

## Home made karma cards



### 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.**

Home made karma cards will provide you with inspiration and ideas for mindful moments every day. Choose quotes, sayings or words of wisdom to suit you and create your very own personalised mindfulness cards. Lovingly designed and drawn lettering can make them even more meaningful. Keep the cards in a pretty bowl or on a pinboard, where you will see them every day. This will help you to bring your sayings to mind regularly and live them out.





1

First create different coloured shaded areas on the watercolour card using the karat aquarell watercolour pencils. It looks especially lovely if you choose colours from the same colour family.

2

Dip the flat paintbrush in water and dampen the shaded areas on the watercolour card.

Clean the brush between colours so that they don't run into each other.



3

Then dip the round brush in water and blend the colours carefully into each other, creating soft colour transitions.



4

When everything is completely dry, sketch in your lettering with the pencil.



5

Then go over the sketched letters with a 0.5 mm or 0.7 mm pigment liner.

**And your karma cards are done!**

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## Material overview



## What you need

Product	Article no.	Quantity
<b>karat® aquarell 125</b> Watercolour pencil - Metal case containing 36 watercolour pencils in assorted colours	125 M36	1

### Additionally required:

watercolour paper cut to approx. 85 x 55 cm