

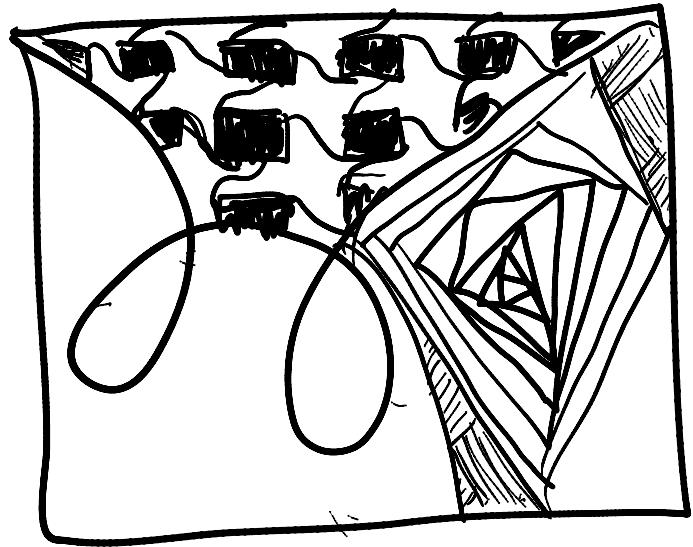
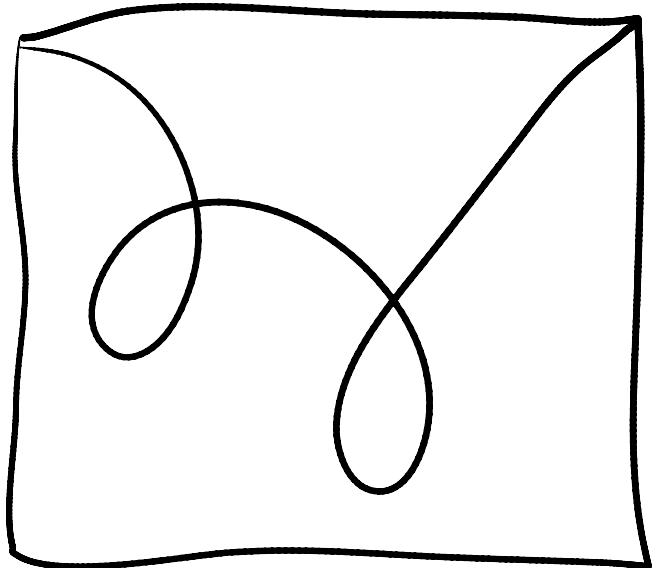
## Zentangles

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. The Zentangle method is enjoyed all over this world across a wide range of skills, interests and ages.

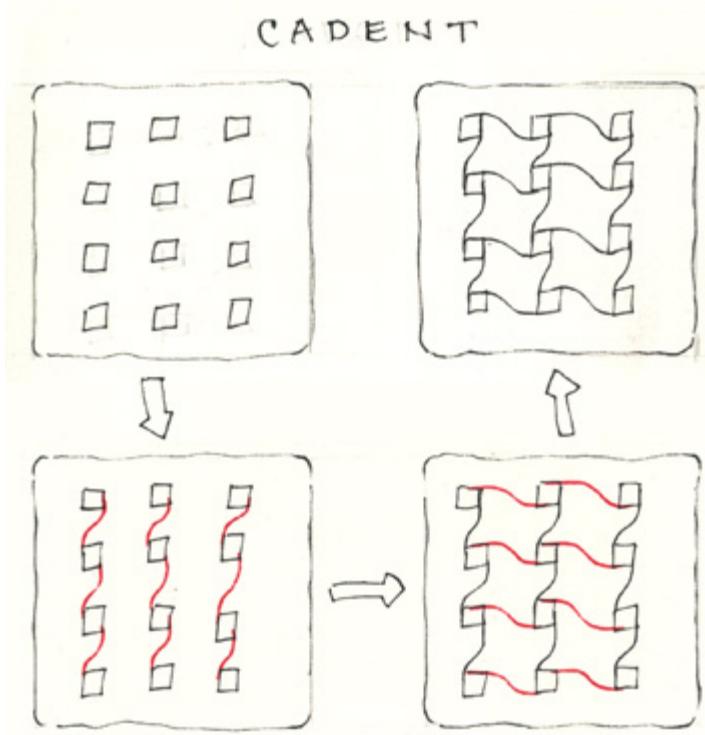
### Easy steps to create!

1. Draw a rectangle or use your paper as the frame
2. Use a pen and a pencil. No eraser! If you make a "mistake," turn it into something in your tangle.
3. Draw a "string" line (think of what a string looks like if you dropped it on your paper) or a zigzag line on your space.
4. Use your pen to fill in sections with tangles (see examples or come up with your own!). Tangles come from patterns we see in the world – from nature to man made items: a rubber stamp collection, the bottoms of your shoes, your clothes, the dining room chairs, fancy woodwork, your pantry, garage...great patterns are everywhere.
5. Use your pencil to shade your tangles.
6. Turn your page as you work!
7. Use text as an element within your tangle. Draw the text first if you choose this direction.

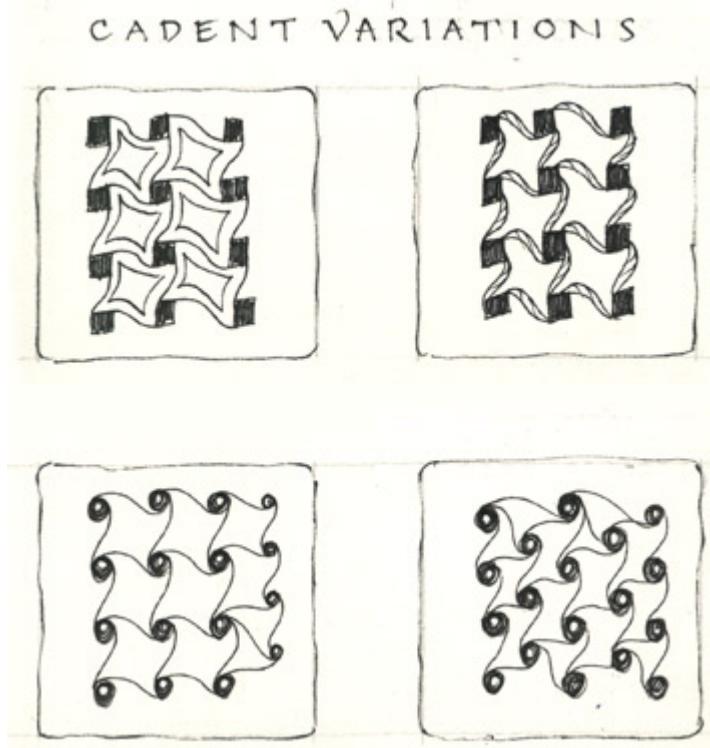


## Cadent

"Cadent" is a fun tangle to do. It's inspired by a woven houndstooth pattern.



For variations you can add different lines and use circles and curves. Experiment and enjoy!



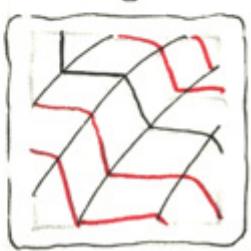
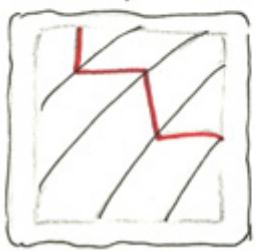
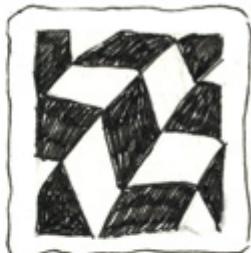
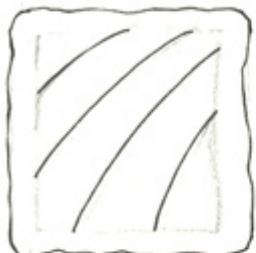
SOURCE: Zentangle.com. For more ideas, search their newsletter section.



*SOURCE: Zentangle.com. For more ideas, search their newsletter section.*

"Jonqal" is a bold tangle that becomes dramatically three dimensional when shaded.

## JONQAL



## VARIATIONS



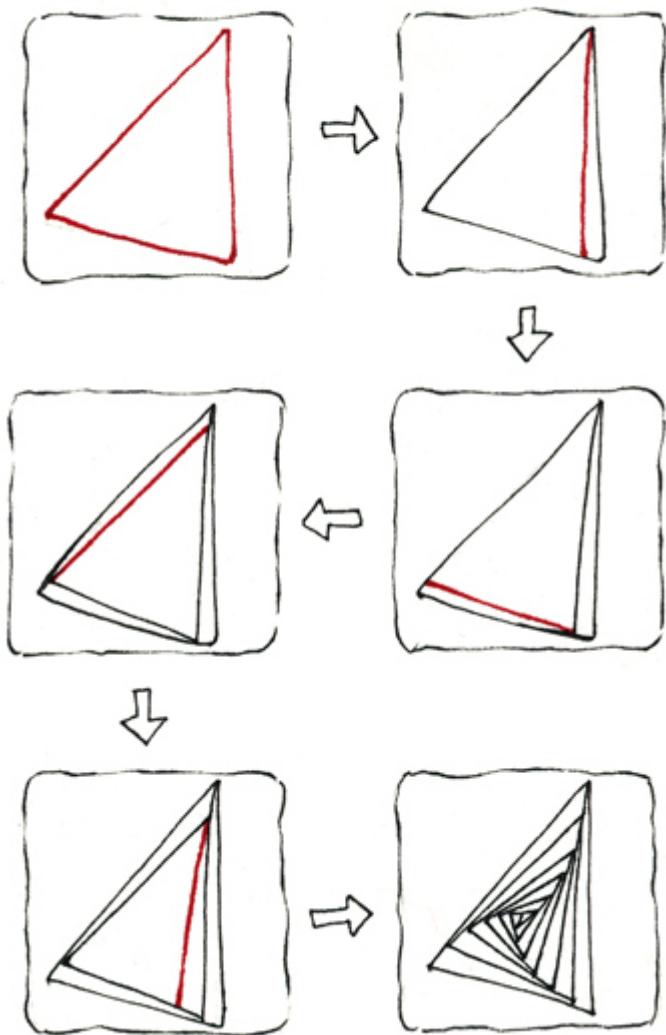
SOURCE: Zentangle.com. For more ideas, search their newsletter section.

## How to draw a "Paradox"

We named this tangle "Paradox" because it consists only of straight lines which create beautiful spirals.

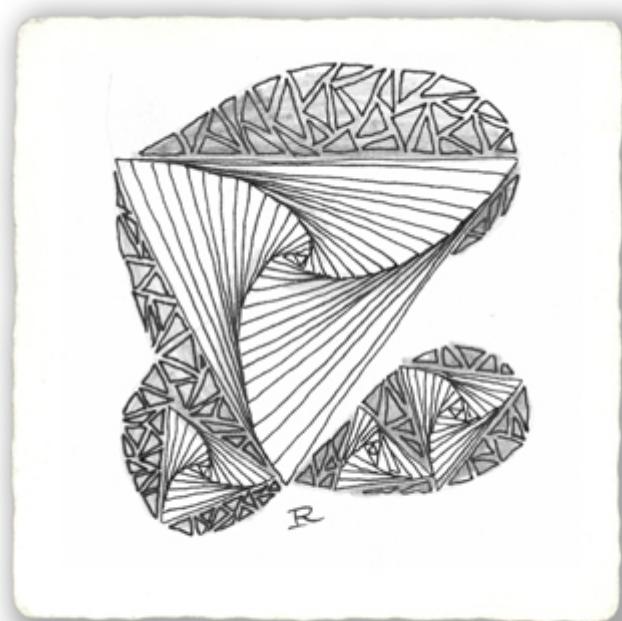
These images below are all oriented in one direction so it's easier to follow each step.

P A R A D O X



However, when you create yours, it's easier to rotate your tile each time so you always draw your line in a similar direction. I like to draw each line towards me, ending at a corner.

Paradox is fun to shade and appears three dimensional.



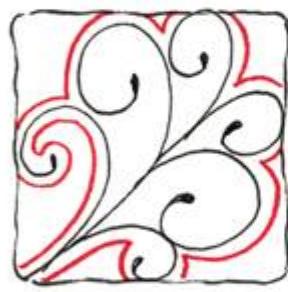
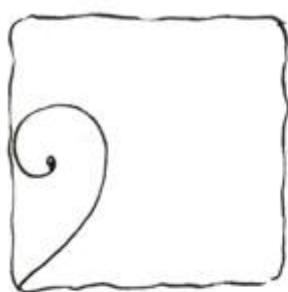
You can also explore this tangle with squares, rectangles, pentagons -- any shape with straight sides.

*SOURCE: Zentangle.com. For more ideas, search their newsletter section.*

## "Opus"

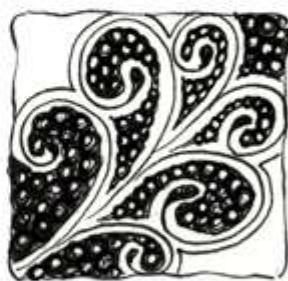
Opus is a simple tangle that can take you in many directions.

### OPUS / WITH AN AURA



GOT TIME ?

OPUS VARIATIONS

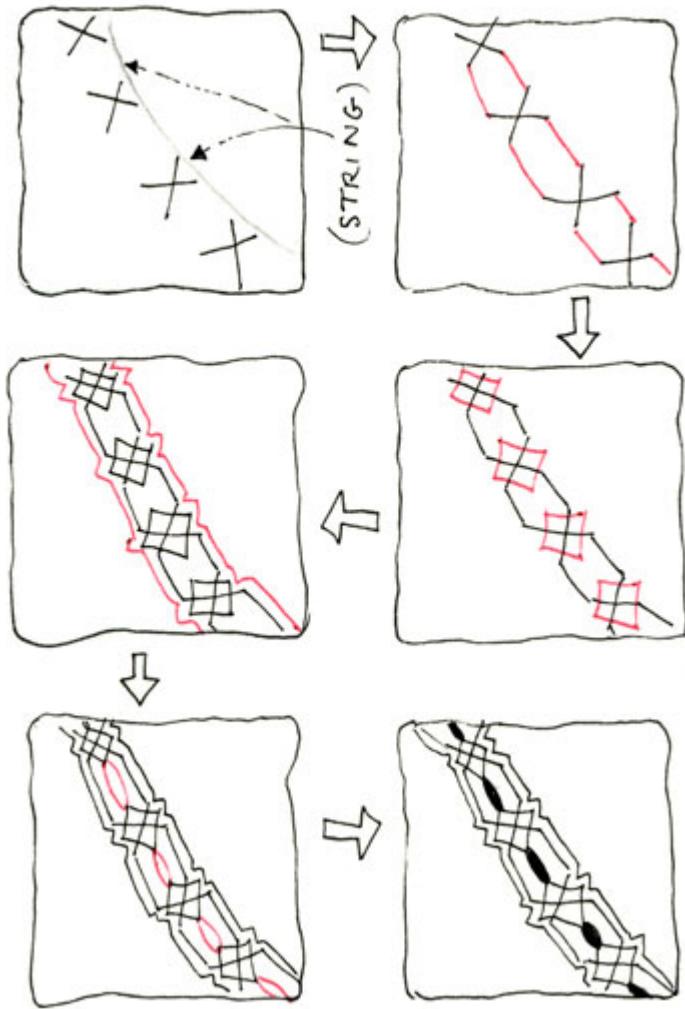


A

## Xyp

Always on the lookout for new patterns, we found this in a border on some paper bills.

"XYP" pronounced *ZIP*



"XYP" Variations :

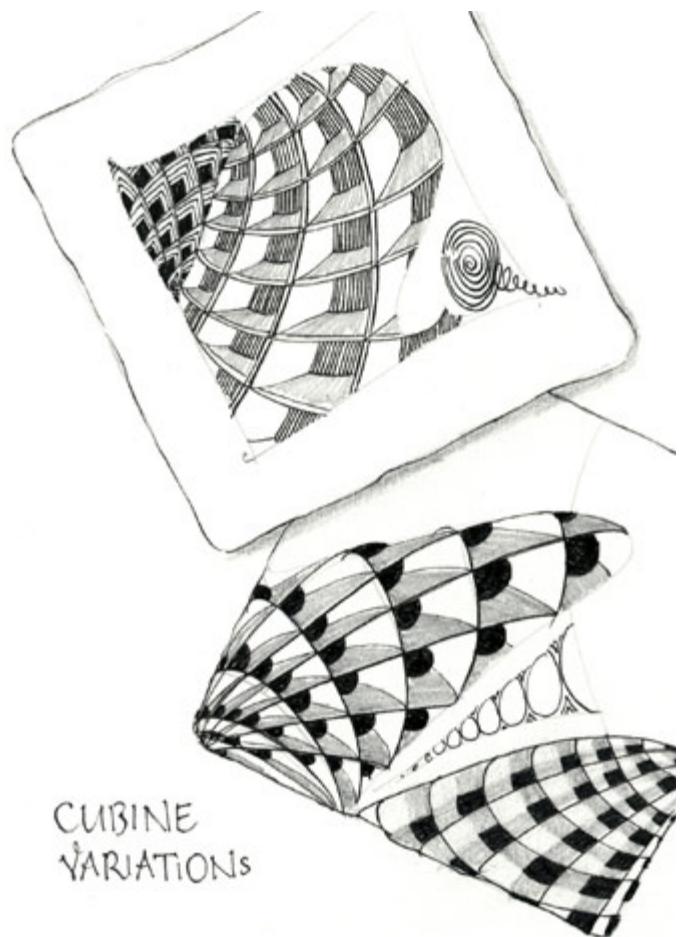
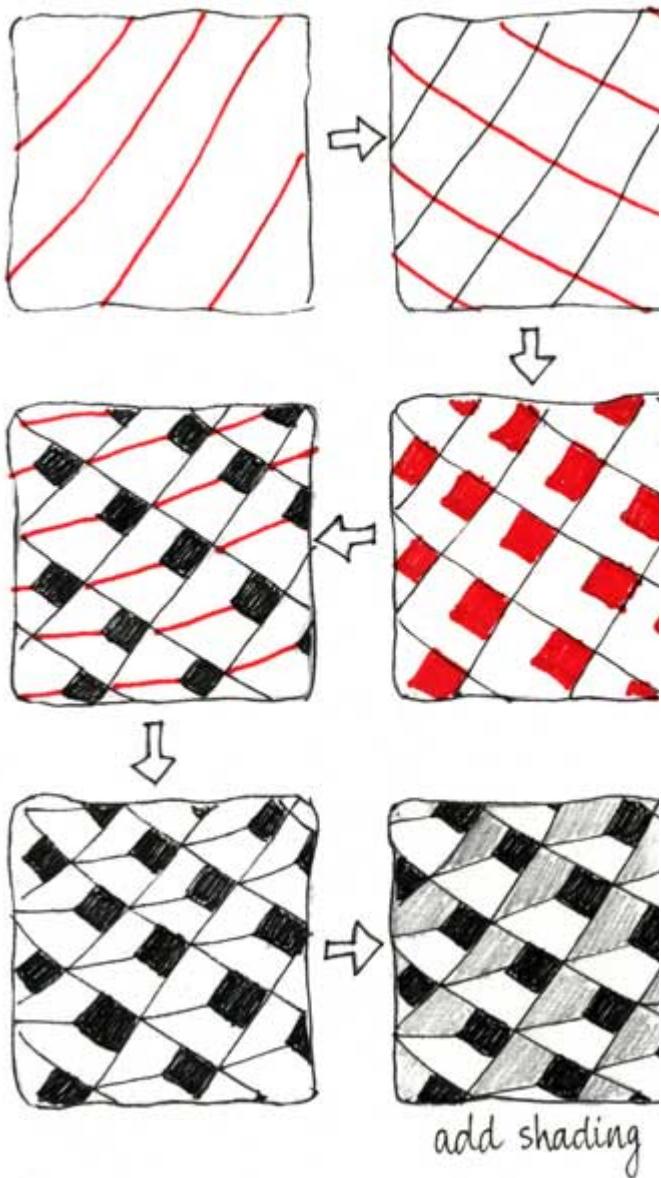


You can use **Xyp** as a border or as a component of a larger Zentangle.

## Cubine

This enjoyable pattern is full of contrast and depth. It can be done with straight or curved lines. Enjoy!

CUBINE

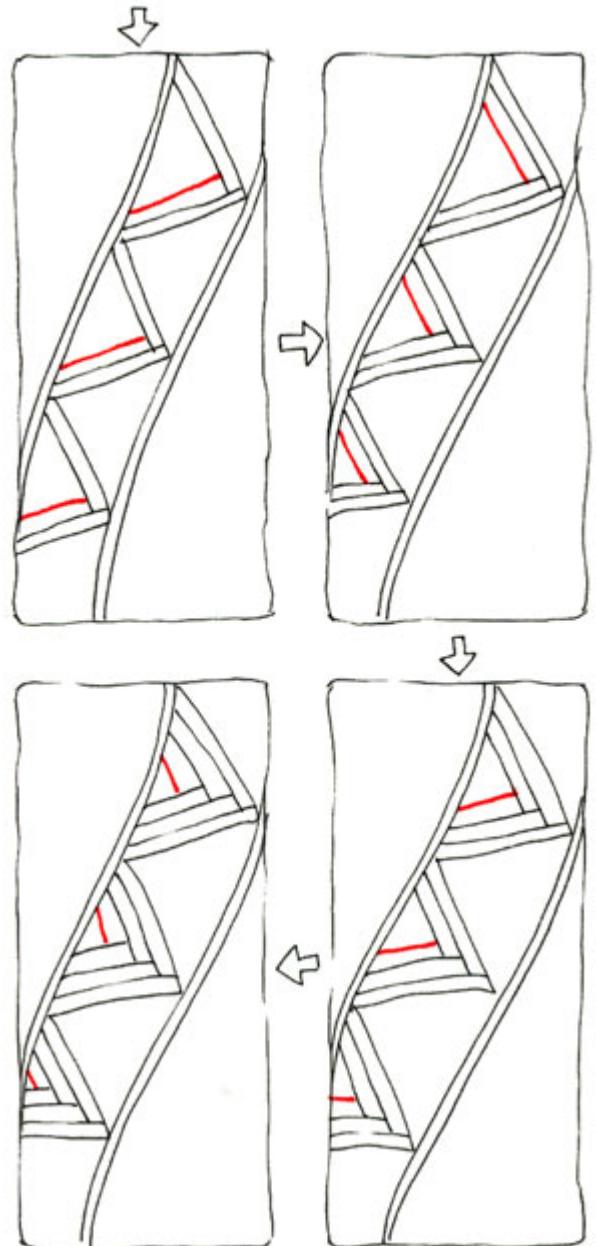
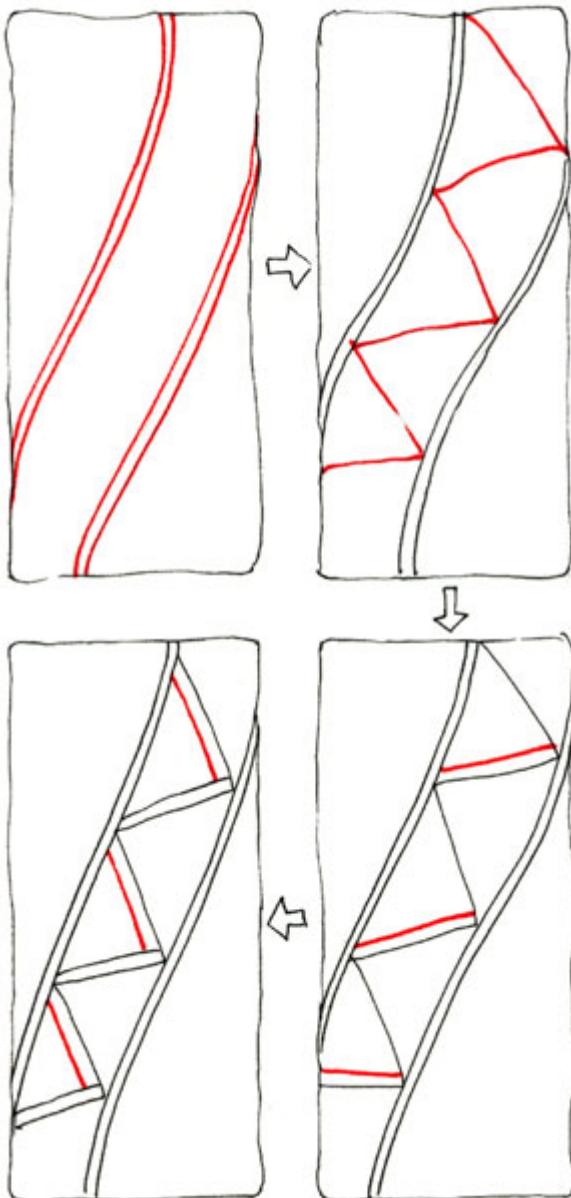


## Hibred

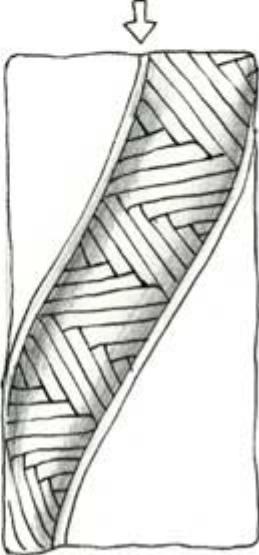
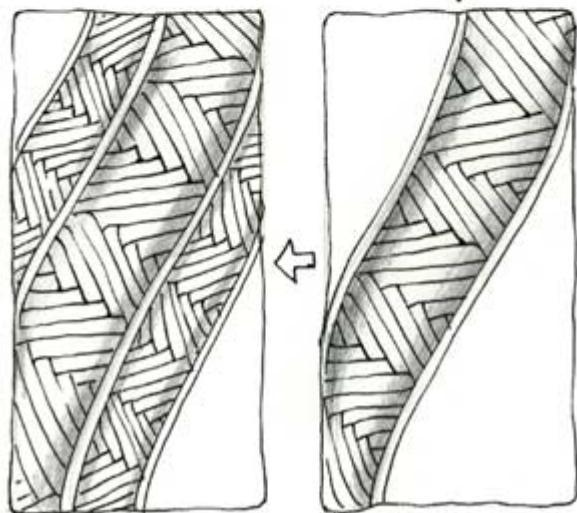
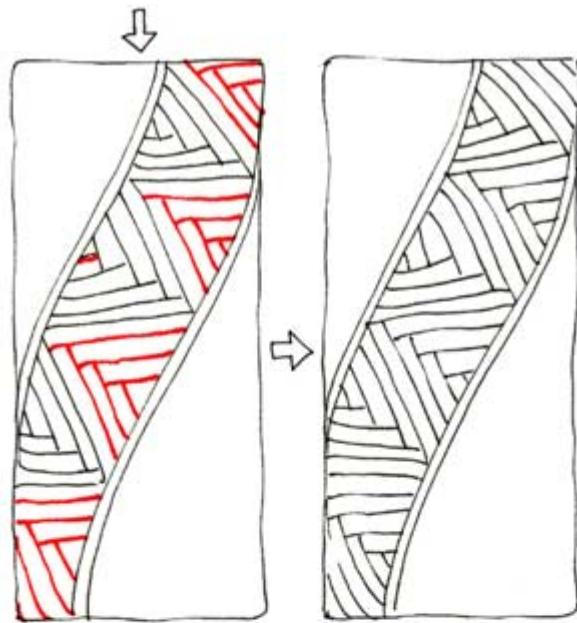
Here's a new tangle that's a mix of curved and straight lines as well as a mix of other patterns and techniques. You can "ride" this pattern in many directions.

We call it ...

HIBRED



CONTINUED ON NEXT PAGE



...AND WHERE WILL IT TAKE YOU?

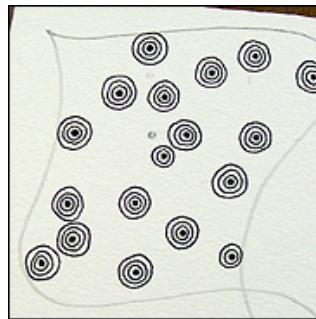
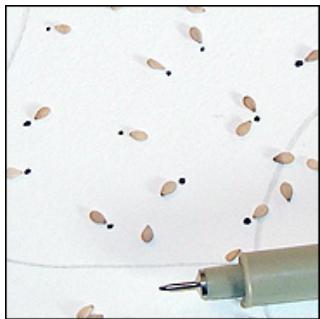
### Tangle "SeZ"

This tangle is inspired by an aboriginal painting Rick saw online by Anatjari Tjampitjinpa called *Ceremonial Ground at KulKuta*. (The image is copyrighted, so we can't reproduce it here, but if you look online you'll find it.)

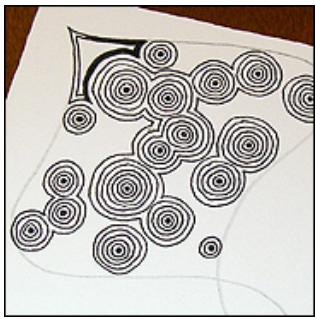
First, Rick drew a string on his tile. Then, to get randomly placed dots to "seed" this pattern, he sprinkled a few sesame seeds . . .



. . . and placed a dot near most every seed. Then he drew concentric circles around each dot.



When the circles got so close that another one couldn't fit, he drew "auras." When no more auras or circles could fit within the string, he added a thick "reverse aura" . . .



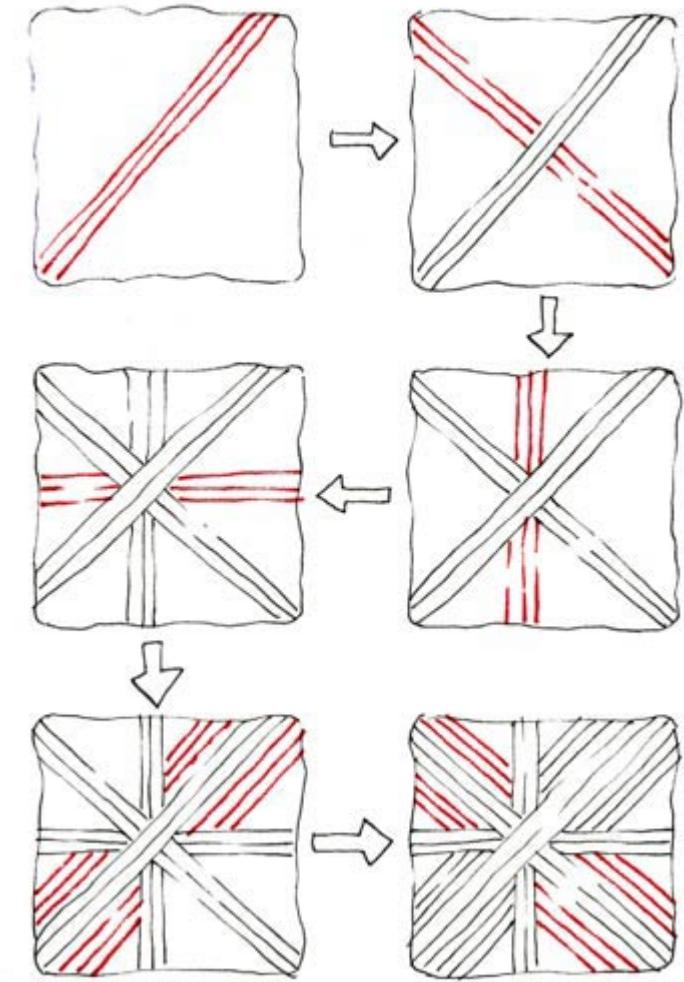
. . . then a few more bits, some shading and *voila SeZ!*



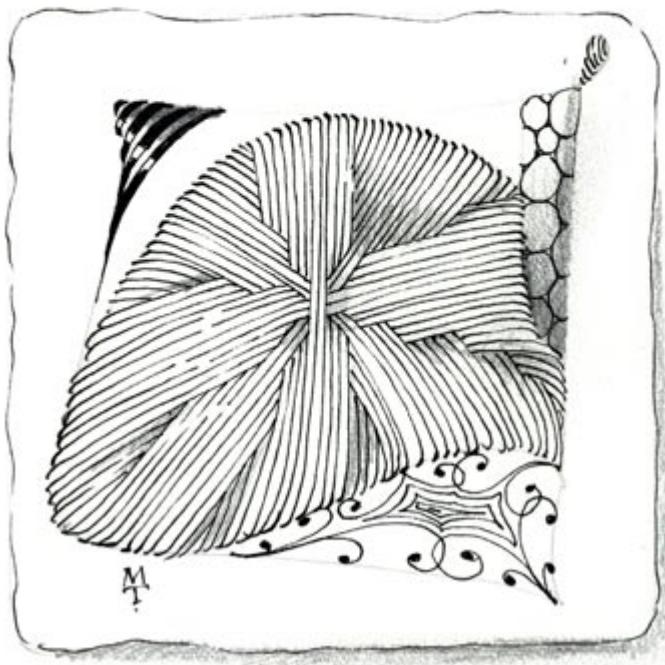
### Tangle "Hurry"

This tangle is inspired by patterns in woven rush chair seats. Basic and simple, this tangle can fill most any shape space and is fun to shade.

H U R R Y



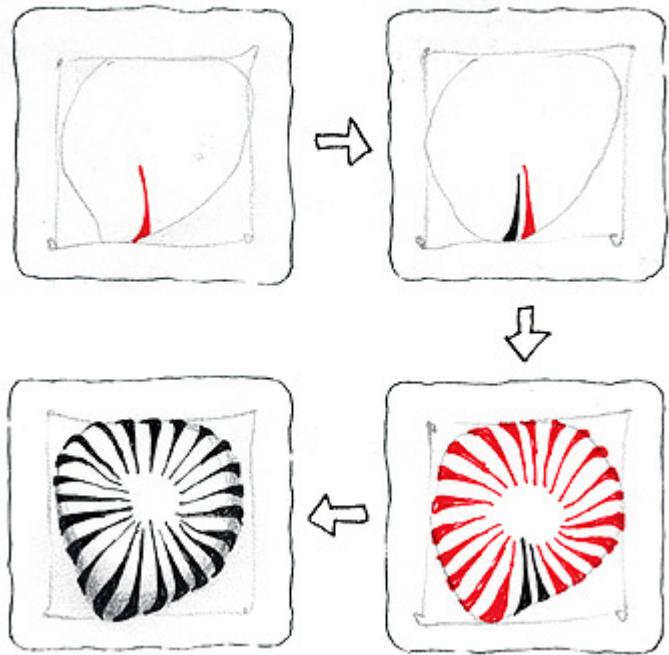
*this tangle is very simple -  
if you rotate your tile!*



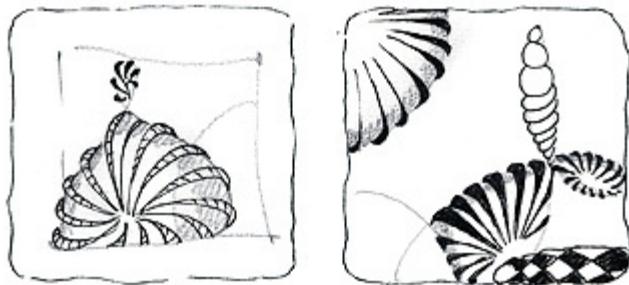
## Pepper

This fun and simple pattern reminds us of a peppermint candy. Since it's cold here right now, we're calling it *pepper*.

### PEPPER



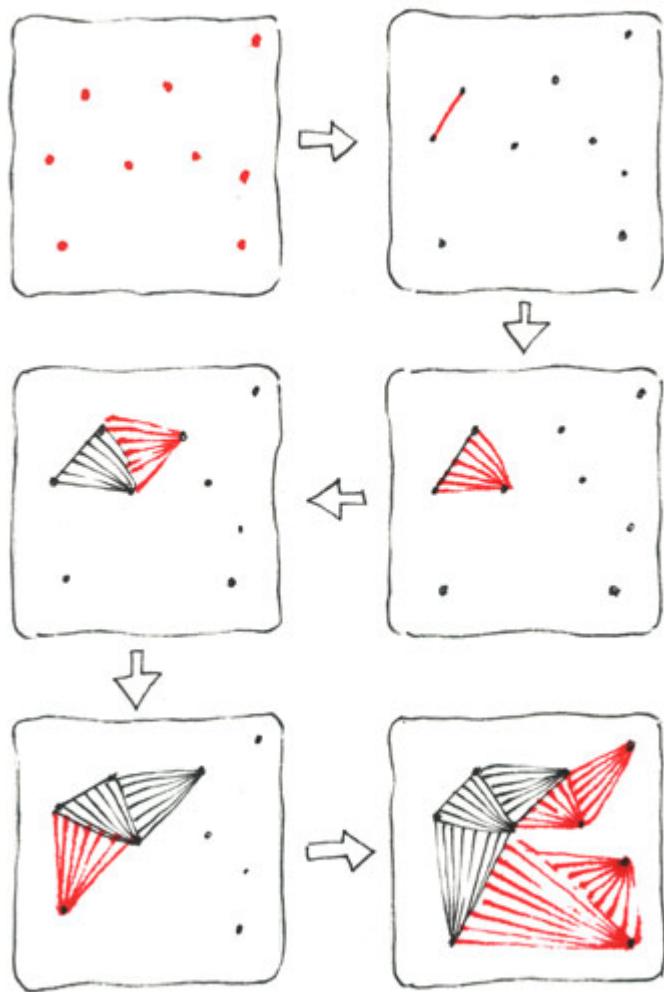
### VARIATIONS



SOURCE: Zentangle.com. For more ideas, search their newsletter section.

Munchin

MOLLY's  
MUNCHIN



*...don't forget to turn your tile for comfort!* m.

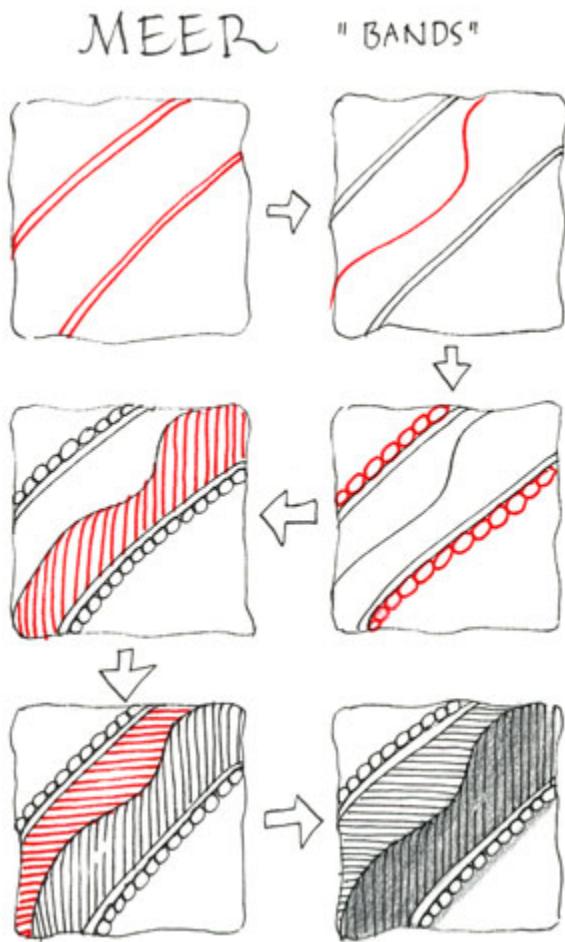
Be sure to shade this one. It looks very three dimensional.



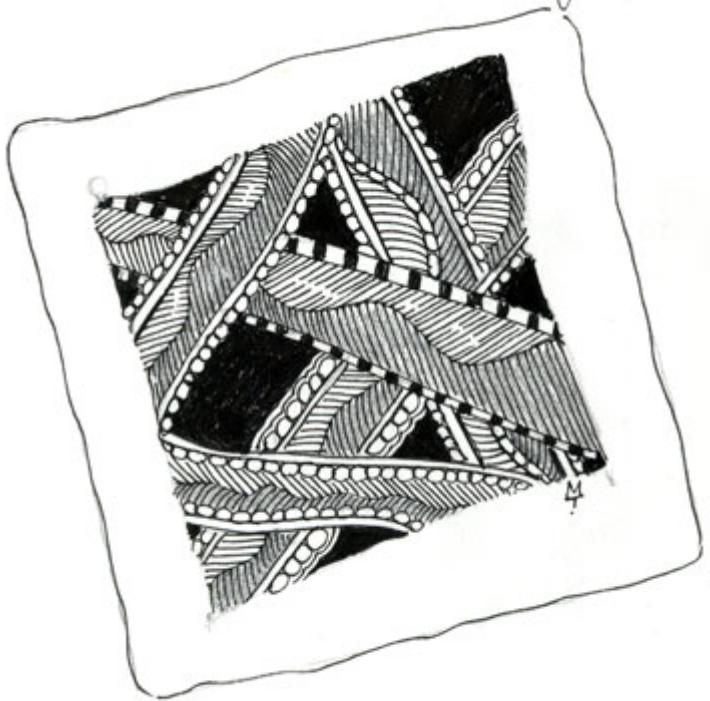
SOURCE: Zentangle.com. For more ideas, search their newsletter section.

## Meer

This tangle is a great border. It pops off the page with just a little shading. *Meer* mixes well with other tangles like *hollibaugh* in the example below.



## MEER VARIATIONS (fun!)



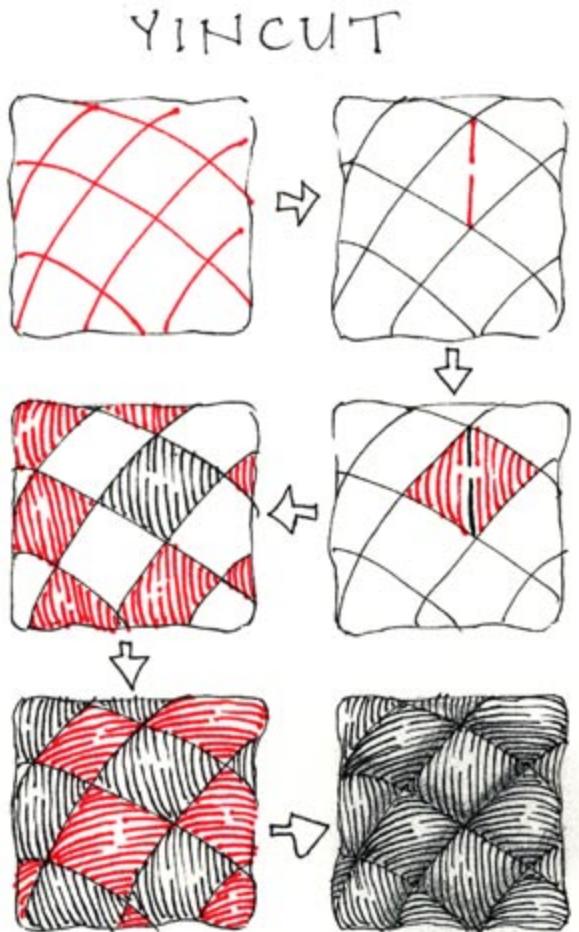
EACH "BAND" SLIGHTLY  
DIFFERENT~ENDLESS POSSIBILITIES!

## Yincut

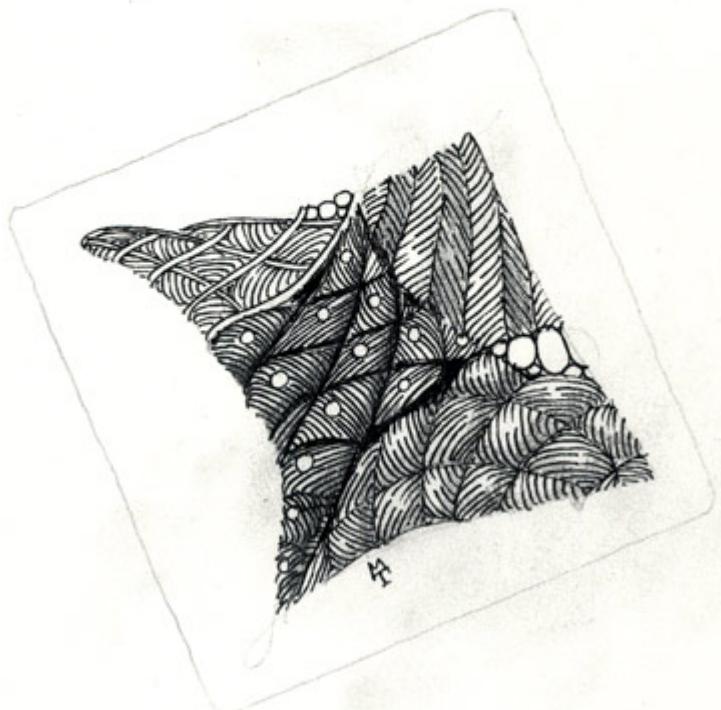
Enjoy yourself as you get familiar with *yincut*.

This is great for large areas and is very dynamic to shade.

Notice how Maria creates a "sparkle" by leaving a gap in some of the strokes. Also see how by slightly curving your lines you add a sense of depth.

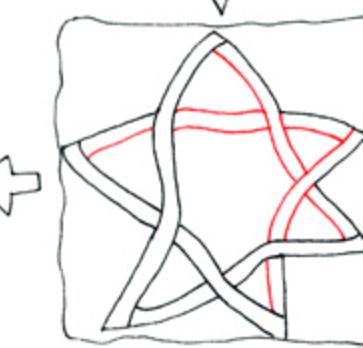
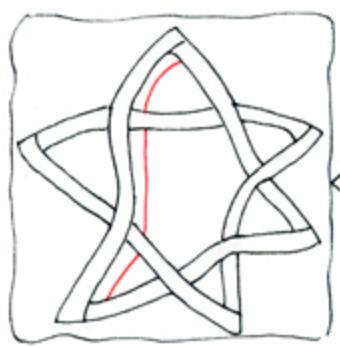
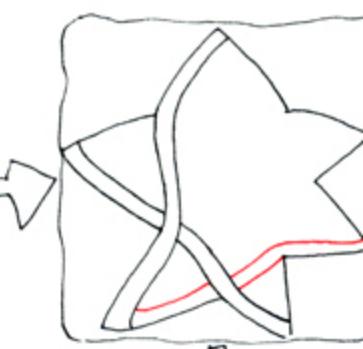
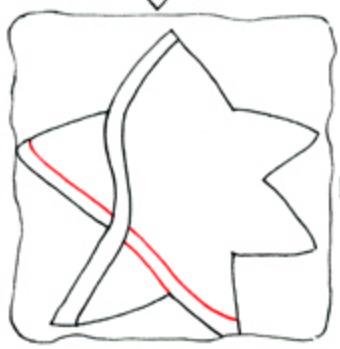
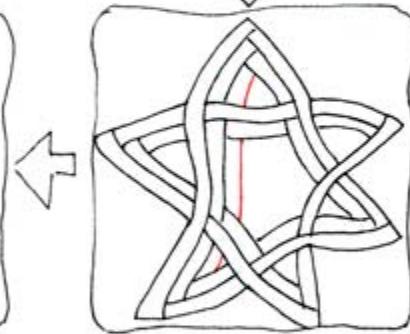
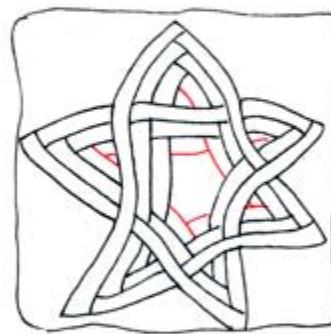
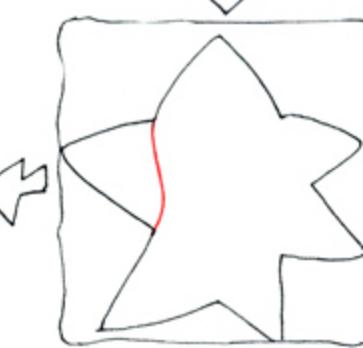
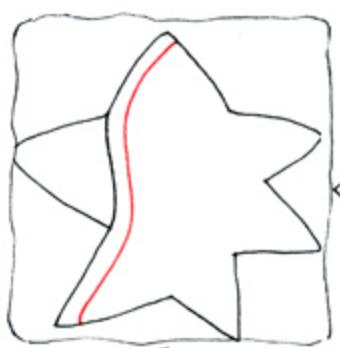
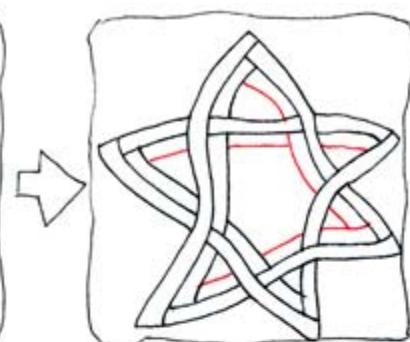
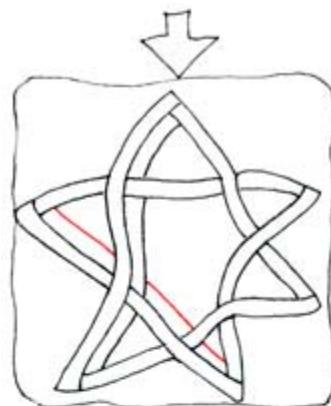
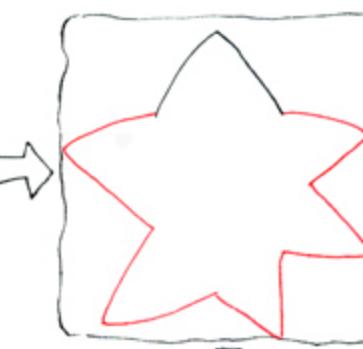
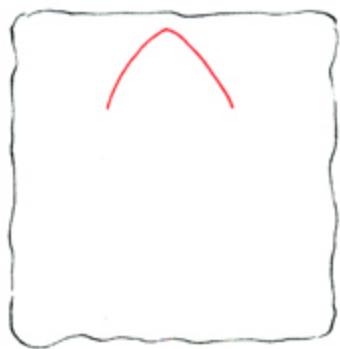


YINCUT & VARIATIONS  
\*REMEMBER TO TURN TILE!



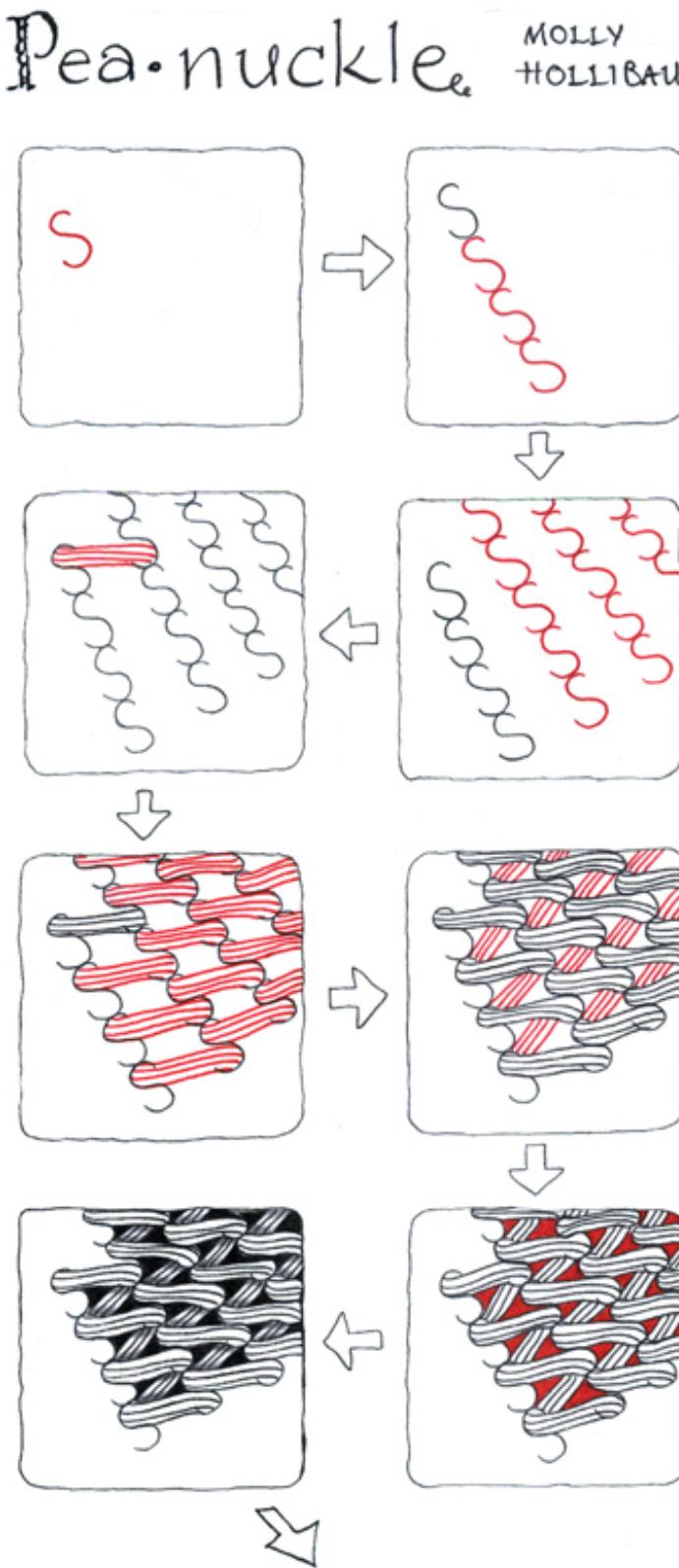
# AURAKNOT

named by MATTIE ARNOLD

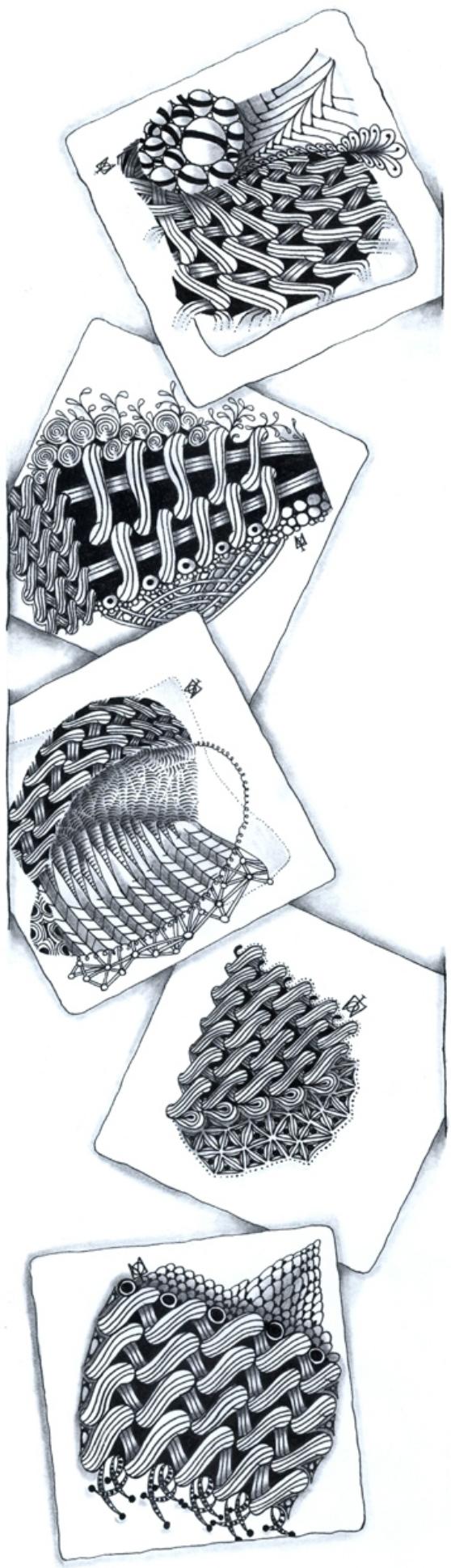


## Pea-nuckle

Pea-nuckle is made with only two elemental strokes. One is curved; one is straight. It is simple, yet its result is surprising.

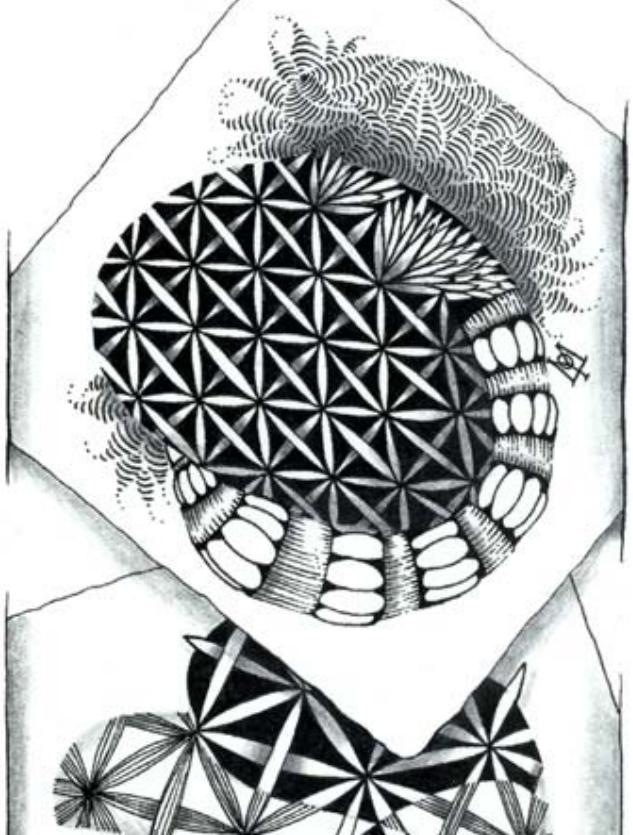
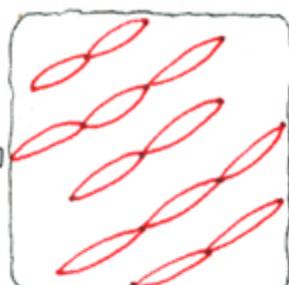
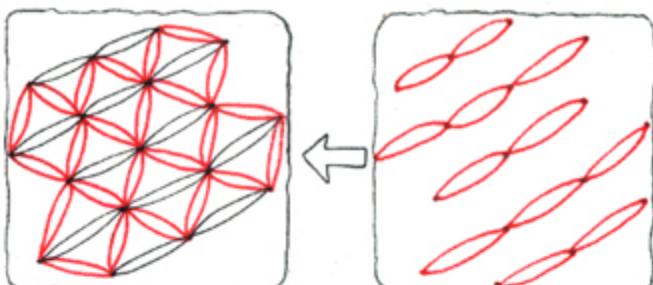
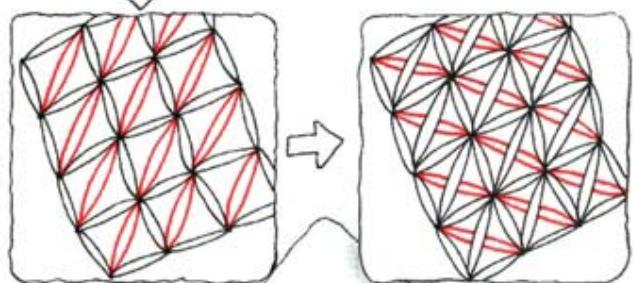
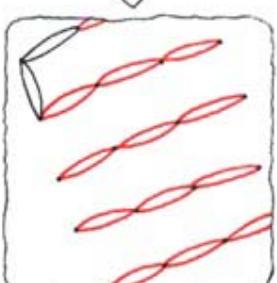
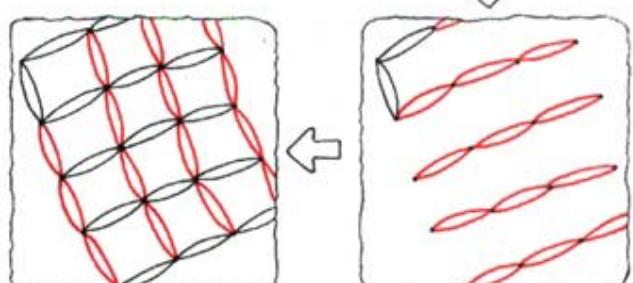
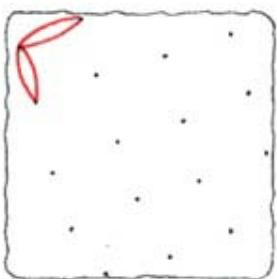
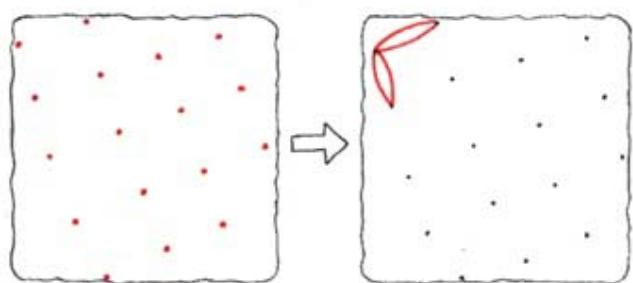


SOURCE: Zentangle.com. For more ideas, search their newsletter section.



*heir newsletter section.*

MOLLY HOLLIBAUGH's  
FIFE



*r section.*