



**Zentangle**

# Definition of a Zentangle:

- A Zentangle is an abstract drawing created using repetitive patterns. It is usually structured within a certain shape.

# How it all started:

- Creators, Maria Thomas and Rick Roberts
- One day, Maria told Rick what she experienced as she drew background patterns on a manuscript she was creating. She described her feelings of timelessness, freedom and well-being and complete focus on what she was doing with no thought or worry about anything else.

"You're describing meditation," Rick said.

Rick and Maria wondered if they could create a simple system so others might enjoy a similar experience. And so began the journey towards discovering this simple and elegant system called the Zentangle Method.



# What's Zen?

- Zen

zen/

noun

noun: Zen; noun: Zen Buddhism

1. a Japanese school of Mahayana Buddhism emphasizing the value of meditation and intuition.

# Mistakes as foundations:

- There is no eraser in life and there is no eraser when creating a Zentangle. However, in creating Zentangle art (and in living life), you will discover that apparent mistakes can be foundations for new patterns and take you in unexpected and exciting new directions.

# Oooo Examples:









