

## The Journey Within Blog Hop Post

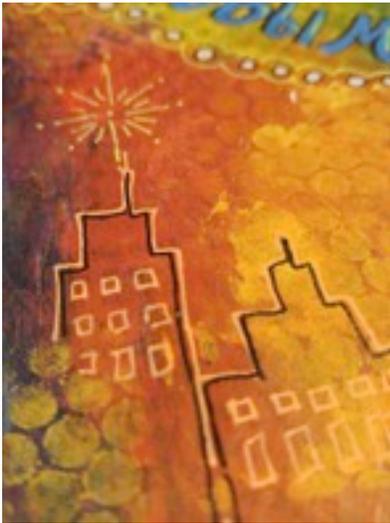
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Journey Within e-course <http://bit.ly/journalwithme>

### Cultural Heritage and / or Foreign Language

*The prompt for this week is to create a page inspired by your cultural heritage and/or another language you speak or admire. Use words, quotes, letters, poetry, newspapers, art inspiration from the language or culture. Paint, draw, stamp, stencil, collage a meaningful element from your chosen culture. Add some Zentangle inspired pen work to highlight a section or shapes or just as subtle embellishment.*



#### Back story:

I currently have an English surname, but my roots are mostly Polish, Russian with possibly a little Dutch and Mongol thrown in. I've always been fascinated by other cultures, and when I had the opportunity to travel to Moscow over 30 years ago for study, I got a crash course in the culture as well as the language. What I came away with was the a bit of the Russian soul that's never really left.

We all have some kind (or many kinds) of cultural heritage - native or adopted as well as stories that we lean on and color our world. It shows up in some of the words we use, the traditions we keep within our families, the music we listen to, the food we eat, our writing and reading preferences even. But it goes deep beyond just these visible traditions too, even to the way we are wired.

Or maybe you have other languages you read, speak, or wish to learn some of. Maybe you know a special song, a quote in another tongue. Sometimes it's fun to write a word in another alphabet or script. Fonts too have been influenced by various written languages and can evoke a mood or a tone.

#### Supplies used per project:

**New Year's page** - torn bits of Russian newspaper, Matte medium gel as glue and overcoat, acrylic paint primary colors, baby wipes, moonlight and metallic gel pens, stencils, big Pitt artist pens in black and white.

**Mirror acrylic page** - clean up page from previous, started with wipes of acrylic. Acrylic paint, moonlight gel pens, white gel pen, Photoshop mirrored image of word "Mirror" in Russian, printed out and painted to match background, lettering gone over with variety of pens. Stencil for interest, graphite pencil, Caran d'Ache Supracolor II

watercolor pencils (I LOVE these!) to help with the gems, Accurit waterproof pen (from Jerry's Artarama) to draw the baby faces on the gems (similar in feel to a Micron)

**Watercolor sketch page** - Gesso, pencil, Caran d'Ache Supracolor II watercolor pencils for background, coloring in samovar and tea cup, coloring the tablecloth and the tangle Mooka above. White gel pen, Accurit black in pen, 02, waterproof.

Some in progress shots:



**Resources:**

**Newspapers:** If you live in a city, find where they have the free newspapers in other languages. (In Northeast Philly, and NYC I've found plenty of Russian local shopping papers. In Boston, I've found many in Chinese.)

**Digital:** This looks to be a promising resource;

[https://en.wikipedia.org/wiki/Wikipedia:List\\_of\\_online\\_newspaper\\_archives](https://en.wikipedia.org/wiki/Wikipedia:List_of_online_newspaper_archives)

<http://www.nlr.ru/eng/opac/#rusnews>

<http://primary-sources.eui.eu/type-source/newspapers>

**Quotes:**

<https://www.pinterest.com/explore/russian-quotes/>

<https://www.pinterest.com/rubiotish/spanish-quotes/>

<https://www.pinterest.com/lola1flower/french-quotescitations/>

<http://multilingualbooks.com/wp/soundandvision/2014/03/21/german-proverbs-quotes/>

<http://multilingualbooks.com/wp/soundandvision/2014/03/22/polish-proverbs/>

<http://multilingualbooks.com/wp/soundandvision/hindi-quotes-english-translation-proverbs/>

**Zentangle resources for blog hoppers new to Zentangle:**

The mothership: [www.zentangle.com](http://www.zentangle.com)

**Patterns:** [www.tanglepatterns.com](http://www.tanglepatterns.com) - a nice selection of tangle step outs all in one place. There are a ton of tangle patterns online. Lots of linked tutorials too.

I still recommend a class with a certified teacher, to get the philosophy and group magic that happens.

**My tangles...** links to some tangle patterns I "unvented". Really, it's all about play - patterns are everywhere !

[Twiggee](#) | [Barney](#) | [Pop't](#) | [Ah nyx](#)

[Si'weed](#) | [Bandola](#) | [Jailed Johnny](#)

**Video for the tangle Mooka:** <https://www.youtube.com/watch?v=0-d2UdXAD7k>

**How to make those pesky little Gems:** there are lots of resources... this is a nice one to start with, and you don't have to start it with watercolor.

<http://tanglefan.hatenablog.com/entry/2015/11/08/170932>

i actually started mine on my journal page with the layer of acrylic that was underneath and built the colors up with colored pencils.

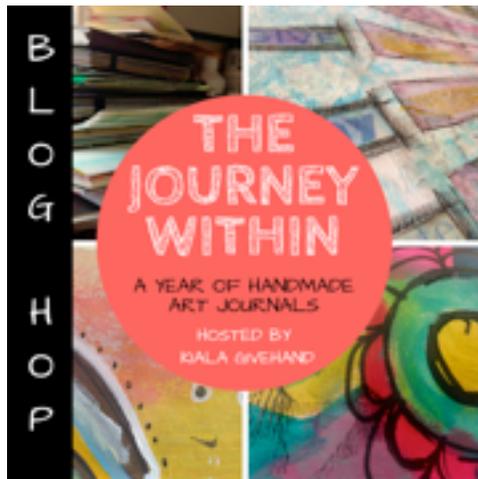
**Tips for tangles and pen artists:** when using delicate pens like the Microns or other pens with easily marred tips when working over acrylics, pastels, gelatos and other

media besides watercolor, give your piece a good spray with a workable fixative and let dry - Save those pens!

**Shading and Highlights:** My weapons of choice that I always have on hand are a variety of pencils, a Stabilo pencil (nice dark blending with water), White gel pens (I prefer the Uni-ball Signo Broad UM-153 gel pen) and white chalk pencils and white Supracolor II pencil for highlights in varying degrees and a waterbrush. Remember when working in color you can do your shading with degrees of color too, such as layered color pencils.

**Lastly, Remember to BREATHE and send your inner critic outside for a cup of tea. Enjoy the process, this is sacred YOU time!**

### [I'm teaching in The 2016 Journey Within](#)



Sign up for the Journey Within e-course <http://bit.ly/journalwithme> via this link before January 5 and be entered to win a set of surprise Art Journaling Card prompts! - Drawing on Jan. 5.

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