

## A THOUSAND MILES OF DESERT & MOUNTAINS

Zentangle is a structured form of drawing, developed by Maria Thomas and Rick Roberts. The method involves setting down four points, connecting those four points to create a border, and drawing a light line separating your shape into sections. Then, using any combination of zentangle patterns, fill in the various sections to create your design. As a final step, you can use a pencil or pen to shade your zentangle to create more depth in your illustration.

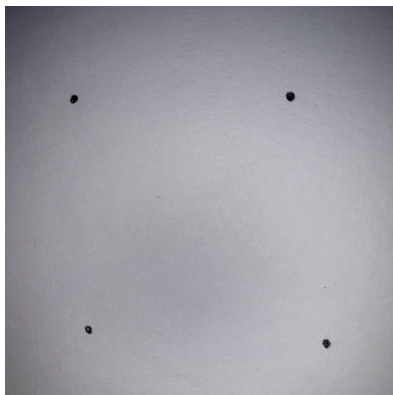
Zentangle drawing is meant to be relaxing, fun and almost meditative because of the repetitive nature of the patterns.

In our series we'll be learning 8 patterns but there are literally hundreds and of course, you can always make up your own.

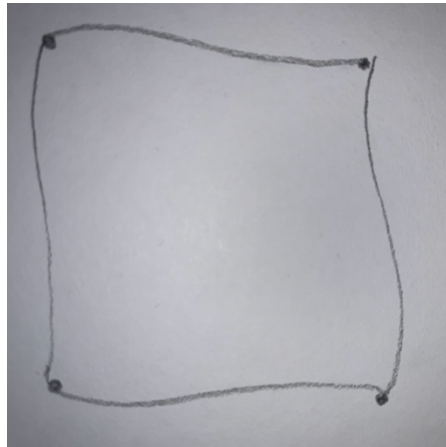
To learn more about zentangles, check out Maria and Rick's website [www.zentangle.com](http://www.zentangle.com).

### **How to get started:**

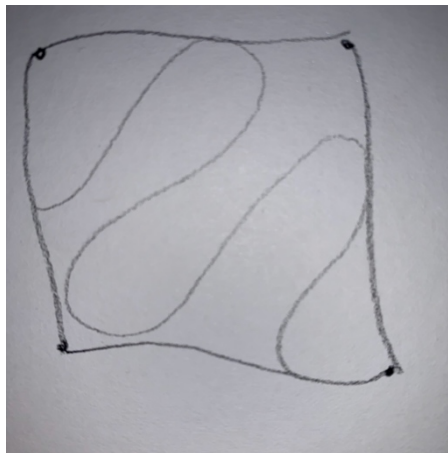
- 1) Draw four points in roughly a square (you can use pencil for these first 3 steps)



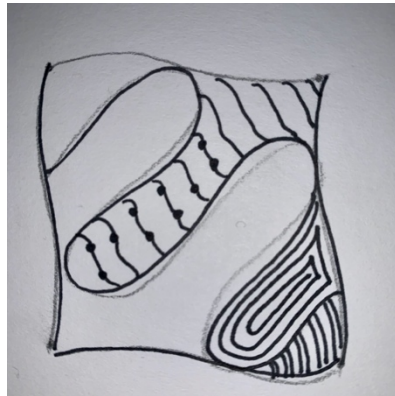
2) Connect the four points to create your tile



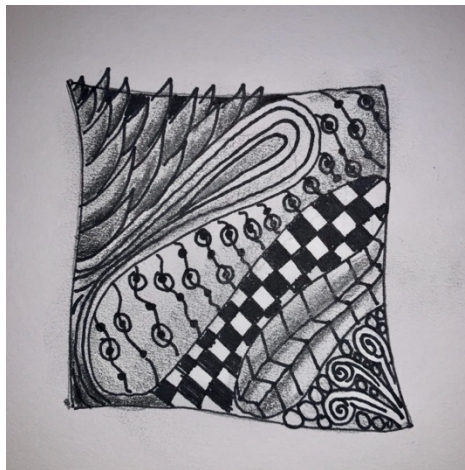
3) Lightly draw a line across your tile, separating the space into sections. This line is called a "string."



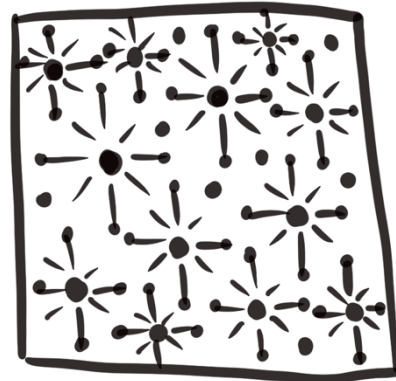
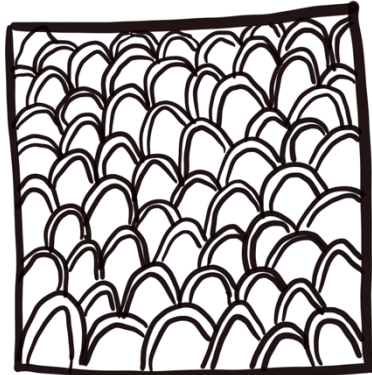
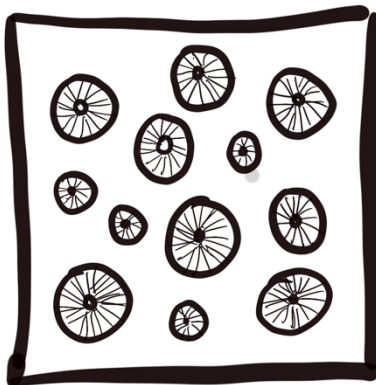
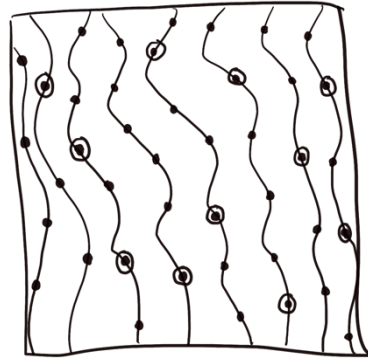
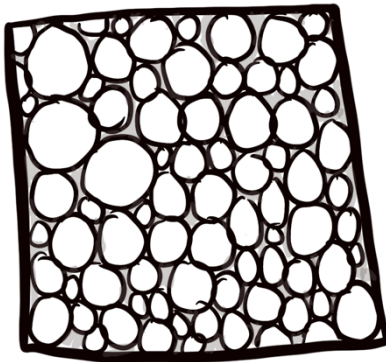
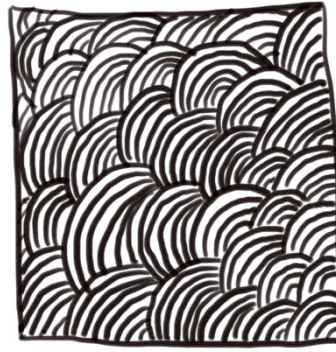
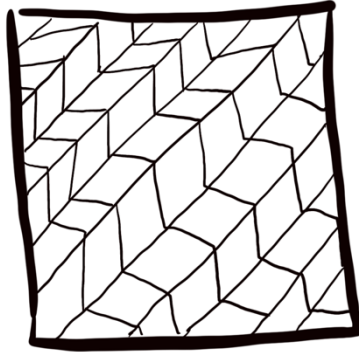
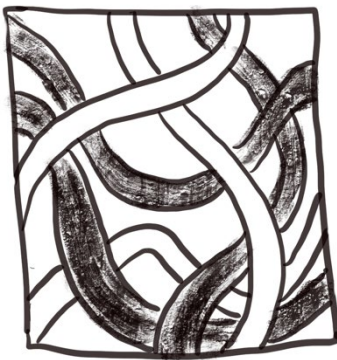
- 4) Now begin filling in the sections with various patterns. This is a great time to switch to a pen (very fine micron type pens are perfect for Zentangles).



- 5) When your drawing is complete, try shading different areas with a graphite pencil to give your illustration more depth. You can also use a tortillion (paper blending stump) to soften and blend the graphite.



Here are the nine patterns we'll be learning in our series but there are many, many more. You'll find lots of sources on the internet but this page has a listing of more than 150 "tangles".  
<https://tanglepatterns.com/zentangles/list-of-official-tangle-patterns>



Think about using zentangles randomly throughout your journal. They are a great way to decorate the pages of your journal. You can incorporate them into page number designs, titles and any other way that you can think of.

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