

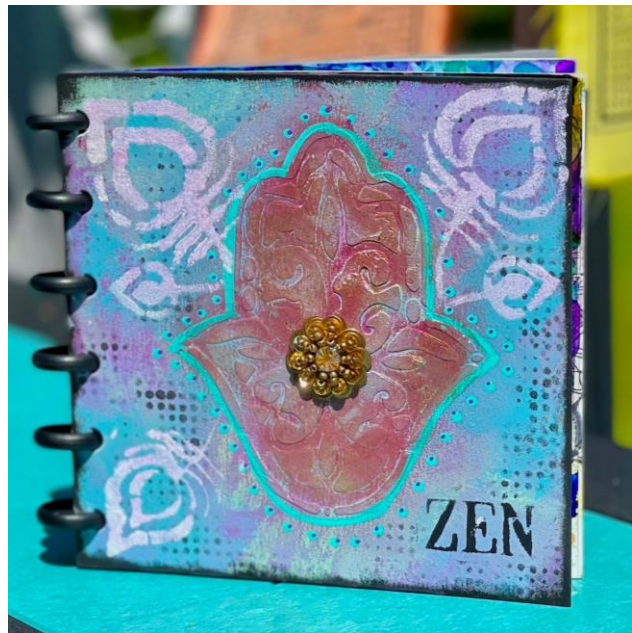
# Zen Meditation Mixed Media Journal

Designed by: Maura Hibbitts

Create your own personal meditation journal to relax and discover your Zen, using Grafix Mixed Media 6"x6" Journal, Opaque Craft Plastics, Dura-Lars, and Double Tack Mounting Film.

## Supplies:

Grafix Mixed Media Journal  
Grafix Double Tack Mounting Film  
Darkroom Door - Meditation, Look for Stars, Be Brave, Along the Way Stamp  
Paper Artsy - Eclectica 3 EGL07 Stamp  
Impression Obsession – Namaste Stamp  
Indigo Blu – Lotus Stamp  
Studio Light Art by Marlene - Mandala Tapestry Stamp  
Stencil Girl, Gwen Lafleur - Five Hamsas stencil, BoHo Mandala Circle, Ornamental Peacock Feathers Stencil  
Darkroom Door Wellbeing Stencil  
Prima Finnabair Oriental Wall Stencil  
Stamperia Forest Stencil  
Stampers Anonymous Tim Holtz Dot Fade Stencil  
AALL and Create washi tape Mantras  
DecoArt Americana Acrylic Paint: Jade Glass, Carbon Black, Indian Turquoise, Vivid Violet, and Snow White  
DecoArt Extreme Sheen: 24K Gold  
Ranger Distress Oxide Inks: Salty Ocean, Crushed Olive, and Seedless Preserves  
Ranger Alcohol Inks: Pool, Purple Twilight, and Citrus  
Ranger Texture Paste Opaque Matte  
Prima Art Academy Wax Indian Pink  
EK Success 1 3/8" Punch  
Simon Says Stamp Black Premium Dye Ink  
Posca Paint Pens: Purple and Turquoise  
Gel Prints or Patterned Papers  
Uniball Signo Gold Pen  
Spellbinders Mermaid Markers  
Scissors



Straw  
Pipette  
Acrylic Brush - 1/2"  
Palette knife  
Mister  
Elmer's Glue stick  
Beacon 3 in 1 glue  
Charm  
Isopropyl Alcohol - 91% or higher  
Cosmetic sponges  
Heat Tool  
Paper Trimmer  
Craft Sheet or Silicone Mat

## Directions:

1. Start your project by choosing your color palettes, such as blue, green, violet, and gold.
2. Apply texture paste with a palette knife through the Hamsa stencil, onto the cover, and inside the back cover. Set aside to dry.
3. Add alcohol inks to the Grafix Clear, Matte, and Wet Media Dura-Lar Films. On one sheet, hold it vertically and drip downwards.
4. On another, drip colors over the sheet, then add drops of rubbing alcohol with a pipette.



Your Source for Creative Plastic Films

[www.grafixarts.com](http://www.grafixarts.com)  
[marketing@grafixarts.com](mailto:marketing@grafixarts.com)

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5. On the third sheet, drip puddles of color with the inks, then take a straw and place them over those puddles and blow ink outward to create a different pattern.
6. Dry with a heat tool.
7. Stencil a sheet of the Graftix Opaque White and Opaque Black Craft Plastic, using a cosmetic sponge. Paint using a light touch with the sponge to get a clear image.
8. Swipe the distress oxide inks onto a craft or silicone sheet.
9. Mist with water, then smoosh the Graftix Opaque White and Black Craft Plastic Film into the ink.
10. Repeat until you are happy with the result.
11. Dry with a heat tool and let dry overnight.
12. Brush and blend paint onto the Natural Chipboard on the stenciled sides.
13. Give it a quick dry with the heat tool.
14. Lightly brush gold paint over the stenciled area and dry.
15. Rub the Indian Pink wax over the raised stencil. Use the black paint and a sponge to stencil the words and dots, then rub some paint around the edges of the cardboard.
16. Complete with a bit of doodle work around the Hamsa design, another stenciled layer with the peacock feathers, and glue on the charm.
17. Add stenciled layers, and stamp images directly onto the journal sheets, Graftix Double Tack Mounting Film, as well as onto gel print sheets or patterned papers.
18. Fussy cut to add to the journal.
19. Use a glue stick to apply non-adhesive images. You can also cut extra papers for your journal of different sizes to insert. The Graftix Opaque Black Craft Plastic works well for this.
20. Use a square punch to cut out some windows.
21. Add details to your pages with a watercolor, gold pen, and paint markers.
22. Layer the pages so that some images will peek through, for example, a Dura-Lar over an Opaque Craft Plastic.
23. Once you have a pleasing layout, insert the discs from the Graftix Mixed Media Journal and your book is complete. Of course, you can always work on both sides of the journal pages if you wish. Now, relax and enjoy your unique meditation journal!

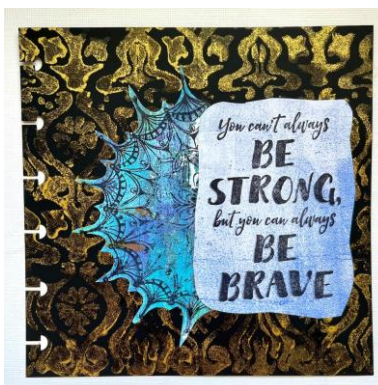
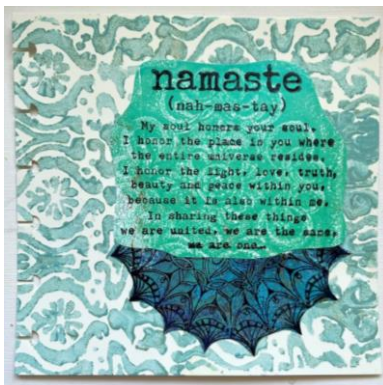
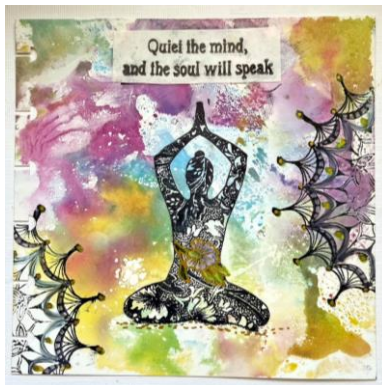


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