

ZEN Doodle The Art of Zen Doodle. Master Zen Doodle with Step by Step instructions. Book two People doodle ever since they found out something that writes and something to write on it. This fact witnesses that doodling is our innate need and the inherent way to express our creativity. In addition, the scientists and psychologists say that this is the sort of Zen, meaning it's a meditation since Zen in Sanskrit means meditation. Draw only one pattern from this book a day and you don't need to meditate since your mind will be pure after an effort to concentrate on single, even the easiest pattern in the book. Try it, do something to put under control your "crazy monkey" as Buddhist monks call the mind. If you enjoyed the drawings from the first part of the book ZEN Doodle, then this is just a continuation of your doodling adventure. As the previous part of the book, this one also includes many drawings that will guide you through the art of Zen through drawing. This part is also conceived like a workbook without much of a text to bother you. In addition to simplified step-by-step instructions how to create different Zen doodles, the eBook "ZEN Doodle" also includes an article on the benefits of ZEN Doodle to children. Furthermore, you will find the "key what the different patterns say about you as a person. For example, what kind of a person are you if you always draw hearts or chess board? And, at last, you will find more than 20 links to sites and blogs about Zen method of drawing and Zen patterns. Here is a preview of what you'll learn: What do the drawings say about you Variations of famous Zen patterns ZEN DOODLE for children New Zen doodles Free Pages and blogs about ZEN DOODLE ART Finished Zen drawings Download your copy of ZEN Doodle by scrolling up and clicking Buy Now With 1-Click button.

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