



# Mindfulness through Zentangle: How drawing can increase focus, relaxation, creativity and balancing of chakras

*Stephanie L. Orchid*

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## Mindfulness through Zentangle

**Everyone is searching for clarity, focus and mindfulness in this fast paced life we live.**

Why not experience meditative drawing and coloring for balancing your chakras and experience bliss for a moment?

The Zentangle® method will allow you to increase your creativity while you relax before or after a hectic day. It has the power to reduce stress altogether and creating a good and positive mood.

This book is for everyone looking for a new way to meditate and learn more about Zentangle. Beware that this book is not a «How to» guide but more of a text book with the purpose of giving useful information about this amazing way of coping with your anxiety and hopefully eliminating bad habits.

### **In this book you will learn:**

- What is Zentangle
- The benefits of Zentangle
- Pattern creation inspiration
- The effects of color on chakras and much more....

**Your inner peace resides in stopping time for an instant, enjoying a peaceful time with yourself or with your family and friends and discovering the Zentangle method.**

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Information is provisions for anyone to get better life, information nowadays can get by anyone with everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider any time those information which is inside the former life are challenging be find than now could be taking seriously which one is acceptable to believe or which one the particular resource are convinced. If you receive the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen in you if you take Mindfulness through Zentangle: How drawing can increase focus, relaxation, creativity and balancing of chakras as your daily resource information.

#### **Haley Berg:**

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