



# Zendoodle: Meditative drawing to calm your inner self

*Susanne Schaadt*

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## **Zendoodle: Meditative drawing to calm your inner self** Susanne Schaadt

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.

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