

Journey

Quote

Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it. Greg Anderson

<http://www.brainyquote.com/quotes/keywords/journey.html>

Bible Verse

Direct me in the path of your commands, for there I find delight. Psalm 119:35

Inspiration

Brother Bear

http://www.youtube.com/watch?v=8o8nZ_dZOC0

Journaling

A journey can be a physical, spiritual or mental path you have taken or are taking. What things have you learned or are learning as you journey through life?

Technique Challenge

Watercolour paint and clingfilm background. You can use any water based sprays.

Watercolour and salt, watercolour and clingfilm

<http://www.youtube.com/watch?v=nLIWAUwDLBU>

Glimmer mists and clingfilm

<http://www.youtube.com/watch?feature=endscreen&NR=1&v=mXaPnfaYO1I>

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