SPIRIT ANIMAL PAINTING TUTORIAL:

Cardinal





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How to use this guide

Keep it super simple:

You can follow this guide in order, or jump to what you need:

1. Gather your supplies
2. Try the qigong warm-up
3. Listen to the guided meditation
4. Watch the acrylic paint tips and set up video
5. Begin the painting tutorial video



Let's have fun!



Gather your supplies

Brushes
1” Flat Brush or large brush
#2 Angled Brush or medium brush
Small Liner Brush or small brush

Paint Colors, any acrylic paint brand
White
Blue
Black, Burnt Sienna
Green, Burgundy,
Red, Yellow, Orange

Other Materials
Canvas, 8x10 inches
Cup of water
Paper towels
Palette (or disposable plastic plate)
optional spray bottle
optional easel

You are welcome to use any acrylic paints and brushes you already have at home. If you’d like, here are a few similar supplies I’d recommend from Amazon or craft store. Michael’s always has coupons as well!):

- Jewel Green. Acrylic Paint Set, (Michael’s less expensive than Amazon.) Deep Burgandy.
- 8"x10" Canvas
- Brush Set

Getting Your Sketch onto Canvas
To make this process easier, a printable outline of animal is included on the following page.

Use this printable outline to transfer the animal design onto your 8" × 10" canvas.

HOW TO TRANSFER THE SKETCH

① Print this page at 100% size (Actual Size).
② Turn the page over and lightly shade the back of the outline with a soft pencil.
③ Place the printout on your canvas and secure it with painter's tape.
④ Trace over the outline with a pencil or ballpoint pen.
⑤ Remove the paper to reveal the transferred sketch.
⑥ Lightly reinforce any lines if needed.

IMPORTANT REMINDERS

♥ **Keep your sketch simple:**
Focus on the main shapes and proportions. There is no need to include every small detail.
♥ **Sketch lightly:**
Use a light touch so any visible pencil marks can easily be covered with paint.
♥ Trust the process:
The sketch is simply a guide. Details, texture, and personality will develop as you paint.

ALTERNATIVE TRANSFER METHODS
• Use graphite transfer paper.
• Project the image onto your canvas and trace.
• Draw freehand using the outline as a reference.

Cardinal Sketch Transfer

No need to sketch all of the individual feathers
we will add those later with paint, unless you'd like to!



General Tips

This short video shares some general suggestions
when working with acrylic paint:

1. The brushes: **small, medium, or large** sizes. A medium/small angled brush may be helpful but not necessary.
   They may be referred to as 1" or liner brush, but there are simply 3 sizes.
1. Work in **layers**, building upon coat after coat of paint.
2. **Pause** the tutorial often and stand to take breaks.
3. Play your own favorite **music** if you'd like.
4. Light a nice candle or **set the room** for calm joy.



Watch

Click for the general painting set up tips and suggestions video.
(7:30 minutes) *This is **not** the actual animal video.*

A moment to create.

Take a breath.
There's no rush here.
This painting is not about perfection.
It's about enjoying the process and letting something beautiful emerge.
Allow your brush to move freely.
Trust each step.
You don't need to be an expert to create something meaningful.
Have fun and when in doubt, shake it out!



Unwind

Click for Gentle seated warm up.
This simple 5 minute qigong warm up can help ease tension and prepare your mind and body for a deeply relaxed painting experience.



Image Inspiration

Cardinal Symbolism:

The cardinal brings a bright presence to an ordinary day. In animal symbolism, it is often associated with life energy, courage, love, and the willingness to be seen.

Its bright red feathers can inspire us to welcome more color into our lives and express ourselves with confidence.

For many people, cardinals also hold a personal connection to loved ones, offering a feeling of comfort and closeness.

As you paint, consider which quality you'd like to connect with: confidence, vitality, love, or connection. You can hold that intention as you choose your colors and follow each step.

The cardinal represents vitality, confidence, and connection.

Reflection while painting:

Where in my life would I welcome a little more color, courage, or connection?



Guided Meditation

Get comfortable in a chair, floor, bed, or wherever your body can relax and let go. This short guided meditation will help you connect to the cardinal spirit animal before painting. Feel free to listen again at any time in the future when you're needing a little reminder on how to feel this energy.



SPIRIT ANIMAL
guided meditation

Listen:

Click for Guided Meditation for Cardinal Spirit

Start Painting



Watch

Click for the Cardinal Video Tutorial.



Thank You for Creating!

You showed up.
You created something from nothing.
Your painting doesn't need to be perfect,
it's a reflection of your moment, your energy, your expression.



Cardinal Spirit Animal Guide
Print this page to keep with your or rest in your journal
to use as a reference and as a reminder to invite
more color and vitality into your life.

I would love to see what you created.
Tag me or share your piece, every version is unique.
Instagram @amyyeagerjorge

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