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Drawing Your Way to Increased
Creativity, Focus, and Well-Being



Suzanne McNeill, CZT and
Sandy Steen Bartholomew, CZT

Design Originals Joy Of Zentangle

Anni Daulter, Niki Dewart



Design Originals Joy Of Zentangle:

Joy of Zentangle Marie Browning CZT, Suzanne McNeill CZT, Sandy Bartholomew, 2013-01-01 Zentangle R is an easy to learn method of pattern drawing that reduces stress while promoting creativity This book will introduce readers to the basic theory of Zentangle and provide instructions for drawing over 100 tangle patterns from such Certified Zentangle Teachers as Suzanne McNeill Sandy Steen Bartholomew and Marie Browning This beautiful book is filled with examples of Zentangle drawings as well as other art projects and compelling stories from those who have improved their well being through Zentangle Zentangle 9 Suzanne McNeill CZT, 2014-06-01 Bring your tangle designs to life with brilliant color Classic black and white Zentangle drawings resemble delicate etchings but color adds new excitement to your designs Inside you ll find 30 all new tangles with inspiring ideas for adding expressive color to your tangle art You ll love these easy and beautiful techniques for combining cool colors with mixed media Unleash your imagination and brighten your tangle experience with fresh ideas for flowers clever die cut techniques simple uses for stencils and tangle strings made from resist Discover the joys of using watercolor pencils markers glitter pens color pencils watercolor paints Pan Pastels Gelly Roll pens Radiant H2Os and colored pens Relax and feel the Zen as tangles flow from your hand in vivid living color Zentangle 10 Suzanne McNeill CZT, 2014-08-01 The design possibilities of Zentangle extend in many dimensions Combine the art forms of paper crafts and tangling to create memorable 3D keepsakes and one of a kind gifts for every season Dimensional paper crafts with tangles add range and depth to your Zentangle art Inside you ll discover wonderful paper projects for booklets greeting cards angels ornaments beads boxes accordion folds and more Try a Zentangle twist on traditional origami Enjoy being creative with 30 all new tangles You ll love these inspirational ideas and simple techniques *Zen Mandalas* Suzanne McNeill CZT, 2014-06-01 Explore the ancient teachings of the mandala through the process of Zentangle Mandalas connect the spirit offering symbols found in nature while helping to discover the inner self and acquire a sense of wonder Create beautiful drawings that reflect your vision and discover the infinite possibilities that spring from peace and creativity *Sacred Motherhood* Anni Daulter, Niki Dewart, 2016-07-05 Written for mothers seeking to fulfill their soul s work while simultaneously raising future generations Sacred Motherhood offers women on the path of motherhood a guide back to themselves It will help you embrace the reality that this is your spiritual life every moment of every day whether you are at the grocery store changing diapers arguing with your partner snuggling with your baby or dyeing your teenager s hair pink Greet the moments when you fall down as awakening opportunities every bit as holy and powerful as the moments you can drop in and bliss out Spanning the sacred and the mundane Sacred Motherhood is both a guide and a journal enticing you to pause momentarily to reflect and write and then return to your mothering tasks armed with a fresh perspective renewed vision practical tips and creative ideas for enriching family life For fifty two weeks a year of sacred motherhood the chapters illuminate subjects that are likely to arise as the mothering journey unfolds and present thoughtful prompts and helpful

reminders relating to you your soul and your child *Zentangle Dingbatz* Brian Crimmins CZT,2021-01-01 Dingbatz are an easy way to incorporate the fundamentals of Zentangle into a wide variety of creative projects and bring attention and mindfulness to the smallest corners of your life Fun complement to hand lettering scrapbook and art journaling projects Beginner friendly with few materials required to get started Techniques to practice and a world full of canvases to bring beauty and joy to others Author Brian Crimmins is a coach speaker and Certified Zentangle Teacher who uses the Zentangle Method in his individual and group coaching and workshops Use Dingbatz to add flair to whatever you re working on they provide a wonderful complement to any hand lettering scrapbook and art journaling project Small enough to provide a sense of instant gratification when you make them these Zenbellishments require few materials making them accessible to all skill levels from beginner to advanced This book will introduce you to how Dingbatz are constructed and how to build from that basic structure to create designs uniquely your own Zentangle Dingbatz includes a variety of projects that will allow you to practice using Dingbatz not only as stand alone designs but also as accents and enhancements to other art projects

AlphaTangle Sandy Bartholomew,2014-10-01 Revised and updated this indispensable guide to Zentangle lettering jump starts your creativity and relaxation with the addictive art form called Zentangle Small in size and packed with tangles Alpha Tangle is the perfect reference for all your tangled lettering **Zentangle 11** Suzanne McNeill CZT,2015-04-01 Discover how to tangle with quotes sentiments and uplifting words Give your drawings a voice by combining letters with inspirational Zentangle art Text inspired tangling can be anything you want it to be from classic tiles to expressive shapes and words You can make your letters fun and casual or formal and flowery with messages that are personal social reverential or whimsical Use them to create motivating and meaningful note cards bookmarks gifts fine art and more You don t need to be a calligrapher to create awesome art with the elegant letters and 28 original new tangles inside Use the bonus workbook to explore sample alphabets learn new techniques and practice tangling **The Beauty of Zentangle** Suzanne McNeill CZT,Cindy Shepard CZT,2021-02-01 Zentangle R is fast becoming a worldwide phenomenon attracting individuals from all walks of life The Beauty of Zentangle celebrates this simple but elegant new craft with hundreds of sensational one of a kind designs from around the world This invitation only collection of the very best Zentangle inspired art includes stunning masterpieces from breakthrough artists and CZTs like Suzanne McNeill Cindy Shepard Marie Browning Sandy Steen Bartholomew and many more Their inventive tangles are at the forefront of a new wave of creative expression and personal freedom **Zentangle 12, Workbook Edition** Suzanne McNeill,Cindy Shepard,2015-12 Explore the latest and coolest black white tangle tangle techniques with 10 innovative methods 30 original tangles and a bonus 16 page workbook Zentangle 12 offers exciting Ideas for punched shapes torn paper stencils inkblots clayboard straw blowing Notan and more

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