

Zentangle



Why am I interested in Zentangle?

Zentangle is a “self help” art therapy practice to enhance relaxation and focus.

While the process may look intricate, it is a deceptively simple pathway to relaxation and inner focus. In fact, proponents of the practice note that it has multiple benefits including calming an anxious mind, increasing self-[confidence](#), and cultivating moment-to-moment awareness in a similar way as [mindfulness meditation](#).

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well being. Zentangle is enjoyed all over this world across a wide

range of skills, interests and ages. It is believed that life is an art form and that Zentangle is an elegant metaphor for deliberate artistry in life..

Intuitive

With the Zentangle Method, anyone can create beautiful images from repetitive patterns. It is easy to learn and easy to do. And even though it is a specified series of steps, it results in a creative expression that transcends its own rules.

Fun and Relaxing

Creating Zentangle art provides a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective. The Zentangle Method of creating art is unencumbered by dogma and cost which can weigh on other approaches.

Nevertheless, it is sufficiently structured and organized so you can enjoy and benefit from an activity that otherwise might be considered whimsical.

It's Simple. Zentangle art only requires a fine tipped black pen and paper; you can do it just about anywhere. I can attest to the fact that a wait in a doctors office goes by more pleasurably when tangling. Look for things you can tangle on like business cards, coasters, any paper.

Unexpected Results

With Zentangle one is encouraged to not have a preconceived idea of your final result. Following this somewhat unusual approach, your creation is not restricted by your expectations.