

The Art Sherpa Presents
Acrylic August-Day 11
Zen Stones and Lotus Flower

Feeling Zenderful

Name credit to Patron: Edie Frizol Thompson



14 Steps

Difficulty: Intermediate - 2 Hoot 🦉 🦉

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PAINT AND TOOL GUIDE

Use this paint legend below to understand the symbols that I use to give you important painting information.

PAINT

- Cadmium Red Medium = **CRM**
- Quinacridone Magenta = **QM**
- Cadmium Yellow Medium = **CYM**
- Phthalo Blue = **PB**
- Phthalo Green = **PG**
- Burnt Sienna = **BS**
- Mars Black = **MB**
- Titanium White = **TW**
- Yellow Ochre = **YO**
- Fluid White Paint = **FWP**
- Golden's Acrylic Satin Glazing Liquid = **ASL**

BRUSHES & TOOLS

- Large Synthetic Angle
- Medium Synthetic Angle
- Small Precision Round
- Large Synthetic Round
- Large Hog Round

TOOLS

- T-Square Ruler
- White Chalk Pencil
- 8x8 Canvas (If you notice that your canvas started to warp, as sometimes happens, just turn the canvas over and put it back side forward on your easel, then mist the back of the canvas. It usually resolves itself. Let it dry before you proceed.)
- Optional: Sta-Wet Palette

SYMBOL GUIDE

- > Less than previous amount
- < More than previous amount
- + Equal amount

Techniques You Will Use In This Painting

- Color Theory
- Implying Foliage
- Expressive Painting Strokes
- Being Painterly and Loose
- Finding Value
- Dry Brushing
- Directionality
- Blending Wet into Wet
- Color Mixing

Video Chapter Guide

Below are the timestamps we inserted in the tutorial video so that you can easily coordinate using the book and the tutorial video simultaneously.

Intro	00:00	
Step 1	2:06	Colored Ground
Step 2	3:48	Scene Sketch
Step 3	10:04	Natural Lighting
Step 4	14:30	Brown Application
Step 5	16:26	First Flower
Step 6	20:50	Grey Rocks
Step 7	25:47	Second Flower
Step 8	30:00	Leaves And Rocks
Step 9	33:33	Brown Rock Tints
Step 10	40:58	Ground Painting
Step 11	45:08	Flower Shading
Step 12	56:09	Shading Leaves
Step 13	1:00:15	Shadows
Step 14	1:04:37	Final Details
	1:12:49	Sign

Step 1 - Colored Ground

Timestamp 2:06

“Stay Zen”

PAINT

- Mars Black = **MB**

BRUSHES & TOOLS

- Large Synthetic Angle

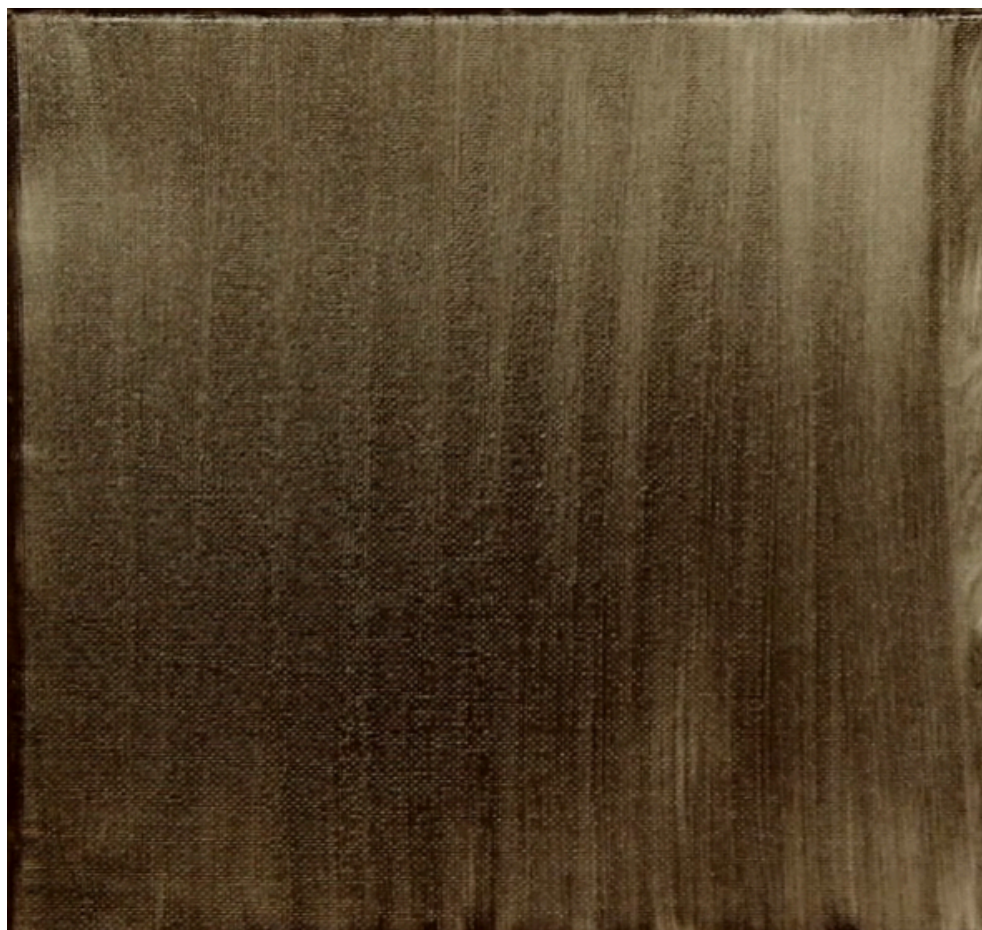
COLOR MIXES

STEP DISCUSSION

Load the brush with Mars Black, and then roughly paint the entire canvas until it is loosely covered. Smooth the paint somewhat by applying long strokes, vertically and horizontally. This helps to ensure that the canvas is completely covered. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 1 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 2 - Scene Sketch

Timestamp 3:48
“Rocking Out”

PAINT

BRUSHES & TOOLS

- White Chalk Pencil

COLOR MIXES

STEP DISCUSSION

I chose to freehand this image but I have also provided a traceable if you prefer to use that method. There is no right or wrong way to get your image on the canvas. You can grid, transfer, or freehand, whatever makes you the most comfortable. If you are free handing, you have the picture that follows this step, and the traceable to assist you. I drew in only the major objects using a Chalk Pencil.

Make an oblong stone slightly left of center, the top of it starting at the middle of the canvas, being about 2 and a half inches tall. It will look almost squished, and be flat on the top and bottom. The total length will be about five or six inches. Make another smaller rock on top of this, even thinner of an oval than the first, with a bit less length. Then, make another rock on top of this one, which is a bit taller and thicker. Lastly, make a small circular stone that is actually taller than it is wide. Go back and refine any areas as you feel necessary. Add two more small stones below the stone stack, one in front slightly to the left, and yet another in front of that. They will be oval shaped, and roughly the same size.

After that, pencil in the flowers to the right of the stone stack. They will be lotus shaped, with about five center petals facing up, and perimeter petals angled outward. The first will be behind the rocks, more upward facing, and the second will be in front of everything, facing up at a 75 degree angle or so. Continue to refine the shapes or replace figures as needed.

STEP 2 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 3 - Natural Lighting

Timestamp 10:04

“Gentle Glow”

PAINT

- Cadmium Yellow Medium = **CYM**
- Phthalo Green = **PG**
- Burnt Sienna = **BS**
- Mars Black = **MB**
- Titanium White = **TW**
- Golden's Acrylic Satin Glazing Liquid = **ASL**

BRUSHES & TOOLS

- Medium Synthetic Angle

COLOR MIXES

- Earth = **PG > BS**

STEP DISCUSSION

Load the brush with Mars Black with Satin Glazing Liquid, and brush the area to the left and right of the stones, using the edge of the brush to not overlap the chalk. Rinse the brush, and then use the **Earth mix** to paint a small area between the previous application, and the space above the middle of the stones. Add a bit of Cadmium Yellow Medium to the dirty brush, and then fill in the rest of this top area. Carefully blend it along toward the left side, not going too far past where the stones end. Now, add a bit of Titanium White to the brush, and use a downward stroke pattern to blend it along the top of the canvas, using more of the previous mix to knock back the lightness as needed. Use pure Cadmium Yellow Medium as well to really help develop the lighting here. Bounce between the colors in this step to achieve a bright, but somewhat subtle lightscape. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 3 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 4 - Brown Application

Timestamp 14:30
“Very Earthy”

PAINT

- Burnt Sienna = **BS**
- Mars Black = **MB**
- Yellow Ochre = **YO**

BRUSHES & TOOLS

- Medium Synthetic Angle

COLOR MIXES

- Dark Brown = **BS + MB**

STEP DISCUSSION

Load the brush with **Dark Brown mix**, and paint in the ground beneath the stones and flowers, continuing to use the edge to be careful around our chalk. You can also bring the mix behind the stones in front of the stack, on the ground. Use more Burnt Sienna near the bottom of the canvas, and add Yellow Ochre for the lightest of values near the edges and corner. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 4 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 5 - First Flower

Timestamp 16:26
“Pink And Red”

PAINT

- Cadmium Red Medium = **CRM**
- Titanium White = **TW**
- Quinacridone Magenta = **QM**

BRUSHES & TOOLS

- Large Synthetic Round

COLOR MIXES

- Viva Magenta = **QM > CRM**

STEP DISCUSSION

Load the slightly damp brush with **Viva Magenta mix**, and fill in the topmost petal of the background flower. Then, go over it with a bit of Titanium White added to the mix. Do the same for the rest of the petals, using pure mix for the shadows and darkest values, mixing in Titanium White for highlights and other midtones. Some petals may go behind the rocks or fill in space behind the other flower, so make sure to fill those in as well. Continue to blend this flower until you are satisfied with the result. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 5 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 6 - Grey Rocks

Timestamp 20:50
“About Fifty Shades”

PAINT

- Mars Black = **MB**
- Titanium White = **TW**

BRUSHES & TOOLS

- Large Synthetic Round

COLOR MIXES

- Stone Grey = **TW + MB**

STEP DISCUSSION

Load the brush with **Stone Grey mix**, and paint in the stones. Add a bit more Titanium White for the bottom stone, as well as the rocks in front of it. Place a new rock to the left of the bottom stone, slightly behind it to give the scene a bit more interest. You can dry brush it a bit, as it will be very shaded later on. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 6 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer

Step 7 - Second Flower

Timestamp 25:47

“Humble Beginnings”

PAINT

- Titanium White = **TW**
- Mars Black = **MB**
- Yellow Ochre = **YO**

BRUSHES & TOOLS

- Large Synthetic Round

COLOR MIXES

- Grey Ochre = **MB + YO**

STEP DISCUSSION

Load the brush with **Grey Ochre mix**, and add a lot of Titanium White to it. Apply this mix along each petal of the front flower, following a similar shading method to the last one. Use more pure mix for darker values, and the lightest mix for highlights, implying dimensionality using value. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 7 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 8 - Leaves And Rocks

Timestamp 30:00
“Hidden Leaves”

PAINT

- Cadmium Yellow Medium = **CYM**
- Phthalo Green = **PG**
- Burnt Sienna = **BS**
- Mars Black = **MB**
- Titanium White = **TW**
- Golden's Acrylic Satin Glazing Liquid = **ASL**

BRUSHES & TOOLS

- Large Synthetic Round

COLOR MIXES

- Algae Green = **PG + BS > CYM**
- Light Grey = **TW > MB**

STEP DISCUSSION

Load the brush with **Algae Green mix**, and paint a three-leaved sprout behind and to the right of the pink flower. If you leave the mix uneven, it can actually help with shading and dimensionality. Two more leaves sprouting behind the rocks to the left, just above the bottom rock. Rinse the brush.

Now, use **Light Grey mix** to paint in some of the highlights along the top of each rock, maintaining the curves around each shape. Pull it across as you go, maintaining a somewhat even consistency, as we will go over all of this again later. There may be Glazing Liquid and Burnt Sienna in the mixes you are using, but you can also add some if needed at any point. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 8 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer

Step 9 - Brown Rock Tint

Timestamp 33:33

“Holistic Hues”

PAINT

- Burnt Sienna = **BS**
- Mars Black = **MB**
- Titanium White = **TW**
- Yellow Ochre = **YO**

BRUSHES & TOOLS

- Large Hog Round

COLOR MIXES

- Dark Brown = **BS + MB**
- Light Grey = **TW > MB**

STEP DISCUSSION

Load the brush with **Dark Brown mix**, and cover the portions of the rocks you did not highlight in the previous step. You should also dry brush it into the light areas, but make sure not to cover it too much. For the bottom-most rock, add more pure Burnt Sienna to the mix, and add Titanium White as needed for lighter shades, or adjusting areas. Aim for a rough, rocky texture.

Come back with **Light Grey mix**, and refine the highlights, still using a patchy, dry-brush application. Add much more pure Mars Black to the mixes for the deepest shading, scumbling around until you are satisfied with the result. Yellow Ochre may even get into the mixes, you can use this for added effect. Alternate painting methods as you see fit for a more interesting, natural look, such as back-and-forth motions, swirls, or dry-brushing. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 9 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 10 - Ground Painting

Timestamp 40:58

“Laying Groundwork“

PAINT

- Burnt Sienna = **BS**
- Mars Black = **MB**
- Titanium White = **TW**
- Yellow Ochre = **YO**

BRUSHES & TOOLS

- Large Synthetic Round
- Large Hog Round

COLOR MIXES

- Soil = **MB > BS**
- Gold = **BS + YO > TW**

STEP DISCUSSION

Load the Hog brush with **Soil mix**, and apply it along the perimeter of the rocks and flowers on the ground. Dry brush it a bit to blend it into the ground, and rinse the brush. Then, use the **Gold mix** and dry brush it back and forth through the middle of the soil area, and around each side of the surface, blending it gently into the previous dark mix. Rinse the brush.

Then, with the Round brush and Mars Black, make little wayward curved shadows along the soil. They are pretty thin but very bold. Rinse the brush.

Once more with the Hog brush, add quite a bit of Titanium White and a bit of Yellow Ochre to the **Gold mix**. Paint it inside the space made by the previous curved lines, and dry brush over them a bit to imply deep cracks in the soil. The lightness is what does the heavy lifting, so imagine you are simply continuing the previous shading to a lighter value, but do not obscure the shadows. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 10 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 11 - Flower Shading

Timestamp 45:08

“Like A Lotus”

PAINT

- Cadmium Red Medium = **CRM**
- Cadmium Yellow Medium = **CYM**
- Phthalo Green = **PG**
- Burnt Sienna = **BS**
- Mars Black = **MB**
- Titanium White = **TW**
- Yellow Ochre = **YO**

BRUSHES & TOOLS

- Large Synthetic Round

COLOR MIXES

- Light Grey = **TW > MB**
- Grey Ochre = **MB + YO**
- Orange = **CRM + CYM**
- Dark Brown = **BS + MB**
- Light Pink = **TW > QM**

STEP DISCUSSION

Load the brush with **Light Grey mix**, and refine any stones as needed. Make sure they are solid and look hard, and not fluffy. Rinse the brush. Then, use the **Light Pink mix** to give exaggerated shading to the first lotus. Give the lightest values to the tips and edges to help give it depth, but you can also playfully sprinkle it around to give it a natural inconsistency. Rinse the brush, and then use pure Quinacridone Magenta to refine the deepest shadows and values, blending back into Titanium White for midtones, and using more **Light Pink mix** as needed for adjustments. The tips and edges of the flower will be the things that are most exaggerated.

As you develop the petals, they may look almost like buds. To help with this, add Titanium White through the center of each one to help give them definition, keeping in mind the perspective we are working from. Rinse the brush.

Now, use the **Grey Ochre mix** and lots of Titanium White to do the same for the lower lotus. Continue to develop and maintain the dimensionality we are trying to achieve with these values, they will help greatly when implying shape. Rinse the brush.

Lastly, use the **Dark Brown mix** to stipple the centers of the flowers, being careful around the edges of their petals. Rinse the brush.

Once again, continue to refine the top flower with **Light Pink mix**, alternating values to show off its shape, adjusting it as needed with Quinacridone Magenta. Rinse the brush.

Now, use pure Titanium White and brush it gently along the edges of the bottom lotus. Paint it inward to help give it an interesting floral look, using Yellow Ochre or Mars Black to knock anything back as needed. The edges should be well defined. Rinse the brush.

Finally, load the brush with **Orange mix**, and use very small and short outward strokes on top of the dark flower centers. It is almost a stipple but not quite round. Rinse the brush.

STEP 11 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 12 - Shading Leaves

Timestamp 56:09
“Breaking Stones”

PAINT

- Cadmium Yellow Medium = **CYM**
- Phthalo Green = **PG**
- Mars Black = **MB**
- Yellow Ochre = **YO**
- Burnt Sienna = **BS**

BRUSHES & TOOLS

- Large Synthetic Round
- Small Precision Round

COLOR MIXES

- Green Gold = **PG + CYM > BS**

STEP DISCUSSION

Load the Synthetic brush with **Green Gold mix**, and apply it along the leaves, concentrated on the tips, centers, and edges. Add quite a bit of Burnt Sienna to the mix, and make vein lines through the middle of each leaf. They should be curved at slightly varying angles. Rinse the brush.

Now, use the Precision brush and Mars Black to make cracks all along each stone. They should vary slightly in width and angle. Also make small dots around each rock to add to the weathered look. Rinse the brush.

STEP 12 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 13 - Shadows

Timestamp 1:00:15

“Shades Of Shades”

PAINT

- Mars Black = **MB**
- Golden's Acrylic Satin Glazing Liquid = **ASL**

BRUSHES & TOOLS

- Large Synthetic Round

COLOR MIXES

STEP DISCUSSION

Load the brush with pure Mars Black and a bit of Glazing Liquid, and then mark in the shadows behind each rock, starting at the top. They will be cast upon one another somewhat, and also have dark shadows around the cracks where they connect. The shape of the shadows should match the rock it is coming from, but not cover more than half of the rock below. This effect will diminish dramatically further down the rock stack.

Also glaze the underside of each rock, implying a natural diffusion along the scene. The crevices in between the stones should be the darkest, but still glazed and translucent. Use a wiggling motion to help with the dimensionality of the rocks. Rinse the brush.

Dry the surface before continuing to the next step.

STEP 13 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Step 14 - Final Details

Timestamp 1:04:37

“Guru-ific”

PAINT

- Quinacridone Magenta = **QM**
- Cadmium Yellow Medium = **CYM**
- Phthalo Green = **PG**
- Burnt Sienna = **BS**
- Mars Black = **MB**
- Titanium White = **TW**
- Fluid White Paint = **FWP**

BRUSHES & TOOLS

- Large Synthetic Round
- Large Hog Round
- Small Precision Round

COLOR MIXES

- Light Pink = **TW > QM**
- Green Gold = **PG + CYM > BS**
- Stone Grey = **TW + MB > BS**

STEP DISCUSSION

Load the Precision brush with Fluid White Paint, and paint it finely along the edges of each lotus. Only surround the perimeter, and the outside edges of each petal. Rinse the brush.

Now, take the Synthetic brush and **Light Pink mix**, and refine the petals on the pink lotus as needed, developing areas to see how you like it. Rinse the brush.

Next, use the Hog brush and **Stone Grey mix** to dry brush the stones and ensure you are happy with where they are at. Add in highlights where they may have been lost, and maybe even extra ones for added interest. Also go around the cracks carefully to help develop them. If you have covered any paint along the way, you can go over them with the appropriate mixes now, such as on the soil or flowers. Rinse the brush.

Once more with the Precision brush, refine the leaf veins further with **Green Gold mix** biased with much more Burnt Sienna. Add subtle, offshoot leaf texture lines as well. Rinse the brush.

Now, use pure Cadmium Yellow Medium to really define the middles of each flower. Rinse the brush.

Sign.

STEP 14 PHOTO



If you did not understand any part of this step you can ask in the comment section of this video and I will do my best to answer.

Traceable

