

My Favorite Supplies!

PAINTS

I usually paint with DickBlick Studio Acrylics. I always have the colors: titanium white, mars black, cerulean blue, magenta, cadmium red deep, primary yellow, bright aqua green.

I also love to use Payne's Gray, Teal (metallic), & Flourescent Pink (my current fave).

In GOLDEN I love to have: Iridescent Gold Deep (fine) & Bone Black (for fine outlines)

BRUSHES

I have never spent a lot on brushes. My current favorites (that I use for acrylic, watercolor, gouache...) are the Nicpro Watercolor set (<https://amzn.to/406ESfG>).

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Other PAINTS

Watercolor pan set: Pelikan Opaque 12 or 24-color set have awesome, deep colors
(*<https://amzn.to/4gFT8TL>)

Gouache set: HIMI (<https://amzn.to/4gHZW2X> - resist the sets with more colors because they are a b#tch to open each color!)

**links shared here are affiliate links*

PENS & MARKERS

My NEW absolute FAVORITES are the Grabie Paint Markers... they are like paint pens, but markers, so no clogging tips, pumping to load the paint. You can get the DOT tips--what I use and love (<https://amzn.to/4h097vn>) or the brush tips (<https://amzn.to/4h3gYsd>).

MICRON waterproof pens for drawing over your watercolors, etc. when you want more line drawing than the Grabie's above (<https://amzn.to/4j6yRYU>)

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ART Journal

I really only use Moleskine Watercolor Journals. I love them so much!

My main journal is the A4 size (*<https://amzn.to/3W5a8dL>) & the BIG one, size A3, is awesome and fits in most carry-on suitcases (<https://amzn.to/42054Lq>)

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MOST IMPORTANT...

You absolutely want to stock your creative heART with these items:

PLAYFULNESS
CURIOSITY
DETACHMENT
SPIRIT
INTUITION
INTENTION
SACRED SYMBOLS

My Favorite Books

You absolutely want these books of mine...

Rise Above, Free Your Mind One Brush Stroke at a Time

(Buy on Amazon.com or WhitneyFreya.com in Kindle or paperback. Audio book is on my app DREAMS MADE VISIBLE.)

30 Days to Unstoppable, Be the Dream Made Visible

(Buy on Amazon.com in paperback, Audio version on Audible, in Spanish on Amazon.com & Days 1-21 free on my YouTube Channel @WhitneyFreyaLLC)

The Companion Journal to 30 Days to Unstoppable includes calendars, teaching around The 7 Laws of the Universe, Unstoppable Dream templates & more.

Other Favorite Books

Return of the Bird Tribes by Ken Carey (<https://amzn.to/3BLkzMN>)

The Gene Keys by Richard Rudd (<https://amzn.to/4gMAslm>)

GAIA Codex by Sarah Drew (<https://amzn.to/40mCYce>)

TARA: The Liberating Power of the Female Buddha by Rachael Wooten
(<https://amzn.to/3W2C7Le>)

I Remember Union by Flo Calhoun (<https://amzn.to/4g1Z1cR>)

Conversations with God IV by Neal Donald Walsch (<https://amzn.to/4h01Mfs>)

The Dreaming Way by Toko-pa Turner (<https://amzn.to/4gHmi4T>)
Animal Speak by Ted Andrews

Wild Core by Brietta Leader (<https://amzn.to/3BYcvby>)

Enlightened Beings: The Awakening by Serra Coate
(<https://amzn.to/421nivV>)

Thank YOU!



I do believe LIFE is meant to be lived as ART...

I want to invite you into your liminal space... at the canvas.

I coach 1-on-1 and in groups, lead my Creative Frequency Coaching Training & offer RETREATS.

If you are looking for the BEST place to start, join my online course, **Rise Above . A Transformational Painting Challenge** at WhitneyFreyaStudio.com

And my YouTube Channel @WhitneyFreyaLLC is full of creative offerings, meditations, musings... to support your creative & transformational journey!

Be sure to join our SUPER fun

FB Group

@WhitneyFreyaStudio