

## Making a Wabi Sabi Book

A Zoom workshop with Sherrie Lovler

Saturday, February 26, 2022, 10am – 3:30 pm with 1/2 hour lunch break

Wabi-sabi is the Japanese aesthetic of appreciating beauty in imperfection. Using this as our underlying principle, we can appreciate the magic that happens in the uncontrolled parts on a page where ink meets water.

We will contrast these natural occurrences with calligraphic lines and gestures using sumi ink and brushes on good quality paper. Beginning with getting centered and present in our bodies, we will be led step-by-step into this process of making several spontaneous-looking pages that will be cropped and sewn into a 5"x10" Japanese stab bound book. Final artistic touches will be added to make the book flow from page to page.

**Following are the recommended supplies. This particular paper is chosen because it is lightweight, folds well and takes water well.**

### Paper:

1. 2 sheets Arches Text Wove 25½" x 40" **\$12-16** Torn or into quarters 13"x20". The paper tears easily if folded back and forth and creased well. Riley Street Art Supply

Other paper options:

- a. Canson XL Series Mix Media Paper Pad, Heavyweight 18"x24".
  - b. other paper, making sure it doesn't buckle with water. It should be around 20" on the longest side, or your book will need to be smaller.
2. 1 sheet Strathmore Art Again 19"x25"– black **\$2** Riley Street Art Supply  
OR Canson Color Line 19"x25" – black **\$2**

This black paper is used for templates for our book pages and cover, also for the outside part of the binding. Instructions to follow. I am looking for a heavyweight paper, it doesn't have to be black, but needs to be at least 23" on the longest side.

3. 10 or so sheets of white 20 lb. bond paper 8½"x11" (regular printing/copy paper). This is to test our color and to do some exercises with pencil.

### Brushes:

1. Chinese Calligraphy Brush Yasutomo CC6 **\$6.50**  
(Riley Street Art Supply or dickblick.com Item #05418-1006).



hair length: 2-1/8" Diameter: 1/2"

OR Richeson Bamboo Brushes 510101, 510102 or 510103 (Riley Street Art Supply, San Rafael)

2. 3" wide foam brush Riley Street Art Supply or Home Depot or dickblick.com item #06027-1003



3. 2 inexpensive pointed brushes
  - a. For painting in small areas, such as: Royal & Langnickel Zen Brush — Round, Size 4, Short Handle (Some stores carry a set of different sizes and styles, which is nice to have.)
  - b. Size 5 or 6 for mixing paint (this brush should have some “spring” to it)



### **Ink/paint**

1. Yasutomo Liquid Sumi Ink - 2 oz dickblick.com item #20827-2004  
OR other sumi ink (Riley Street Art Supply)  
OR Daler-Rowney FW Acrylic Artists Ink, 1 oz, Paynes Gray
2. Watercolor of your choice:  
Red will work nicely with the black, but another color or colors are fine, too.

### **Misc:**

plastic to cover your desk  
2 containers for water (I like quart size yogurt containers)  
2 bowls for ink — one for black ink, one for watered down (larger than 3" in diameter)  
small palette for paint — can be a plate  
paper towels or rags

### **Optional:**

spray bottle for water  
walnut ink or walnut ink crystals (1/2 tsp. crystals to mix with 1/4 cup water)  
<https://www.johnnealbooks.com/product/walnut-ink-crystals> or Riley Street  
has bottles of walnut ink  
Interesting things you can dip into ink to paint with: twigs, pieces of wood, cardboard, balsa wood, shells

Walnut ink adds a beautiful contrast to the black ink. If you have brown acrylic ink or even some brown watercolor, you can use that.

### Bookbinding supply list:

- \*bone folder
- \*awl
- \*sewing needle — can be blunt ended
- \*25" waxed linen thread — can be white or color
- \*2 small binding clips

\*These items can be purchased in a bookbinding kit for **\$10.79** from Amazon:

<https://www.amazon.com/gp/product/B08GKV2M6H/>



- pencil
- scissors
- xacto knife with sharp blade (or utility knife with snap off blades)
- metal ruler
- straight edge (can be the metal ruler)

12x9" self-healing cutting mat with grid **\$7.88**

<https://www.amazon.com/ZERRO-Self-Healing-Cutting-Double/dp/B072WN8XFN/>

Special instructions will be emailed to registrants on cutting the templates as well as detailed instruction for the binding.