

# Zentangle Basics: Easy to Learn Zentangle Method. 12 Basic Elements of Fine Tangling Process and Art Mediation (Zentangle books, Zentangle basics books, Zentangle basics featuring ideas books)

Leroy Barnes



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#### **Zentangle Basics**

## Easy to Learn Zentangle Method. 12 Basic Elements of Fine Tangling Process and Art Mediation

What if there was an easy-to-learn, fun, and insanely inexpensive method for creating art that also doubled as a relaxing form of meditation and resulted in beautiful, unique works that can be achieved regardless of the artist's experience or talent level? Would you be interested? Created by Maria Thomas and Rick Roberts in 2004, Zentangle has inspired creative minds, fostered stress and anxiety relief, and produced copious amounts of beautiful, unique works of art; and it's all done with a pencil, a pen, and some 3 ½ inch squares of paper. Inspired by the teachings of Japanese Zen Buddhism, Zentangle is one part art method, one part relaxation method, and one part philosophical journey.

### In this book, you'll unlock the secrets of this rapidly growing new art form, as well as:

- The meaning behind the specific rules that must be followed by Zentangle artists/li>
- How to get started with your own unique creations, regardless of your wealth, skill level, or talent
- The many lessons that can be learned from this unique new art method
- The specific reason and meaning behind every deliberate step in the Zentangle creation process
- The many benefits of Zentangle, from stress relief to overcoming your fear of flying in airplanes

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