

THE EXPERIENCE OF MY INNER CHANGES DUE TO ZENTANGLE DRAWING

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ABSTRACT

This research has an aim to study the inner transformation experience derived from the researcher's Zentangle drawing. The research methodology is heuristic using Zentangle drawing and personal journaling for data analysis. The duration of data collection was 103 days. The researcher has delivered the personal journaling and Zentangle pictures drawn prior to this research as a part of the data to be analyzed and discussed. Since the researcher found the connection concerning the former behaviors and the path that led the researcher to use Zentangle as a tool for mediation for inner dimension transformation. The inner dimension that caused the suffering in life and the expression of suffering by showing off the resentment in oneself and uncomfortable relationship with family members and people surrounded. The researcher has retreated from the data from July to October 2019 to contemplate the results from the research together with the researcher's real-life experience for 15 months afterwards. All data were then collected as the results of the study which are composed of the inner transformational experience that the researcher has observed and the conversation with the family members regarding the behavioral changes that they observed.

The results showed that upon the commitment to transform internally, the researcher has observed the transformation within herself regarding the relationship with herself. She could live for the truth, accept her self-despise, and left the past behind. Overall, she was more friendly with herself. Thus, it reflected the relationship with the family members as well. It was especially the case with the resent and tight relationship with the researcher's mother, which later has turned into an understanding relationship until the last breath of her mother's life. She has also witnessed the relief in the feeling of misery and could live with the reality. These resulted from continuous mediation that causes a more comfortable relationship with herself and the people surrounding her.

Zentangle drawing, for the researcher, is a tool for meditation that helps develop awareness. The principle and the process of Zentangle drawing do not only allow the researcher to consider the present feelings but also helps the researcher to relieve the unspeakable or unwritable uncomfortableness and resentment. The researcher; therefore, realizes the value and meaning of drawing Zentangle continuously for 3 years by herself. Importantly, the most noteworthy experience for the researcher is to draw continuously and one moment at a time which led the researcher beyond her thought no matter it was the success in life or the good relationship with the family.

Key words: Zentangle drawing / inner transformation / heuristic research

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