



Discovery of Watercolour for Spiritual Art

2026

A Course Booklet for Beginners

COURSE 1

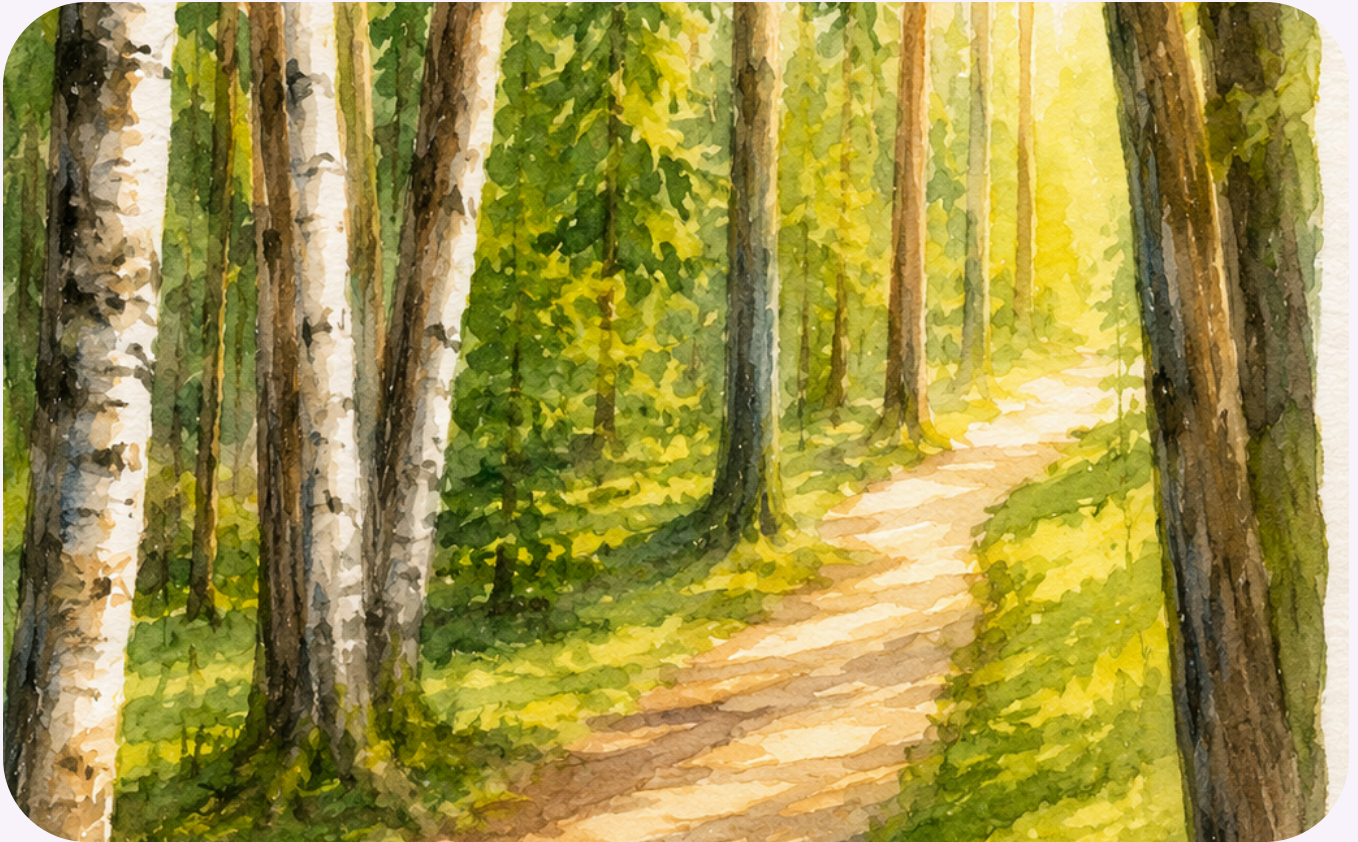
intuition
expression
spirituality
mindfulness
creativity
healing

*"Paint what you feel, then let
the water show you the rest."*



by Anne-Marie Bond | spiritualstars@gmail.com

www.theportraitofspirit.com



Welcome to Your Journey

Welcome to the Discovery of Watercolour for Spiritual Art.

This mentorship, and especially **course 1**, is designed for beginners, perhaps like yourself, who haven't painted before, but wish to take your first steps into the gentle, intuitive world of watercolour painting. You might consider yourself 'not such a good artist'. You might consider that you'll never be a great artist. But those limiting thoughts often hinder us from starting something new and learning a skill that could later on prove to be what Spirit has been waiting for us to do all along.

There are no mistakes here, only discoveries of your potential to draw and paint, and to gain the wonderful, relaxing therapeutic benefits of painting, while exploring a blended connection with Spirit as you learn and uncover new depths within your spiritual pathway.



As water meets pigment on the page, something magical begins to unfold. You will learn to trust the process, let go of perfection, and allow your inner artist to emerge.



Therapeutic Spiritual Art

The Discovery of Watercolour is a specialised mastery mentorship programme divided into three-level courses, designed as a progression from the complete beginner (never painted before) to ideally any student who has been a previous mentorship mentee with Anne-Marie. *You can read more about her on page 26.*

Your investment will jump-start your creative journey to a new spiritual creative path, which you may later use in your offerings to Spirit. The mentorship focuses on more than just Spirit faces, you will explore nature, animals, seascapes and other areas. Ideal if you are also drawn to Spirit Art, Psychic Art, Intuitive creativity, Expressive painting, and Altered-state trance-inspired art.

Course 1, the first of the spiritual art watercolour mastery mentorship programme, gently blends foundational watercolour skills with personal and spiritual artistic exploration.

Expect to follow along with step-by-step live-tutor painting demonstrations.





Certificate

You do not need to begin with the intention of becoming a portrait artist or landscape painter; perhaps you simply feel called to explore and discover where your creative journey leads you. Go with the flow, and know that by the end of the full mentorship, **you can** call yourself an artist and gain Anne-Marie's stamp of approval! You'll also receive your first 'Watercolour Mastery Mentorship Programme' completion certificate (if completing all three courses).

No previous drawing or painting experience is required to begin Course 1.

However, students wishing to jump to Courses 2 and 3 as part of the full programme pathway must first complete Course 1. For example, if you were reading this after 31 July 2026, you would have missed the scheduled Course 1 dates, so you'd be required to book a private, fast-track Course 1 Masterclass with Anne-Marie to continue with Course 2 and still gain the certificate. Private sessions will be arranged to suit your timezone.





The Techniques Covered

This Watercolour Mastery Programme has been specially designed to teach complete beginners how to build real confidence painting with watercolour, step by step, layer by layer.

You'll learn how to work with a limited palette, create soft glowing washes, control water with confidence, paint reflections and atmosphere, blend colour beautifully, and understand the foundations of layering, glazing, shadows, and wet-on-dry techniques, ***all while creating artwork you'll feel proud to display.***

As you progress through Courses 2 and 3, you'll begin developing more intermediate control and artistic understanding, including edge control, gradients, negative space, brush pressure, pigment strength, drying stages, expressive blending, and shape simplification.

This mentorship is not about overwhelming you with difficult realism from day one. It's about helping you **finally understand watercolour properly** in a fun, easy, to-follow and professional way.





Your Licence to Art

Much like obtaining a driver's license, once you possess the skill (i.e., the license to drive anywhere in the world), you have the freedom to explore anywhere in the world with your art. With this skill in hand, you can express your creativity through painting whatever your soul inspires you to create.

Each session is a chance to **slow down**, **breathe**, and **connect** with your creative spirit in a way that feels natural, joyful, and therapeutic.

Course 1:

Anne-Marie is known for her layer-by-layer teaching technique that builds confidence from step one onward. No prior art skills required, as you'll learn everything that's needed. If you are a complete beginner to art or just a step above, you are welcome to sign up.





Discover Your Artistic Journey through a Five-Week Course

This five-week course is tailored for you, the absolute beginner, who is ready to stop merely observing others showcasing their art progress and instead embark on your own creative journey. It's designed for people who are spiritually awakening and want to explore and uncover their potential in spiritual art.

How **often** do you give yourself the time to learn?

How **often** do you invest in learning something new, and from someone who can actually help you soar and fly?

This is a professional, organised, structured, and top-tier spiritual art-specialised mentorship course, open to a limited number of students. The mentorship includes tuition, guidance on knowledge work (home-study practice between sessions), and limited group sizes to support fast-track development.





Investment in a Life-long Skill

Mentorship full dates on page 27

The investment price is £325 for course 1, then it reduces slightly as you become a loyal member of the Watercolour Mastery Mentorship Programme. The mentorship is geared towards spiritual awakening minds; the essence of connection will be to invite Spirit to join your development. By enrolling in courses 2 and 3 together, you will receive a great discount. *Full course details/dates on page 27.*

This offer is time-sensitive, so please take advantage of it soon.

Course 1: (Fri's) (7pm) 03 July 2026 / The investment is £325

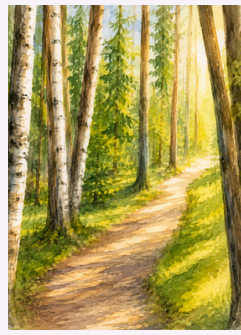
Course 2: (Sat's) (7pm) 07 Nov 2026 / The investment is £290

Course 3: (Sat's) (7pm) 13 Feb 2027 / The investment is £290

One-time **Early-bird offer:** £70.00 discount when booking courses 2 and 3 together, if paid in full by 20 September 2026, provided that Course 1 has been paid for prior to the course commence date, (or completed in a group or private session).

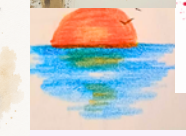
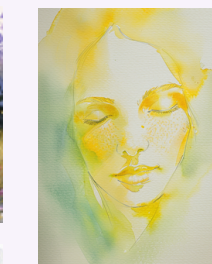
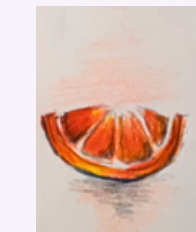
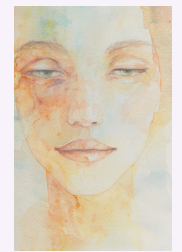
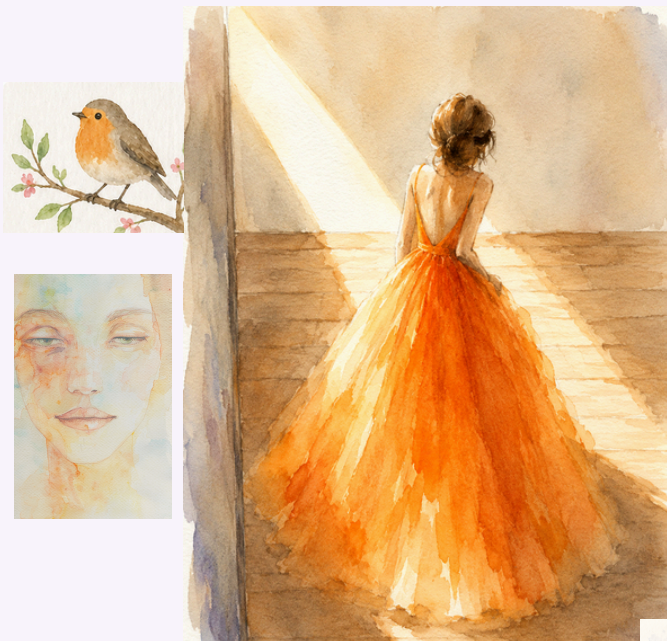


To reserve your spot, visit: www.theportraitofspirit.com/watercolour



Mentorship Overview: From Beginner to Intermediate in Spiritual Art Watercolour Painting

The Mastery Watercolour Mentorship Programme is thoughtfully designed to help you develop and enhance the skills necessary for painting a wide variety of subjects in watercolour. You will start as a beginner, and by the conclusion of Course 3, the aim is for you to have progressed to an intermediate level.





Sample of Course 1

Anne-Marie is teaching you a unique method that can help you believe that you can actually paint. As a beginner, your paintings don't need to have a super-realistic finish in order for you to believe you've made a REAL watercolour painting.

What Anne-Marie won't teach is: **complexity before** confidence, **realism before** brush control, and **perfection before** your enjoyment. Anne-Marie is not trying to make you, **as a beginner**, produce 'professional paintings', but learn the steps towards your advancement in an area you possibly thought was impossible. That you could be an artist! She brings the artist out in you!



Sample of Course 3

Anne-Marie's teaching style will help you create small achievable wins, build confidence, develop an understanding of watercolour behaviour, and produce attractive finished outcomes quickly.

All you have to do is trust the process, and if your heart has been reaching out for a deeper connection in your spiritual work, if you've been suffering with a lack of confidence, then perhaps Spirit has guided you here.

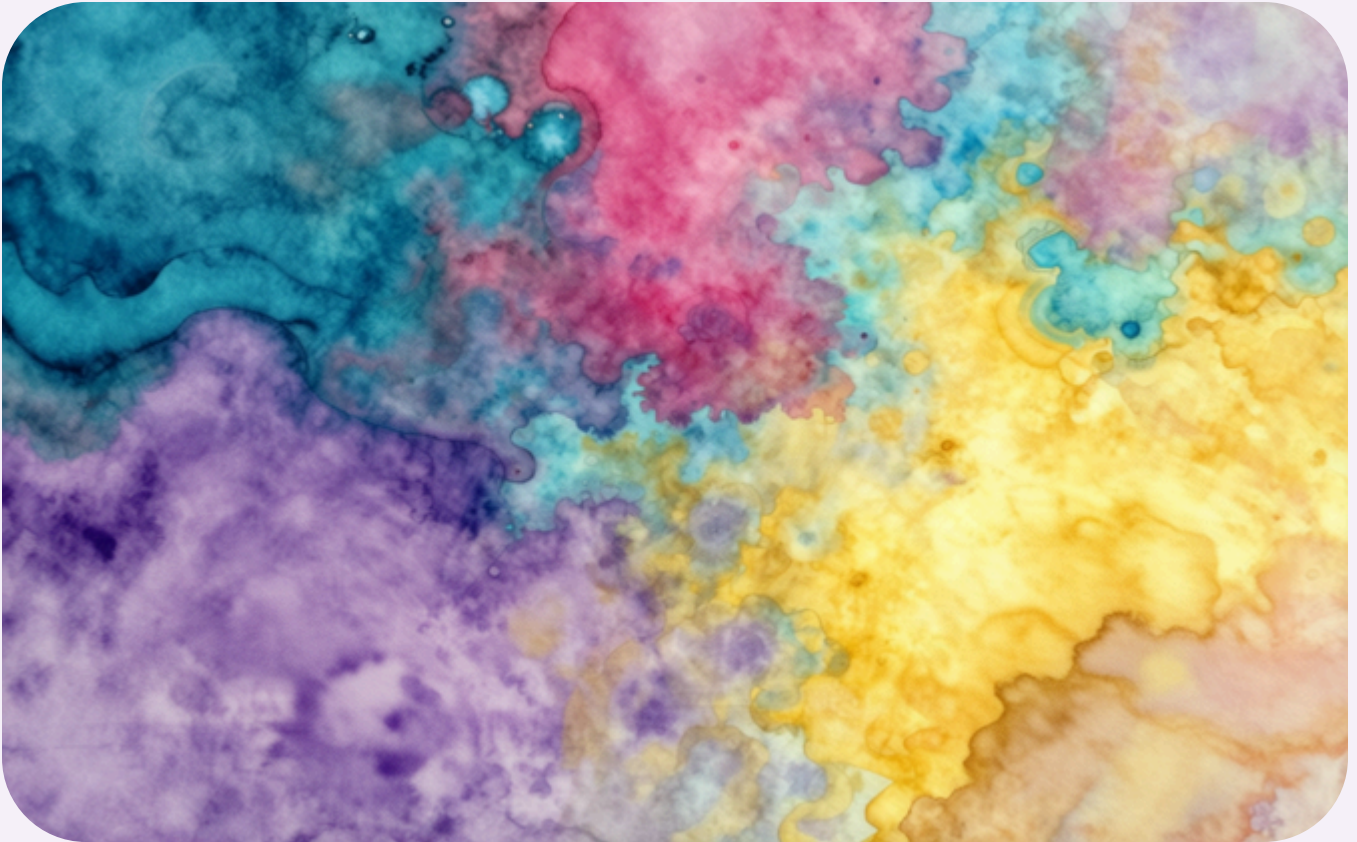


Sample of Course 2

By the end of course 3, you will have built enough confidence in using watercolour to feel like an artist. Wouldn't it be amazing to see your finished paintings hanging on your walls!



"Joining is worth every bit of the investment" El



Connecting with Water & Pigment

So, let's talk a bit about Watercolour.

It's unlike any other medium. It has a life of its own. While you could learn on your own, it can **take years** to gain an understanding where you feel confident. However, Anne-Marie is known for her ability to fast-track students, condensing a year of training into a few months, sometimes weeks!

When you place pigment onto wet paper, the water carries it in unexpected directions, creating soft blooms, gentle gradients, and beautiful surprises. However, not being able to understand the water content can make you, as a beginner, lose hope and never return to watercolour.

While there are more complex techniques for more realistic and advanced ability paintings, the first step is learning to paint at the beginner level.





Exploring the Benefits of Watercolour for Your Spiritual Journey (1 of 4)

What could watercolour development offer you?

You may still have some questions.

You've considered the investment and find yourself asking what Watercolour can truly offer you. Is it worthwhile? Will it be beneficial? What do you do with your skills after completing the course? Financially, it may mean you have to sacrifice a different course for this one, so you may even ask; I'm only interested in mediumship, so how does it enhance my spiritual practices?

Whether you are a **developing** medium, speaker, healer, teacher, group leader, coach, or in any other role, if you're on a quest to **unlock** and **expand** your spiritual abilities, you will, over the years, invest a lot of finances into your progression.

Many students who lose confidence walk away from their mediumship development **after investing** thousands of pounds/dollars. The addictive mental drug - holding you in the desire of perfecting your evidential mediumship can keep you locked in the training and payment cycle for years as you engage in course after course, workshop after workshop, to hopefully one day find the teacher that will make it all **one day** 'connect for you', and that's okay if you enjoy it. The issue is if you feel you're not making much progress.





Exploring the Benefits of Watercolour for Your Spiritual Journey (2 of 4)

**What could watercolour development offer you?
Should you pursue Mediumship or art?**

Mediumship is a lifelong journey; however, **not everyone** is meant to be a medium. Some find this out sooner than others who have spent thousands pursuing the required skill to become a platform demonstrator. It can become an addictive habit, like an insatiable thirst, trying to learn how to become a better medium, to work for Spirit to be of service, and for some, it can take years to feel any progress. Sometimes people don't realise **until many years later** that their service path was something completely different.

However, with watercolour, with Spirit Art, even the complete novice, the total beginner, can learn a skill and gradually develop it to an advanced level with the right guidance and practice.

What many people don't realise is that creative development can **also support** spiritual development. Through watercolour and expressive art, students often begin strengthening qualities that are important within mediumship and intuitive work, including observation, emotional awareness, imagination, symbolism, sensitivity, focus, surrender, patience, and trust in first impressions.





Exploring the Benefits of Watercolour for Your Spiritual Journey (3 of 4)

**What could watercolour development offer you?
Can learning how to paint in watercolour support you?**

Watercolour teaches you to slow down and become present. It encourages you to work with flow rather than force, to observe subtle changes, and to respond intuitively in the moment. These are many of the same inner qualities that developing mediums seek to cultivate in their spiritual practices.

Art becomes more than painting. It becomes a way of learning to trust yourself.

Learn watercolour from the comfort of your own home with Anne-Marie, a professional artist, medium, teacher, speaker, and business coach. Your investment helps you develop a lifelong skill.

As a spiritual art form, it can reflect the fluidity of your thoughts and emotions. It provides a means of **expressing feelings** that might be difficult to convey in words. As you navigate the unpredictable flow of colour, you'll learn to appreciate imperfection and discover beauty in the unexpected. This creative journey can evolve into a meditative practice, helping you centre yourself and deepen your connection with your inner self.



continued...



Exploring the Benefits of Watercolour for Your Spiritual Journey (4 of 4)

**What could watercolour development offer you?
Finding the balance of art and developing mediumship.**

Additionally, watercolour can symbolise life's uncertainties and the beauty that arises from relinquishing control. Each brushstroke can transform into a prayer, each wash can become a meditation, and each finished piece can stand as a testament to your journey.

Regardless of whether you seek relaxation, personal growth, or a deeper spiritual connection, watercolour offers a gentle yet profound path to explore both your creativity and soul. Spiritual practices go far beyond the journey and single development of mediumship. Expanding, exploring, and expressing in art is powerful.

So even if you're currently in the pursuit of perfecting your mediumistic evidence, allow the flow and control of watercolour Spirit art to move you into a **healing state of being present with Spirit**, so you can learn to **let go** and **surrender** in other aspects of your developing spiritual practices.





Course 1 + VIP Students

Course 1

In this course, you will practice wet-on-wet and wet-on-dry techniques, learning to guide the paint rather than control it. This is where the magic lives, in the space between intention and surrender, where spirit and creativity dance together on the page. This course offers a great blend of applying theory to practical art.

Anne-Marie's teaching style and expertise will help you confidently climb the art ladder from zero to hero. Beginner to Intermediate, non-confident to confident. This comes at a cost, as the training isn't free, but it includes learning how to paint at least 25 different art projects across the three courses, how to erase your watercolour mistakes, and how to enjoy the process of colour theory with watercolouring.

BONUS: Become a VIP member

If you register for all three courses by 31 August 2026 (including your discount bonus offered on page 8), you'll receive a free token gift and a print of a beautiful artwork painted **by Anne-Marie**. You'll also gain access to a wonderful opportunity of joining a private group VIP training session, during Course 2, to further enhance your skills.



This is the one NOT to miss!



The Language of the Soul

The language of the Soul communicates through colour, symbolism, vibration, and frequency. Course 1 marks a new chapter in your spiritual quest to serve the great Spirit in the best way you can, and as you uncover fresh insights, you can continue to use all the techniques to further connect more deeply with your Spirit team. In course 2, we explore watercolour and ink, which provide a lovely medium for painting expressive botanicals and Spirit guide portraiture with ease.

To discover your artistic skill, you must first try. Everyone can be an artist, but not everyone can gain success as an evidential platform medium. You can use art to connect with Spirit and create impactful artwork that portrays the Spirit world or the visual interpretation of the Spirit world. Anne-Marie will guide you step by step, providing specialised knowledge to enhance your skills. With practice, including exercises on the language of the Soul, you'll become an artist in just a few months!

By reserving your spot today, you'll gain new knowledge you can explore and develop at a beginner-friendly pace.





Intuitive Brushwork

Intuitive painting means listening to your inner voice as you create. Instead of following rigid rules, you allow your hand to move freely, guided by feeling and instinct. By the end of Course 3, you'll have the confidence to enrol on the next level with Anne-Marie, learning how to paint intuitive paintings (exclusively open to the portrait of spirit art students).

In your first session, we explore simple brushstrokes, from broad sweeping washes to delicate fine lines.

Anne-Marie will help you to discover how the pressure of your brush, the amount of water, and the angle of your hand all shape the marks you make. You will learn how each stroke is an expression of how you feel in the moment. There is deep wisdom in painting without overthinking. By this stage, you will have formed a good impression of whether this mastery mentorship programme is the next path on your spiritual journey. Overthinking can lead to delay, and right now, you could benefit from support as you move in a new direction of your unfoldment.





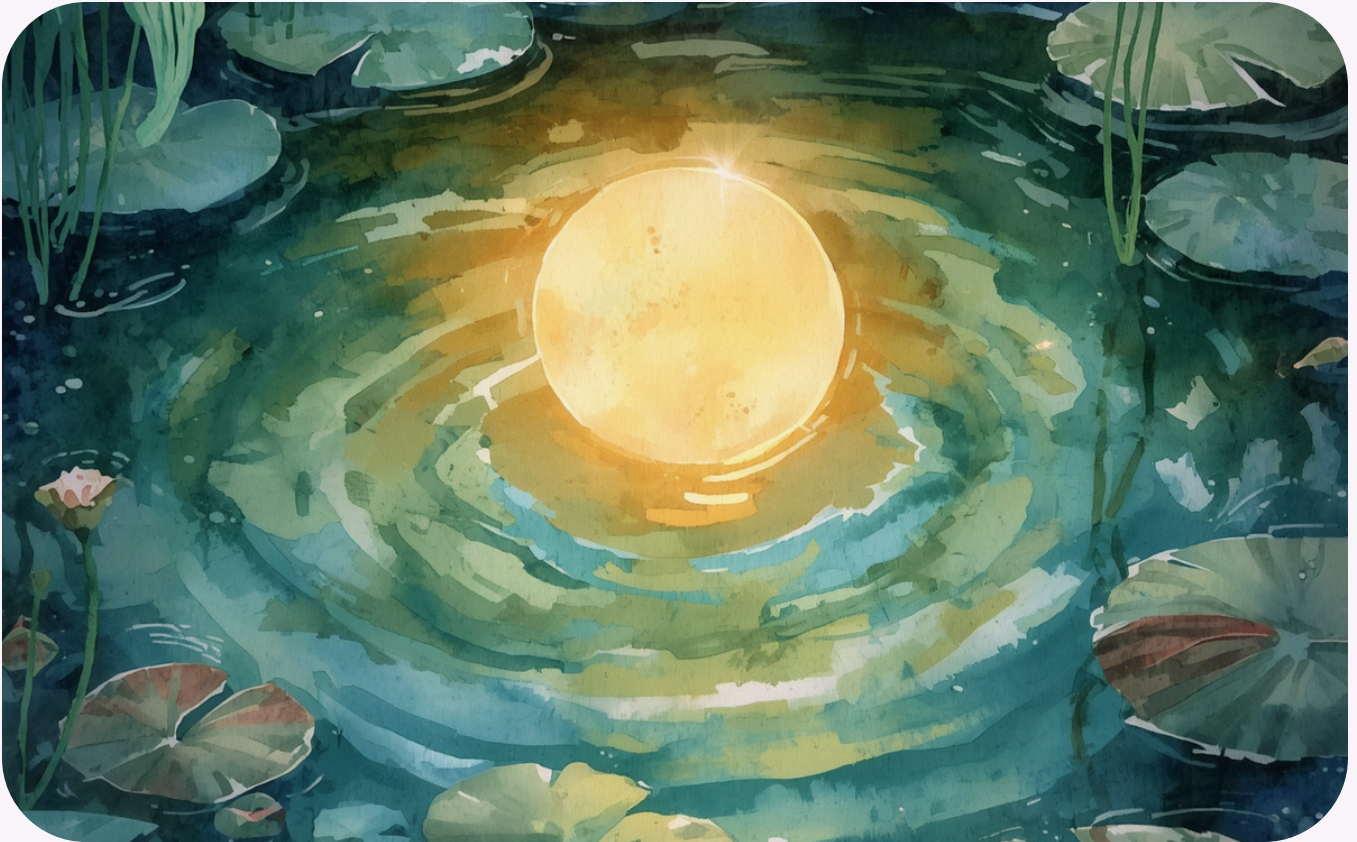
Watercolour Challenges

Once you've signed up and chosen to participate, you will quickly discover that this is an ideal starting point for non-artists, specifically, complete beginners or novices who have experimented a bit but lack a deep understanding of the medium. You will not be the only beginner; there will be others.

Although watercolour can be challenging in some respects, it requires mastering key skills such as managing water ratios, layering techniques, and gradient blending. On the bright side, it also provides several advantages: it is portable, cost-effective, and remarkably versatile.

By consciously deciding to invest in all three courses, you will gain a foundation of mental and emotional confidence as you learn to express both what you see and what you feel through your painting.





Layer by Layer

Course 1: Discovery of Watercolour for Spiritual Art

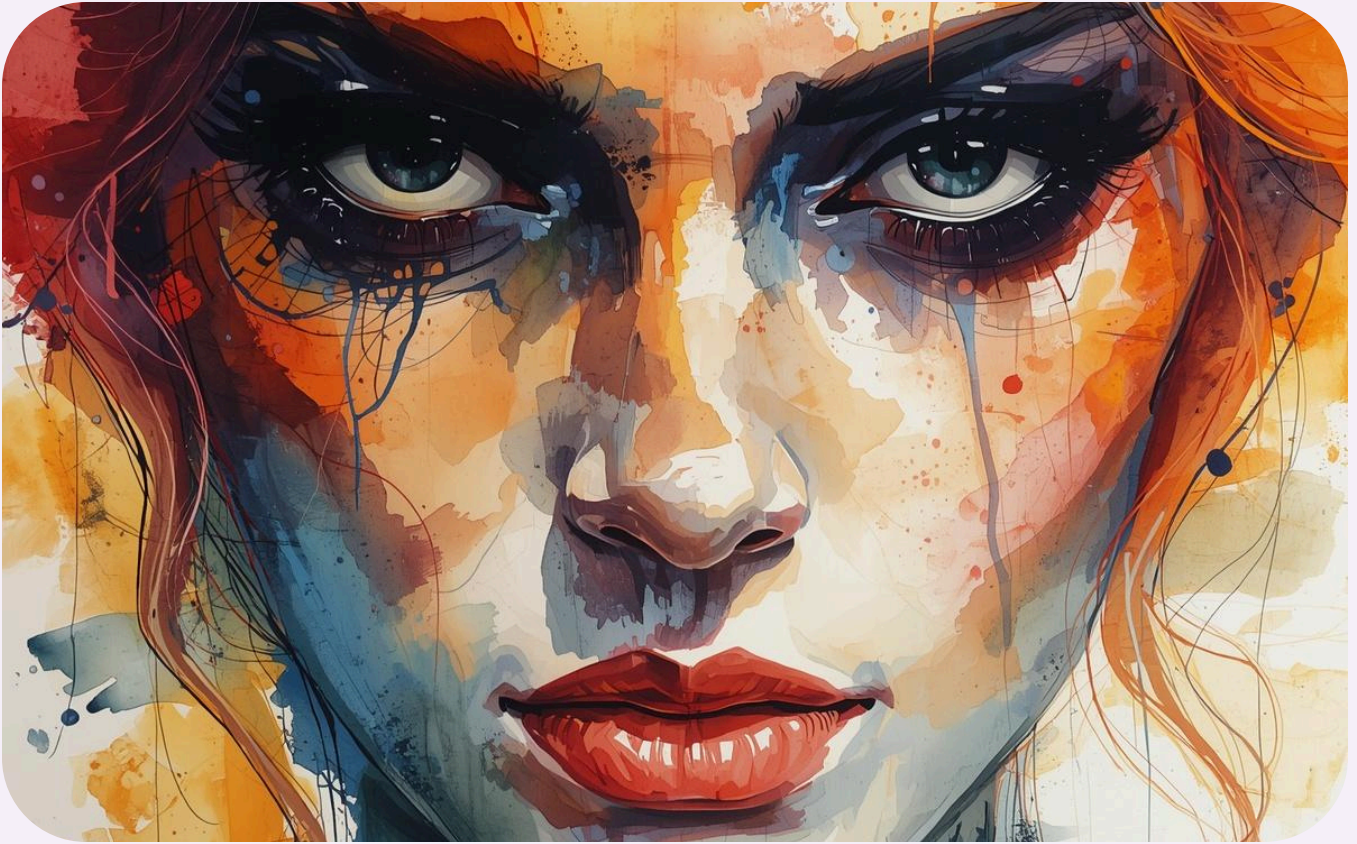
Embark on a creative journey and join others around the world who are looking for more than AI chat and design. Let's explore your connection to Spirit through your artistic abilities.

Every former student can attest to Anne-Marie's remarkable talent for **building confidence**, whether in evidential mediumship, spirit portraiture, psychic art, intuitive drawing connections, public speaking, or design. Her approach involves working layer by layer, enhancing your confidence while guiding you through various skill-building exercises at a comfortable pace.

Sign up today to begin your creative adventure!



To reserve your spot, visit: www.theportraitofspirit.com/watercolour



Colour & Spirit

Colour speaks to the soul. Each hue carries its own energy and emotion. Warm tones like gold and rose can evoke comfort and joy, while cool blues and purples invite calm and reflection. In this section, you will build your personal colour palette, one that resonates with your spirit.

We will explore colour mixing, blending washes, and discover how colours shift as they dry. Anne-Marie teaches you how to trust your instincts when choosing colours. The shades you are drawn to often reveal something beautiful about your inner world.

Watercolour is truly enchanting, with its vibrant essence. Incorporating watercolour into your weekly spiritual practice can be liberating, creating a connection between you and art, reducing stress, and enhancing well-being.

Join this course to begin that journey!





Your Journey Begins

You now have the information needed to join this course. Together with other students, you'll continue exploring watercolour as a spiritual practice with an exercise of discovering the meaning behind the art. Remember, every painting is a conversation between you and the water.

Some days the colours will flow effortlessly, and other days they will challenge you. **Both are gifts.** Keep your brushes close, your heart open, and your spirit curious. Paint what you feel, then let the water show you the rest. This is only the beginning of a beautiful, lifelong journey of discovery through colour, water, and Spirit. Your place awaits you.

If you've already signed up for course 1. Well done. Why not register for and take advantage of the discount by enrolling in Courses 2 and 3?



To reserve your spot, visit: www.theportraitofspirit.com/watercolour



By the End of the Mastery Programme

Many beginners give up because **nobody** shows them **how to** build confidence first. Anne-Marie's teaching approach is designed to fast-track your understanding in a calm, supportive, and inspiring environment where every lesson builds upon the next.

By the end of the full programme, you won't just have learnt techniques, you'll have created **a beautiful collection of paintings (minimum 20)** while developing a lifelong creative skill.

If you still have the thought, "but I'm not an artist, I don't even know how to draw", then you are the **RIGHT** person for this mentorship. This also suits students with a little more drawing skill and comfort level, but would benefit from adding colour to their Spirit portraits and building a skill from scratch that could later prove to be the one that propels them into deeper spiritual connection, evidence and creativity.

We keep places limited to keep the learning experience focused and supportive, and to take students through each stage, layer by layer, condensing a ten-month course into three. ***Don't miss out!***



NOW IT'S
YOUR
TIME



Meet Your Art Instructor

Anne-Marie Bond

Anne-Marie Bond is a Spirit Artist, Spiritualist Medium, teacher and creative mentor with over 25 years of experience in adult education and professional training. Combining her love of watercolour with intuitive and expressive art, Anne-Marie has helped students around the world build confidence in their creativity, even those who once believed they “couldn’t draw.”

Many students have shared that their confidence has vastly improved because they felt safe under her teaching style, knowledge, and friendly, professional manner.

Known for her calm, supportive and step-by-step teaching style, Anne-Marie specialises in helping complete beginners understand watercolour in a way that feels achievable, inspiring and enjoyable. Her mentorship blends foundational technique with intuition, colour, atmosphere and spiritual exploration.

Anne-Marie has taught Spirit Art, Speaking Publicly, and Evidential Mediumship for over ten years and holds professional teaching qualifications, including the DET (Diploma in Education and Training) and TAP.Dip. She is also a Gordon Higginson Memorial Scholarship Winner and the founder of the online Spiritual Development school The Portrait of Spirit.



Her goal is simple:

To help you discover that creativity is not reserved for “artists” alone, but is something already waiting **within** you.





SIGN UP TODAY

Investment price on page 8

WATERCOLOUR MASTERY MENTORSHIP

DIVIDED INTO THREE COURSES

Complete just one course (or all three for a certificate)!

Course 1: (Complete Beginners) Step-by-Step Live via Zoom

03-31 July 2026 | 5 Weeks | 2 hrs Fridays | 7 pm-9.00 pm

Discovery of Watercolour for Spirit Artists

Build confidence with foundational techniques for spiritual and intuitive art

Session 1 will be 2.5 hours

Course 2: (Improvers) Step-by-Step Live via Zoom

07 Nov to 12 Dec 2026 | 6 Weeks | 2 hrs Saturday's | 7 pm-9.00 pm

Discovery of Ink & Wash Spirit Art

Explore spirit guides, nature and expressive portraiture through ink and wash

Session 1 will be 2.5 hours

Course 3: (Intermediate) Step-by-Step Live via Zoom

13 Feb to 20 March 2027 | 6 Weeks | 2 hrs Saturday's | 7 pm-9.00 pm

Expressive Watercolour Portraiture for Spirit Artists

Abstract exploration, spirit animals and intuitive portraiture

Session 1 will be 2.5 hours

Receive your first

***Watercolour Spiritual Art Certificate**

Complete all three courses to receive your Watercolour Spiritual Art in-house certificate.





The Three Course Watercolour Mastery Mentorship 2026/2027

www.theportraitofspirit.com/watercolour

Our final message: This is a specially designed spiritual art watercolour mentorship. Not every session will focus solely on spirit portraits; some may explore abstract themes, landscapes, seascapes, or nature. We encourage you to keep an open mind, as the themes of some sessions may shift based on the abilities of the majority in the class. By the end of **each course**, you should be able to walk away with at least 7-10 beautiful watercolour paintings, which can be used for your own personal continued practice (optional).

You may join Course 1 as a stand-alone course. You **do not** have to do all three.

You can enrol on Course 2 without having completed the group training in Course 1, but you would then need to book a private 1:1 session to gain the necessary skills, especially if you're going to obtain the certificate. Remember, this mentorship is for your spiritual connection, ability, and creativity, as well as for developing your watercolour skills. The **first session** of each course will be recorded for all students to replay until the end of that course.

To qualify for the Watercolour Spirit Art Certificate, you must complete all three courses. If you cannot attend any of the courses due to scheduling conflicts, please arrange a private fast-track, one-on-one training session for the module you missed. This will ensure you will still qualify for the certificate. The training investment remains the same; however, your training will be completed in a specialised, condensed 3.5-hour session taught by your instructor, Anne-Marie.

If you prefer not to participate in group training courses and would prefer private training, we can arrange that as well. You can reach Anne-Marie via email at: spiritualstars@gmail.com.

The Early Bird offer is based on first-come, first-served.

Limited Availability

To finalise the mastery mentorship, students' artwork will be displayed in a live, public online gallery, and certificates will be presented to each successful student online.

Sign up and gain your first:

Watercolour Mastery Mentorship Programme Completion Certificate

presented to students who completed all three modules (or via private training)

