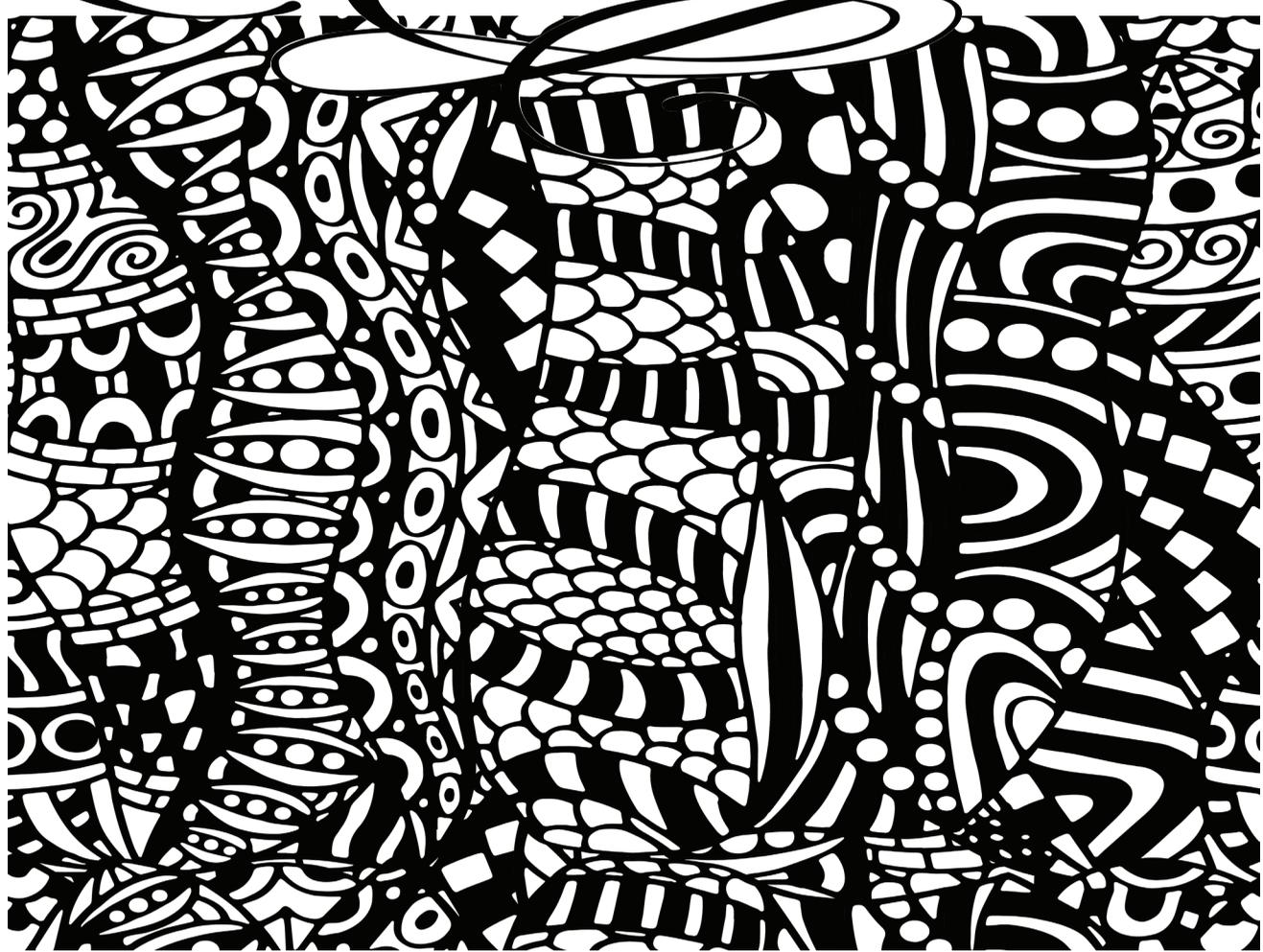


Celebrate



FORT LAUDERDALE, FL - December 30th is the fifth day of Kwanzaa known as (Nia) a sense of purpose that is accompanied by the action to setting goals that benefit the community. This day is a perfect compliment to setting goals as individuals known as resolutions as we enter the new-year. I reflected this week on what could be a gift of art to the community that requires no special tools and could be done anywhere and with any condition. Zentangle is a method of art that is easy to learn, fun for families or individuals to create beautiful art by drawing a structured set of patterns that can be viewed from any angle.

How Zentangle Got its Start

Maria Thomas and Rick Roberts', the inventors of Zentangles: A Worldwide Phenomenon. They share their story from the official Zentangle website www.zentangle.com.

"One day, Maria told Rick what she experienced as she drew background patterns on a manuscript she was creating. She described her feelings of timelessness, freedom and well-being and complete focus on what she was doing with no thought or worry about anything else."

"You're describing meditation," Rick said.

'Rick and Maria wondered if they could create a simple system so others might enjoy a similar experience. And so began the journey towards discovering this simple and elegant system called the Zentangle Method. Little did they know then that it would grow this quickly and touch as many lives in as many ways as it has.'

'We believe that life is an art form and that our Zentangle Method is an elegant metaphor for deliberate artistry in life.'

Almost anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being. The method has numerous attributes as indicated by its creators. It is timeless, by creating designs, manipulating symbols and putting pen to paper is part of our human heritage. In a time of keyboards, computer mice, and cell phones, the simple strokes automatically engage you in comfort and familiarity of timeless, basic creativity.

It is portable, everything you need to create beautiful Zentangle art can fit in your pocket. all you need is pen and paper!

It is non-technical: It returns us to that fundamentally human behavior of manipulating symbols and putting marks on paper. Nothing is pre-programmed. Your creativity is your only limit and this method has a way of increasing and inspiring expression of your personal creativity.

It is an empowering and uplifting experience to learn that you can deliberately relax and intentionally direct your attention while creating beautiful works of art. This gift of creativity is a great entanglement to 6th day Kwanzaa principle of creativity that can be celebrated throughout the year. There are many benefits of this method of art.

Benefits and Uses of the Zentangle Method

- Relaxation
- Simple and quick access to mindfulness
- Non-verbal journaling
- Insomnia (Improved sleep by creating art before bedtime)
- Self-esteem
- Inspiration
- Panic attacks (fear of flying, creating art during takeoff & landing)
- Modify behavior
- Being part of a supportive and fun community
- Create beautiful works of art
- Nurture and develop creative abilities
- Relieve stress
- Improve eye/hand coordination
- Develop/rehabilitate fine motor skills
- Team building and group focus
- Therapy
- Anger management
- Addiction therapy tool
- Diet aide
- Early artist development and appreciation
- Increase attention span and ability to concentrate
- Home schooling
- Brainstorming
- Problem Solving
- Design inspiration
- Stretching and warm-up for artists

Celebrate the inner artist and creativity in you and create something beautiful as you reflect on your goals and the goals to empower the community. By reaping the benefits of this art it would lead one to think we would be better individuals, which means a better community. This would sum all of the days of Kwanzaa to be celebrated all year long and the 7th principle of Faith can be realized because belief that a better world can be created for communities now and in the future. Harambee and Happy New Year!

ART ON AIDS/HIV



South Florida has the highest AIDS Rates in the USA!

Artists of all ages have a message to share in helping this epidemic that is affecting our community.

