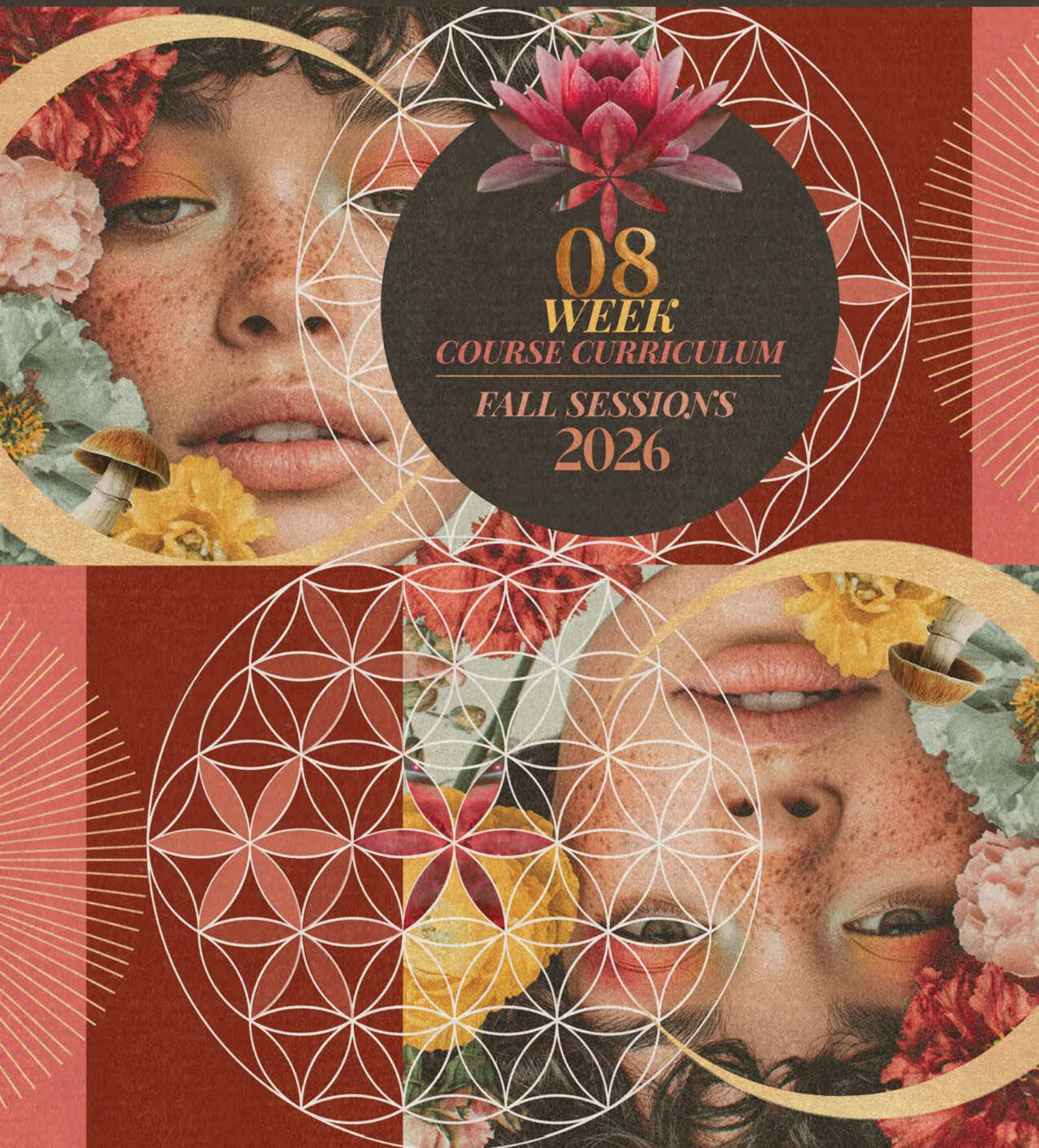




PHOTOSHOP MASTERY

Transform Your Ideas Into Soulful, High-Vibrational Digital Art



**08
WEEK**

COURSE CURRICULUM

**FALL SESSION'S
2026**



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WEEK:1

THE SET UP

Adobe Creative Cloud subscription
Photoshop only, \$22/month (required);
a quiet, comfortable space; a mouse;
a dual-monitor setup is highly recommended.

LET'S COVER The BASICS

Photoshop Overview: Familiarize yourself
with the workspace, toolbars, and essential functions.

File Setup: Learn the difference between print and web setups,
resolution settings, and basic color profiles.

DPI: More in depth understanding of file quality and resolution.
300, 150 & 72 DPI.

Layers: Introduction to layers, layer styles, naming and grouping layers.

Masking Images: Techniques for hiding or revealing parts of images.

Masking Out or Isolating Images: Techniques for removing backgrounds
from design elements and images. Select and Mask tool, Pen Tool, Magic
wand tool. + New AI tools to speed up this process and accelerate your
creativity

*Here, we start with a VISION. Photoshop Mastery is where you
learn to slow down and build the skills to bring that vision into
form, with patience, not pressure. We connect to the process
of creativity itself, not just the outcome, and along the way
you'll discover different ways to tap into your own creative
flow. This is skill building as a relationship, not a race.*

RELEASE

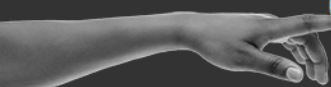
Let's release the
idea that Photo-
shop is difficult
and complicated.
Your VISION is
powerful, and
your desire to
bring it into form
is real. **Let's DO**





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WEEK:2

BACKGROUNDS & BLENDING

This week we are going to explore the backgrounds, textures, patterns and more!

Background Creation: Explore creating backgrounds using patterns, textures, and gradients.

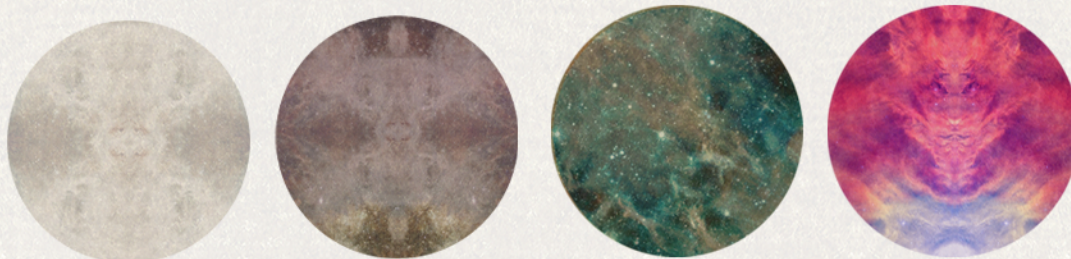
Blending: Understand how different blending modes and masks affect how layers interact. Understanding how layers with transparencies can produce different tones and patterns creating unique & signature backgrounds.

Image repeating and mirroring: Learn tricks and techniques that I use to extend images and create patterns and backgrounds.

Image Sourcing: More on where to find images on the Internet and ideas on how to create your own (specifically for backgrounds).

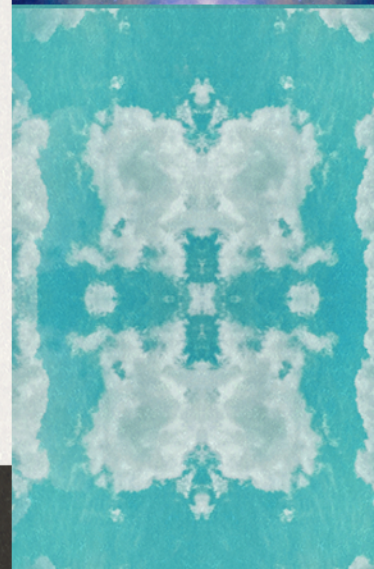
Brand Backgrounds: Understanding on how I incorporate background and deliver them to clients for brand continuity and style.

AI Image Generation (Optional): If you're interested, we'll also touch on generating and sourcing images using AI tools like Midjourney and OpenArt, another way to create backgrounds, textures, and unique elements to bring into your Photoshop work. When/If I work with AI, it's in a subtle way that does not hinder the creative process, but enhance it. I am still unsure of the energetics around this and I am always open to discussing and sharing.



REMINDER

Just a friendly reminder to practice patience and stay the course, do the homework and play around in your own time. Photoshop can feel overwhelming with all the tools and menu options and changing workspaces. Keep going!





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WEEK:3

Image Sourcing, Legality, Organization & Overview

Ok, we have covered a lot so far. Let's get organized and regroup.

Image Sourcing: Guidelines for finding and using images legally. Getting really clear on what you are able to legally use and in what way regarding images you find on the web and images you source from image sourcing websites like Shutterstock, Unsplash, and others.

AI-Generated Images & Rights: When you have a subscription to an AI image generator, like Midjourney or OpenArt, you typically receive full rights to use the images you create. No stock license, no legal gray area to navigate. We'll talk about how this shifts your sourcing process, and how AI generation can support the work you're doing here.

File Organization: Best practices for organizing your assets and files. Let's discuss naming conventions, saving files, workable files, multiple versions of files, and more.

BACK UP & OVERVIEW:

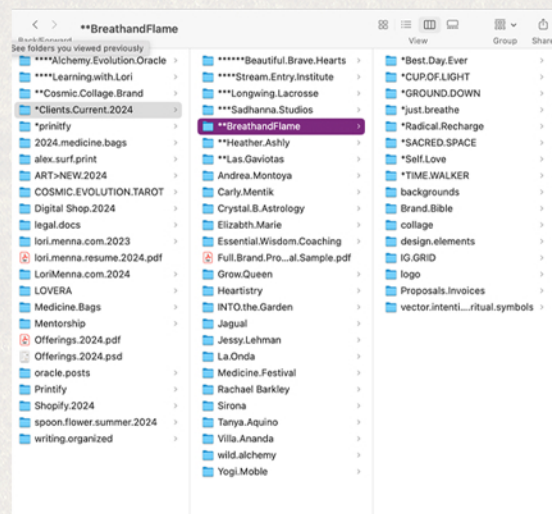
Wait! I'm lost, I need a review, don't worry, I got you. These things take time and patience.

Masking, Removing Backgrounds from Images, Layers, Background Creation

A Note on Energy: I'll be honest, I go back and forth on this. There's something different about creating with images that were generated versus images of things that have actually existed, photographs of real moments, real people, vintage illustrations, real places that have lived on this earth. I question the energy of AI-generated artwork, and I invite you to sit with that question too. Not because there's a right answer, but because your relationship to your materials is part of your creative process.

REMINDER

Staying organized is going to be a practice. Sometimes when we are in the creative zone, we aren't thinking about organization. I approach organizing in a meditative and ritualistic way. I also give grace to the natural cycles of life, knowing very well that some days my brain is more capable of organizing files and layers than other days when i am more in a feminine flow of creation.





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WEEK:4

There is no limit to what you can do, combining images, blending images and creating your own unique artwork!

Shapes and Unique Artwork

Creating interesting Artwork out of shapes: Learn how to use basic shapes to create complex designs and artwork.

Masking Techniques: Apply textures to shapes to create depth and visual interest.

Shading and Shadows: Using different techniques to apply to design elements

Applying Patterns to Shapes: Use any pattern to apply to the shape of another image, samples are the heart, the green circular portal and the meditating girl below.

Mirror Techniques & Other Trick to create unique

Graphics: We will explore many different ways of creating symbolic graphics

Symbol Meaning & Application: Understanding the meaning behind common symbols, florals, crystals, tarot, and oracle artwork, and how to choose and apply them with intention in your own designs.

AI-Assisted Shapes: We'll also explore how AI image generators can help you create or source unique shapes, textures, and symbolic elements, giving you even more raw material to bring into these techniques.





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WEEK:5

CREATIVITY

Maybe you are starting to look at things differently when you are out in the world. Maybe you can begin to imagine creations when you see normal things in your daily life, like a doorway, a window, a pathway, a plant, a cloud formation. Take photos and start to incorporate them into your pieces.

Combining the Techniques We Have Learned to Manipulate Photos & Design Elements

Manipulation Techniques: Explore advanced techniques for altering photos and creating imaginative visuals, like blending, rubber stamp tool, feathering, erasing, layering and more.

Configuration: Learn how to adjust and reconfigure elements within an image for cohesive compositions.

Pieces & Parts: In this lesson we are going to create a pair of magical wings from multiple photos found on Unsplash.

Mystical Effects: Using transparent overlays with soft edges to create mystical and dreamy cosmic effects.





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WEEK:6

Composition, Perspective & Depth of Field & Color

Now that we have learned so many techniques, let's focus on bringing it all together to create those dreamy interesting and captivating compositions that always catch your eye.

Composition: Focus on arranging elements to achieve a balanced and dynamic composition.

Perspective & Depth of Field: Incorporate depth of field effects to create compositions that make sense to the eye.

Focal Points: Follow master artists' techniques in placing focal points or elements in certain areas of your composition.

Color: Using color as a tool to create a cohesive look and mood for your piece.

CREATIVITY

Imagine a place that captivates the energy of the brand or offering or dream you are trying to bring into fruition. Let's create that place visually to enhance the experience.





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WEEK:7

File Sizes & Layouts + Q&A, Sharing & Overview

Ok, we are on a roll, creating and organizing, now let's execute some practical file sizes to get our designs out into the world!

File Sizes: Learn to adapt your designs for different sizes and formats, for both print and web.

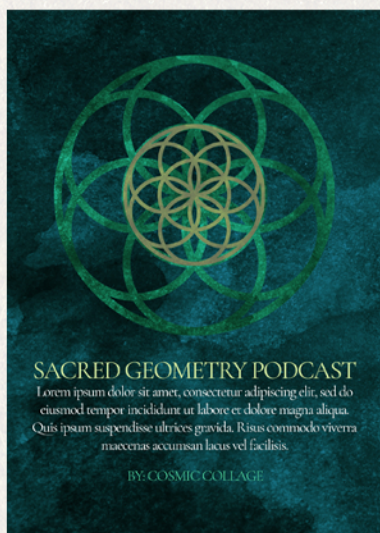
Product Design & Templates: Explore how to design for various products like journals, stickers, and yoga mats. Learn where to find templates and printers. Overview on setting up files with bleeds.

Rulers & Guides: Learning how to measure things out and ensure perfect placement.

Text & Font: Quick overview of text boxes and font placements.

USEFUL!

Let the execution begin! Moving elements around and adjusting pieces is needed to accommodate different sizes and layouts and make them make sense. the goal is that the image or information is easy received by the viewer.





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WEEK:8



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Fine-Tuning: Review of Techniques, Sharing & Fine Tuning
Q&A and Demos: Address specific questions and provide final demonstrations as needed.



Incorporating Symbols, Colors, and Imagery

Symbols

Symbols carry personal and cultural meaning — a heart evoking love, an owl evoking wisdom. Weave them into a piece by blending them into backgrounds, positioning them as focal points, or masking them onto shapes. Choose symbols deliberately: reflect on what each one means to you and how it strengthens the artwork's message.

Color

Color carries psychological weight — blue can read as calm, red as passion. Use color to set the tone and mood of a piece, building palettes that align with its emotional intent.

Animals

Animals often stand in for traits or qualities — a lion for courage, a butterfly for transformation. Use animal imagery to embody a specific characteristic, choosing creatures whose symbolism aligns with the piece's theme.

Numbers

Numbers hold symbolic meaning of their own — three for harmony, seven for introspection. Integrate them subtly within a composition, or make them a focal point to convey a specific message.

Dreams and Energetic Expression

Recurring themes or symbols in dreams offer insight into the subconscious and can become material for the work. Paying attention to them is worth building into the creative process.

Now it's your turn to experiment. Symbols, color, animals, numbers, and dreams are simply a starting vocabulary — the real magic happens when you combine them in ways that feel true to you. Trust your instincts, take creative risks, and don't be afraid to blend techniques or push a symbol beyond its usual meaning. The most powerful artwork comes from artists who make these tools their own.