

Introduction to the Meditative Practice of Zentangle®

Advice for creating Zentangles - and curiously, life as well!!

- Make an intention and commit
- Hold your pen lightly, but securely
- Make your lines carefully but with conviction
- Go slowly, no need to rush
- Turn your tile periodically for a different perspective and easier movement
- Remember to breathe
- Every once in a while, stop, step back and view your work
- There are no mistakes, only opportunities for something new to emerge
- Be willing to adapt, innovate, and problem solve
- Enjoy the process – this is meant to be fun and relaxing, not anxiety causing work
- Take a risk with bold lines, color and odd shapes
- Less is more and empty space is not a bad thing
- Don't tangle when you're angry or upset and expect beautiful results
- It's okay to leave your work and come back later
- You deserve good materials – pens, paper and so on

Every time you create a Zentangle tile, you are adding something beautiful into the world that never before existed! You are joining God in the process of Creation – and therefore, you too can stand back and declare that It Is Good!



"Creativity is genius having fun."

-Albert Einstein



Spiritual Creativity



Purpose

Zentangle, or any form of spiritual creativity when done with careful intention can deepen your relationship with God and with your 'self'. By using your imagination and creative mind, spiritual creativity can be a means to explore the mystery of your own life experience and your soul's means of speaking to you. Spiritual creativity is particularly helpful when you are working through major life decisions or highly emotional or stressful periods.

Intention

Be intentional about what you are doing: create a prayerful atmosphere, light a candle, reduce distractions such as electronics and noise, or play gentle music in the background. Set the tone by beginning with a scripture quote or spiritual reading.

Process

Zentangle is merely one way of experiencing spiritual creativity. You may find this process works for you, or you may wish to create your own process. Other forms of spiritual creativity may include writing/journaling, watercolor or drawing, collage work with printed images (such as Soul Collage), or even photography.

Commitment

Whichever process you choose, make the commitment of time and energy. Determine how much time you can and want to make to this process. Weekly is great, daily is better especially if you are working through a decision or emotional time. Try to commit to a consistent time of day and amount of time.

3 Basic Steps to the Zentangle Method

Gratitude and preciation

2

Corner Dots

3 Border

4
String

5 Tangle

6
Shade

7
Initial and
Sign

Appreciate again!

© Zentangle.com