

ZENtangling for Mindfulness...

The following information is sourced from the ZENtangle website...

http://www.zentangle.com/index.php?option=com_content&view=article&id=7&Itemid=117

Zentangle is a way of creating **beautiful** images from repetitive patterns. It is fun and relaxing. Almost anyone can use it to create beautiful images. It increases focus and creativity, provides **artistic satisfaction** along with an increased sense of personal wellbeing. Zentangles are...

Free flowing...

Continuous doodling could be another term for zentangles. The free flow of the pen on the page can feel rather hypnotic.

Fun and Relaxing

Creating Zentangle art provides a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective. Once you know how to start it becomes quite a **meditative** practice and the more you do the more creative your zentangles become.

Ritualistic...

Repetitive, simple steps are part of the Zentangle method. These steps support relaxation, **focus** and inspiration. It can be a wonderful daily ritual.



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Empowering

It is an empowering and **uplifting** experience to learn that you can deliberately **relax** and intentionally direct your attention while creating beautiful works of art.

Anyone can do it...

Your creativity is your only limit and this Zentangle method has a way of increasing and inspiring **expression** of your personal creativity.

Creating a Zentangle...

- ◇ Materials – small piece of paper, black felt tip pen (preferably 1.0), in addition you can introduce coloured felt pens as well to add colour
- ◇ Remember to **breathe** as you start the process
- ◇ Place four dots in each corner of your page and join them up to create a border – this doesn't have to be straight lines
- ◇ Draw a **random** line on your page – anywhere and in anyway. Don't think too much about it just do it
- ◇ Once this line is drawn begin to doodle from a point on that line, anywhere and anyhow you like
- ◇ Continue to draw without thinking about it
- ◇ Notice what comes to you, are you moving fast or slow, do you notice any **sensations** in your body, does your Zentangle contain sharp straight lines or soft flowing curvy lines, or a mix of both? Does this drawing tell you anything about yourself, your state of mind or your current mood?
- ◇ Use Zentangles as a way to **de-stress** anytime you like. There is no right or wrong way of doing it and its best to not overthink it, just do it!

<http://www.zentangle.com/>