



ZenDoodle: 15 Easy and Inspirational Steps to Make Art Using ZenDoodle Methods (Zendoodle, Zendoodle patterns, Zentangle)

Jayden Thomas

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In the 7th Century sage Hui Neng said that “the meaning of life is to see”. ZenDoodle 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 ZenDoodle 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. ZenDoodle can help. ZenDoodle 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.

ZenDoodle 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.

ZenDoodle 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 ZenDoodle?
- Meditation and ZenDoodle
- Steps to create your own ZenDoodles
- Benefits of ZenDoodle
- What others say about ZenDoodle

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