

## Prayer and Meditative Drawing

Create a comfortable, quiet space. Remove any distractions.  
Allow about 30 minutes to tangle a tile.

1. Relax. Breathe deeply.
2. Admire the paper and tools. Using good quality paper and pen honors the process and your creating time.
3. Appreciate the opportunity and space that has been created. Give thanks for the time to create, open yourself to God's presence.
4. Draw the border. With pencil, make four dots slightly in from each corner of the square tile. Connect the dots to form a border. The lines do not have to be straight. No rulers.
5. Draw the string. With pencil, draw random lines, as if a string was dropped within the border; lines can be any shape. This divides the tile into sections.
6. Draw the tangles. Using a black pen, draw a repetitive pattern within each section created by the "string". Draw each line, dot, circle, squiggle, oval, slowly and with intention. Breathe. Focus.
7. With the pencil, shade the tangles. This adds depth to the patterns. (You may also use a tortillon – a cylindrical drawing tool, tapered at the end and usually made of tightly rolled paper, to blend and soften the shading marks)
8. With the pen, initial the front – create your unique initials to mark your work. Sign, date and add any comments on the back.
9. Reflect, breathe, appreciate. Pause to appreciate your creation and give thanks for the time to create.



The artful meditation and repetition of simple patterns quiets and focuses the mind, draws the body into the stillness, helps breathing slow and deepen as the contemplative process unfolds. You may want to use a centering word like God, Jesus, Peace, Love or have a Bible verse as your focus during your tangling time. Repeat the verse or word as you tangle and let it become part of your breathing.

### Official Zentangle website

<https://zentangle.com>

### For more patterns and the steps to create each

<http://tanglepatterns.com/zentangles>

There are many other websites, YouTube videos, Facebook groups. So many ways to learn and be inspired.

### Books

[One Zentangle A Day](#) – Beckah Krahula

[Joy of Zentangle](#) – Marie Browning

[The Book of Zentangle](#) – Rick Roberts & Maria Thomas

[The Great Zentangle Book](#) – Beate Winkler

[Drawing to God: Art as Prayer, Prayer as Art](#) – Jeri Gerding (other art and prayer practice ideas)

**Tools** can be found at craft stores, Amazon, Zentangle.com

- Sakura Pigma Micron Pen .01 recommended (I like .005) – available at craft stores, Amazon
- Pencil (no eraser) – for creating the string and for shading the tangles
- Tortillon/smudge stick – a small rolled paper tool used to manipulate and soften the pencil shading
- Artist's Tiles: 3 ½ x 3 ½ " tiles are the standard size for Zentangle.
- Any good quality smooth heavy paper can be used Sketchbook or paper to practice patterns

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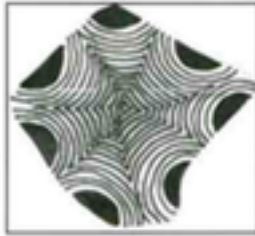
### Zentangle/Life Lessons:

- Breathe!
- There are no mistakes; no erasers needed.
- Anything is possible, one step at a time. Things that look complicated become manageable by being broken down into simple, repetitive strokes.
- Everyone is an artist, God's beloved creation, with a unique contribution to bring to the world. You are the only you there will ever be. Shine the light that only you can shine!

# Patterns

We will be learning and practicing the steps to make these patterns. The next page provides spaces for the drawing practice.

1. Crescent Moon



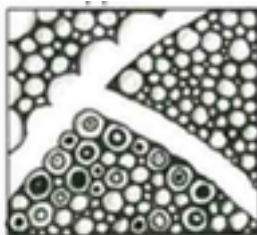
9. Static



13. Fescue



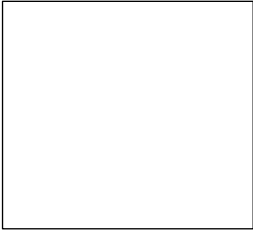
14. Tipple



For further info and more patterns that are listed on the next page, please visit: <https://youtu.be/iyRojPzyISE>  
YouTube: Zentangle Project Pack No. 10 Day 1 video

## Practice

1 Crescent Moon



2 Msst



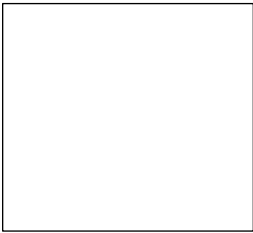
3 Xircus



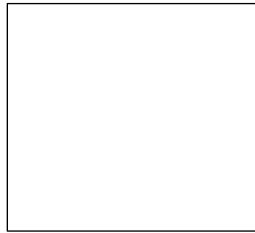
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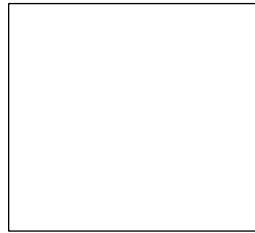
5 Chartz



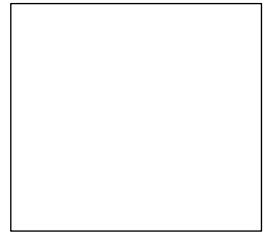
6 Printemps



7 Keeko



8 Florz



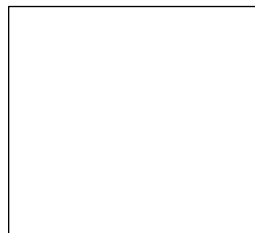
9 Static



10 Knightsbridge



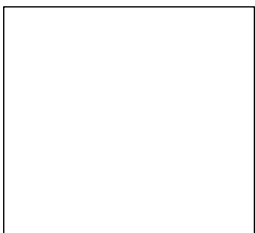
11 Hollibaugh



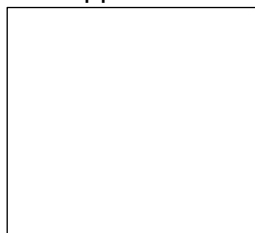
12 Pokeroot



13 Fescue



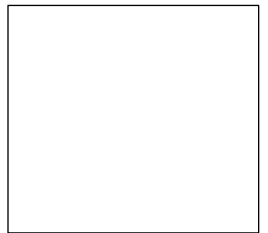
14 Tipple



15 Flux



16 Shattuck



17 Zander



18 Bales



19 Purk

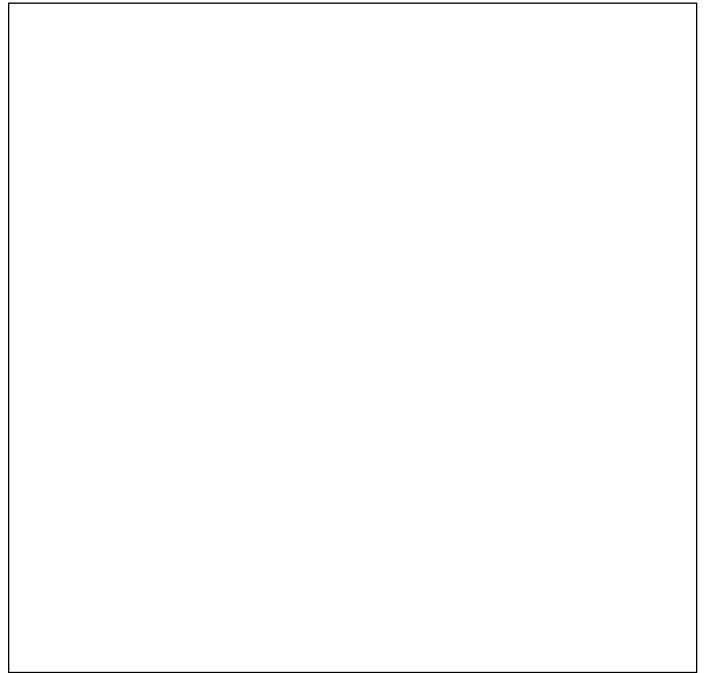
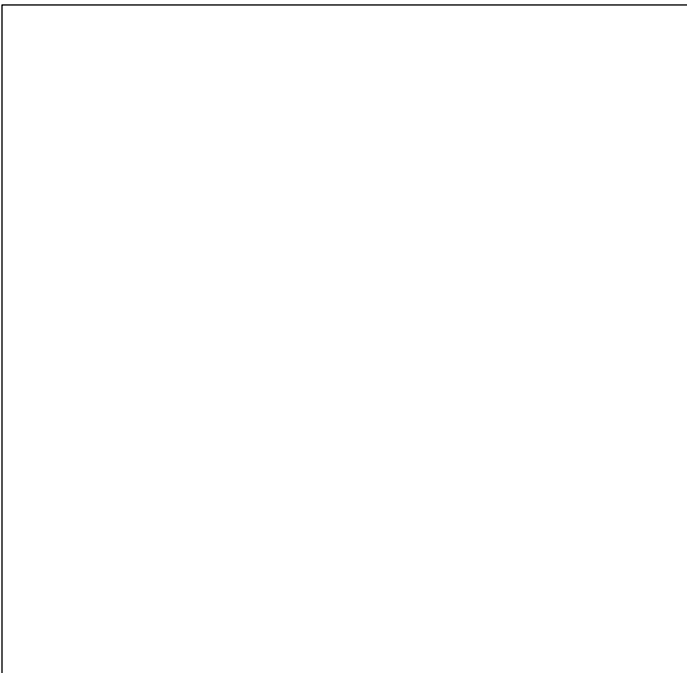
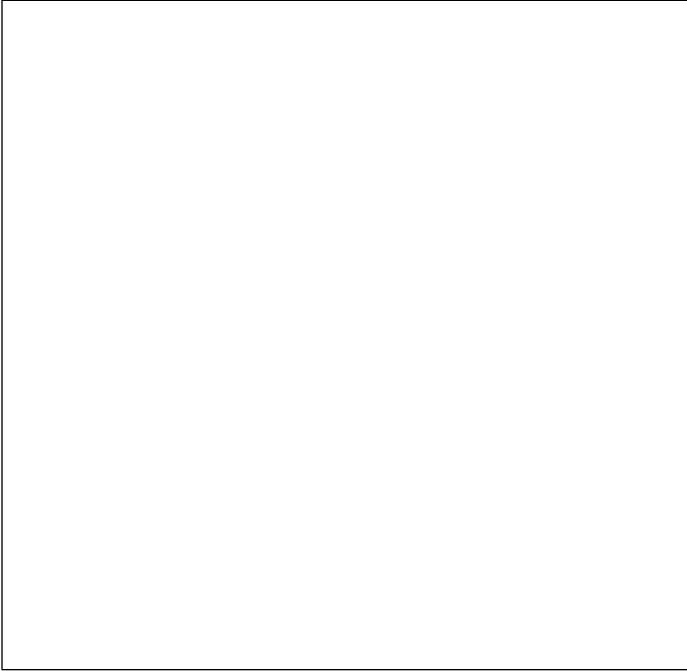


20 Flukes

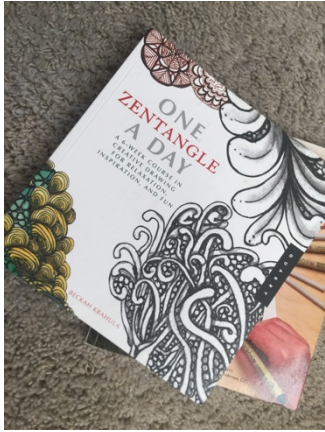


*Practice*

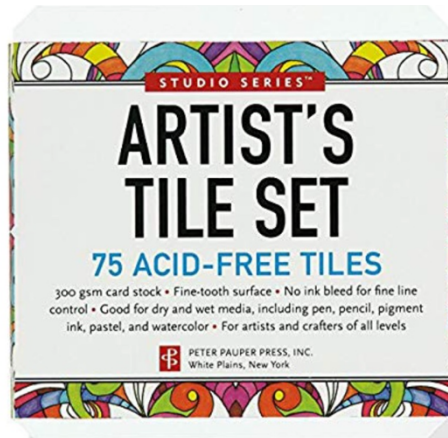
For final drawing time



## Basic Tools



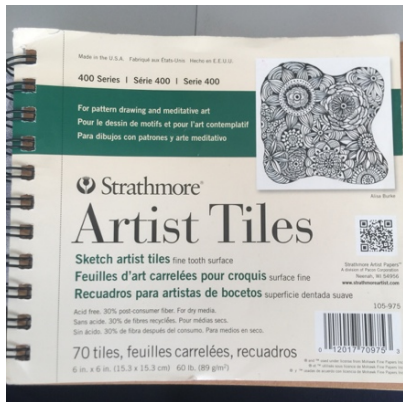
This is the book I started with. There are online resources as well.



I used these Artist's Tiles – available at craft stores/Amazon.



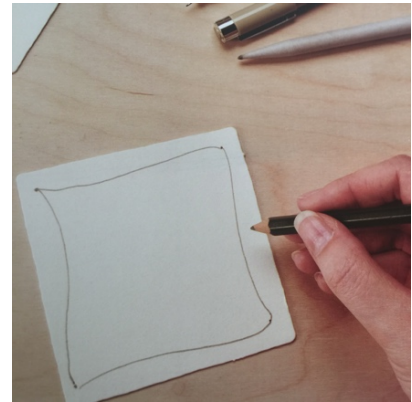
Sakura Micron Pen .01 or .005; Pencil; Tortillon Blending Stub



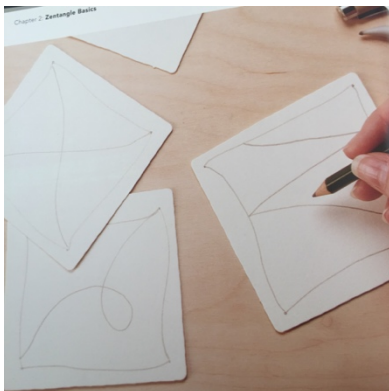
Practice sketchbook



Draw a dot in each corner with pencil



Draw a border with pencil.



Draw string-random line that divides the shape into sections.



Draw the tangle patterns in each section.



Use pencil to shade the tangles to add depth and dimension. Tortillon blending tool can be used to soften the shading.