

Meditative Doodling



Anyone can learn to create these fascinating doodles! These spiral doodles are a modified version of the Zentangle® Method, an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

Drawing simple, repetitive patterns can be calming, meditative, allow you to focus, and can be a creative outlet for self-expression. All of which can be helpful when grieving.

You Will Need:

- Paper
- Ink pen
- Scissors
- Ruler

Directions:

Zentangle® doodles are traditionally completed with black ink, are shaded and have no color. They begin with a “string” (a line drawn across the paper) used to create separate sections to be filled with different repeating patterns.

This meditative doodle places the “strings” in a spiral shape, and the repeated patterns grow larger as the sections near the edge of the page.

1. When first creating meditative doodles, it is helpful to start small. It’s easier to create and fill a small paper than a large one. For this reason, begin by measuring a 3½ inch by 3½ inch square. You can either cut out the square now, or after you have created your design.
2. Next, make a dot in the center of the square, and draw curved lines from the dot to the outer edges of the square, creating a spiral.
3. Fill each section with a different repeating pattern that gets larger as it nears the edge of the page. If wanting ideas and/or instructions for various patterns, beautiful and simple examples can be found online.
4. When you are finished, you can leave your doodle in the traditional black and white, shade your drawing, and/or color it in!

