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Opening extract from  
**Zen Doodle**

Written & Illustrated by  
**Carolyn Scrace**

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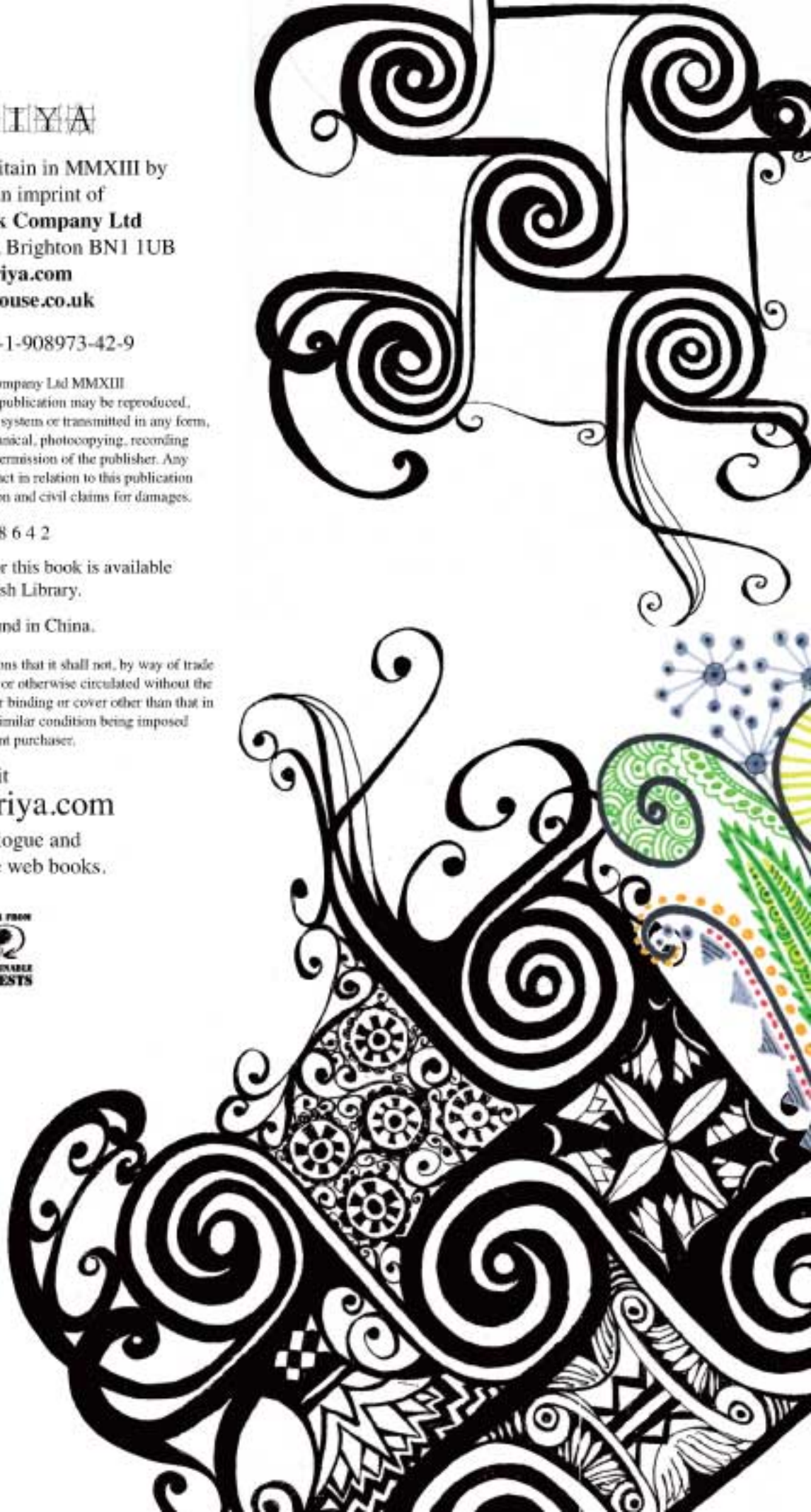
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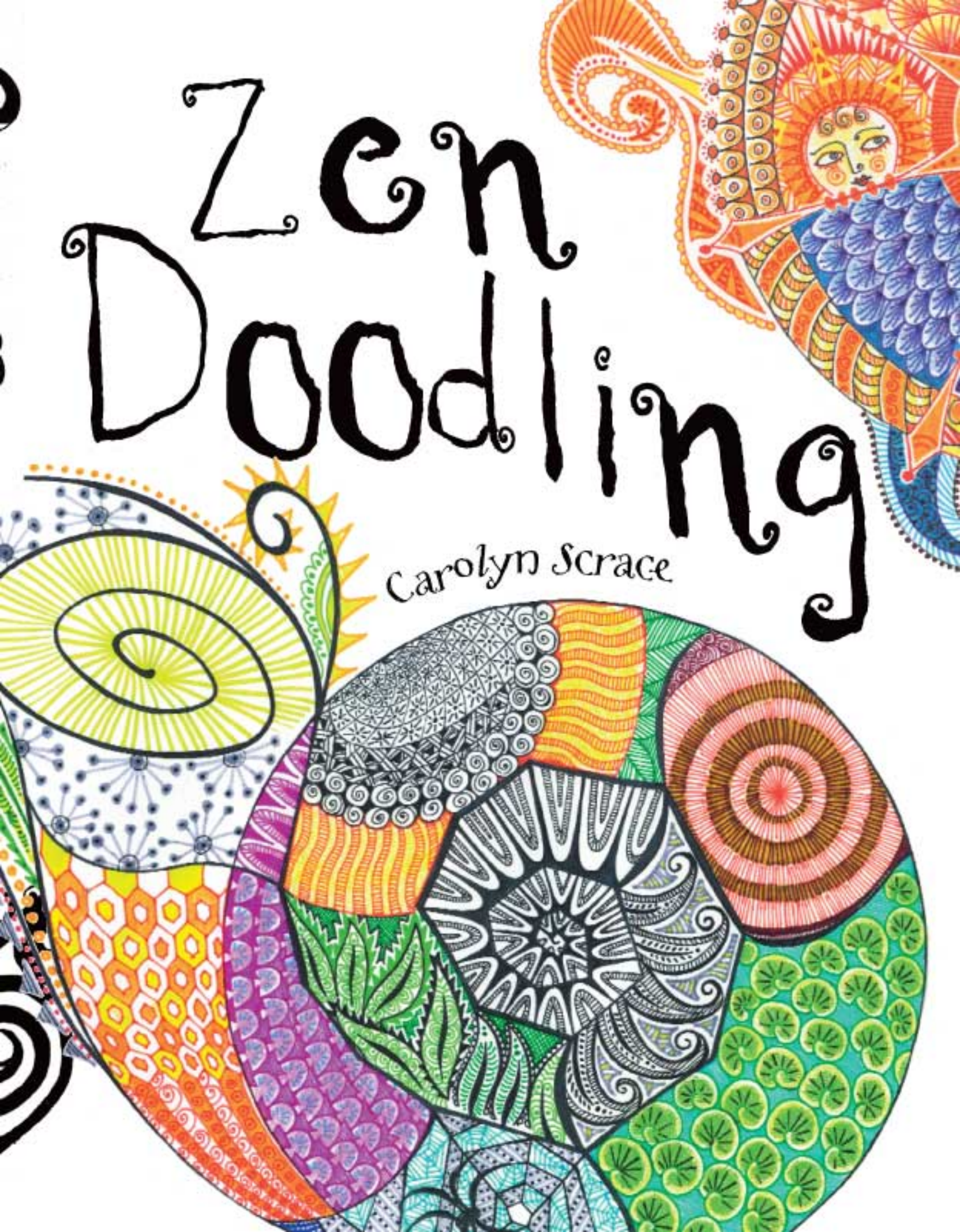
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# Zen Doodling

Carolyn Scrace



# Contents

## 6 Chapter One ~ Zen Doodling basics

- 8 Introducing Zen Doodling
- 10 Basic tools and materials
- 12 Basic patterns
- 14 More patterns
- 16 Deconstructing
- 18 Getting started
- 20 Light and shade
- 22 Colouring tools and materials
- 24 Basic colour theory
- 26 Choosing a colour scheme
- 28 Creating borders

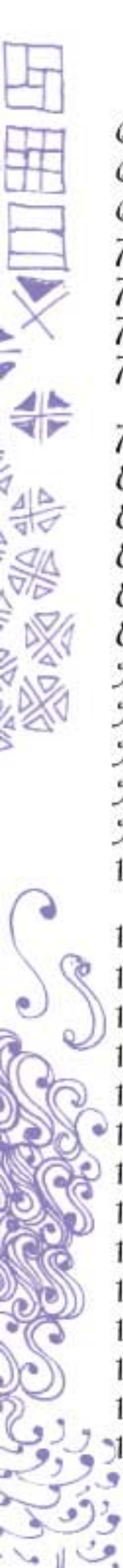
## 30 Chapter Two ~ Mandalas

- 32 Getting started
- 34 Symmetrical mandalas
- 36 Mandalas inspired by nature
- 38 Snowflake mandalas
- 40 The Circle of Life
- 42 Mandalas and mind
- 44 Yin and yang mandalas
- 46 Water mandalas
- 48 Earth and nature mandalas
- 50 Sun and moon mandalas
- 52 Love mandalas

## 54 Chapter Three ~ Getting inspired

- 56 Zen Doodling on the go
- 58 Architectural mandalas
- 60 Plants
- 62 Textiles and fabrics
- 64 favourite things



- 
- 64 favourite things
  - 66 Take a *line* for a walk!
  - 68 Pets
  - 70 People Joodling 1
  - 72 People Joodling 2
  - 74 Ancient civilisations
  - 76 Transport inspiration

## 78 Chapter four ~ Experimental techniques

- 80 Backgrounds
- 82 Indenting and resist
- 84 Print making
- 86 Metal tray embossing
- 88 Copying and enlarging
- 90 Posters
- 92 Pattern builders
- 94 Collage
- 96 Patterns
- 98 White on black
- 100 Hands

## 102 Chapter five ~ Using Zen Doodles

- 104 Greetings cards
- 106 3D Zen Doodling
- 108 Journal
- 110 Glass and china
- 112 Zen Doodling shoes
- 114 Portraits
- 116 Zen Doodling on fabric
- 118 Alphabet
- 120 Alphabet
- 122 Alphabet
- 124 Alphabet
- 126 Glossary
- 128 Index



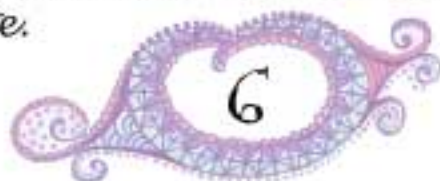


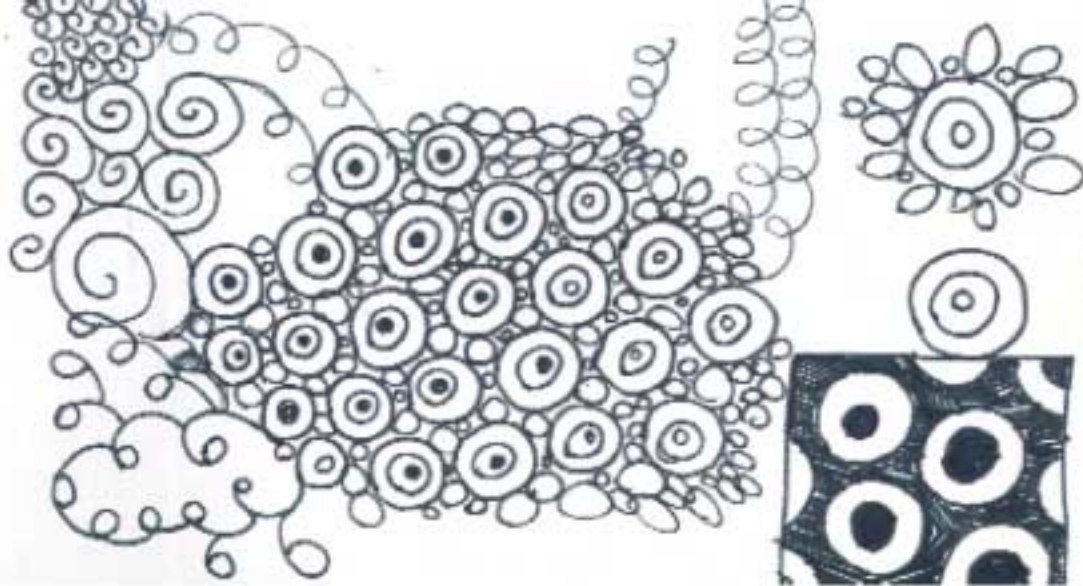
# Zen Doodling Basics

**Z**en Doodling is terrific fun and a great way to relax. It enables those who lack artistic confidence to discover their latent talent. People often turn to art to deal with stress, trauma and unhappiness — or just to find a sense of peace and meaning in their lives. Pablo Picasso once said, ‘Art washes away from the soul the dust of everyday life.’

## Creativity

Zen Doodling releases creativity and the repetitive nature of the designs focuses the mind and encourages a sense of inner calm and tranquillity. It can aid meditation. Zen doodling can be done anywhere, and needs no special equipment. Surprise yourself with the interesting and exciting results you create.





## Learn and explore

*This book explains how to start Zen Doodling from scratch; introducing simple inspiring patterns with easy-to-follow instructions. Learn about tools and materials. Explore colour theory. Helpful hints and tips are included to guide you.*

## Using themes

*Find out how to construct mandalas, how to use themes and how to frame your Zen Doodles. Discover potential sources of inspiration and how best to use them. Explore the potential of Zen Doodling: creating meaningful gifts, decorating 3D objects, greetings card designs, picture frames and journals.*

## Unique

*Explore a wide range of techniques, from printmaking to embossing. Embellish your mugs, T-shirts and albums with your unique Zen Doodling.*

# Introducing Zen Doodling

*Most people at some time or another seek to experience more silence and stillness rather than stress and anger in their daily lives. This book attempts to explore the many positive benefits of Zen Doodling.*

## Have fun!

*Zen Doodling is a very relaxing activity that can simultaneously focus the mind. Enjoy doing it while you mull over a problem or simply when you want to take time out for yourself. Chill out and have fun with it.*







*It will boost your creative confidence and increase your perception as you learn to 'see' your surroundings more fully. The world will start to look totally different: a wealth of beautiful patterns and shapes, all waiting to be Zen Doodled!*

