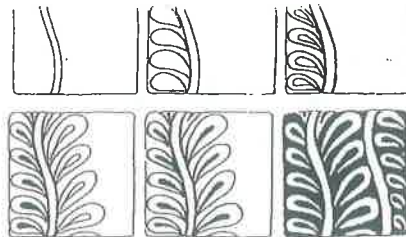
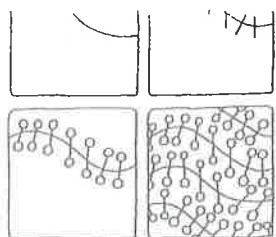


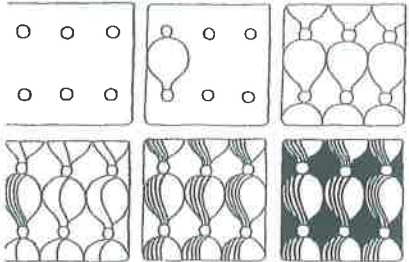
Munchin*
*original Zentangle design



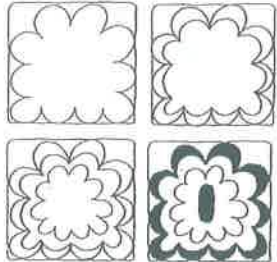
Growth



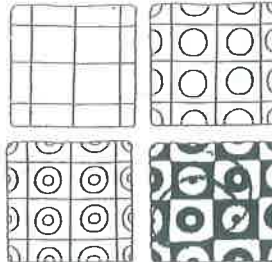
Wired



Lightbulbs

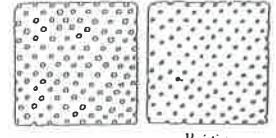


Keyhole



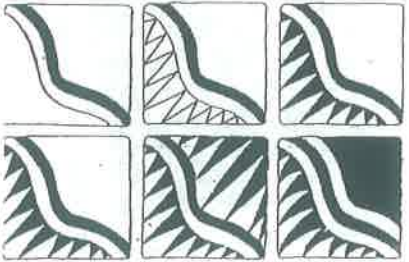
Targets

Practice a new tangle pattern every day and draw a new tile design every day.



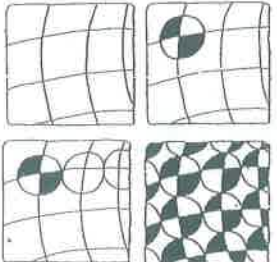
Polka Dots

Variation

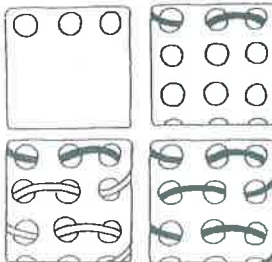


Sunshine & Shadow

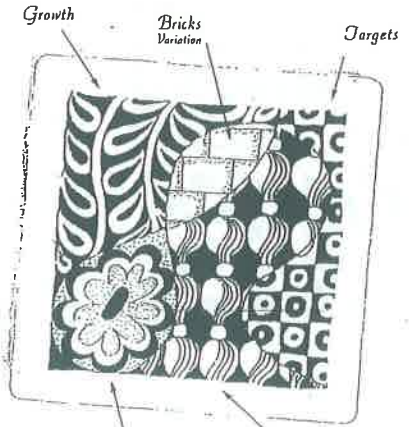
Zentangle 3



Quarters



In and Out



Growth

Bricks Variation

Targets

Keyhole

Lightbulbs

Zentangle 3



Moon Walk
page 5



Printemps*
page 6



Hollibaugh*
page 6



Lightning Bolt
page 6



Chartz* Adaptation
page 12



Waves
page 12



Knightsbridge*
page 12



Tagh*
page 12



Chevron
page 13



Tulls
page 13



Fence
page 13



Connectors
page 14



W2*
page 14



Flying Geese
page 14



Web
page 14



Flukes*
page 15



Cross Stitch
page 15



Keeko*
page 15



Squares
page 16



Growth
page 16



Cubine*
page 16



Corn Rows
page 16



Swirls
page 17



Queen's Crown
page 17

*original Zentangle design

Where to find more patterns...

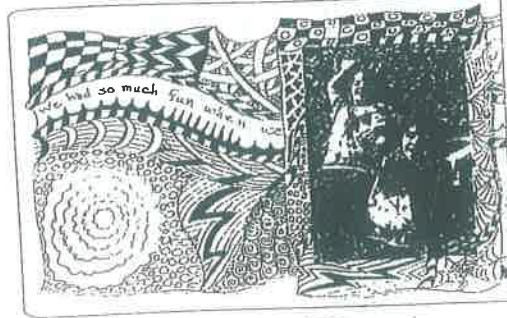
Start with the basic patterns in this book. Then check out books two and three. More designs can also be found at zentangle.com in the newsletters and gallery.

Also look at quilts, books, furniture, nature, illustrations and the bottoms of sport shoes. Wonderful patterns and designs are everywhere.

I learned about "Zentangle" when my friend Mary Ann White emailed a link to a website along with "Here's something you might like." I went to zentangle.com and ordered a kit right away. I love drawing Zentangle patterns.

Gayle Bunch is an innovative elementary art teacher. Gayle suggested many of the wonderful educational ideas in this book.

My enthusiasm really blossomed when I attended a seminar and workshop taught by the Zentangle originator, Mary Thompson.



Journal Pages and Scrapbooks

Zentangle is the perfect way to embellish your journal page. As you follow the process of Zentangle steps, your mind will relax into the flow of creativity. Words will come easily and blend with the patterns in an artistic manner.

Tip: Add small photos and memorabilia between the section

Tip: In traditional Zentangles, there is no color other than black, gray and white. Each person has their own way of doing Zangles, so you can embellish your designs any way you like.



Suzanne McNeill
Suzanne is known as "the Trendsetter" of the craft industry.

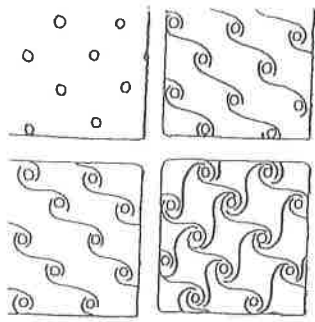
Dedicated to hands-on creativity, she constantly tests, experiments and invents something new and fun.

Suzanne is the woman behind Design Originals, a publishing company dedicated to all things fun and creative. She is a designer, artist, columnist, TV personality, publisher, art instructor, author and lover of everything hands on.

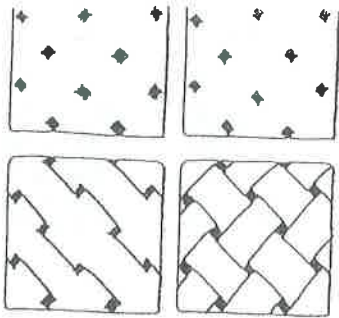
Visit Suzanne at blog.suzannemcneill.com to see books, events and a "Zentangle of the Week."



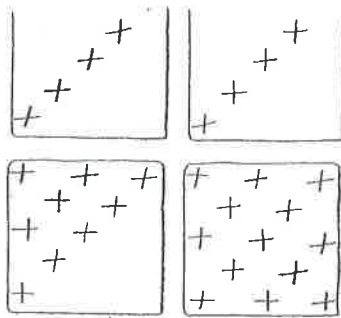
You'll find wonderful resources, a list of certified teachers and workshops, a fabulous gallery of inspiring projects, kits, supplies and tiles at zentangle.com



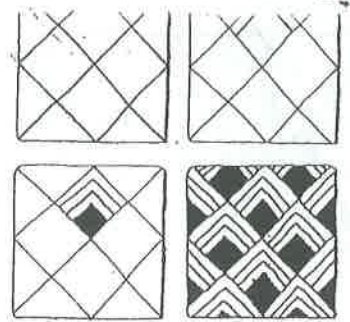
Innectors
variation of Cadent - original Zentangle design



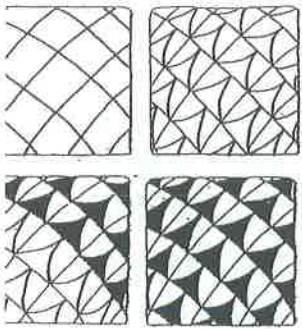
*W2**
*original Zentangle design



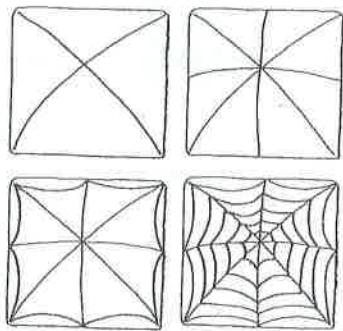
Cross Stitch



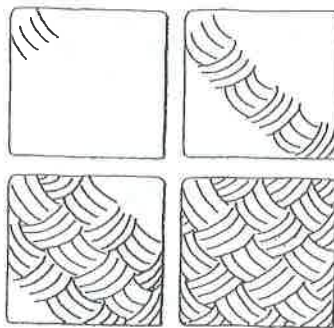
*Flukes**



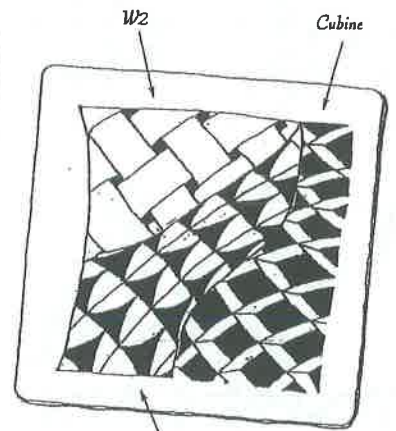
Flying Geese



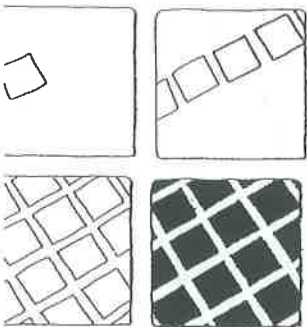
Web



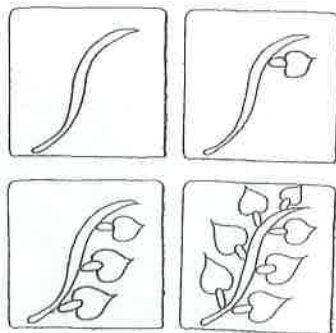
*Keeko**
*original Zentangle design



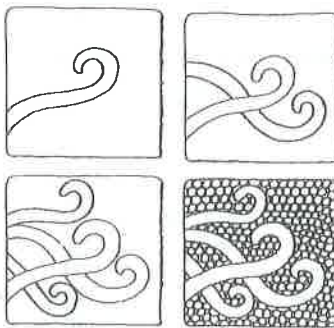
Flying Geese



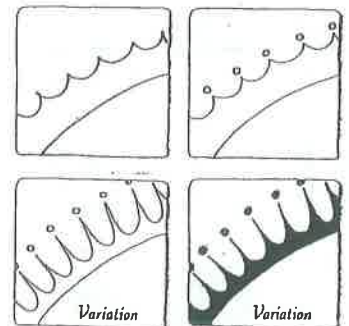
Squares



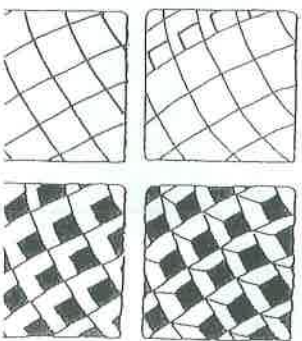
Growth



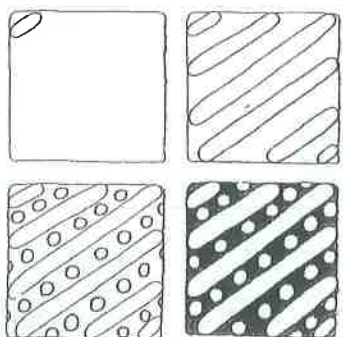
Swirls



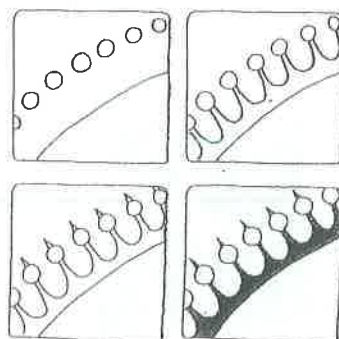
Queen's Crown



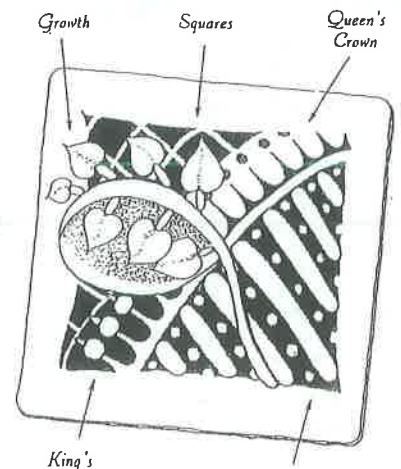
Crown
original Zentangle design



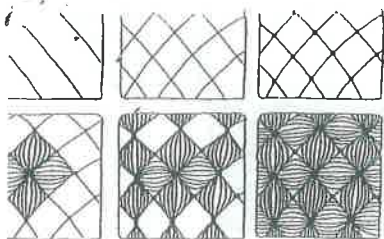
Corn Rows



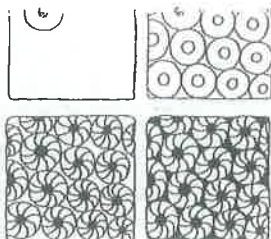
King's Crown



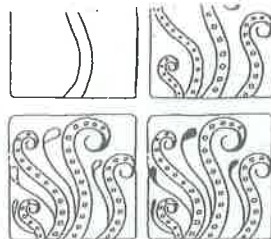
King's



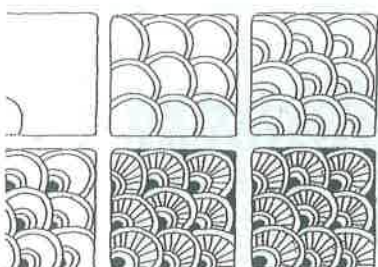
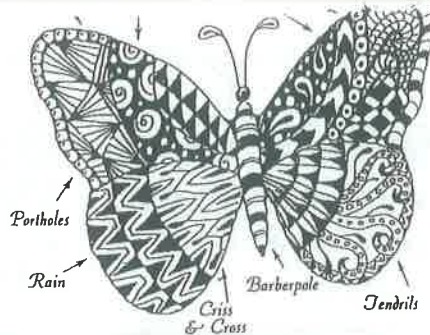
cut*
not Zentangle design



Loops

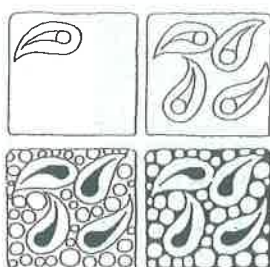


Tendrils



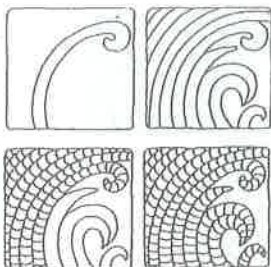
lops

Variation with Shading

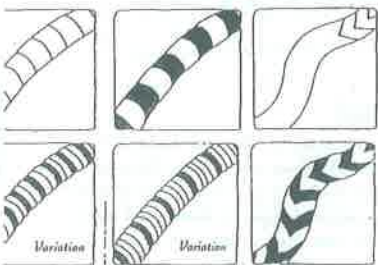


Droplets

Variation

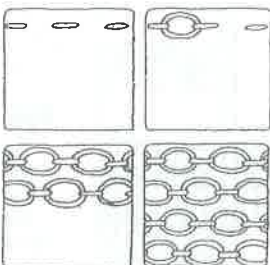


Sprouts

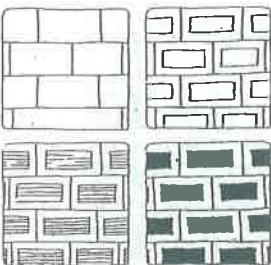


Barberpole

Chevron

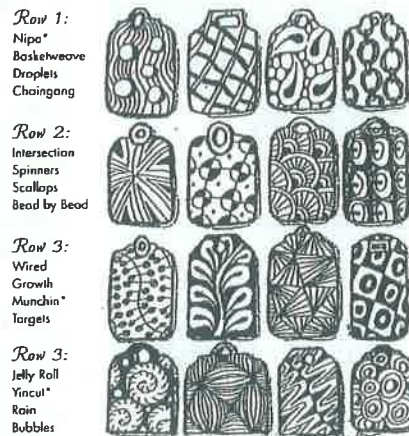


Chaingang



Bricks

Variation



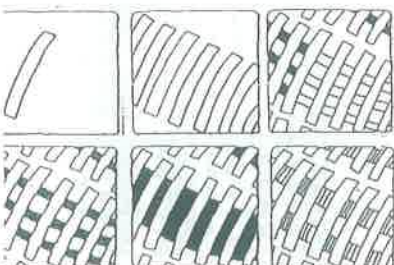
Row 1:
Nipa*
Basketweave
Droplets
Chaingang
Row 2:
Intersection
Spinners
Scallops
Bead by Bead
Row 3:
Wired
Growth
Munchin*
Targets
Row 3:
Jelly Roll
Yincul*
Rain
Bubbles

Use Portholes Rubber Stamp #2014-A 'Blank Collage Tags' as an outline.

Index of Tangles...

These tag shapes are the perfect size to create an index of all the tangle patterns and variations that you have practiced and learned. It is a ready reference for drawing new creations.

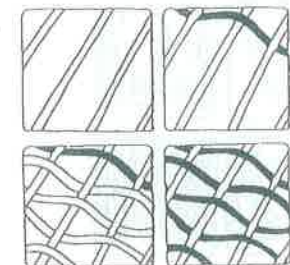
TIP: Cut out each tag, write the name of the tangle on the back. Place all the tags in a jar. When you make your next Zentangle, draw one tag out of the jar at a time then draw that tangle in a section. Repeat for each section.



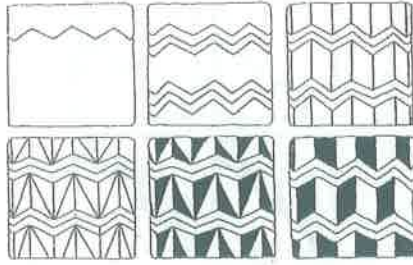
Plats

Variation

Variation



Basketweave

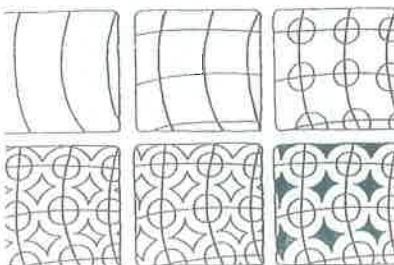


Jump

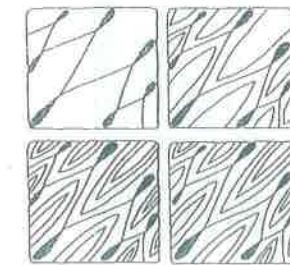
Variation



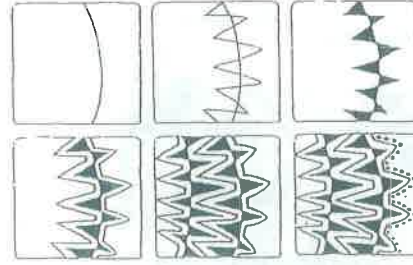
Use Hero Arts Rubber Stamp #KS112 'Fancy Dress' as an outline. Fill each section with a different tangle pattern.



Fopscotch



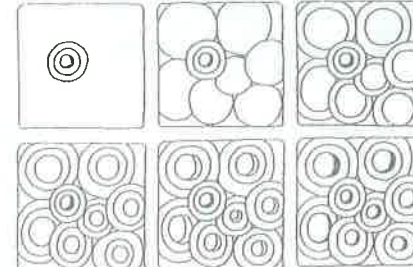
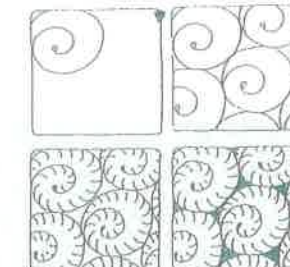
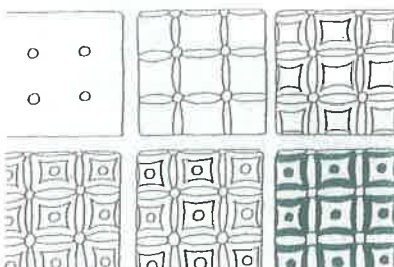
Criss & Cross



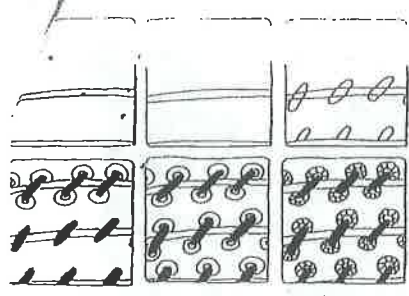
Rain*

*original Zentangle design

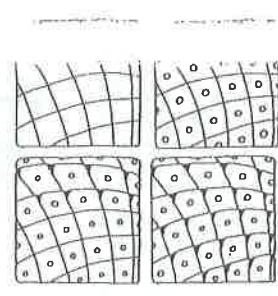
Variation



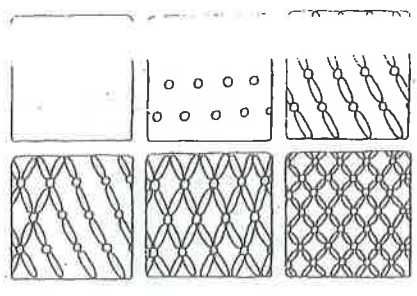
Use Sompufe Rubber Stamp #M12415 'Man in the Moon' as the center. Draw small rays around the center then...



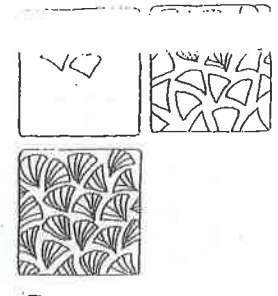
Laced Variation



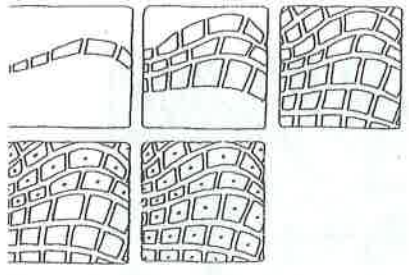
Pillows



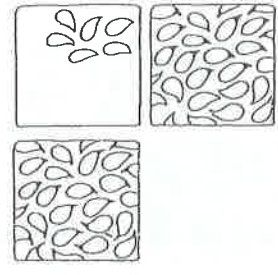
Netting Variation



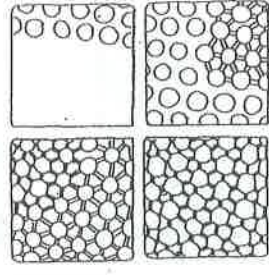
Fans



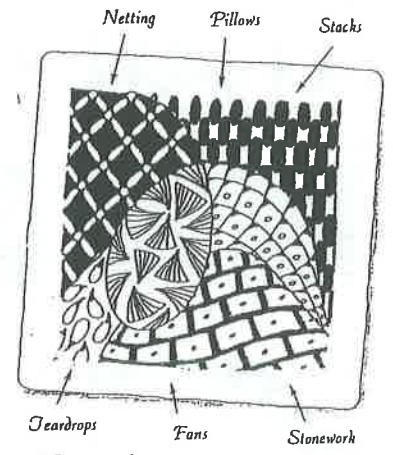
Stonework



Teardrops

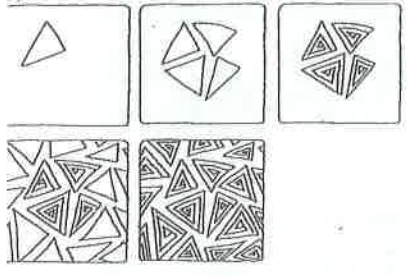


Networking

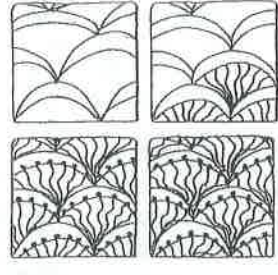


Zen Personal

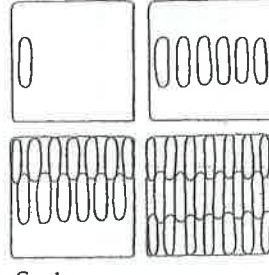
Scrapbookers are drawn into Zentangle because it is uniquely personal. The stories are your own. The pages are crafted by your hand using your interpretation of events. Zentangle is particularly appealing because each tangle is as unique as its artist. Even if two people use the same tangle design, no two completed tangles are the same. Each creation is as personal as your fingerprint.



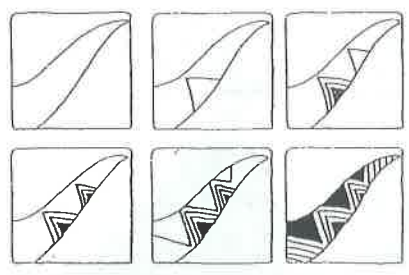
Mosaic



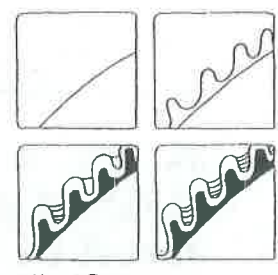
Coral



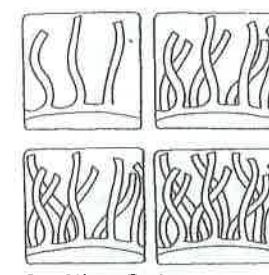
Stacks



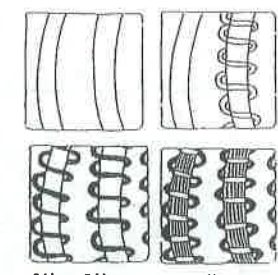
Zig Zag Border



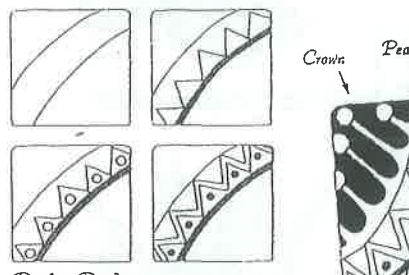
Wavy Border



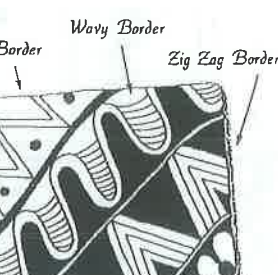
Sea Weed Border



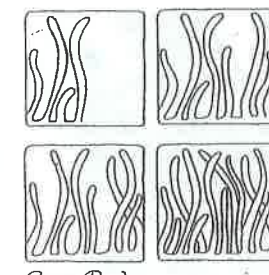
Wire Wrap Variation



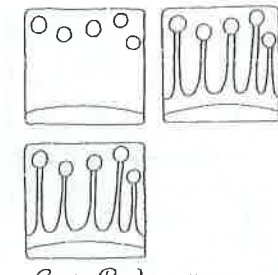
Peaks Border



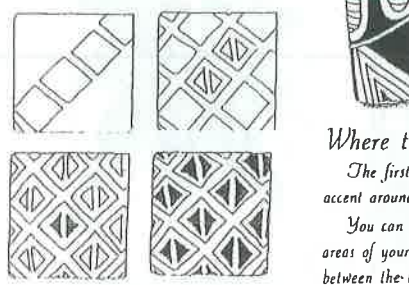
Crown Peaks Border Wavy Border Zig Zag Border



Grass Border - Variation



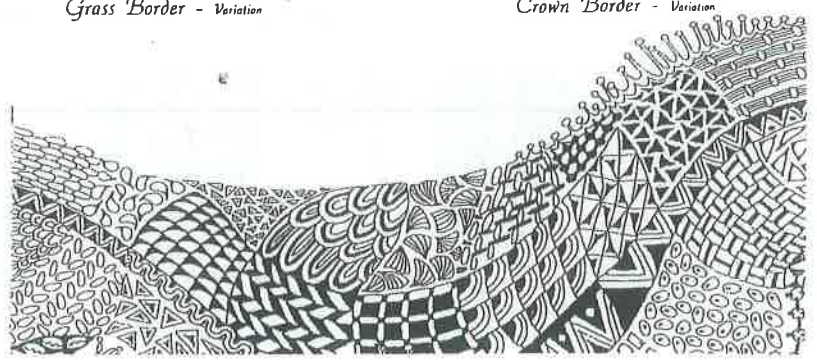
Crown Border - Variation

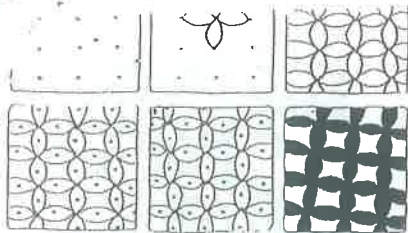


Crown Border

Where to use Borders

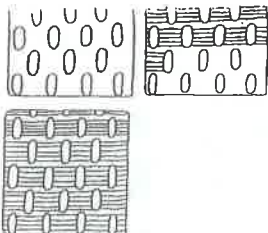
The first place to use border Tangles is as an accent around the edge of a large design. You can also run a parallel 'string' in selected areas of your piece and add a border Tangle between the lines to separate sections.



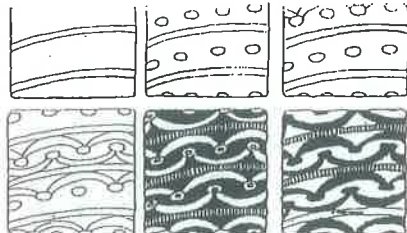


Compass

Variation



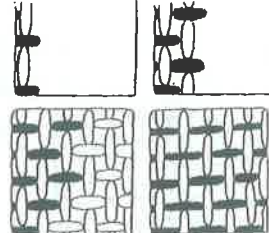
Bundles



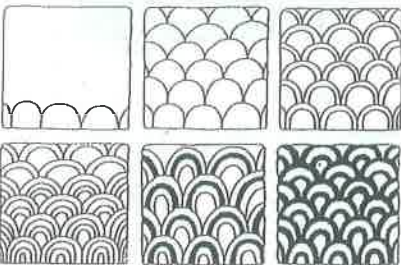
Posh

Variation

Variation

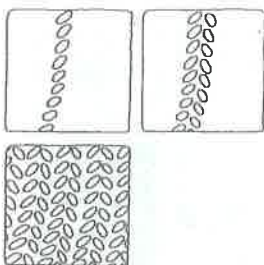


Woven

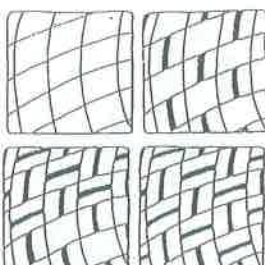


Feathers

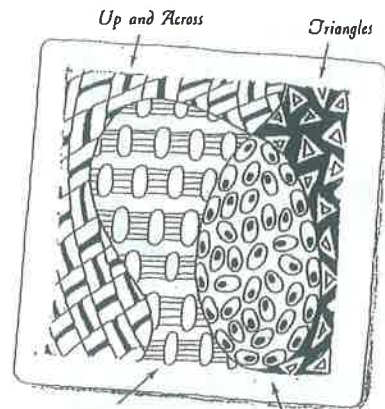
Variation



Knitting

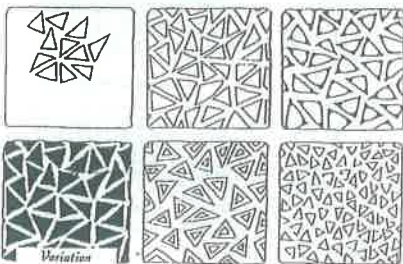


Up and Across



Bundles

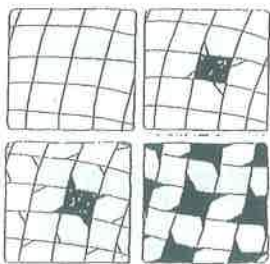
Black Eyed Peas



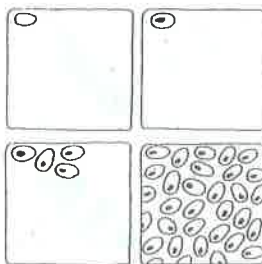
Triangles

Variation

Variation



Friendship Star

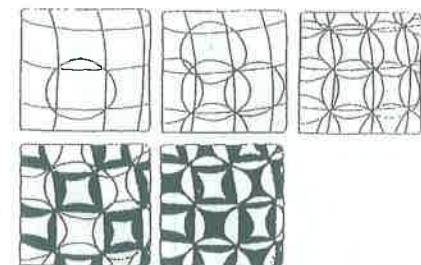


Black Eyed Peas

Round Robins

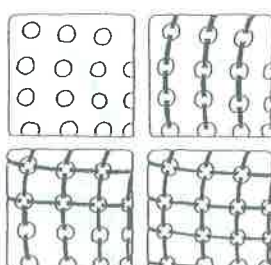
Looking for something adventurous? Consider a Zentangle exchange where you give a group your page and photos and each member adds something like a border, title, embellishment or journaling box. Because Zentangle is done in steps, it can be finished at a crop, party, or social hour. It's really fun to start, then pass the designs from left to right, with everyone doing a step. When the project gets back to its originator, each person has a wonderful collage created by their friends.

Zentangle 2 - Updated 11

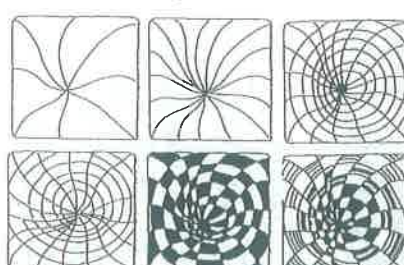


Euclid

Variation

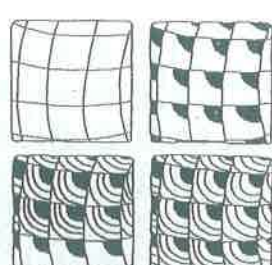


Link to Link



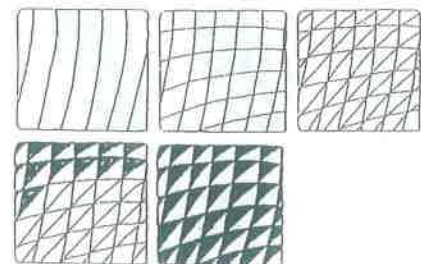
Twilight Zone

Variation

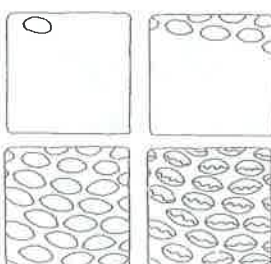


Beelight

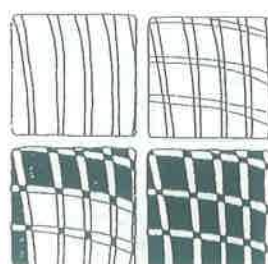
*original Zentangle design



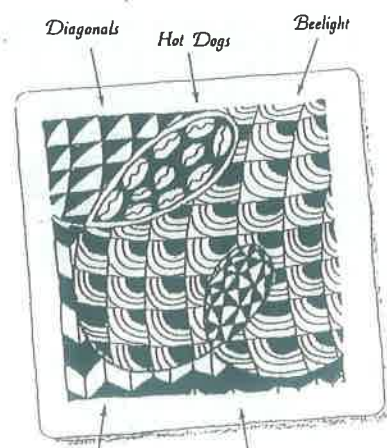
Diagonals



Hot Dogs



Black Box

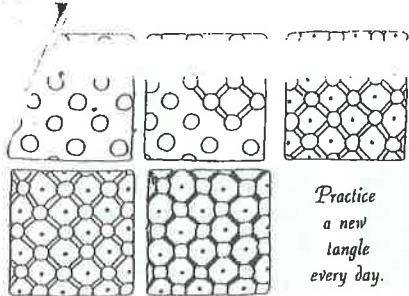


Chevron

Pinwheels

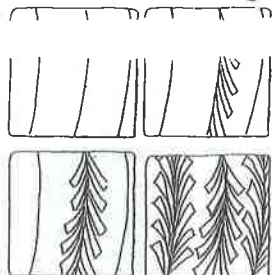
Organize a 'Club Tangle'

Enthusiastic 'Tanglers' who have taken the introductory class often meet regularly to share tangle creations and learn about new patterns. Clubs form a camaraderie and members show how to use tangles on pages and cards. This infectious

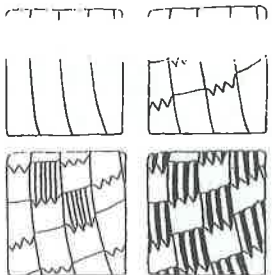


Honeycomb Variation

Practice a new tangle every day.



Feather Duster



Flags

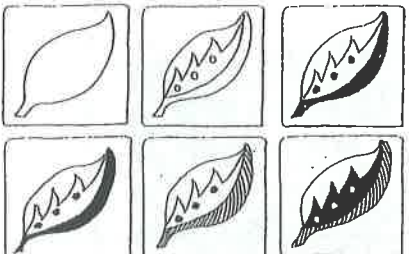
Pyramids Deco Border



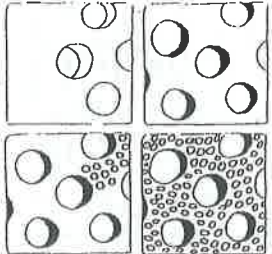
Peacock Tail

Moon Rocks

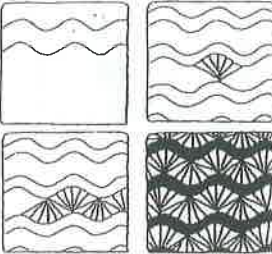
Yin-Yang Leaf



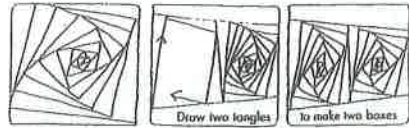
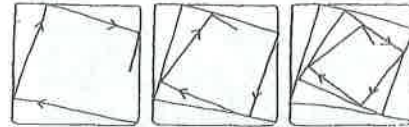
Deco Leaf Variation



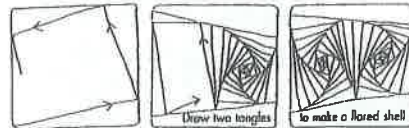
Space



Asian Fans



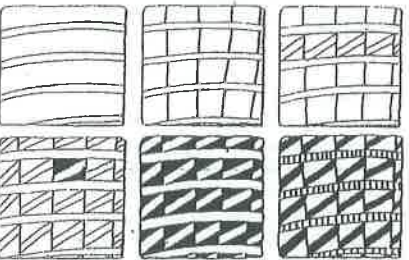
Rick's Paradox *original Zenangle design



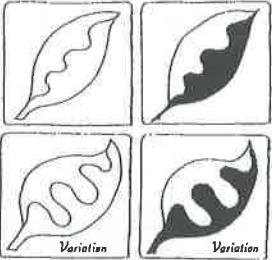
Rick's Paradox - Shell *Variation

look closely. Draw the same pattern for the second tangle, but draw the lines going in the opposite direction. This creates the 'flared shell' design

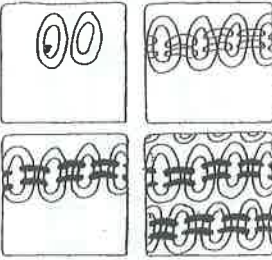
Zentangle 4



Balconies Variation

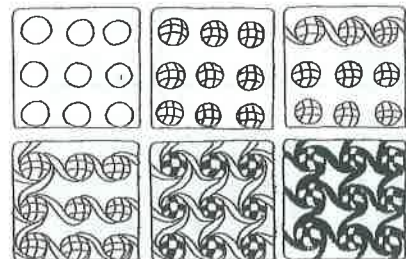


Yin-Yang Leaf

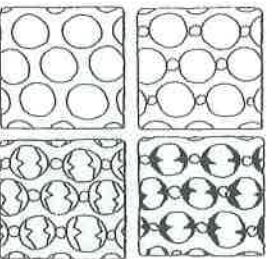


Well Connected

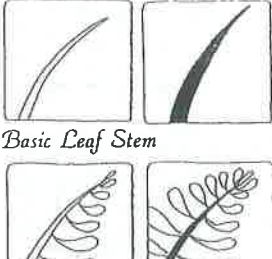
Zentangle 4



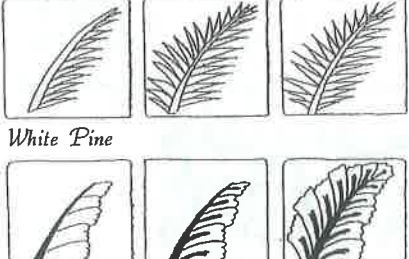
Swirl Variation



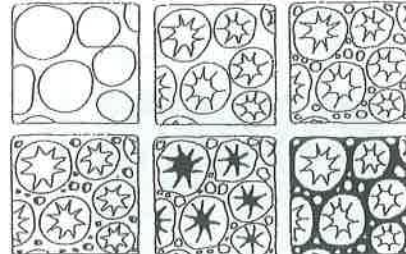
Holiday Garland



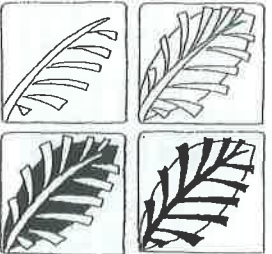
Basic Leaf Stem



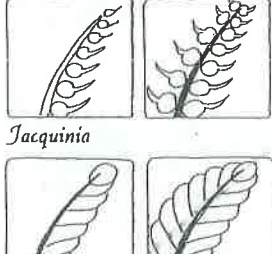
White Pine



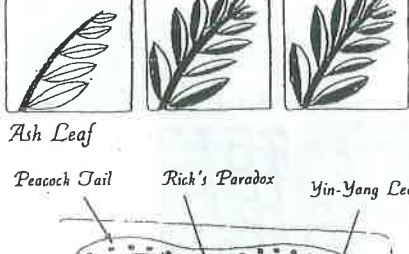
Moon Rocks Variation



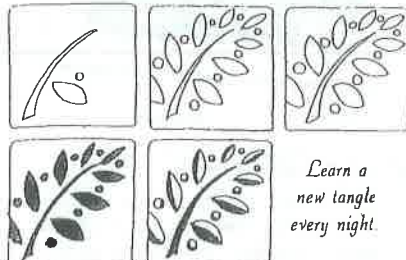
Cocoa Leaf Variation



Banana Leaf

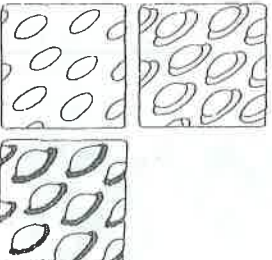


Ash Leaf Peacock Tail Rick's Paradox Yin-Yang Leaf

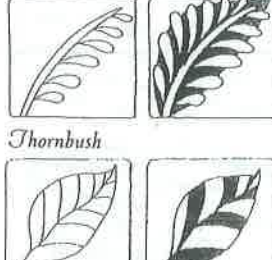


Winterberry Variation

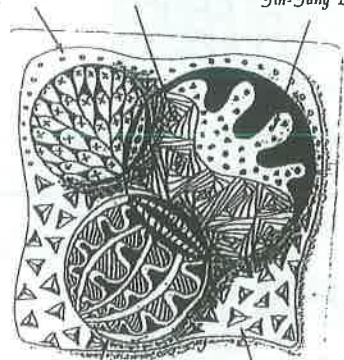
Learn a new tangle every night.



Fluted Saucers



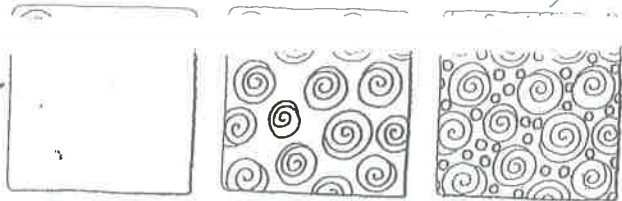
Thornbush



Deco Border

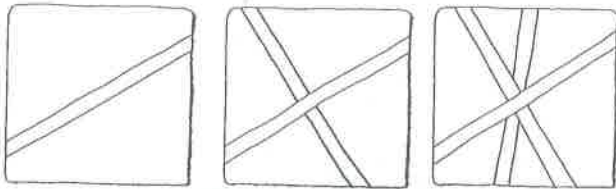
Pyramids

... draw a circle template to draw three circles.



Printemps*

1. Draw a small spiral, sort of like a cinnamon bun or jelly roll. Start with a small "C" shape then spiral around it and close the end of the spiral.
2. Make more spirals to fill the section.
3. Add small circles to fill spaces in the section.
4. Color the background with black.

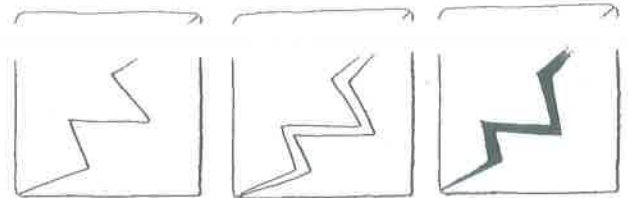


Hollibaugh*

1. Draw two parallel lines across a section.
2. Rotate the tile then draw another pair of lines letting the shape appear to go "under" the first one.

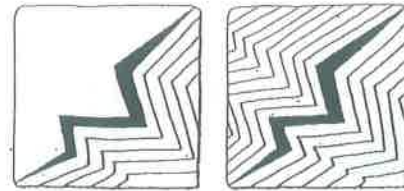
3. Rotate the tile again and draw another pair of lines that goes under. Rotate and repeat until the section is filled.
4. Color the background with black if desired.

*original Zentangle design



Lightning Bolt

1. Draw a zigzag line from one corner of a section to the other side.
2. Draw a second zigzag line parallel to the first one (let the lines join at the ends).



3. Color the zigzag shape with black.
 4. Draw on the right side of the black bolt to add an echoing line (don't let the lines join at the ends). Draw additional zigzag lines to fill the section.
 5. Turn the tile and draw on the other side of the black bolt to fill the section.
- Tip: If you are left-handed, draw on the left side.

Optional...

Shading Your Zentangle

Shading adds a touch of dimension.

1. Use the side of your pencil to gently color areas and details with gray.

Where to add shading...

- In the center of the Moon Walk section
- On one side of each Spiral
- On the right and left of the first set of parallel lines
- On the lower zag of each parallel zigzag line
- Along the edge of some sections to add depth to the sections of the design
- Along the right edge and the bottom of your finished shape, about 1/8" wide, to "raise" it off the page

Note: Use shading sparingly.



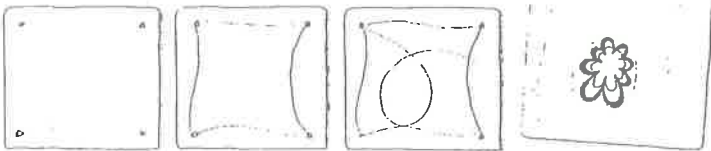
Use the pencil to add shading and use a paper stump to rub the pencil to smudge and blend the gray areas.

Traditional Zentangle...

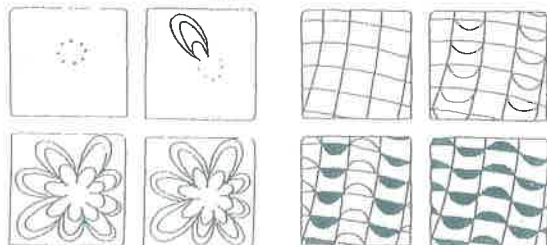
A very simple process is part of every traditional Zentangle.

1. Make a dot in each corner of your paper tile with a pencil. Connect the dots to form a basic border.
 2. Draw guideline "strings" with the pencil. The shape can be a zigzag, swirl, X, circle or just about anything that divides the area into sections.
- It represents the "golden thread" that connects all the patterns and events that run through life. The lines will not be erased but become part of the design.
3. Use a black pen to draw Tangle patterns into each section formed by the "string".
 4. Rotate the paper tile as you fill each section with a pattern.

How to Get Started... from the 'Zentangle Basics' book



1. Use a pencil to make a dot in each corner
2. Connect the dots with the pencil
3. Draw a "string" with the pencil as a guide line. Try a Z zigzag, a 3 loop, an X, X, or a swirl.
4. Switch to a pen and draw tangle patterns in each section formed by the "string". When you cross a line, change the pattern. It is OK to leave some sections blank.



Ribbon Bow

1. Make 8 dots in a circle, close to the center of any section
 2. Draw a curved line to connect 2 dots. Draw a second curved line. Draw a third curved line close to the center
 3. Draw additional curved lines to connect all 8 dots
- Optional: Color the ribbons with black

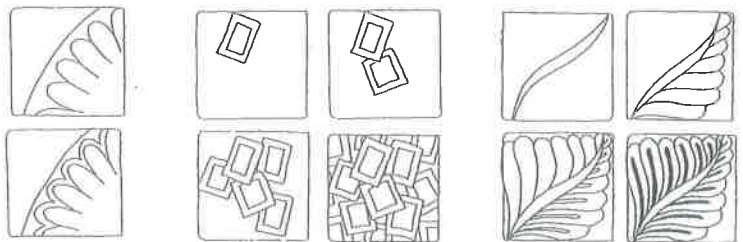
Wiggle Waves

1. Draw vertical lines and horizontal lines to form a grid
2. Make curved lines under each line in every other row
3. Color the curved spaces with black
4. Make curved lines over each line in the remaining rows
5. Color the spaces with black

Each Tangle is a unique artistic design and there are hundreds of variations. Start with basic patterns, then create your own.

With Zentangle, no eraser is needed just as in life, we cannot erase events and mistakes. Instead, we must build upon them and make improvements from any event.

Life is a building process. All events and experiences are incorporated into our learning process and into our life patterns.



Fan Border

1. Draw curved lines with long points on one side of a line or an outside border.
 2. Draw a halo line inside of the long points.
- Optional: Add additional halo lines if desired

Rectangles

1. Draw a rectangle shape. Draw an interior rectangle shape.
2. Draw a second rectangle. Stop the line so it looks like this rectangle is underneath the first rectangle. Draw on interior rectangle shape.
3. Draw additional rectangles, stopping so the lines look like these rectangles are underneath the first rectangles. Draw interior rectangle shapes.
4. Fill the entire section with rectangles.

Frond

1. Draw 2 lines to form a stem, the line should touch at each end.
2. Draw a small curved line at one end on the right side. Draw additional curved lines, increasing the size to fit the section.
3. Draw curved lines on the left side
4. Draw a long vein in each space. Color the veins with black.

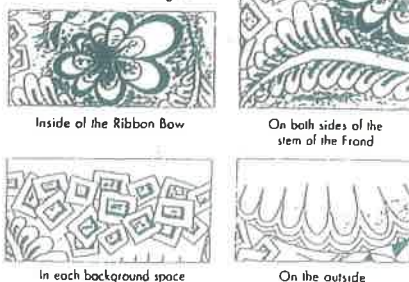
Optional...

Shading Your Zentangle

Shading adds a touch of dimension

1. Use the side of your pencil to gently color areas and details gray
 2. Rub the pencil areas with a "paper stump" to blend the gray
- Note: Use shading sparingly. Be sure to leave white sections white

Where to add shading...



Inside of the Ribbon Bow

On both sides of the stem of the Frond

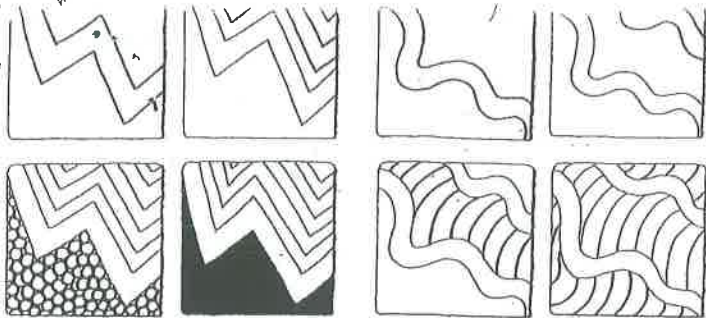
In each background space

On the outside



Use a pencil to add shading and use a "paper stump" to rub the pencil areas to smudge, soften and blend the gray shadows.

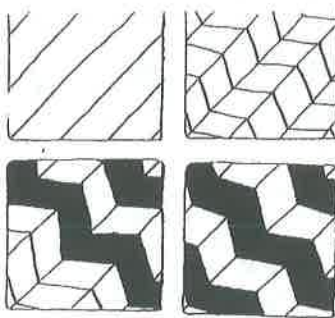
Add shading along the right edge and the bottom of your finished shape. Make the shading...



Chartz* Adaptation

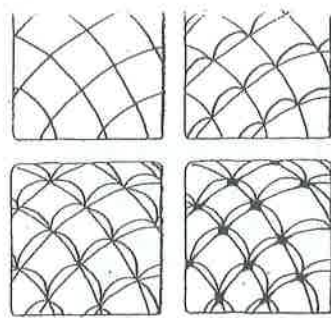
Variation

Waves



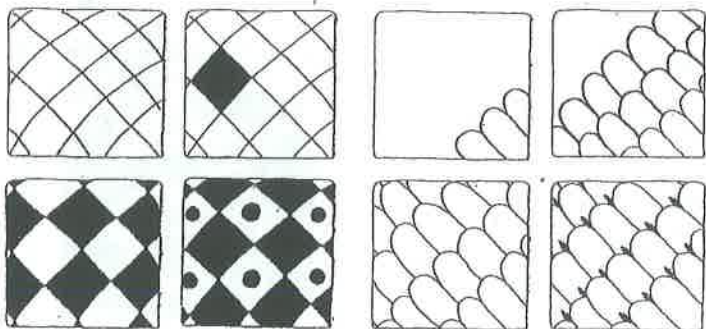
Chevron

variation of Jonqal - original Zentangle design



Tufts

variation of Chillon - original Zentangle design

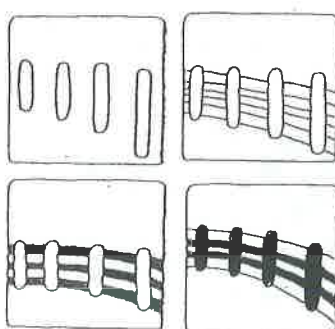


Knightsbridge*

*original Zentangle design

Variation

Jagh*



Fence

Variation

