



Zendoodle: Meditative drawing to calm your inner self

Susanne Schaadt

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Drawing should always be a fun pastime; it's a great way to relax and let your imagination run wild. It can also be a fantastic meditative exercise. All you need is some paper, some pens and pencils and you're ready to unwind.

The Japanese word *zen* means meditation and when you combine this concept with these simple yet stunning drawings you get "zendoodle". The projects are designed by therapist and art education professional Susanne Schaadt and are intended to bring calm and help focus the mind. The idea is that drawing simple and repetitive patterns relaxes the mind bringing about a sense of calm while allowing your creativity to flow.

Zendoodle: Meditative drawing to calm your inner self Details

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Author : Susanne Schaadt

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From Reader Review Zendoodle: Meditative drawing to calm your inner self for online ebook

Jen says

I received a copy of this book via a GoodReads giveaway.

This is not what I expected, but it's a good book for what it is. I expected a book that provided open designs and guided, meditative walkthroughs to "doodle" them. Instead, *Zendoodle* mostly focuses on showing examples of patterns you can use for filling in open designs. (Often in a step-by-step format.) If you're looking for a book that will provide you with examples of patterns that you can use when you doodle, this is for you.

It's a very lovely book. The pages feel and look nice; the drawings are crisp; the writing is clear. If you're interested in doodling but don't know how to begin (or are afraid of a blank page), this would probably be a good book to help you get started.

Inga says

DasBuch bietet eine Sammlung von Zentangle Mustern in übersichtlichen Listen und einige schöne Anregungen für Formen und Motive, die man mit diesen Mustern füllen kann. Zentangle ist eine eingetragene Marke und darf daher nicht im Titel erscheinen. Der Untertitel "Meditatives Zeichnen" trifft es ganz gut, da man für diese Art des Zeichnens oder Kritzelns keine sehr künstlerische Ader haben muss, sondern eher in einen sehr ruhigen Zustand der Versunkenheit gerät beim Muster malen. Empfehlenswertes Buch, weil es eine ganze Menge an Mustern bietet, was die offiziellen Zentangle Bücher eher zurückhaltend tun, um mehrere Bände verkaufen zu können.

Nikki says

I received this book free through Goodreads giveaways.

So this is a book that instructs you how to draw different patterns in shapes. So its like a book on how to doodle your own adult coloring sheets.

So I thought this book was going to be dumb when I was flipping through it but then I tried it and it was actually quite fun.

I am not artistic and could still draw and doodle these designs.

I was recommend these for personal doodling but also card making. I made my sister a very nice card using this book.

Ita says

Good fun to do, it's easy and quite calming and you end up with some nice home-made artworks!

Krvava Meri says

Pred kratkim smo v slovenščini dobili prevod tega dela, ki nosi navihani naslov 'i?ke & ?a?ke. ?e ne poznate zentangleja, vam bo ta knjiga pisana na kožo. Avtorica pojasni, kako lahko uporabite ?e?kanje za sprostitve, kje lahko iš?ete navdih v okolici, kaj potrebujete za za?etek in podobno. Poda vam osnovne vzorce s preglednimi postopki korak za korakom, tako da se lahko enostavno nau?ite, kako za?eti s ?e?kanjem, tudi ?e ste prepri?ani, da ne znate risati. Izbirate lahko med 85 vzorci, vendar meni niso bili ravno najbolj vše? in pogrešala sem nekatere vzorce, ki jih poznam s Pinteresta (v knjigi jih najbrž ni zaradi avtorske zaš?ite znamke Zentangle). V zadnjem delu avtorica poda še razli?ne motive, ki jih lahko pozentanglate, kar mi je dalo še posebej veliko idej.

Kot popolna za?etnica sem s knjigo zadovoljna, ?eprav sem pogrešala vzorce, ki bi bolj ustrezali mojemu estetskemu okusu.
