



Mindful Artist: Birds and Botanicals

A meditative guide to using brush pens and ink to create birds, flowers, and more

Monika Cilmi

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Description

With *Birds and Botanicals*, artists of all skill levels can follow the clear, brief instructions and create their own art in black and white and colour, while also practising mindfulness and meditation in their artwork. The art is beautiful and simplistic and the book features a clean, contemporary, and airy design that's sure to appeal to lovers of Japanese inspired art forms, including sumi-e and calligraphy. The essential techniques are covered in the book, as well as instructions for adding colour, forming brushstrokes, sourcing materials, and much more. Step-by-step projects for inking birds, plants, flowers, and more are included.

About the Author

Monika Cilmi has a post graduate certificate in Korean and Japanese art and an MA in fine art. She has exhibited her work internationally, and she works as both an artist and a tutor. She is passionate about both Korean and Japanese art, and she is guided by the relationship between nature and gesture.