get some sparkles. I drop in some large grained salt in there after, to get a granulation effect for the stars.

## Step 16



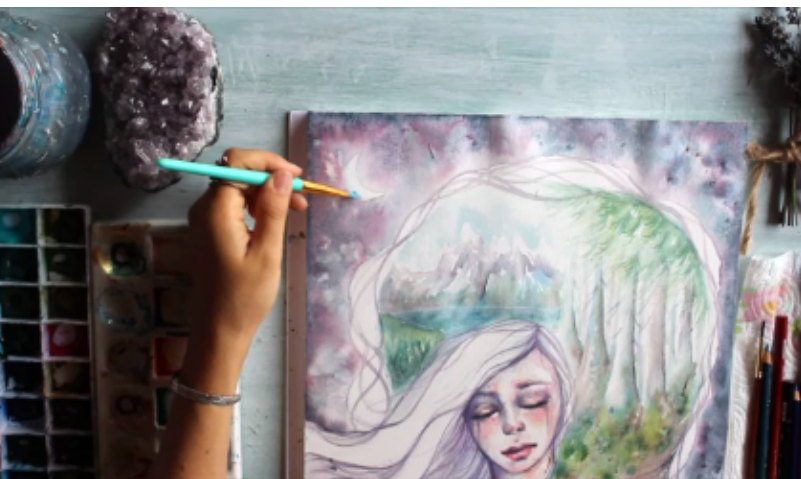
I use the same colors, and the same process to paint in her dress as well.

## Step 17



Once I'm sure both her hair and face are completely dry I add some line work and reinforce some detail with color-pencils. I'm using the same colors I have on my painting, and a couple shades darker for the lashes, nostrils and line between the lips. I add some fly-away strands in her hair too with a lilac colored pencil, and define her fingers, face and lips.

## Step 18



Before the sky is completely dry I take the large salt grains off and dab lightly with a paper towel where the salt was, creating a white dot for the star. If you leave the salt on till it dries it sometimes makes a dark spot and I didn't want that here. I'm also softening the line around the moon with a damp brush, rubbing on the harsh line to make it softer, that way the moon gets that "glowing" effect.

## Step 19



Last but certainly not least, we want to write our affirmations and positive words we want to work on today in her dress. I'm using a dip pen because I love writing with them, but you can also use your favorite pen or brush to do the same. You could even write the words in white ink instead if you prefer to have it less readable.



*I hope you enjoyed creating with me!*

*Remember to be gentle with yourself, and enjoy the journey.*

*I'll be looking forward to seeing your work in the Facebook group..*

*Don't forget to tag me if you have any questions, I am happy to help!*

*xox*

*Katrina*