

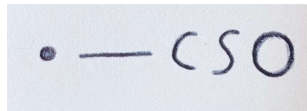
Meditative Art as a Tool for the Artist

Rebecca Mashtare-Krahula

Monday August 3, 2020

What is Zentangle ®

Zentangle is an easy meditative art form that requires no previous art experience. If you can make the marks below you can Tangle.



- **The Tangles are created one stroke at a time, keeping your attention and mindfulness on the stroke as you create it. The art is abstract and non-representational.**
- **When Tangling you focus on process not the outcome. There are no preconceived ideas of what the art will look like in the end. We allow the art to unfold as it is created.**
- **Zentangles are created on a piece of drawing paper 3.5" x 3.5", which we refer to as tiles. They are meant to take no more than twenty minutes to create. The Tangles are drawn using a .01 drawing pen and a pencil.**
- **There are no mistakes in Zentangle, only opportunities to explore new directions or new experiences. Therefore there are no erasers in Zentangle.**

The Benefits of a Zentangle® Meditative Art Practice

- **The Zentangle Method, ZM for short, is the fastest way to place you in the “Zone”. Being in the Zone is a state of higher concentration and focus. Our knowledge, instinct and intuition work as once. At any moment you have the power to shift your attention and attitude to a relaxed and creative focus.**
- **We feel grounded and in the moment. ZM defuses distraction. We are open to new ideas instead of our art being stuck in preplanned ideas and paths.**
- **Relaxes the body and the mind, relieves stress, when calm we are far more in tune with our senses. ZM grounds us in the moment.**
- **Ups our creativity because the ZM removes expectations, demands, or criticism, placing us in a state of Mindfulness. ZM blocks self criticism, fear of failure, worrying about outcome, the need for positive outcomes, lack of inspiration and self doubting.**

The Ritual of a Zentangle Practice

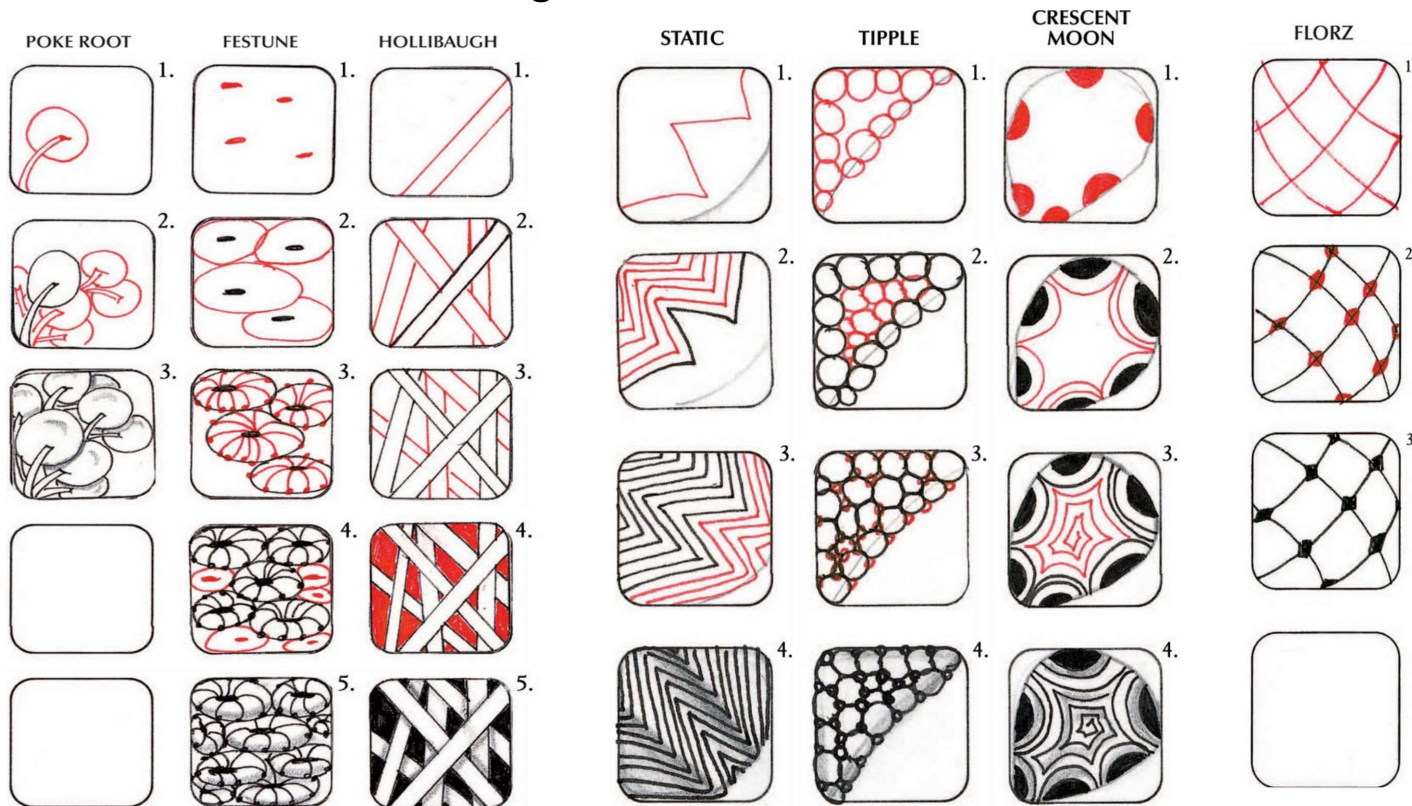
Most of us have rituals we use in day to day life. They can be very simple practices we use everyday. For me it is rising, dressing, leashing up my pups and heading out for a walk, enjoying the city coming to life for a brand new day. For others it may be making coffee, then enjoying starting the day in the garden, enjoying the beauty and the birds singing. Others rituals may center around exercise, preparing for work, enjoying the daily sunset, or preparing for bed. What makes these moments special and mindful is the steps we take to prepare, the mindfulness which we put into the activity, and the warm familiarity that brings us comfort. We have guidelines that we created to make the most of this time. A Zentangle practice has ritual also, and it comes with guidelines that help us get the most of this precious time. Some people would label these as rules but I disagree. I see them as preparation that enables us to achieve success. Here is a brief outline of the guidelines for creating a Zentangle practice.

The Ritual of a Zentangle Practice

- Find a place where you will not be disturbed. Gather your supplies and find a comfortable well lit place to work. You know yourself and what helps you denote this is your time. I like to light a candle. It reminds me this is my time, relax and enjoy.
- If there is disruptive noise, wear earplugs or turn on relaxing music. If I use music I try to keep it instrumental and not too loud. Lyrics can cause our focus to wander or bring our mind back to occurrences in our life and become disruptive. I also place my phone on Do Not Disturb.
- Clear your mind of daily tasks, activities, anticipation, stress, to do lists, worries and responsibilities. They will be there when your meditation is done.
- Stretch your body and relax your muscles starting from your head and moving slowly down to your toes. Shake out any tension in your shoulders and hands, plant your feet comfortably on the floor.
- Take a moment to close your eyes, relax, and calm your breathing. When you are ready open your eyes and begin.

Zentangle requires Tangles

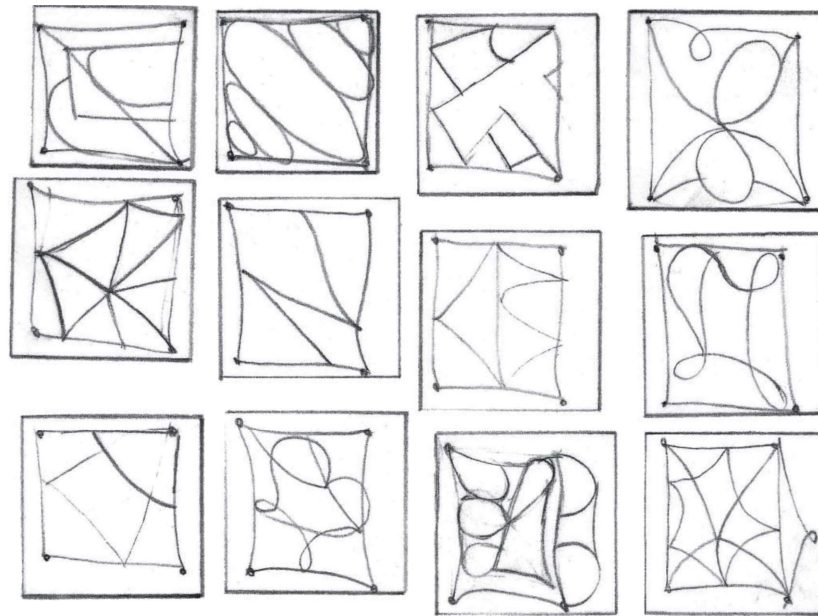
Tangles are non-representative patterns that are repetitive. They are created using one to three strokes. They are non-representative and non-directional in orientation. Before we can start Tangling, we need to familiarize ourselves with a few tangles.



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And Strings

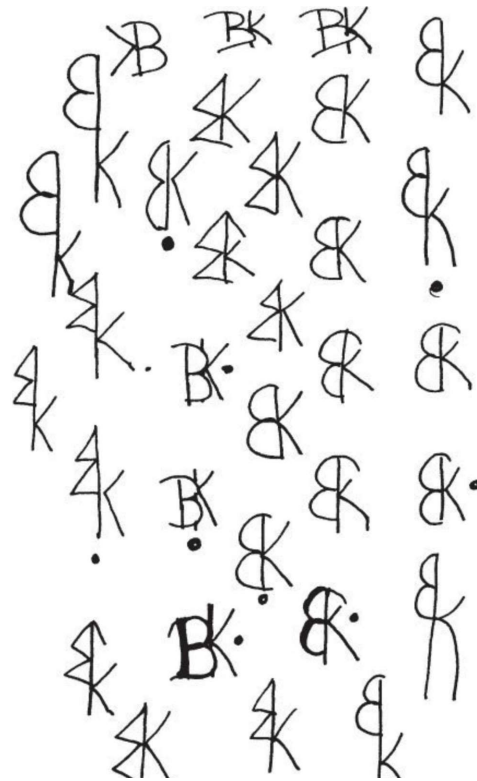
A string is a light pencil line that divides our tiles into sections. It is the only spontaneous moment in doing a Zentangle. It can be one continuous flowing line, curvy or straight, and it is the only part in a Zentangle that could be classified as a doodle. Strings are only suggestions and we often will tangle over, or ignore them in areas.



Like fingerprints, no two strings are the same.

And A Chop

All Zentangles are signed with a chop on front, the date and your signature. Using my initials to create a chop.



Creating A Zentangle

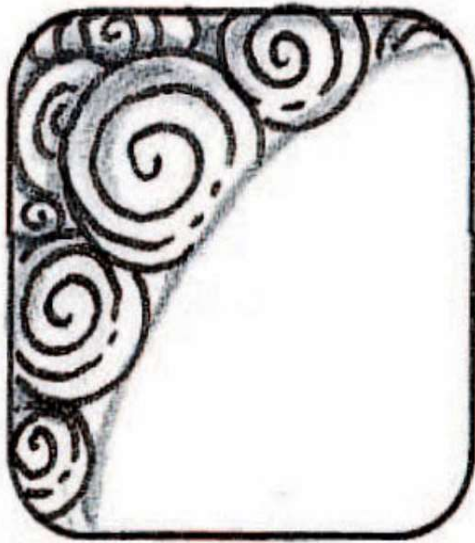


- 1. Relax**
- 2. Breathe**
- 3. Admire the paper and tools**
- 4. Appreciate the opportunity**
- 5. Draw the border**
- 6. Draw the string**
- 7. With the pen, draw the tangle**
- 8. With the pencil shade the tangle**
- 9. With the pen, initial the front, sign, date, and comment on the back**
- 10. Reflect and appreciate**
- 11. Admire up close and at arms length**

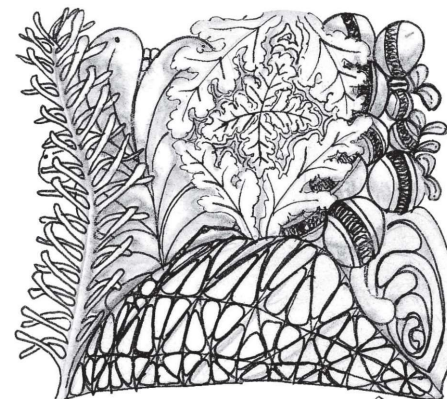
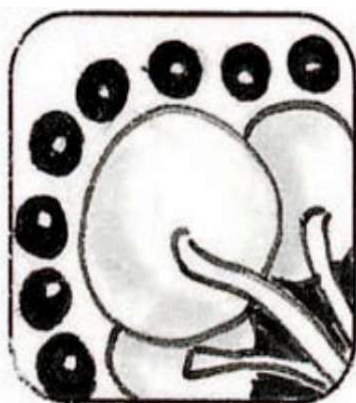
Helpful Enhancements

As artists, we tend to be very visually orientated people. In our art we have techniques that provide us opportunities to shift the feel, focus, to lighten or darken areas, ground or open up areas of our work, and the list could go on. They allow our work to flow, reflect our style and the piece to feel more comfortable. This is why there are enhancements useful to Zentangle.

Sparkles are a term in Zentangle for using a broken line to represent a highlight.



Orbs, also called Perfs, are so multifunctional. They can help lighten an area's tone, add attention and or detail, break the area up or lead the eye in another direction, to mention just a few uses.



Auras are basically a drawn line around a part or whole of a tangle, or a tangled area. The line can be light or heavy, solid or broken in areas.

They can be used to open an area, soften hard edges, direct the eye or add focus to an area. They are also my “go to” when I just don’t know which tangle I want to select next.

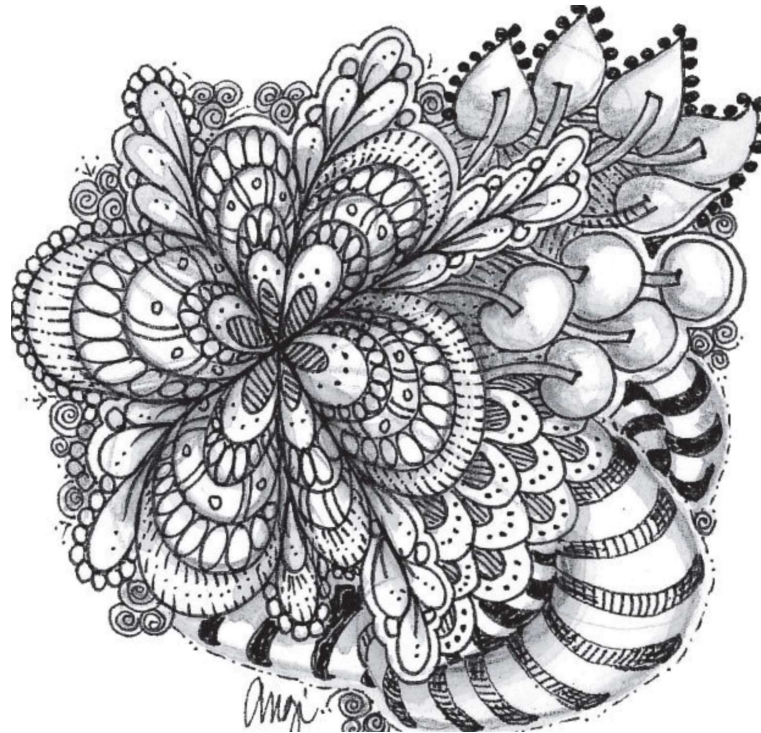
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ONE ZENTANGLE A DAY: A 6-WEEK COURSE IN CREATIVE DRAWING FOR RELAXATION, INSPIRATION...

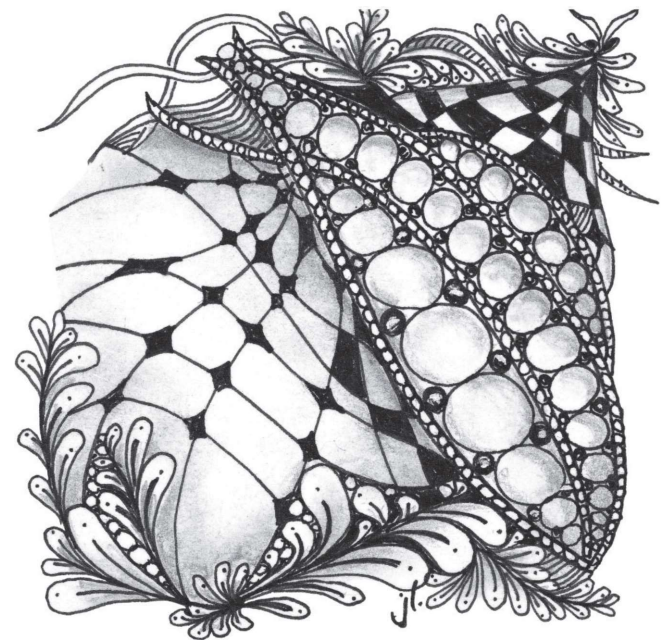
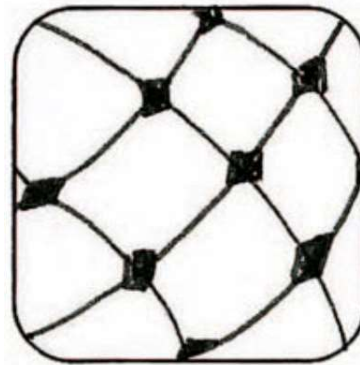
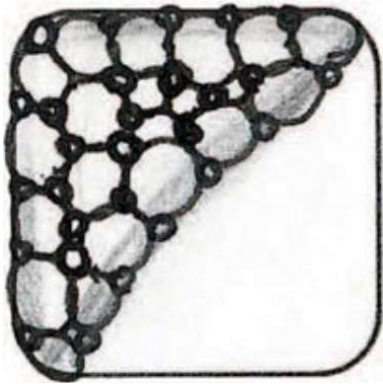


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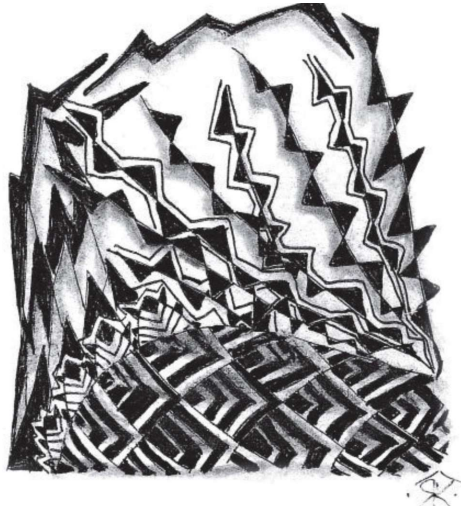


Rounding in Zentangle refers to filling in small areas so they appear as background and add depth and weight. They can ground areas as well, thus cause a tangle to pop forward.



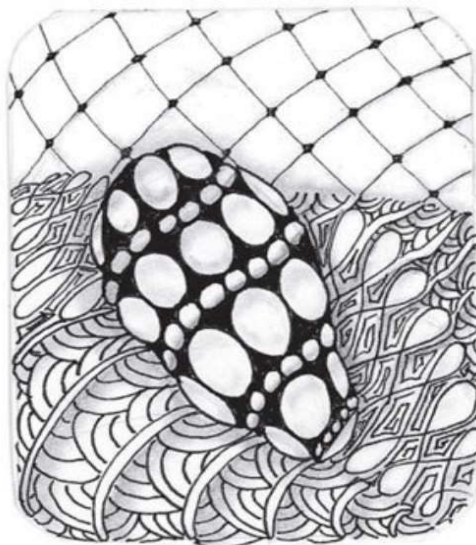
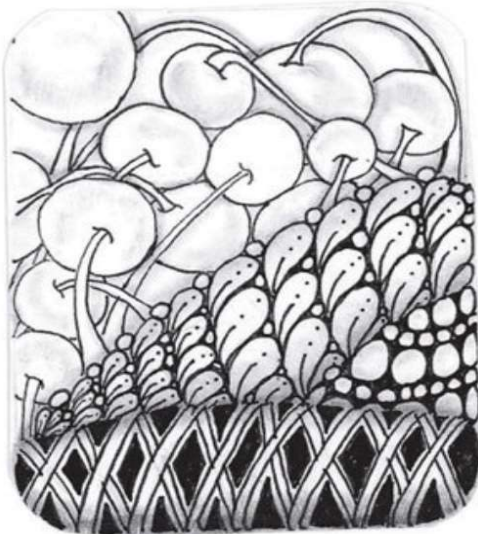
Liner/Curvy Linear and Grid Based Patterns/Directional

Our Personal styles are all ingrained into each of us. A person drawn to curvy linear free form line would not enjoy always working with linear lines, and vice versa. Emotion and expression often direct how we use line, and those lines can and often do evoke mood or how we are feeling. These Zentangles where not planned, they just evolved. Both surprised me when I was done. They are a clear message of how I felt about what was going on in my world at that moment. Having a mix of tangles in your repertoire help just not our art, but also our ability to express.



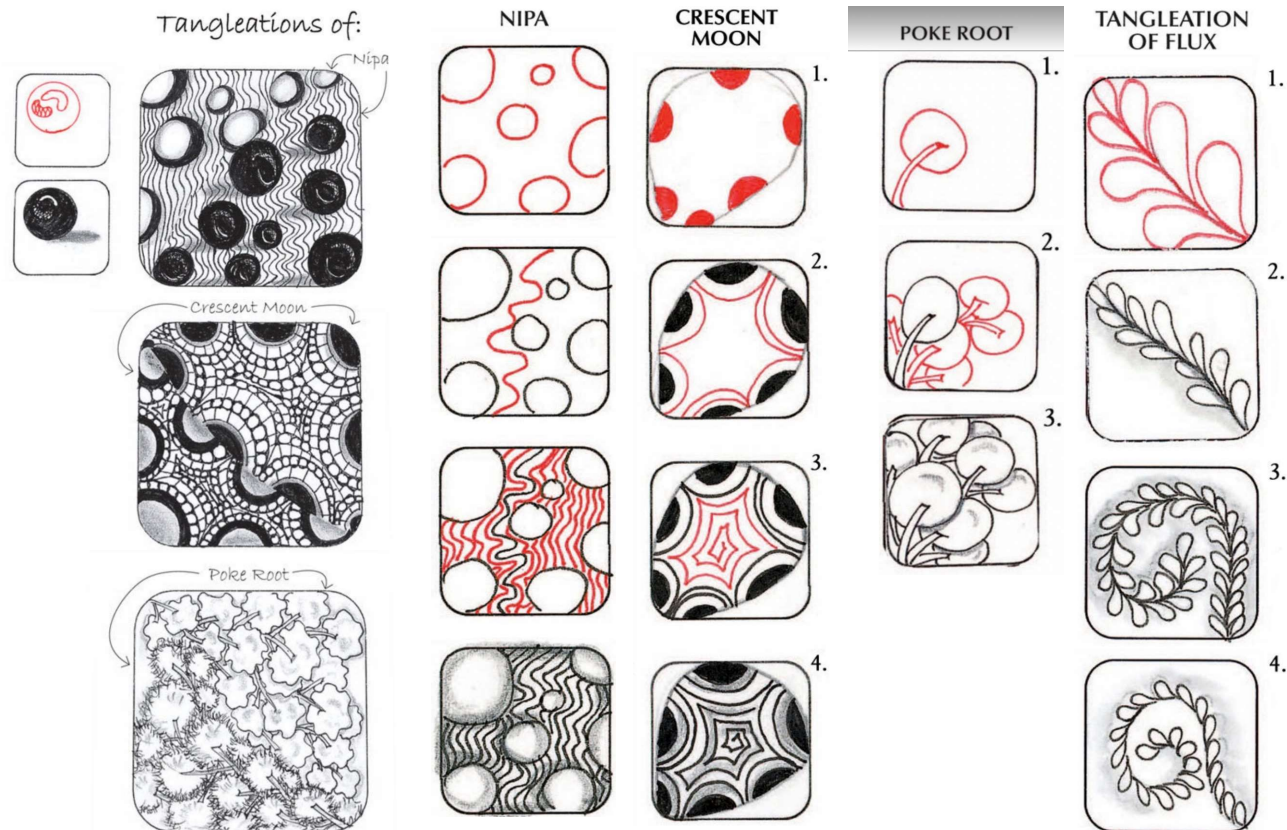
Grid Verses Directional Patterns

Grid and directional based patterns can help ground a piece or help open it up. They can be an anchor, or lead the eye out of an area to open the piece up or tie it all together.

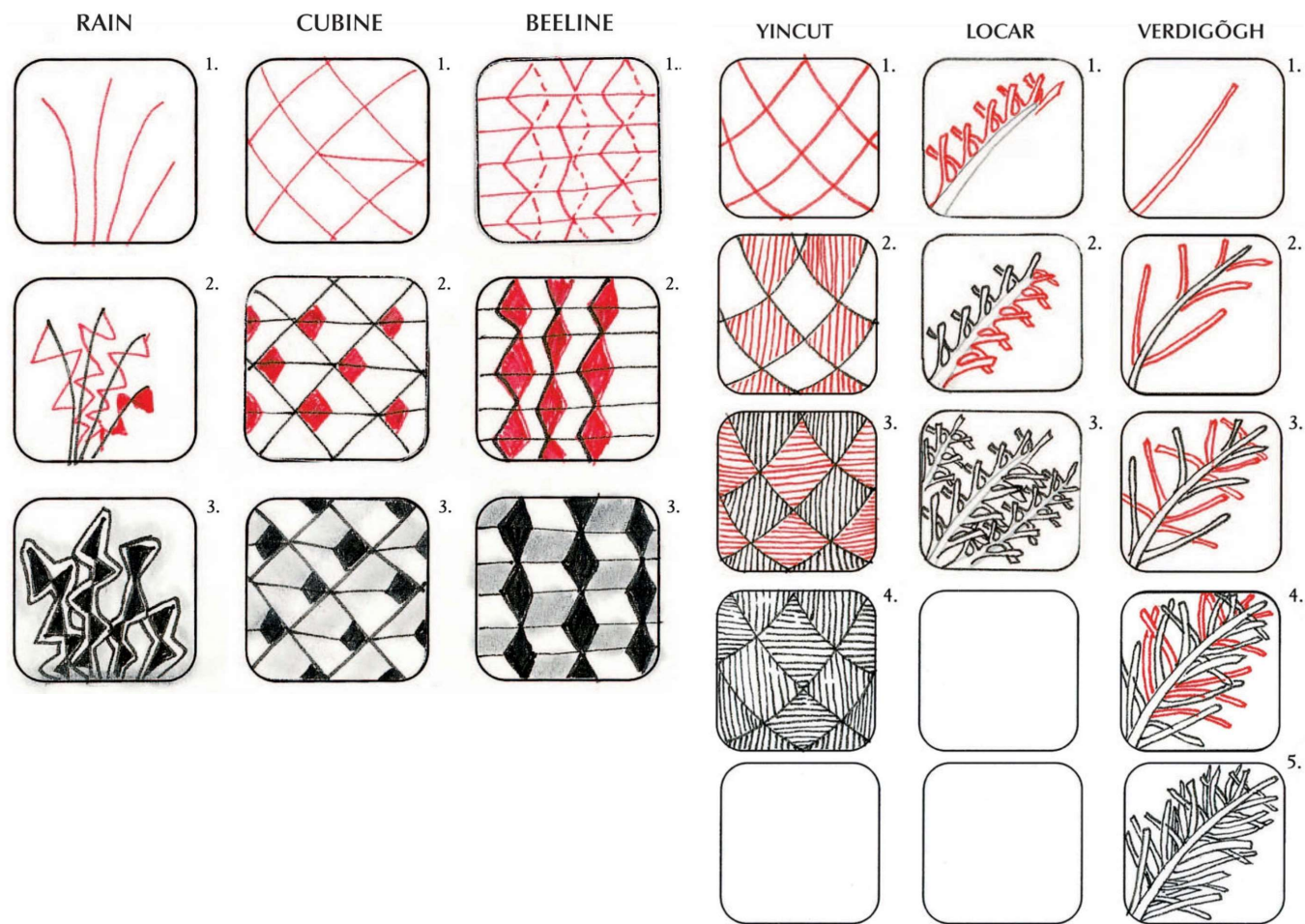


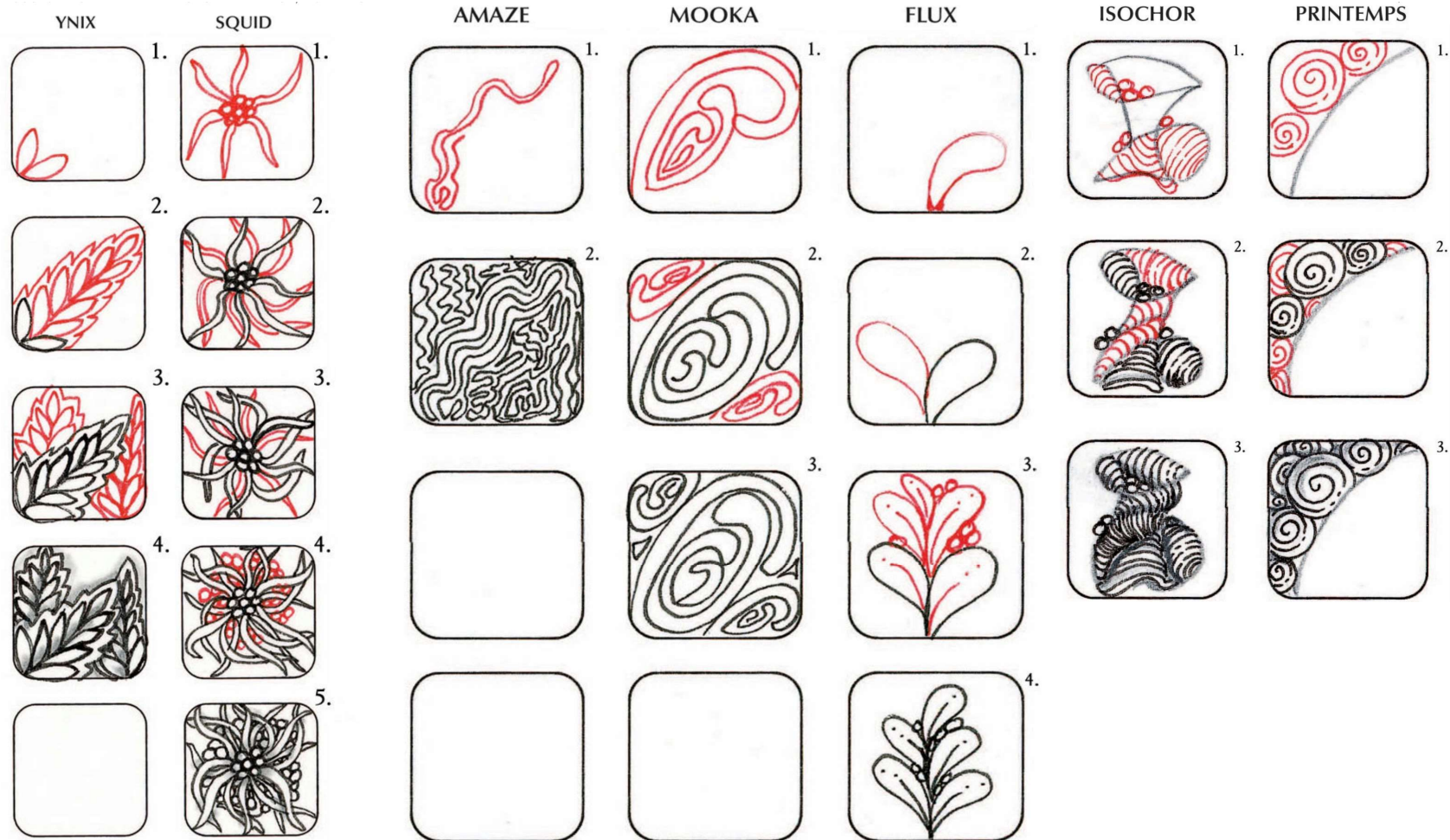
Tangleations

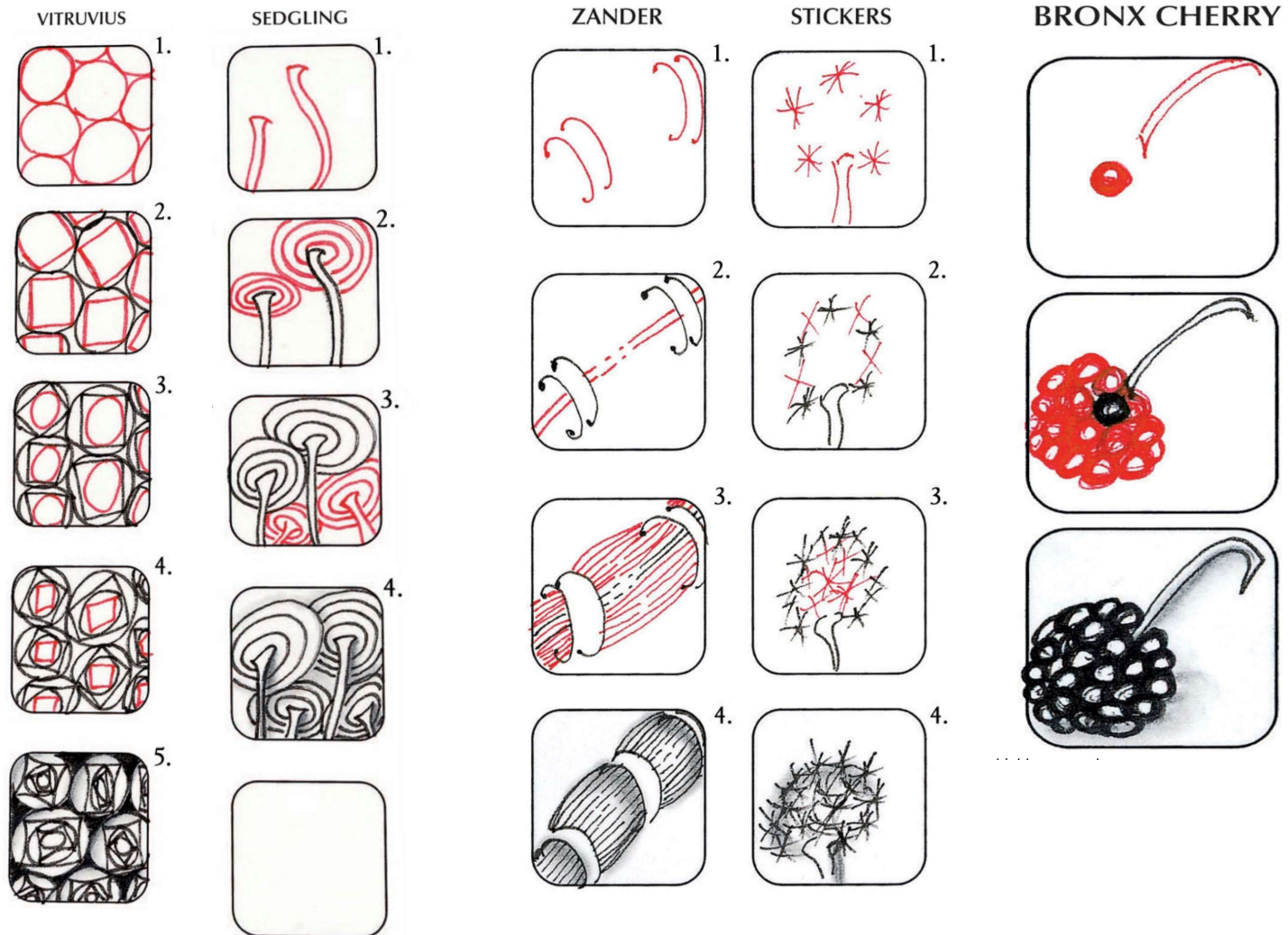
Tangleations are another way we can alter Tangles to fit out Practice. A Tangleation is a version of an already existing Tangle.

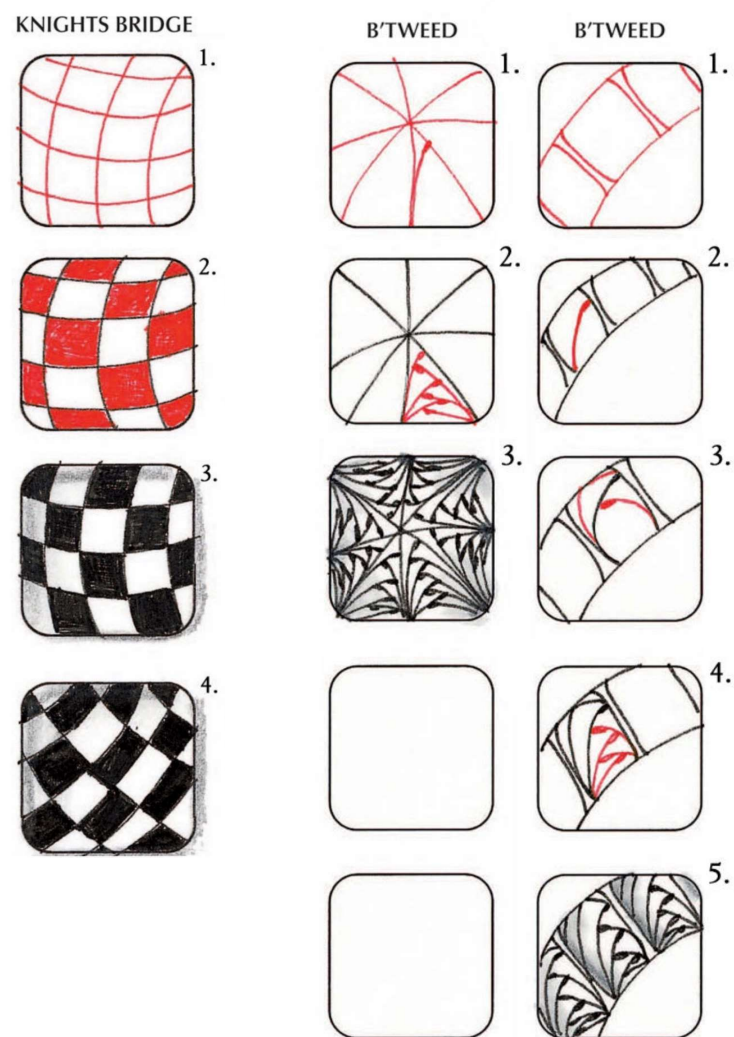
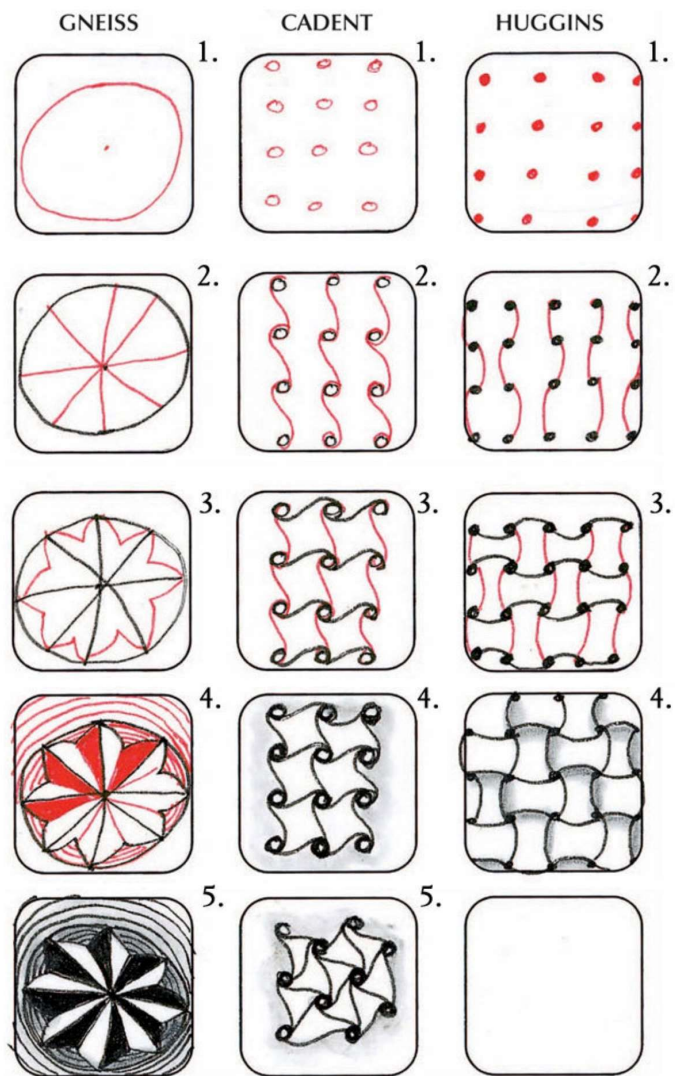


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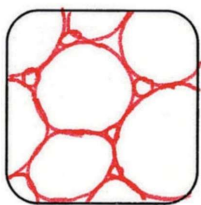




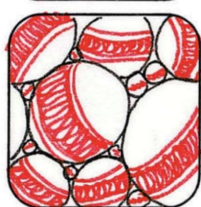


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JETTIES



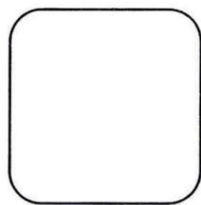
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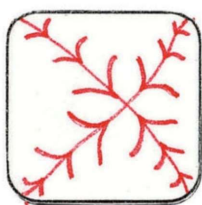


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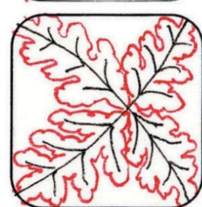


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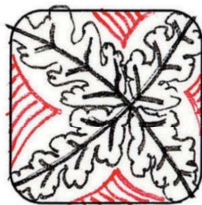
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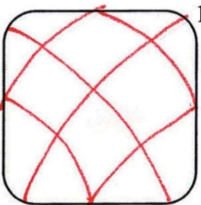


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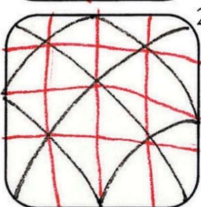


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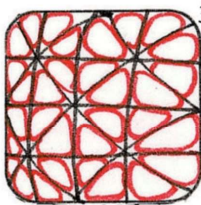
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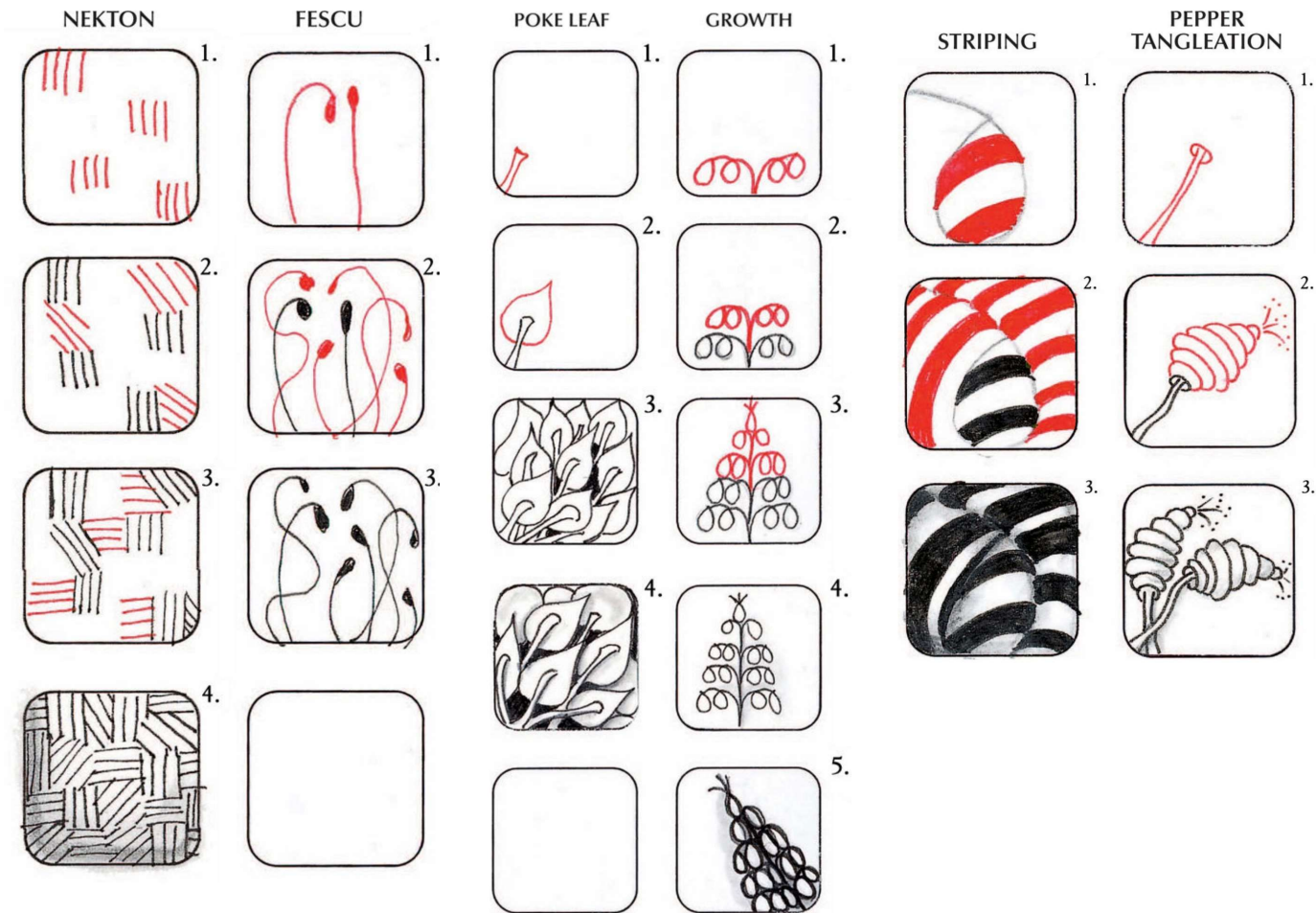
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