



Zentangle: 15 Easy and Inspirational Steps to Make Art Using Zentangle Methods (Zentangle books, zentangle free, zentangle patterns)

Jayden Thomas

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Zentangle (FREE Bonus Included)

15 Easy and Inspirational Steps to Make Art Using Zentangle Methods

In the 7th Century sage Hui Neng said that “the meaning of life is to see”. Zentangle is a meditative technique whereby the user creates abstract artwork while trying to reach a spiritual level. Most meditation processes require you to close your eyes whereas Zentangle requires them to be open while you focus your energy and intent. Meditation has been shown to have amazing benefits for both the body and the mind, however many of us simply can't shut off when we try and spend time de-stressing. Often the pressures of daily life are so overwhelming that even when we try and lay down to sleep our brains keep clicking along trying to deal with our daily problems. Zentangle can help. Zentangle is a process of creative meditation where instead of simply sitting and trying to relax you force your brain to focus on nothing outside of the piece of artwork you are creating. Zentangle allows you to meditate but also actively work at a task by focusing your mind and allowing everything else to fall away without giving you the chance to think about other things. Since the process is simple and requires less than 15 minutes it is ideal for busy professionals or those who have a need to be creative that they simply can't express at work. It's even great for children who may need practice with focus and for those wishing to improve their hand-eye coordination. Zentangle isn't doodling, a common misconception, it is drawing with a focus and purpose while letting your mind wander. If you've never heard of it this book will be a great introduction and if you have then you can still learn how much more there is to the process than you know about.

Here you can learn:

- What is Zentangle?
- Meditation and Zentangle
- Steps to create your own Zentangles
- Benefits of Zentangle
- What others say about Zentangle

Getting Your FREE Bonus

Read this book and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion. _____ Tags: Zentangle For Beginners, Zentangle Books, Zentangle Patterns, Zentangle Basics, Zentangle Untangled, Zentangle Art, Zentangle Color, Drawing, Drawing Books, Art, Arts and

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