

Creative mindfulness with hand decorated stones



Creative mindfulness

Mindfulness enables us to counter hectic everyday life. It creates the space and peace that allows us to be creative. Listen to yourself and release your creativity.

Explore your creativity with hand decorating of stones. This highly meditative activity lets you create tiny masterpieces on a natural medium waiting just outside your door.

On a hike on the coast or stroll in the park, you can discover small smooth stones. With a simple technique you can transform these into a beautiful palm stone, decorations, or a gift.



Step-by-step tutorial

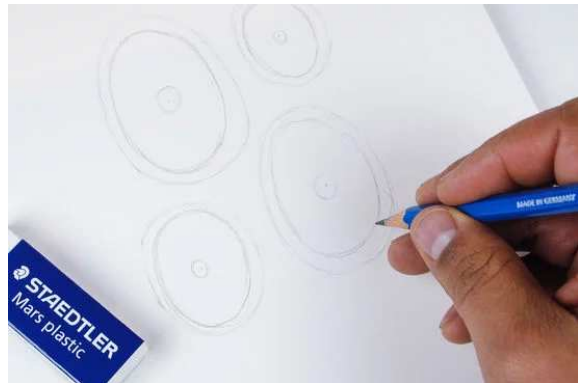


1

Draw some basic outlines of your collected stones on a piece of paper. You will use this sheet of paper to test your design before applying it to the stone.

2

Draw a small oval in the middle and on close to the edge of your outlines. This will help you see in which area to draw your pattern.



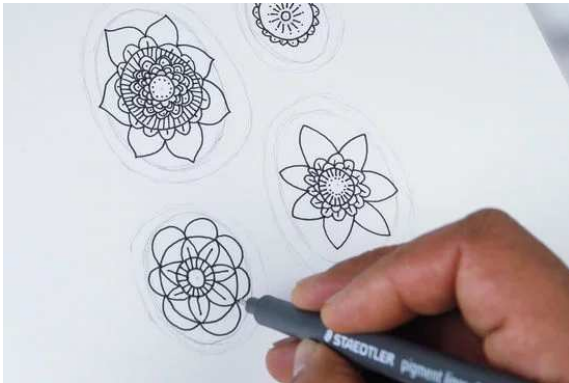
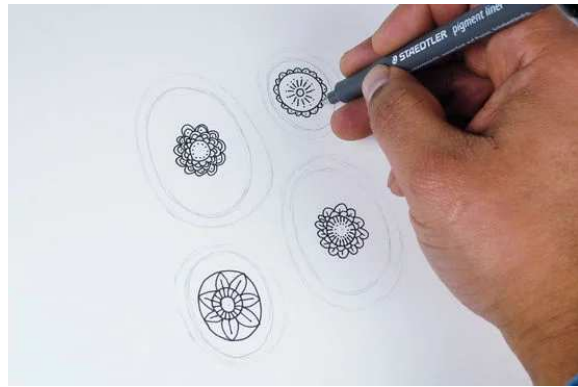
3

Using your pigment liner, draw a small circle or oval in the middle of each outline. Then, experiment with different decorative elements in the center. In the process, try to create line patterns that radiate equally on all sides.



4

As your pattern grows, experiment with different line elements. The only boundaries to your creativity are the outline of the stone!



5

Keep going! You are almost there. At this point, you should adjust your patterns to meet the edge of your outline.

6

Now, take a look at your finished composition and add decoration if needed. My tip: Try to keep the first design simple because drawing on stone is a bit more challenging!



7

By using the Lumograph permanent marker apply the same pencil outlines to your stones as your paper draft.

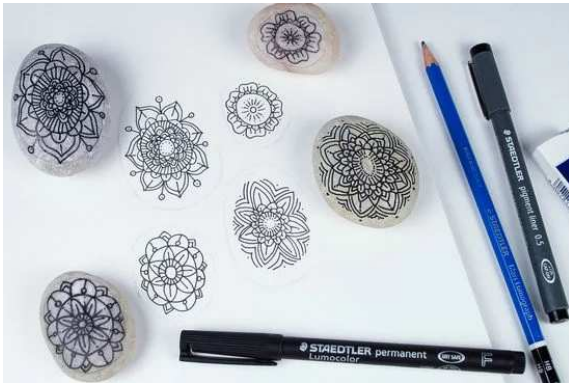
8

Hold your stone tightly with your non-drawing hand. Using a Lumocolor permanent marker in line width F, apply your patterns to the stone.



9

You can apply new elements to your finished stones. Feel free to experiment some more!



10

Rubbing very lightly with a soft cloth and cold water, clean your stone until the pencil lines have disappeared. An eraser may smudge the pencil or your finished design, so use these only with extreme caution.

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Material overview



What you need

Product	Article no.	Quantity
pigment liner 308 Fineliner - Single product black, line width approx. 0.5 mm	308 05-9	1
Lumocolor® permanent pen 318 Permanent universal pen F - Single product black, line width F, approx. 0.6 mm	318-9	1
Mars® Lumograph® 100 Drawing pencil - Single product HB	100-HB	1
Mars® plastic 526 50 Eraser in premium quality - Single product, size: 65 x 23 x 13 mm	526 50	1

Additionally required:

Smooth stones, Paper