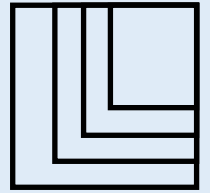


Spencer Museum of Art

# Art Cart at Home: ZEN TANGLES

*Healing, Knowing, Seeing the Body*



[Healing, Knowing, Seeing the Body](#) is an exhibition that helps us understand our bodies, minds, and health through art. In this Zen Tangles Art Cart, we want you to focus only on yourself and the drawing you are making. Focus on what your breathing sounds like, and how each stroke of your pen or pencil makes you feel—and relax!



Unknown maker from China  
*Yaoshi fo (Medicine Buddha)*  
Late 1500s—early 1600s. Ming  
Dynasty  
1928.1791

Look closely at the Spencer's *Medicine Buddha*. We know that this Buddha represents medicine because of the type of fruit held in his right hand. The fruit, myrobalan, is known to have healing properties and is found throughout South Asia. This Buddha encourages meditation on health and wellbeing, which is one of the reasons it is included in the *Healing, Knowing, Seeing the Body* exhibition!. [Zen](#) and [flow](#) are concepts related to different types of meditation and are used in this activity.

# Time to make your Zen Tangle!



In the packets from the Spencer's Little Free Museum, you will find:

- Pre-cut paper pieces
  - A pencil
  - A pen
- Some colored pencils
- Spencer Collection Card



## How to Make a Zen Tangle:

### Step 1:

Use a pencil to lightly draw a dot on each corner of your paper.

### Step 2:

Use a pencil to connect the dots with a line. Try to make the lines wavy, not straight!

### Step 3:

Use a pencil to draw some wavy lines or shapes in your square. It can be anything you want!

### Step 4:

Using a pen or colored pencils, fill in your Zen Tangle with patterns and shapes. Just start drawing! Don't worry about what it is going to look like and let the designs flow!



Step 1 and 2

Step 3

Step 4