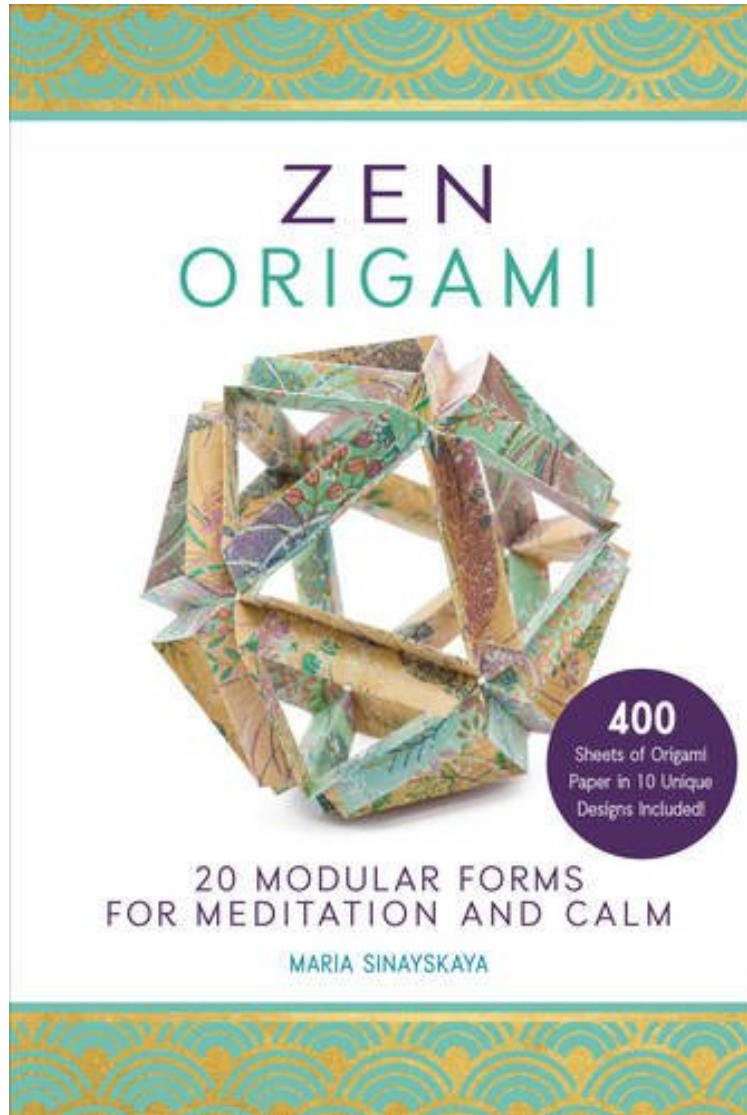


[Free and download] Zen Origami: 20 Modular Forms for Meditation and Calm

## Zen Origami: 20 Modular Forms for Meditation and Calm

*Maria Sinayskaya*

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**Maria Sinayskaya : Zen Origami: 20 Modular Forms for Meditation and Calm** before purchasing it in order to gage whether or not it would be worth my time, and all praised Zen Origami: 20 Modular Forms for Meditation and Calm:

3 of 3 people found the following review helpful. Great models and package production By Bruce Horner Good range of models: three flat ones, eleven sonobe variations and five called kusudama (one of these on the cover). The included paper is very good, printed regular origami paper (not washi) though some of the finer detailed designs are not ideal or the intricate models: the pattern doesn't show the details well. The pictures in the booklet show models

made with different papers from those included in the package. See attached photos of the paper designs (front and back) with a selection of models I made from the included paper. I recommend this book plus paper kit for intermediate folders or anyone interested in modularity. 0 of 0 people found the following review helpful. Easy to Get Into By Customer The designs are not too difficult to do and if done without watching TV or any other kind of distraction, it really can be quite zen-like. The instructions are mostly easy to read. 3 of 4 people found the following review helpful. Excellent instructions for creating modular origami By Jenny Berman Ross I received a free copy of this book to review and have thoroughly enjoyed reading it and testing the folding instructions with some of the 400 pieces of origami paper. The book and paper are attractively packaged in a sturdy slip case. The book is sturdy and the small squares of origami paper are packaged in trays so that they are easy to keep track of and store. Basic folding instructions are provided along with specific instructions for making 20 modular forms. Since each form is made up of simpler pieces, the folding process is calming and lends itself to quiet meditation. The step by step instructions were very clear and it was easy to follow them and create fantastic looking, two and three dimensional forms. A variety of solid and pattern combinations are possible with this kit since all of the paper provided is double sided and 20 different print designs are included. The projects are suitable for all levels and could be successfully completed by a patient beginner. The pieces of paper provided are small and require a good bit of manual dexterity to handle so this book would be more appropriate for older children, teens and adults.

There is a meditative aspect to craft projects. From doodling complex patterns (Zentangles), to coloring intricate designs, to knitting geometric and elaborate designs, super-involved crafts are being embraced for peace of mind they offer. Zen Origami brings these lessons to the art of origami. The repetitive and delicate folds involved in creating modular origami forms are perfect for the mindful movement. These 20 beautiful, modular origami projects take time, steadiness of hand, and immersion of thought to complete. You'll love diving into contemplative sessions with each project, and be feel the rewards that manifest when you craft these beautiful pieces of art. Zen Origami comes with 400 sheets of origami paper, so you can make more than a dozen modular creations.

About the Author Maria Sinayskaya is a masterful origami creator and her work is both beautiful and complex. She lives in South Africa, and you can visit her popular website at [goorigami.com](http://goorigami.com) and [facebook.com/goOrigami](https://facebook.com/goOrigami) which boasts over 10,000 followers.