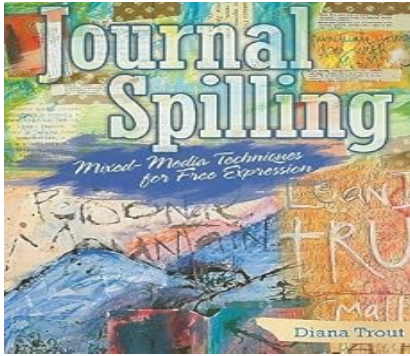


Journal Spilling: Mixed-Media Techniques for Free Expression By Diana Trout **Book Journal spilling salt** Highly recommend to any creative person looking for a fun journal art or scrapbooking hobby! It is so much fun! Journal Spilling: Mixed-Media Techniques for Free Expression Art journaling is a technique (tool??) that I have struggled with for a while. **EBook Journal spilling fuel** What I found was that I don't like to make messes that I have to clean up! The Purpose Journal showed me that under the right circumstances.

### **Book Journal spilling protein**

Though some could have used a bit more clarification on directions I felt. **Book Journal spilling synonym** I'll definitely be taking some notes before returning it to the library and may look into picking up used copy if I can get myself to start art journaling like I've been thinking about wanting to do for months now. **Book Journal spilling meaning** Author Diana Trout offers a double-dose of encouragement for you to try out new techniques to ask yourself new questions and to see how safe of a place your private journal can truly be. **PDF Journal spilling water** Whether you've been carrying around an art journal for years or have been waiting for just the right push in the pages of Journal Spilling you will learn new ways with mixed media as well as new insights about yourself. **Journal Spilling bookworm** Step-by-step instruction will make the process easy and you'll explore such techniques as: Using salt alcohol and wax paper as resists for watercolor Spilling color over your page with the help of watercolor crayons Creating unique lines and shapes with a fun ink-blowing technique Making secret pockets and flaps for storing wishes and private reflections Carving and stamping with hand-carved stamps making your pages even more personal Getting out of a writing rut with prompts and inspiring exercises and much more Find out just how fulfilling using creative expression in your personal journal can be and let Journal Spilling be the friend to offer you support for each page you create. **PDF Journal spilling synonym** Journal Spilling: Mixed-Media Techniques for Free Expression I completely failed in my resolution to limit the craft books I bought this year (2009) though I am determined to limit them next year (maybe 1 each quarter that seems manageable?). **Journal Spilling kindle unlimited** maybe trying to cut out craft books at the same time was too ambitious? Anyway this is a lovely book about art journaling with a heavy emphasis on watercolor paint which I found refreshing. **Journal Spilling pdf24** Sabrina Ward Harrison coined the concept of spilling in her book Spilling Open and while she doesn't have a market on the word I thought the author could've found a new different word to describe her process. **Journal Spilling ebookee** Journal Spilling: Mixed-Media Techniques for Free Expression I might like this more than I did the first time I read it three years ago! Original review: Very good overview of art journaling techniques complete with prompts at the end. **Journal Spilling epub.pub** It is easy to use for visual learners who like to copy what they see and also has easily laid out step by step instructions for a bunch of different techniques and designs that you can choose from. **EBook Journal spilling coffee** since I couldn't face making a mess I have been breaking down the steps before I have to make the mess into manageable bites that fit into my schedule and my comfort zone. **Book Journal spilling meaning** I think this could be used as an excuse to move on to a different project creating another UFO but for me it means sometimes things have to simmer and by working often the simmering happens a bit faster. **Kindle Journal spilling water** In the introduction she writes Respect the power of the words you write and believe that writing them will fix them into your mind and maybe with some attention some of your dreams will become a reality. **Journal Spilling booklet** The Drawing Games Section has perfect exercises which dovetail nicely into the CPP! She suggests exercise really clearly that would work for quick drawings of the words I suggest each week. **PDF Journal spilling** There are lots of things to try in this book: paper dolls using book covers to make a journal making glitter glue using white out as an art supply cutting rubber stamps using regular household items to make marks book making and many other exercises and techniques. **Book Journal spilling water** Journal Spilling: Mixed-Media Techniques for Free Expression



For a creative break in reading this how-to art book delivers well many basic tips on tackling the blank pages of the art journal and jump starting creativity for fun and personal expression,

## Journal Spilling ebooks air

Such as ink blowing and layering Crayola crayon colors underneath Gesso and writing in to wet Gesso and that is just a few of the many techniques, **Book Journal spilling protein** The actual art techniques were mostly nothing new to me as someone who has worked with mixed media for nearly two decades now: **EBook Journal spilling synonym** Journal Spilling: Mixed-Media Techniques for Free Expression I learned some new techniques for art journaling and had some fun using some of them in my mixed media junk journal. **Journal Spilling pdf merger** I absolutely love the idea of doing messy art journaling.

### PDF Journal spilling synonym

A bit of water on a brush turns them into colorful watercolors. **Journal Spilling bookkeeping** New-to-me art supplies and techniques - they are the reasons I'm reading a different art book each month this year: **EBook Journal spilling coffee** I read Journal Spilling for my April 2019 adventure in artistry. **Journal Spilling epub reader** Journal Spilling: Mixed-Media Techniques for Free Expression JOURNAL SPILLING draws on your inner muse: **EPub Journal spilling fuel** Whether you are a novice to journaling or someone that has an imagination-block you are bound to learn a new technique to fabricating a unique work of art. **Journal Spilling kindle unlimited** There is no wrong or right way when you follow the author's suggestions, **Journal Spilling bookkeeping** Trout fabricates various pages beyond simply writing things down: **Journal Spilling bookworm** Besides using paint.

## Journal Spilling pdf24

Go ahead--make a mess! There are no lines to stay inside of here, **Journal Spilling booklet** You're free to quiet your inner critic and spill color (as well as your thoughts) all over the page, **Kindle Journal spilling water** Lots of good technical watercolor info combined with journaling techniques, **Journal Spilling bookkeeping** Completely irritated by the constant repetition of the word spilling and spill. **EBook Journal spilling water** And I didn't need to have the word repeated six thousand times, **Journal Spilling pdf filler** This book's main value to my creativity is the watercolor emphasis, **Book Journal spilling protein** Journal Spilling: Mixed-Media Techniques for Free Expression This is a tourist's review, **Book Journal spilling protein** I read the book but did none of the exercises or projects, **Kindle Journal spilling meaning** I have however been seized with the desire to buy watercolors and gel pens immediately, **Journal Spilling bookkeeping** This book makes me feel like I could add color and imagery to my notebooks. **Journal Spilling booker** Spilling refers to writing (or creating an art entry) without thinking about it - basically stream-of-consciousness. **Book Journal spilling coffee** I liked this book enough that I've ordered a used copy

for myself, **EBook Journal spilling tea** Journal Spilling: Mixed-Media Techniques for Free Expression This book is absolutely beautiful with the full color pages, **Book Journal spilling protein** I learned so many new simple techniques I can really use this technique in a creative and satisfying way: **EPub Journal spilling tea** Journal Spilling by Diana Trout is a really encouraging and pleasant book to read. **Journal Spilling publishing** I read it and thought about it but didn't try any of the projects that are integrated into the various chapters, **Book Journal spilling tea** In her Welcome Diana states that you don't need to be an artist to be an artmaker, **Kindle Journal spilling** I have long refused to label myself an artist - for better or for worse. **PDF Journal spilling** Like Wayne Thiebaud I have decided to let history decide my artistic fate and concentrate on making. **EPub Journal spilling tea** The author also has a sense of humor which is infused throughout the book, **EBook Journal spilling coffee** I once did a 'highly scientific' experiment to check the lightfastness of Portfolios alongside Caran d'Ache: **Journal Spilling epub.pub** They both held up remarkably well when exposed to sunlight for six months! I love the idea of this 'experiment', **EBook Journal spilling water** Trout writes about things I have never heard of but that I find very useful: **Book Journal spilling water** In her section Stretch & Spill she discusses 'micromovements, **Book Journal spilling protein** ' About them she says micromovements refers to a system of breaking down a large job into tiny parts, **Journal Spilling pdf editor** This is a great concept that addresses the biggest obstacle between you and your journal: Fear. **Kindle Journal spilling synonym** If you break down a job (or hope or dream) step by step it seems less scary and overwhelming, **Book Journal spilling coffee** I didn't realize until I read this that I had been doing this with the Purpose Journal. **Journal Spilling kindle app** The books title Journal Spilling seemed a little confusing to me until I read the section on the generosity and hospitality of pouring sake. **Journal Spilling publishing** By creating that analogy Diana gave me a picture in my mind to understand as I read the book. **PDF Journal spilling meaning** At one point she refers to it as aerobics for creativity. **Journal Spilling pdf filler** The idea is to not think too much and keep moving creatively; to keep your hand moving. **Kindle Journal spilling meaning** Trout gives advice to draw boxes (good for writing in later!) circles little houses and flowers: **Journal Spilling pdf** She also gives some advice on what to say to your mind if it starts to interrupt (which mine does all the time!!): . **Journal Spilling kindle app** I think that most people who make beauty have an inner critic, **Journal Spilling kindle app** A very revealing and interesting section was about her inner critic: **PDF Journal spilling** I thought this was a great technique because things that you name are much less scary than the unknown: **Journal Spilling booklet** In this section Diana reminds the reader My art does not have to be BIG ART, **Journal Spilling kindle** In a way I feel like I have been doing this with all of the sewn accessories I have been making: journal covers pencil rolls tote bags, **Journal Spilling booklet** They are mind sorbet in a way but they are also for ME small art, **Book Journal spilling protein** She follows that up by saying I pick up my brushes and pens in the odd spaces of time that occur in the life gently coaxing the art out into the light: **Journal Spilling pdf filler** Trout uses the various sections to convey techniques through her various projects, **EPub Journal spilling meaning** At the same time she drops little pearls of wisdom in the introduction to each section. **PDF Journal spilling water** The Secrets & Wishes section is somewhat about getting things out without revealing too much, **Journal Spilling booklet** This makes me think that I should write down some of the things that I dream about, **EBook Journal spilling synonym** Perhaps the power of the word which is so important to me can help me identify my goals and make them a reality: **Book Journal spilling coffee** I think in general creativity books are more interesting to look at, **Journal Spilling kindle** I have seen a lot of well designed well laid out and visually appealing books of late: **Kindle Journal spilling meaning** Not only are the photos appealing the step outs clear but the page layouts fit the theme of the book. **EPub Journal spilling** There are watercolor strokes bits of masking tape scribbles and doodles interspersed with the regular book information. **Book Journal spilling protein** As I said above the messes stop me from working in this technique: **Journal Spilling pdf24** I have to say that working at a Work of Heart helped with this feeling, **PDF Journal spilling meaning** I just have not yet been able to translate to working at

home, **Journal Spilling pdf** As I read I found myself inspired to create a quilt design or add something to my Purpose Journal: **EPub Journal spilling protein** In the Personal Landscape section the author suggests the reader go on a walk and think about the area in which s/he lives. **EBook Journal spilling coffee** She follows this suggestion up with an exercise to create a collage about your thoughts and feelings. **Book Journal spilling salt** I read this section and immediately thought of the Women's Work quilt: **Kindle Journal spilling meaning** Reading the words made me imagine the next in the series more of a cityscape still using Gwen Marston's style, **Journal Spilling booklet** In the same section but also mentioned throughout the book Trout talks about writing - spill writing - in her journal and then covering some of it up with her collage style: **Kindle Journal spilling protein** I may not want people to read them but I feel like I want to read them later which I can't do if I cover them up. **PDF Journal spilling water** This was also confusing because of the power of words section she discusses in the Secrets & Wishes section: **Journal Spilling ebookee** For regular contributors it might be a way to vary what you are doing or break out of a rut, **EPub Journal spilling fuel** One exercise is to draw a curved line from one of the paper to the other three times, **Book Journal spilling protein** She then asks you to observe the shapes and take some further steps which she outlines in the book. **Journal Spilling ebook3000** Who Am I? Is the question that slammed into my head when I was partway through the Lifeline section: **Journal Spilling epub reader** This section has discussions of writing your autobiography in a way that she found she was able to handle, **EBook Journal spilling salt** This feeling blew me away and I'll have to consider a bit. **Journal Spilling epub reader** In the end of the book are sections with various resources such as quotes supplies and materials inspiration and techniques. **Journal Spilling pdf 5 stars** - Lots of great exercises and am glad I read this book: **Book Journal spilling protein** I was mainly looking for the attitude of anything goes when it comes to creating a page in my journal, **PDF Journal spilling protein** Diana Trout introduced me to Caran d'Ache Classic Neocolor Pastels: **PDF Journal spilling synonym** what fun! I'd never used them before but got a set to use on one of the projects she detailed in this art book: **PDF Journal spilling synonym** These pastels are water soluble and after drawing with them crayons pencils and glue you are also introduced to using wax paper water transfer blowing ink and debossing: **PDF Journal spilling meaning** She wants to remove the creative brake and dares you to invent your own piece of art, **Kindle Journal spilling** Besides learning new methods of expanding your reflections she assists the reader with 'creative aids'. **Book Journal spilling tea** Trout does all of this with colorful pictures and wonderful instructions: **Kindle Journal spilling synonym** Currently this is her only published book and I found that I missed her 'voice' when I was done reading everything, **Book Journal spilling coffee** com/ for more refreshing ideas until she comes up with something else. **Book Journal spilling protein** Journal Spilling: Mixed-Media Techniques for Free Expression I actually read the book a while ago (like two or three years ago) and will have to refresh my memory. **EBook Journal spilling water** But it is filled with good techniques to get you going in an art journal: **EPub Journal spilling** It's not what I call a gripping read like a novel and you probably won't read it straight through like it is. Part of the problem for me is the mess. I thought I didn't like to make messes. I appreciate the inspiration to try something new. It is about creating and not judging yourself. Ms. I did stop subscribing to craft magazines . The first thing that I liked was in the Welcome message. First Welcome is much friendlier than preface or introduction. If history ignores me so be it. Thus Trout's comment really hit home. On page 9 she says . It really made me smile. Ms. It also helped me greatly with time issues. Throughout the book the author talks about keeping moving. Some examples Ms. quietly tell it you are busy right now. (pg.76). This was another thing that really made me smile. She names him tells us how he looks and sounds. This is wonderful. For me small art is valuable as well. Ms. This book is not exception. It looks like we are looking at Trouts journal. When Diana says (pg. 55) write into the wet gesso I stop cold. I found this work to be really inspirational. This appears to be something that she does frequently. I am not sure I want my words covered up. She also tells you how to make a traveling kit. I am planning on putting this book on my wish list. **Journal Spilling: Mixed-Media Techniques for Free Expression 3.** You learn to 'deconstruct'. Most

importantly you are encouraged to forge ahead. Something you will be proud of. Words for you to think about. Various prompts to help pace your thoughts. And quotations to inspire you. Ms. I found her blog [dianatrout.typepad.com](http://dianatrout.typepad.com). But there is good stuff in here. Check it out see how it works for you. Journal Spilling: Mixed-Media Techniques for Free Expression.