# 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&I temid=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...

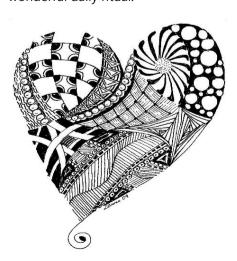
Continuous doodling could be another term for zentangles. The free flow of the pen on the page can feel rather hypnotic.

## **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/