

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs.

Zentangle art is non-representational and unplanned so you can focus on each stroke and not worry about the result. There is no up or down to Zentangle art. You don't need to know what a tangle is going to look like to draw it. You just need to know the steps. The result is a delightful surprise.

As you use the Zentangle Method to create beautiful images, you likely will enjoy increased focus, creativity, self-confidence and an increased sense well-being. During the time you're 'tangling', Most describe a 'flow state' similar as to when you're experiencing mindful meditation.

There deliberately is not an eraser in Zentangle. We have no eraser in life, so why in Zentangle? There's little use for it when you think about it. Even if those pen marks aren't initially what you might have intended (we never call them "mistakes" in the Zentangle Method), you can use them as inspirations to go in directions that you may not have otherwise explored. Instead of looking at them as mistakes, we reframe them as "opportunities."

By avoiding common blocks to creative flow such as: self-criticism, fear of failure, lack of immediate positive feedback, worrying about outcomes, frustration with lengthy training, lack of inspiration and doubts about what to do next, you can create beautiful art right away.

General areas that a Zentangle practice benefits include help moving through the following:

- < Depression
- < Anxiety,
- < Phobias,,
- < Addictions,
- < Grief and loss,
- < Pain management,
- < Workplace burnout

There are two current studies sponsored by UMass with medical students and those who have been diagnosed with bipolar and unilateral depression