

INKY Meditations

learn to create
mindful mesmerizing paintings
with water and ink

by inky



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TINY DRAGON

Dragonflies are so delicate and beautiful that sometimes they look like they are made of glass. I feel like they are a true sign of summer, like long days, warm evenings, and the gentle hum of insects in the garden.



GROUNDING

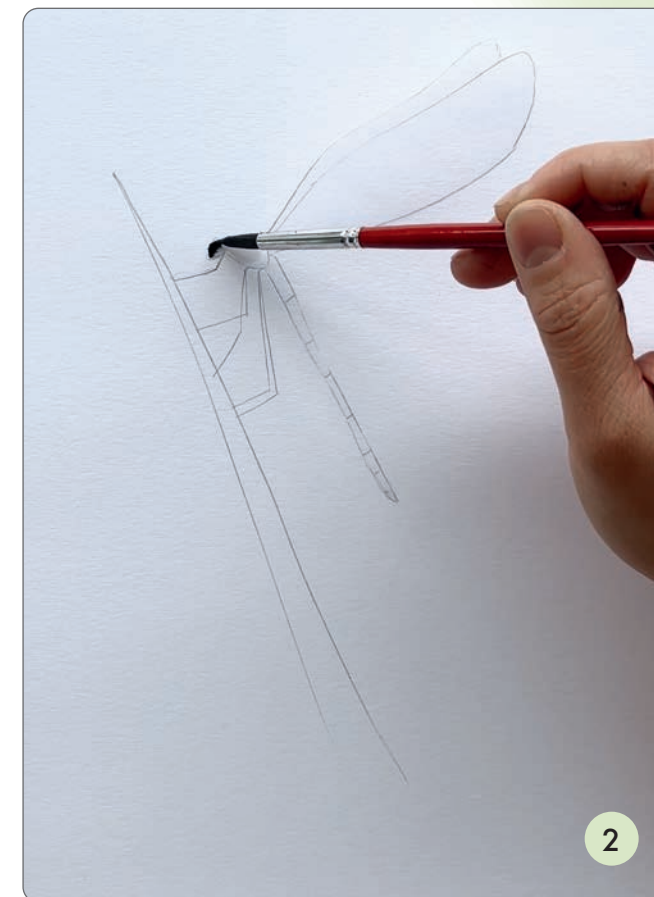
Close your eyes, and imagine you are somewhere outdoors that feels safe and comfortable. For me, this is in my garden with the roos quietly grazing or by the lake, just a whisper of breeze and the smell of the forest. Imagine your place in as much detail as you can. What can you see around you? What does it smell like? What can you hear? What makes it so peaceful and calm? If you can imagine this in as much detail as possible, you can come back whenever you like.

BREATH

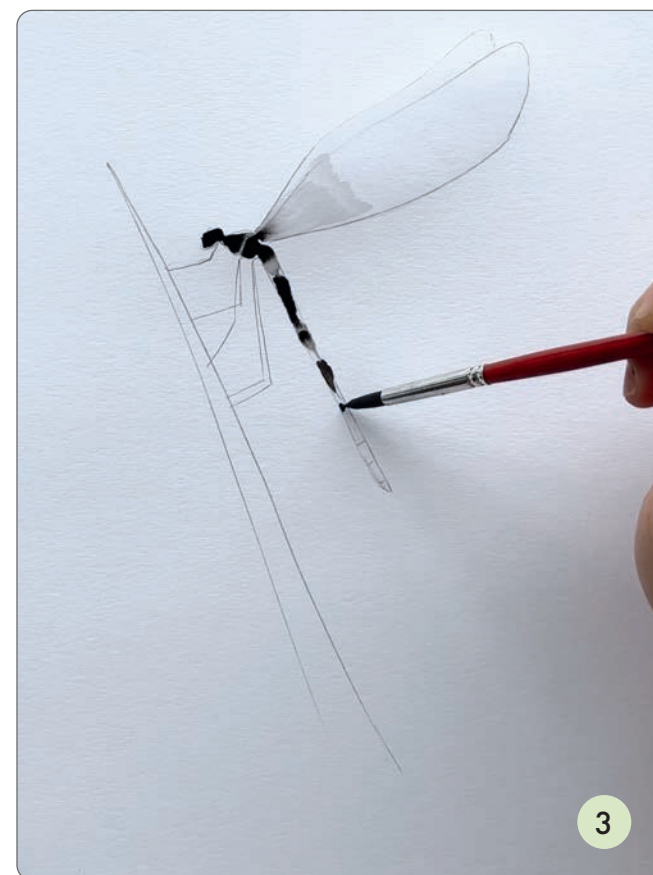
The dragonfly is a combination of fine dots and lines and thick, bold brushstrokes. I like to change and adapt my breathing accordingly. I tend to take shallower, lighter breaths with the dots and deeper breaths with the bold lines, exhaling with the stroke.



1



2

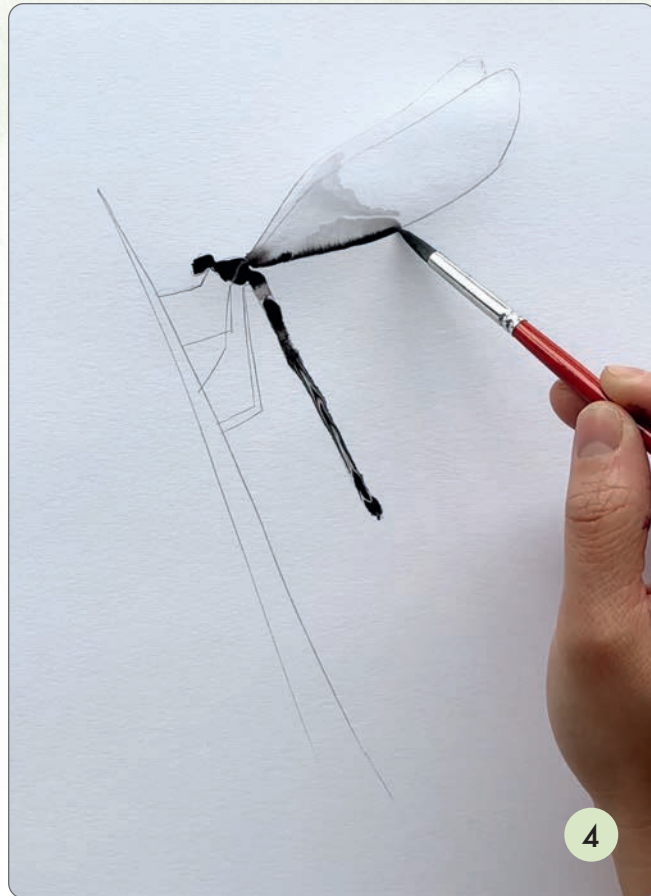


3

1 Draw the outline of the dragonfly on your page very lightly using your pencil. Dip your water brush into the water, and remove excess by wiping it on the rim of the jar. Paint water onto the head, body, and wings of the dragonfly. Leave the legs and blade of grass dry.

2 Dip your number 6 brush into the ink, and remove excess ink by wiping the brush on the rim of the jar. Using the tip of the brush, place a dot of ink on the dragonfly's head, and pull the brush down into the middle body section. The water will start to spread into the tail and the wing, but that is fine.

3 Using the tip of the number 6 brush, continue down the tail, placing a dot of ink in each segment. They will bleed into each other a little.



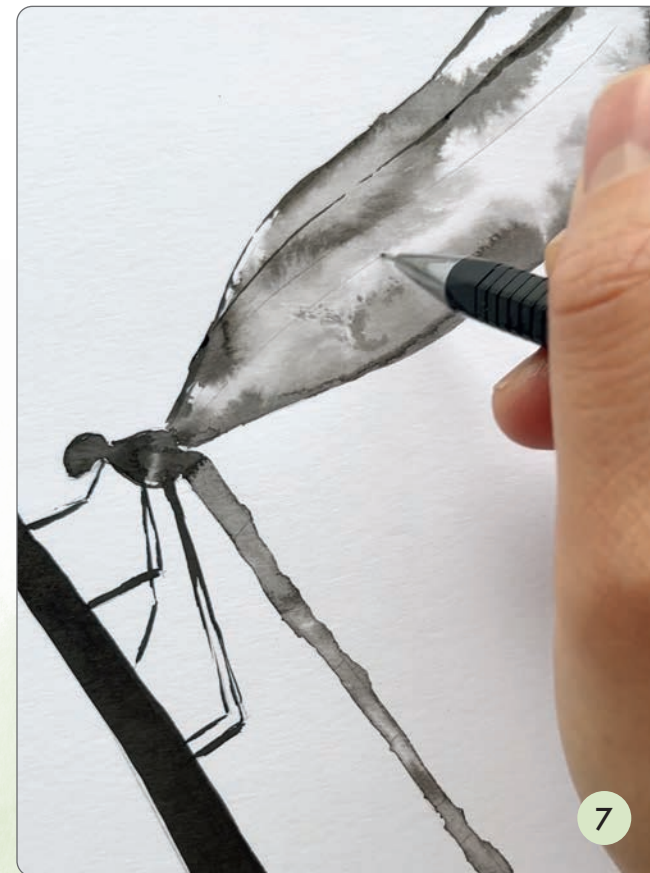
Still using the very tip of the brush, hold your hand very lightly, and paint along the pencil outline of the wings. The ink will start to bleed into the watery center of the wings. When this dries, it will give the appearance of being light and transparent.



6 Using your number 6 brush again, reload it with ink, and paint fine lines along the dragonfly's legs. I like to turn the paper so that the legs are at a more comfortable angle to paint. Be sure to keep your hand nice and light above the paper so you get a very fine line. If you find this too difficult with the brush, you can use a fineliner pen. Set the dragonfly aside to dry.



5 Dip your number 12 brush into the ink, and remove the excess by wiping on the rim of the jar. Place the tip of the brush at the tip of the grass, and pull the brush down the length of the blade, putting slight pressure on the brush to make the line get thicker.



7 Once the dragonfly is completely dry, use a very sharp pencil or mechanical pencil to lightly draw some line textures into the wings. You can make up whatever texture you like; just be sure to draw it on very lightly. It should be barely visible.