

Buddha Tile Painting Tips

- The Buddha image is printed with a water-based ink onto ply-wood that has been primed with White Vinyl Matt Emulsion Paint. **If you colour the print with water-based paint** (ie. Water-colour / poster-colour / Acrylic paint etc.), **the black ink of the print will run and smudge if you run over the black**, so paint carefully within the lines for a nice clean result.
- Remember, you don't need to be a spiffy 'talented' painter to do this - Treat it as a practice and concentrate on painting in the various areas with care and attention.
- Just paint within the lines; **this is a devotional practice, not an act of self-expression.**
- If necessary, look at pictures of the Buddha for a guide with colour - There are basic colours associated with this type of image - A Green head Aura signifies a fully Enlightened being. The body Aura is Blue but sometimes you see all sorts of variations like a rainbow aura but probably best to keep things simple if painting is not a common experience for you. The robes can be a yellow of some kind or even richly decorated if that appeals to you.
- If you attend a Triratna Centre of some type, then a few of you could club together to buy colours as one 'tile' will not need an enormous amount of paint.
- Small size synthetic brushes are more than adequate and much cheaper than buying sable brushes.
- Concentrating on colouring-in a meaningful image can be a very effective indirect method for building and maintaining concentration so try and remain relaxed so that it's an enjoyable thing to do. It's not the end of the world if you make a mistake, you can just let the paint dry and then re-do it.