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web the zentangle method is an easy to learn relaxing and fun way to create beautiful images by drawing structured patterns we call these patterns tangles you create tangles with combinations of dots lines curves s curves and orbs these simple shapes are the elemental strokes in all zentangle art web sep 2 zentangles are created with repetitive patterns and are meant to be abstract above all they re supposed to encourage mindfulness intuitive thinking and empowerment by proving that you too make beautiful work of art since its creation zentangles have taken the world by storm web mar 31 2014 zentangle teaches us to slow down and to take good care of ourselves in the present moment after all the present moment is all that we have web sep 10 2014 calm and zentangle on cathy malchiodi ph d lpcc web zentangle is an easy to learn relaxing and fun way to create beautiful images by drawing structured patterns web sep 3 2015 zentangles are not only exquisite they are beautiful they are fun and relaxing to create the process of creating a zentangle is a form of artistic meditation as one becomes completely engrossed in making each pattern deliberately focusing on web free and easy zentangle step by step patterns we are a big fan of practicing anything meditative and that can include drawing art as a way to unwind and relieve stress that s why we ve put together this free ebook full of zentangle patterns for beginners with step by step instructions if you re open to it you ll find the peacefulness that comes from zentangling jun 23 2021 a zentangle is a miniature abstract work of art created by a collection of patterns it is typically done on a 3 1/2 x 3 1/2 paper tile using a pencil and a black pen the small size allows for a work of art to be completed in a relatively short period of time the zen part of it is that it can be a very relaxing and meditative experience the web zentangle mosaic brings together a worldwide supportive and sharing community of zentangle artists inspire and be inspired through this interactive application learn more web jun 9 2021 this article provides detailed notes on each of the videos for this zentangle project pack and links to the individual videos each video is also posted on the corresponding tangle s page on tanglepatterns it also includes a free download link for the new markus operandus ii tool created by zentangle co founder maria thomas web jan 24 2023 the zentangle method is very different from regular drawing painting and other art forms it is meant to be a form of artistic meditation that anyone can do the act of creating the zentangle is just as important as the final outcome which is appreciated for its unique beauty zentangle creations adhere to the following philosophical tenets

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