

Valentangle 2016



Welcome to Valentangle!



For some time now I have wanted to become more familiar with the heart shape and to explore how it can be used in Zentangle. What happens when you pile hearts up, put them in a circle, let them vary in size? A characteristic of the heart seems to be that the shape can be used in an organic way as well as in a more abstract way. Did you know that this shape and symbol has been around in Western culture for centuries; since medieval times? There are countless examples of hearts in our art and culture, for instance the hearts in a game of cards. So it is not surprising that lots of heart-tangles have come up in the world of Zentangle, the Zeniversum! I am fond of exploring tangles in series, preferably on bijou-tiles (5x5cm). Valentines Day seemed a perfect occasion to focus on this particular shape.

Valentines Day often means that lovers pay special attention to each other. And who knows, maybe you plan on presenting your beloved with 14 tiles as an ultimate declaration of love. However, in Valentangle it is your own heart that it's all about. (Please bear with me, as I am no native speaker.) Because, what is more precious than living from the heart? Your heart serves you diligently day and night. So this is an opportunity to put your heart in the light for 14 days.

The word 'zen' in Zentangle is there for a reason and a purpose. You can use playing with tangles to take time for yourself. To practice focusing your attention one stroke at a time and to see where it takes you. Through tangling you can reconnect with yourself. How you translate a prompt into a tile is your unique expression of a particular moment. The Valentangle 2016 Facebookgroup is meant for anyone that enjoys tangling. It aims to inspire, wether you're a newbie or an experienced tangler.

I have written 14 prompts with an example meant to get your imagination started. Every day I start with a quote about the heart to set the mood. Take from that what you can use. Maybe you will add a short mediation to your tangle-time? At the end of the document I have put a list of heart tangles. Feel free to choose from that for your

tiles. I will, because I have not used them often. Besides these tangles you can use any tangle you like: all the more exciting to examine new combinations. Daily drawing and sharing on FB is something that I would love of course, however, it's no requirement. Every time you can tangle in peace and decide to share is appreciated.

Last but not least: a big thank you to CZT Anoeska Waardenburg, who organised and led her Zenuari group in such an inspired way. And special thanks to Anna Selander from Sweden and her prompt for day 6: the hearttree.

Let your heart speak!...Have a good time

Marguerite,

Amstelveen January 29, 2016



Monday Feb 1

Fill your paper with the breathings of your heart.-William Wordsworth

Here we go!

There are quite a few tangles that can be used as a filler for other tangles. Think of 'Nzeppel inside Hollibaugh or a Tipple orb in the heart of Bales. What would happen if you would take hearts for this? Random hearts or a hearttangle. Today's prompt is to use hearts as a filler in a tangle (or tangles) of your choice.



Tuesday Feb 2

The amount of happiness that you have depends on the amount of freedom you have in your heart.-

Thich Nhat Hanh



Leave a heart open and tangle around it.

Use hearttangles perhaps? It's up to you how big that heart is or how many you envelop in tangles. Another idea is to cut out a heart, put it on top of your tile and color around it before you start drawing. Use a bigger size paper than a tile if you need more space or if you can take the time.

Wednesday Feb 3

The best and most beautiful things in the world cannot be seen or even touched- they must be felt with the heart.- Helen Keller



A dubbel mission for today: use hearts as your string and use a pink or red pen on your tile somewhere. Use the color to emphasize your string or to add some other accent.

Thursday Feb 4

You will never be able to escape from your heart. So it is better to listen to what it has to say.- Paolo Coelho



You are probably familiar with the phenomenon bordertangle: tangles that are particularly suitable as a border. A border around your favorite quote, your tangles or around a photo. A border may be square or round, or oval or whatever shape you think of. Today's prompt is to design a border with hearts. If no inspiration bubbles up, just take a look at the patterns at the end of this document.

Friday Feb 5

Only the pure of heart can make a good soup.- Ludwig von Beethoven



Today I suggest to put harts in the corners of your tile. What can you do with this? In which direction do they point, how big are they? Will you put one in each of the 4 corners? Maybe an idea to work on black today...



Saturday Feb 6

If I create from the heart nearly everything works: if from the head, almost nothing.-Marc Chagall



The weekend starts very well with Anna Selander's contribution!. The hearttree is her specialty. Look at her step-out and create your own hearttree. Create a strong tree, firmly rooted in the earth and with branches that reach out to the sky. For inspiring examples of hearttrees, visit Anna's blog by clicking [here](#).

Sunday Feb 7

Faith is an oasis in the heart which will never be reached by the caravan of thinking. - Khalil Gibran



Let hearts overlap. Maybe you'll choose to do this randomly, or very systematically. You can make all kinds of flowers with overlapping hearts, have you discovered this? Just allow to happen whatever wants to happen with this prompt.

Monday Feb 8

Don't think white. Don't think black, but think in the colors of your heart.- Frank Boeijen



Blue Monday? No way. Today the spotlight is on the rainbow at Valentangle. Make a combo of hearts and rainbows or use the colors of the rainbow. Have a ball!

Tuesday Feb 9

The heart is like a garden. It can grow compassion or fear, resentment or love. What seeds will you plant there?- Boeddha

Cut your tile, zendala or cardstock paper in the shape of a heart. Fill the heart with lovely tangles and hide a zengem somewhere. Not sure how to handle the gem? Click [here](#) for a tutorial.



Wednesday Feb 10

The heart has his reasons of which reason knows nothing. -Blaise Pascal.



Today I invite you to use flowers and hearts on your tile. Organic is the key to this prompt. Maybe you'll turn hearts into flowers by drawing them on stems or maybe you will fill a heart with flowers and leaves. Let it bloom!

Thursday Feb 11

Many of us find their hearts only after they have lost their minds.- Nietzsche



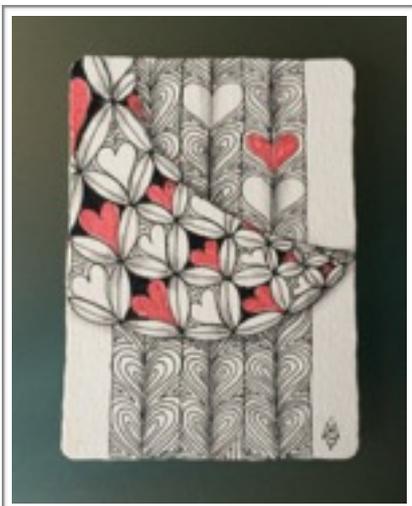
Make a series of Bijou-tiles that contains a double heart. If you don't have bijou's, just use this 5x5 cm size. (Sorry, I don't know about inches).

Keep Bijou the tiny snail in mind: she doesn't go fast, but does get very far. Just look at her on [You Tube](#)...with a lovely Parisian tune to it. Because she is from Paris..the city of romance.



Friday Feb 12

It's never too late to take your heart's health seriously and make it a priority- Jenny Garth



We are getting close to Valentines Day. Today's prompt is to incorporate a grid into your tile. You could put hearts into a grid tangle or make hearts part of your grid. I will let you all surprise me and hope to surprise myself as well.

Saturday Feb 13

Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.”- Rainer Maria Rilke



And then there is something like the half of a heart. What are the possibilities of this shape? Maybe you want to give notan a go; the Japanese art of light and dark. For that you need a piece of black paper slightly smaller than your tile from which you cut half hearts and rearrange them on your tile. Once your half hearts are cut and glued, you tangle the black parts with white and the white parts with a black pen, using the negative space. But perhaps you have

something else in mind...you can also think of broken hearts.

Sunday Feb 14

A smile is a light in the window of the soul indicating that the heart is at home. -Rabelais



Choose the initial of a beloved , someone really close to you and inCORporate hearts in the decoration. Check the weather forecast within yourself before you start and decide which way you will go: sometimes you need to swing , other times less is more.

Happy Tangling!

This is it. I hope you were able to let your heart speak and that you have made discoveries that fulfilled you.

Marguerite Samama

CZT; certified by the founders of Zentangle in Providence, Rhode Island, i2014, Seminar 16. Owner HappyTangling, radio presenter & and freelance editor/translator.



Heart-tangles

(just a modest and random selection)

Heartvine /Lori Howe

Bleeding hearts/ Jean Theurkauf

2S/Mina Hsiao

Heartline/Helen Williams

Heartswell /Helen Williams

Heartrope/Bunny Wright

Heartflower/Texasdoxiemama

Heartstrings/Helen Williams

Label/Linda Farmer

Lolo/Linda Farmer

LUV-A/ Linda Farmer

Love Line/Linda Farmer