



Draw a pathway into reflection and awareness



The Zentangle® Method is a mindful drawing practice that transforms simple lines and patterns into moments of focus, creativity, and calm. Created one stroke at a time, it invites us to let go of perfection and trust the process. While powerful as a practice in its own right, Zentangle also offers a beautiful pathway into Jewish reflection. As we draw, we cultivate many of the same qualities that enrich Jewish life—attention, curiosity, gratitude, intention, and an openness to discovery. During Elul, the month of reflection and return leading up to Rosh Hashanah, these quiet moments on the page invite us to slow down, listen more deeply, notice more carefully, and prepare our hearts for the year ahead.

The Zentangle® Method was created by Rick Roberts and Maria Thomas.

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I designed this journal as a way to combine the mindful practice of Zentangle with the spirit of Elul, the month leading up to Rosh Hashanah. Each day offers a reflection prompt and a suggested tangle or enhancement to explore. Rather than striving for a perfect finished piece, simply fill the box on the right with the day's pattern—large or small, simple or intricate. The goal isn't perfection; it's the quiet practice of showing up each day, one stroke at a time, allowing the rhythm of drawing to create space for reflection, intention, and mindfulness.

This journal is provided for personal use. You're welcome to share the download link with others, but please do not redistribute or modify the PDF. If you'd like to use it with a class, congregation, or community group, I'd love to hear from you.

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Elul 2026

5786 אלול

Rosh Chodesh Elul for Hebrew Year 5786 begins at sundown on Wednesday, 12 August 2026 and ends at nightfall on Friday, 14 August 2026.

The 29th day of Elul ends with Erev Rosh Hashana on September 11, 2026.

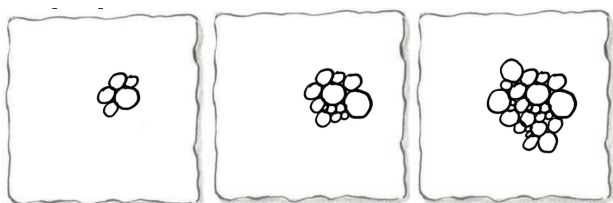
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4 Elul	8/17/26	19 Elul	9/1/26
5 Elul	8/18/26	20 Elul	9/2/26
6 Elul	8/19/26	21 Elul	9/3/26
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11 Elul	8/24/26	26 Elul	9/8/26
12 Elul	8/25/26	27 Elul	9/9/26
13 Elul	8/26/26	28 Elul	9/10/26
14 Elul	8/27/26	29 Elul	9/11/26
15 Elul	8/28/26		

1 Elul

Beginning Again

Tangle: tippie

Just begin. Pencil in a dot in each corner, draw a simple border and draw. Tippie is simple; just get into the groove.

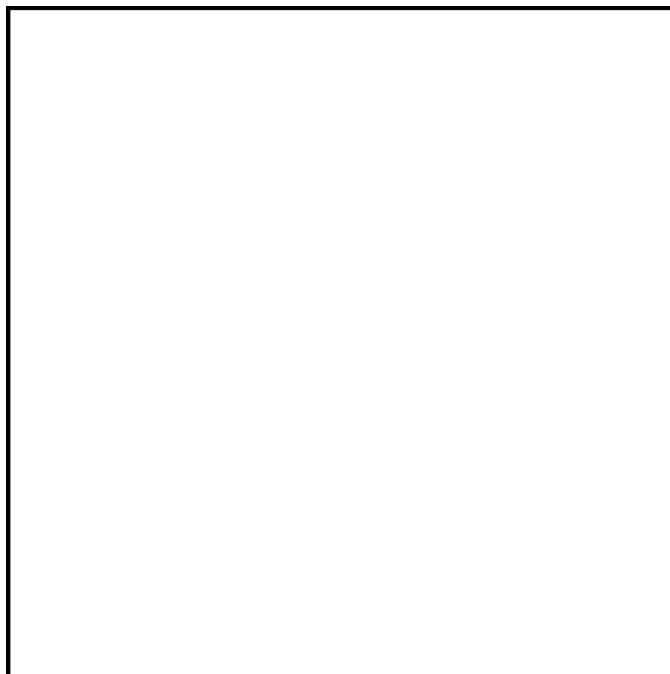


2 Elul

Slowing Down

Tangle: florz

Florz starts with a grid; even spacing, forced pace. Let your hand slow your mind.

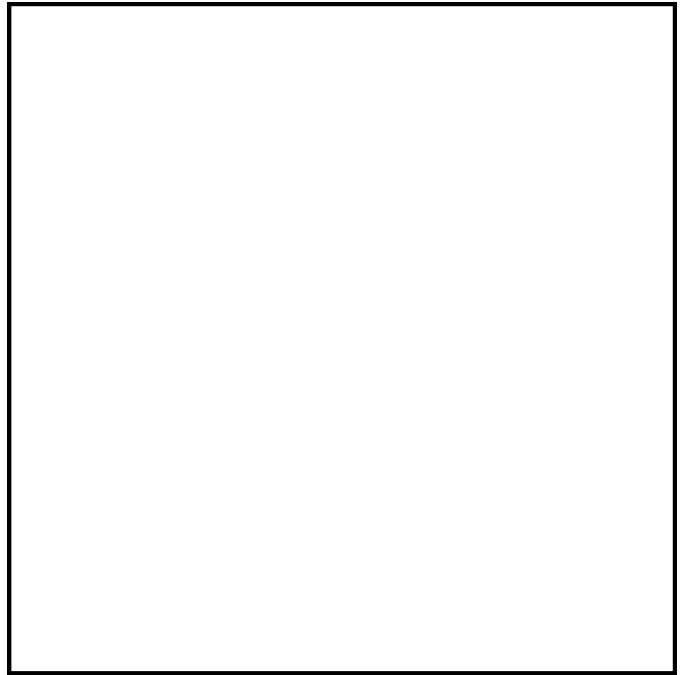


Elul 3

Noticing

Tangle: quipple

Quipple starts out like Tipple; simple orbs. This time, start with large ones in the center and let them get smaller as they move out to the sides. Notice density, size changes, variations. No judgement, just noticing.

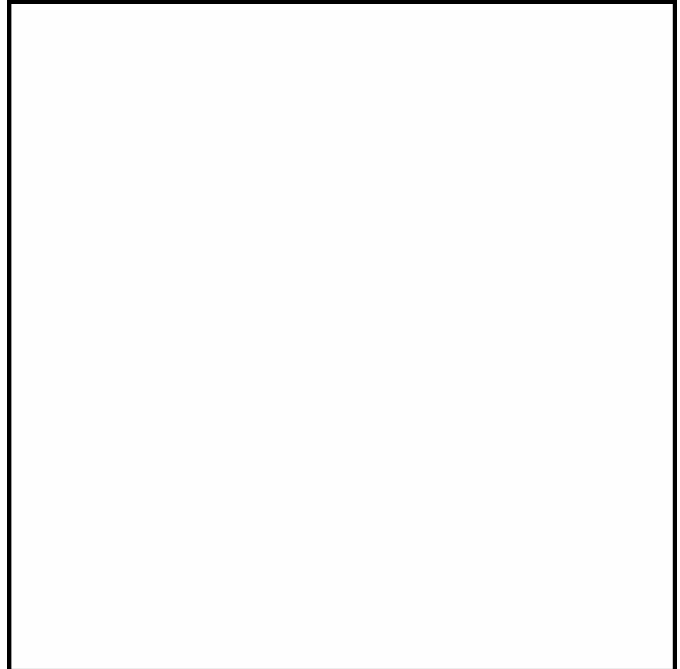
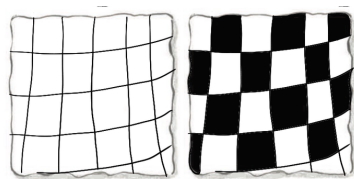


Elul 4

Patterns

Tangle: knightsbridge

Repetition makes patterns visible. What repeats reveals itself. What patterns are you seeing in your life?

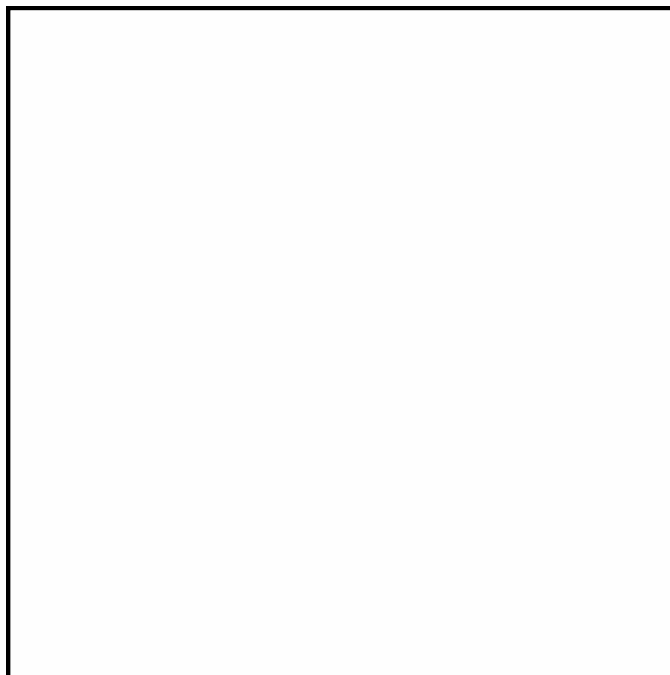
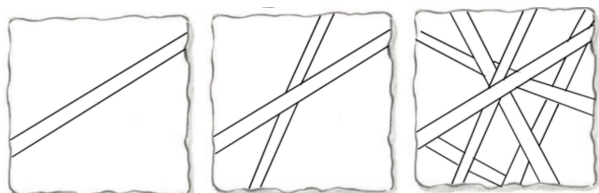


Elul 5

Without Judgment

Tangle: hollibaugh

Every line belongs. Some fall above, some below. Play with placement; don't worry about perfection.

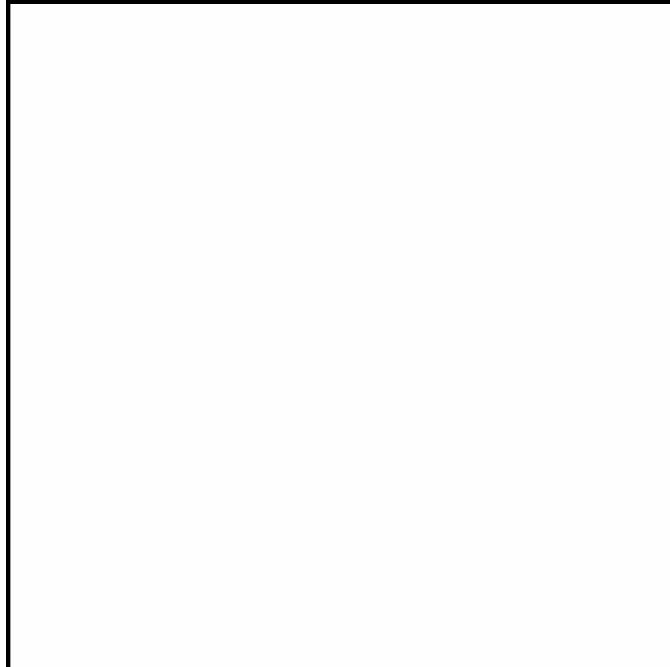


Elul 6

Breath

Tangle: flux

Flux expands and curves like breath. Flux fills the space easily - let yourself exhale as your pen moves. Play with it, filling in negative space as you breathe easily.

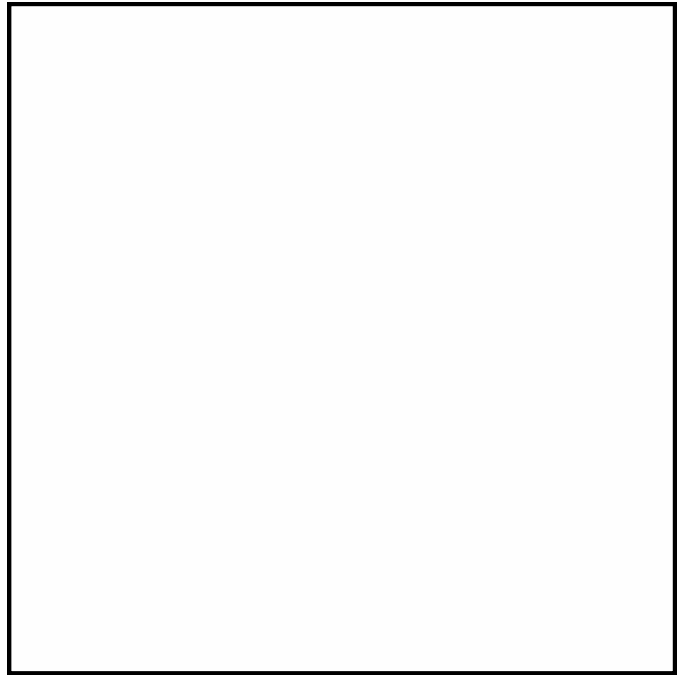
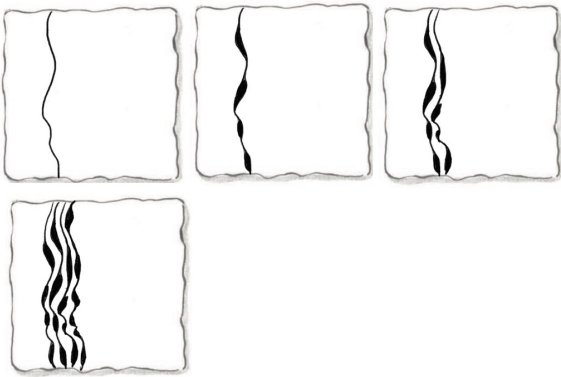


Elul 7

Presence

Tangle: diva dance

As you draw, fill and aura (mirror) and think about presence. Sometimes merely being present is enough.

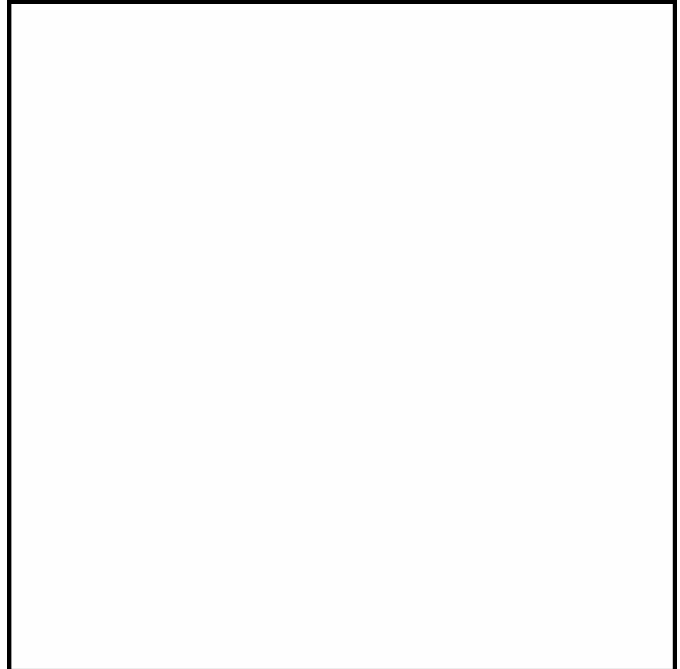
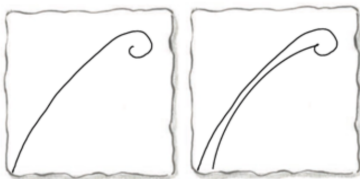


Elul 8

Truth

Tangle: mooka

Mooka requires commitment—no timid lines. Draw what you mean. Make those lines mean something.



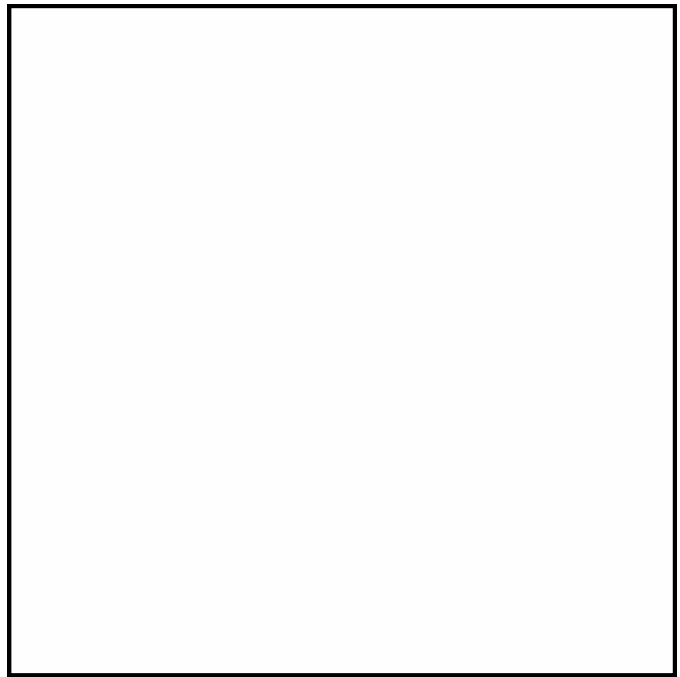
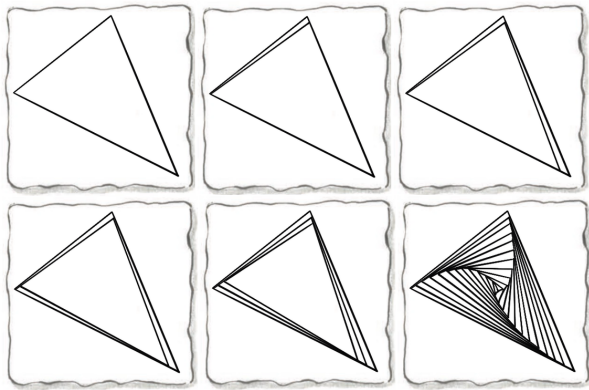
9 Elul

Responsibility

Tangle: paradox

Paradox demands attention and ownership.

Subsequent tangles rely on the first.

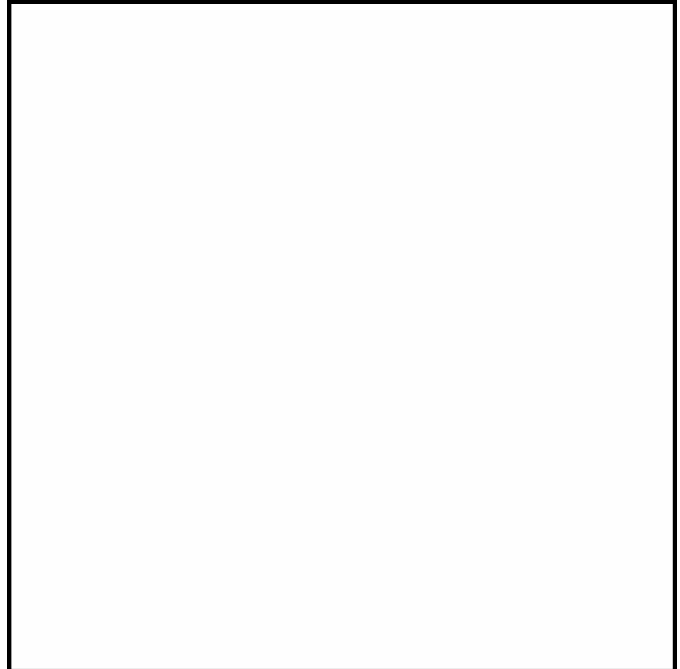


10 Elul

Resistance

Tangle: shattuck

Shattuck breaks the flow deliberately as it changes direction. Where is there resistance in your life?

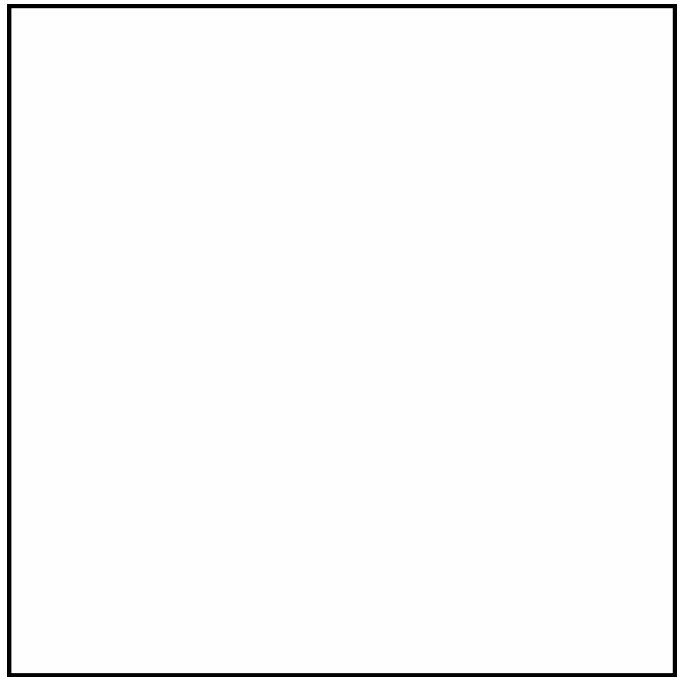


11 Elul

Softening

Tangle: fescu

Fescu is light, feathery, forgiving. Ease is a choice; where can you add more fescu to your life?

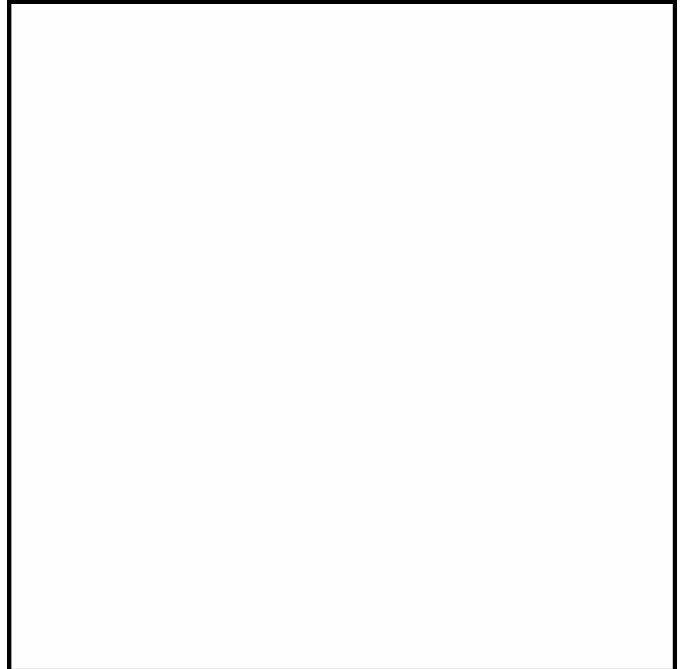


12 Elul

Listening

Pattern: tripoli

As you draw tripoli, each new tangle relies on the previous one. Continue to listen and respond by drawing auras within.

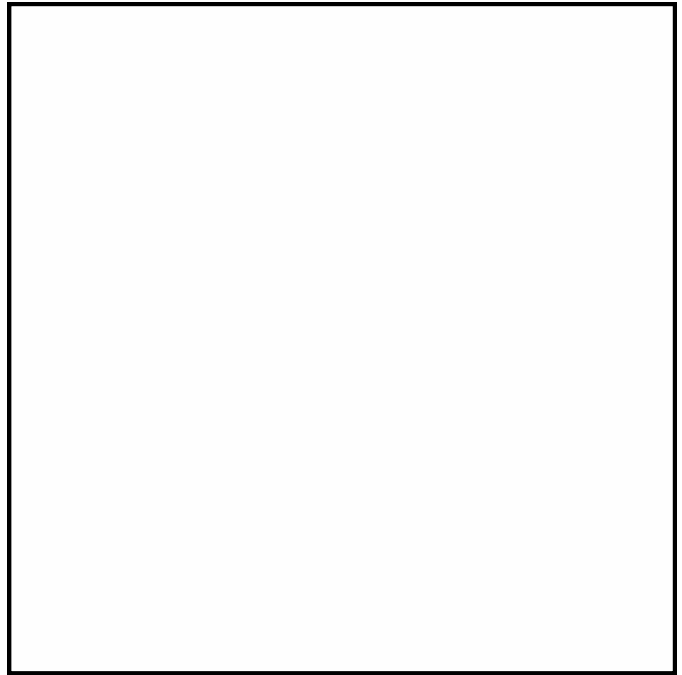
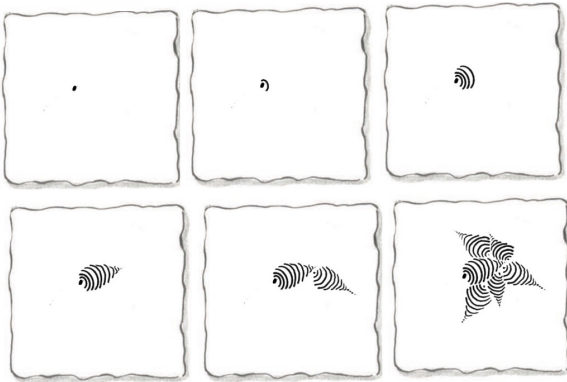


13 Elul

Intention

Tangle: indy-rella

It starts with a dot and grows from there. Each new dot indicates intention and determines where your design goes. Direction and repetition.

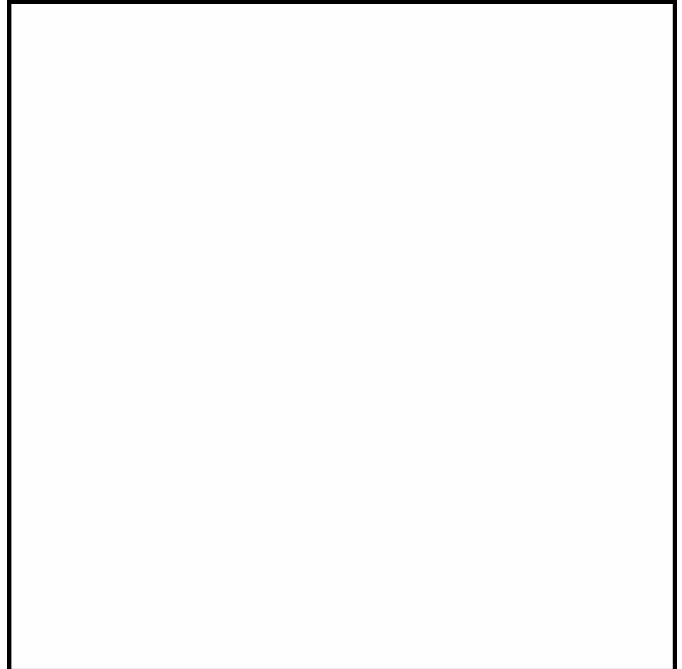
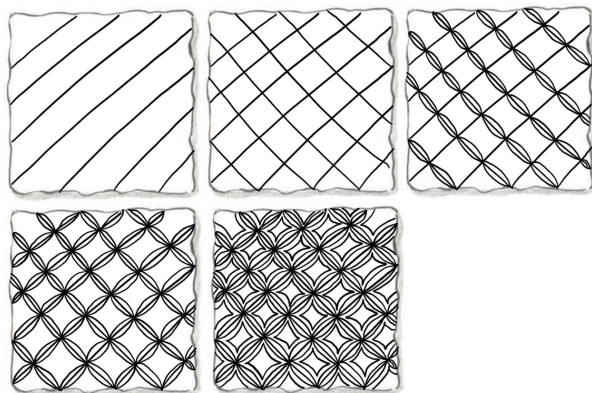


14 Elul

Alignment

Tangle: bales

We focus here on alignment; starting with a grid and then placing strokes within. Is alignment a goal for you? Where?

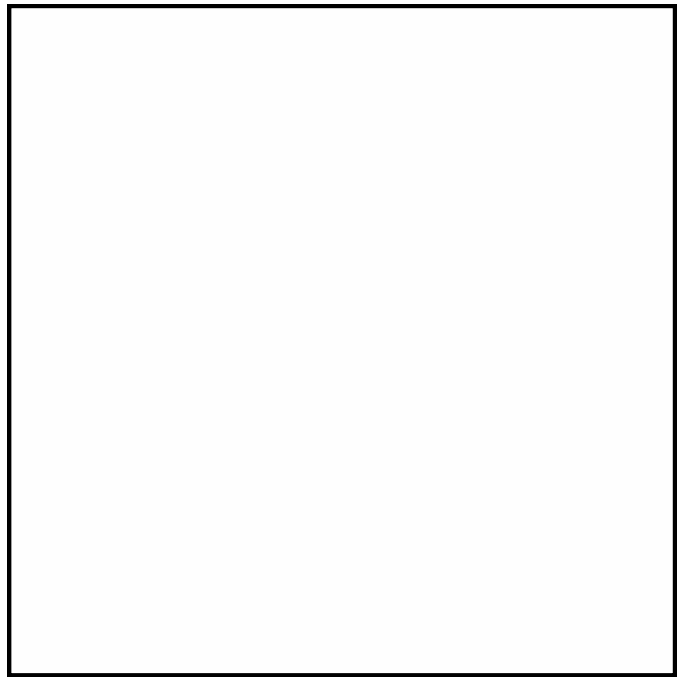


15 Elul

Asking

Tangle: ibex

Many tangles are closed; ibex stays open, like an invitation.

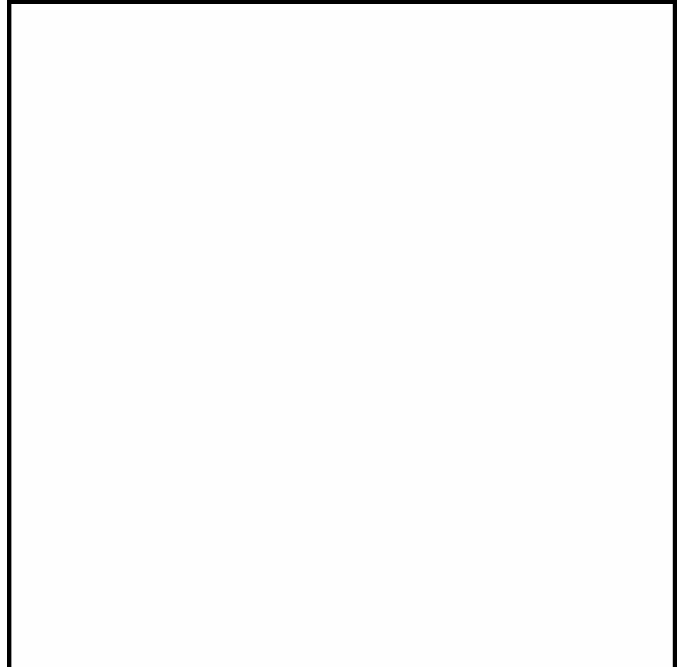
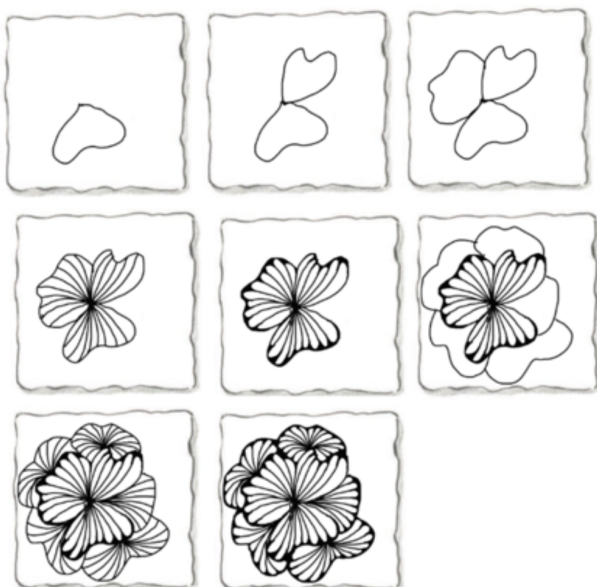


16 Elul

Speaking

Tangle: ginilli

Ginilli begins with a simple form that gets enhanced and bolder as it grows. Where should your speech get bolder?

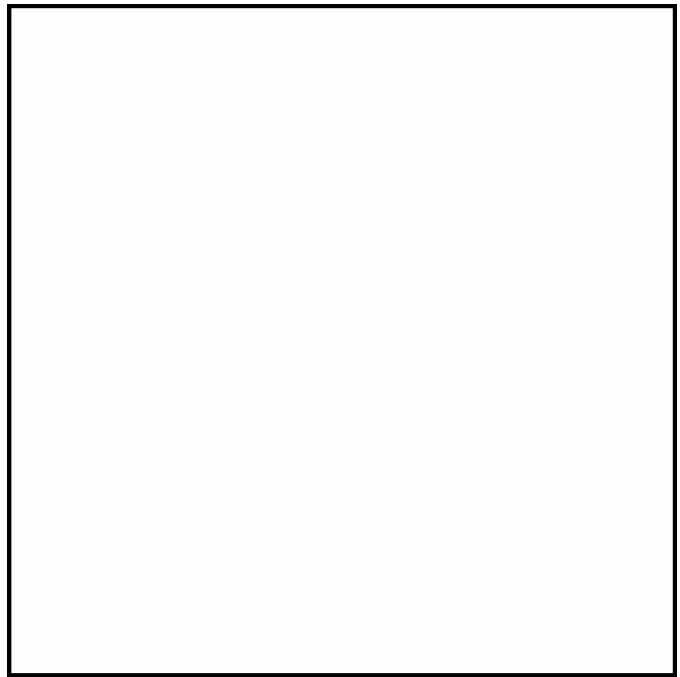
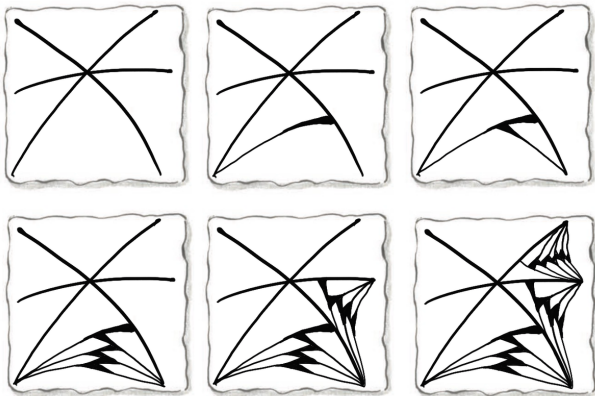


17 Elul

Interwoven relationships

Tangle: between

Betweened requires seeing relationships. Notice how the image becomes more interwoven as it grows.

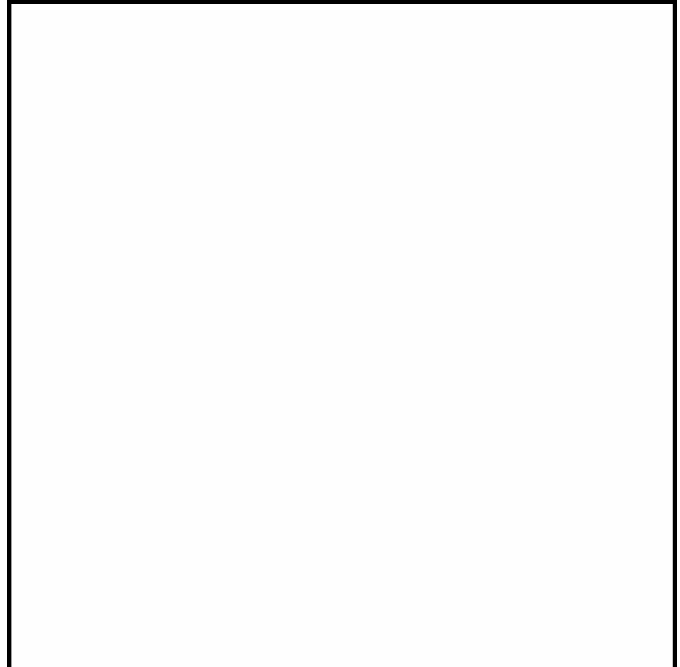


18 Elul

Letting Go

Tangle: printemps

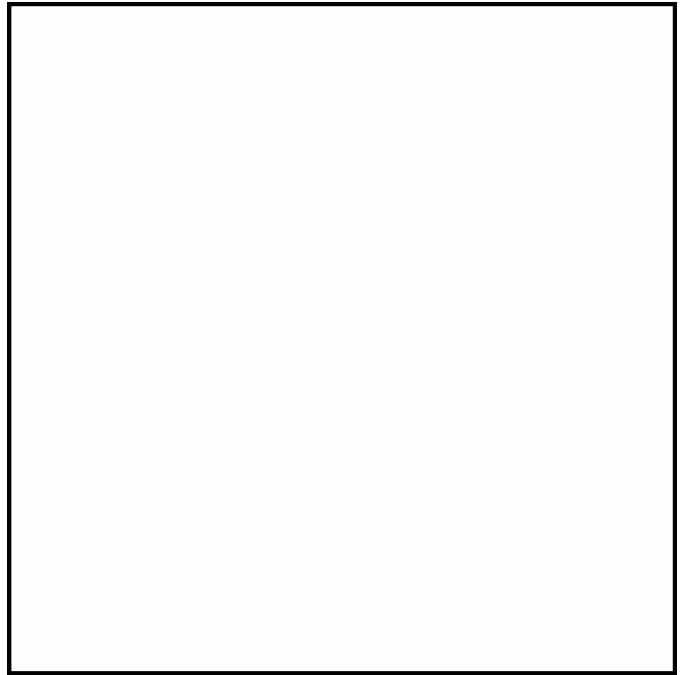
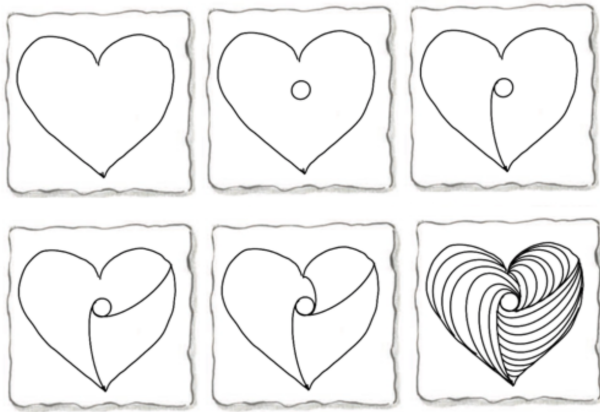
I love these little spirals for letting go! Tuck some in behind others, change direction and go wild.



19 Elul

Compassion

Tangle: take heart

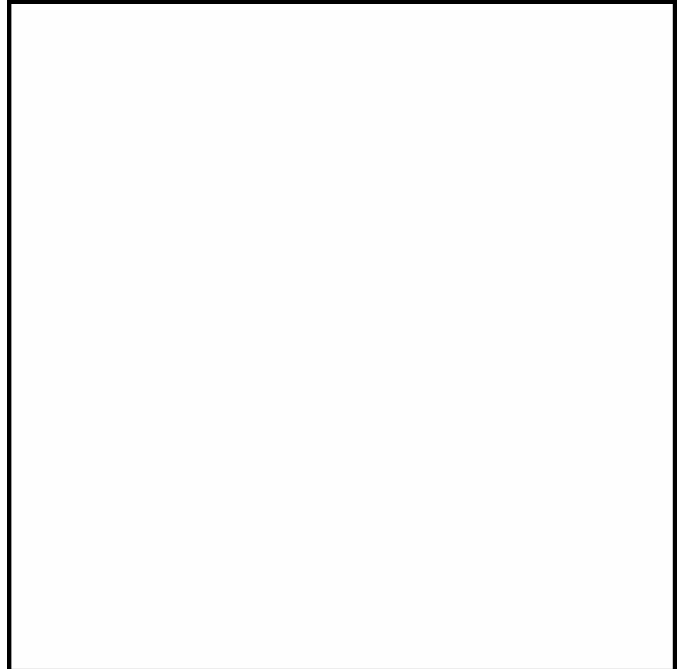
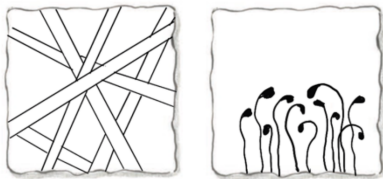


20 Elul

Repair

Tangles: hollibaugh and fescu

Begin with the first layer - hollibaugh. Let the straight lines overlap and provide a guide for fescu to grow out of the structure. Laying the structure is hard, but allowing something soft - fescu - to grow out of it can be beautiful.

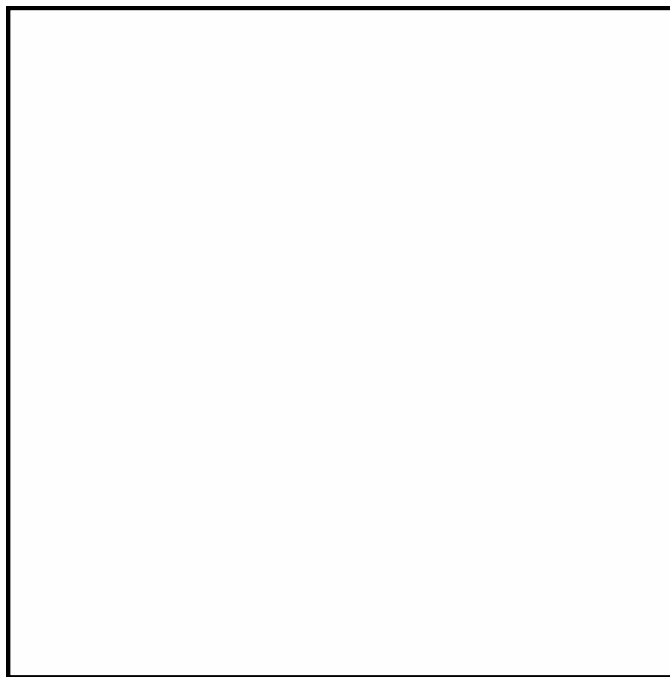
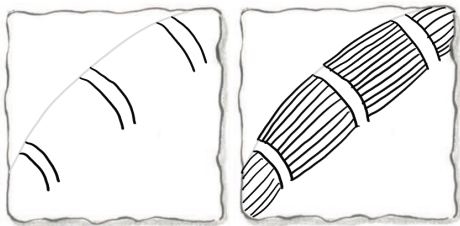


21 Elul

Renewing connections

Tangle: zander

Small joins matter. Reconnecting.

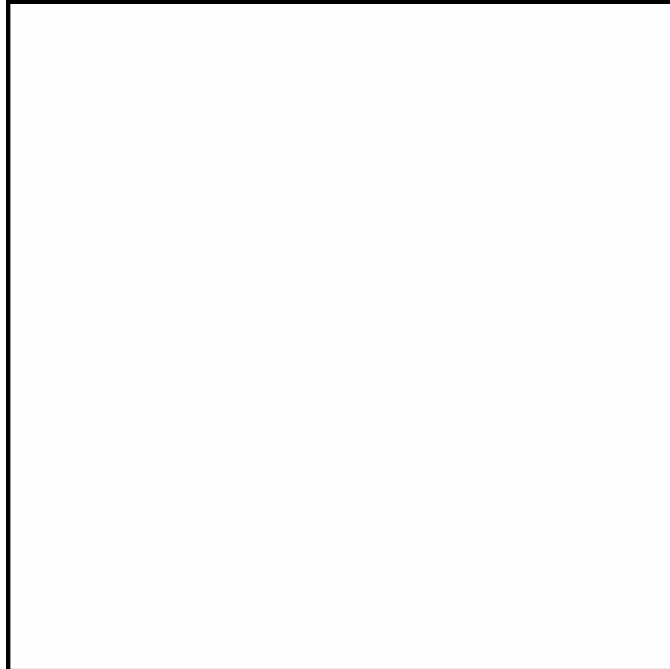
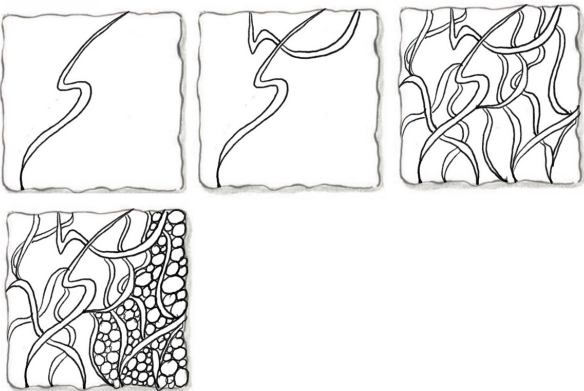


22 Elul

Integration

Tangles: mysteria and tippie

No space is wasted. Everything can fit.

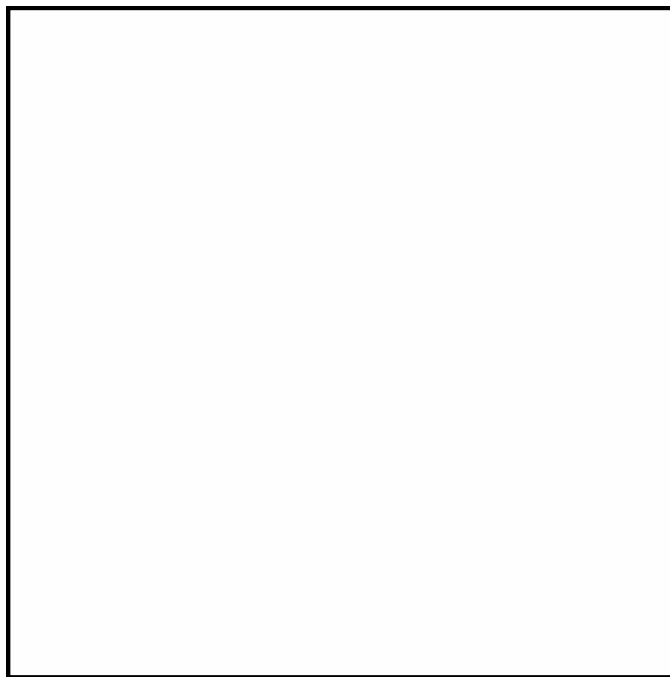
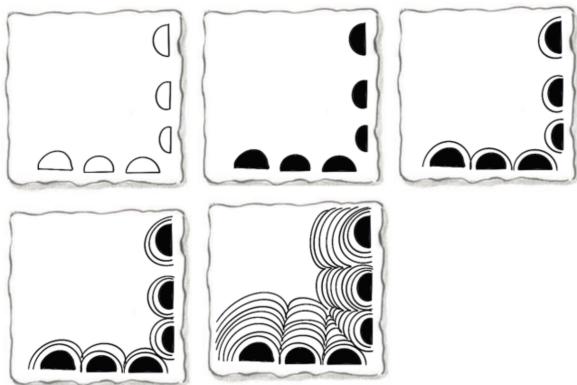


23 Elul

Gratitude

Tangle: crescent moon

Crescent moon begins with a simple shape but using the aura enhancement, we mimic that shape until we can't fit any more in. As you aura, let your gratitude grow and grow.

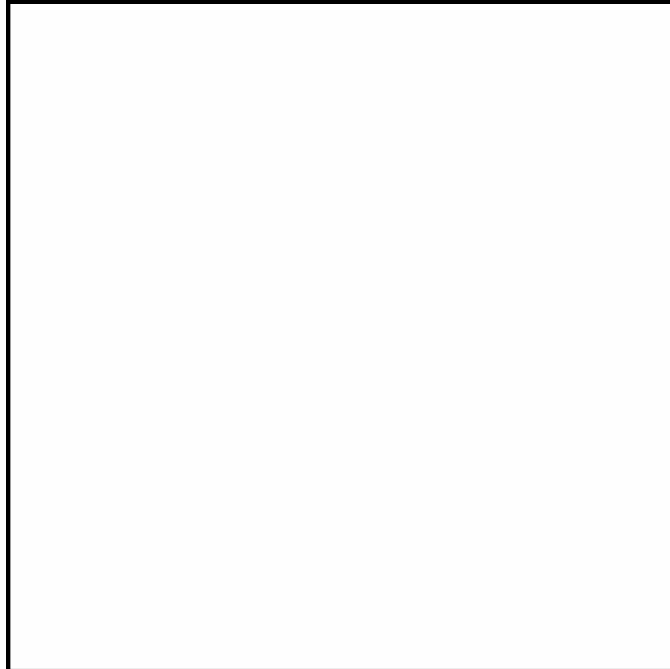
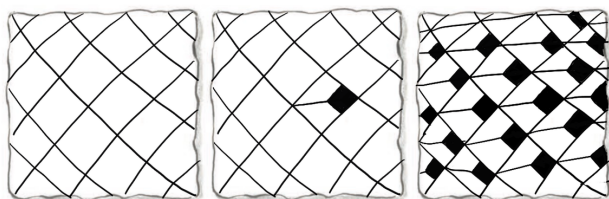


24 Elul

Strength

Tangle: cubine

Structure + presence. Your lines matter.

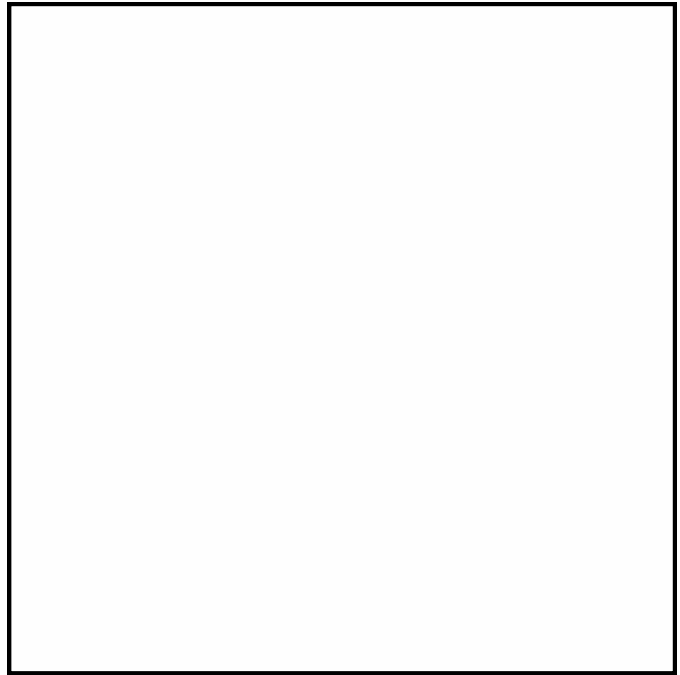


25 Elul

Openness

Tangle(s): your choice

As you draw today, resist the urge to fill every space. Notice how the open areas allow the patterns to breathe. In our lives, too, openness often begins by making room.

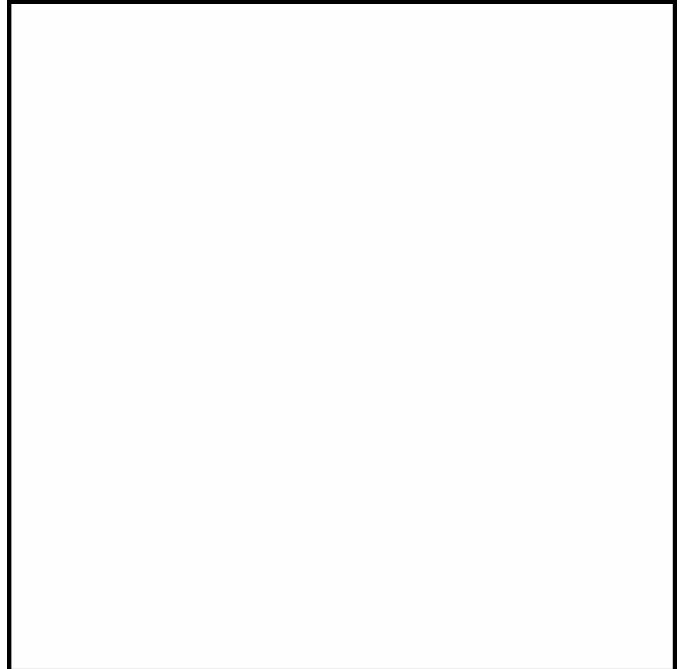
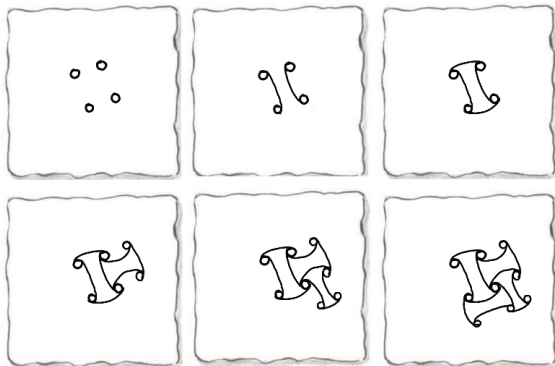


26 Elul

Trust

Tangle: crazy huggins

Crazy Huggins may not make sense at first. Resist the urge to figure out the whole pattern before you begin. Draw one line, then the next, trusting that the design will emerge. Trust often works the same way—we rarely see the entire picture, only the next faithful step.

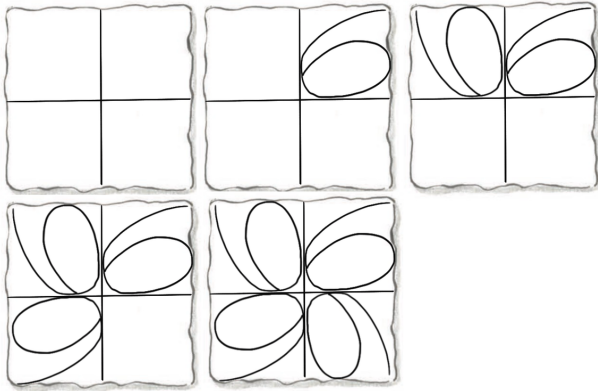


27 Elul

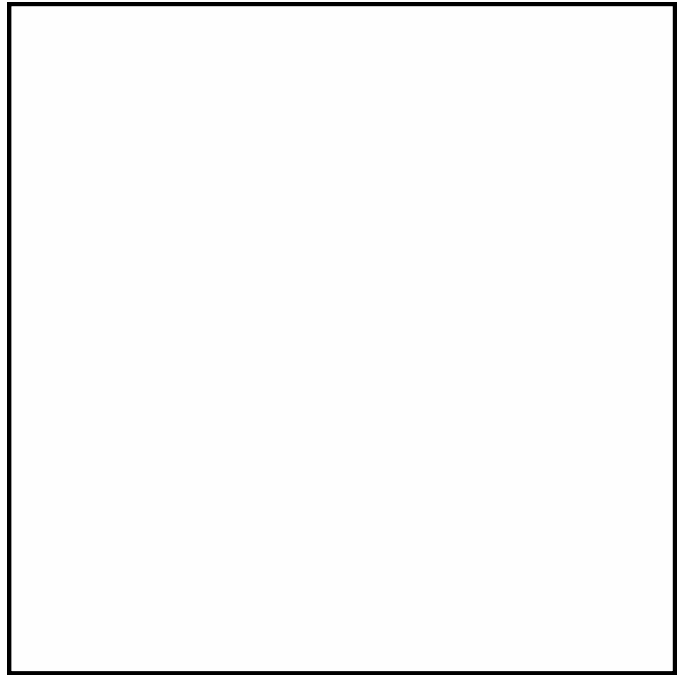
Readiness

Tangle: six

Start with balanced quadrants, notice the shift as the tangle rotates. Fill the spaces (or not).



This tangle was deconstructed by Anita Hou, CZT

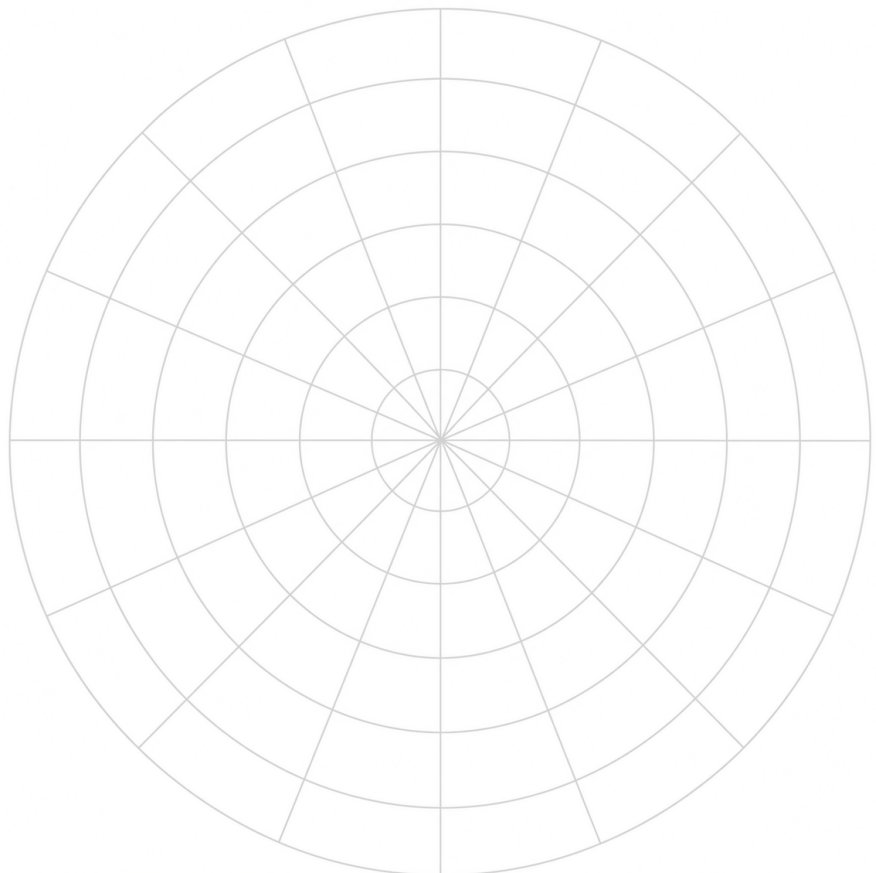


28 Elul

Centered Purpose

Use this mandala template;
find your center, work outward
from there.

Choose your favorite tangles.
Flip them, mirror them, use
only part; up to you.



29 Elul

Return

Tangle: Six-point auraknot

You are not where you started.

