

# *Neurographic Art/ Neurographica* *(Therapeutic Doodling)*

## 1) **Topic**

Think of a situation that is on your mind. Write this down in no less than 18 words. Circle any words that stand out to you.

## 2) **Composition**

Using a permanent pen, draw **freeform (neuro) lines** across the page, ensuring each line reaches the edge of the paper. (Remember that we are not seeking to create a conscious image here)

## 3) **Rounding or Conjoining (Harmonising)**

Using the marker or a thinner permanent pen, wherever the lines have crossed creating sharp edges, round these off. Do this for all of the sharp edges on the page.

## 4) **Integration**

Add more lines if this feels necessary (always rounding off if they create new angles).

**Introduce colour** to your image. Colour two or more parts together to create connections, leaving no one part isolated.

## 5) **Field Lines**

Add (or go over existing) two or more lines which are thicker than the others. These represent God, Divinity or the Universe. Once again, round off any sharp edges.

## 6) **Focus**

Add a shape to your image. This can be any shape, best drawn free-hand. You may like to think about where the main focus/energy is in the image, but the shape can be added anywhere.

## 7) **Aesthetic Satisfaction**

Continue by adding any more lines, shapes or colours until your image feels complete, always remembering to round off and harmonise.

Reflect on what it has been like to do this exercise ... what feelings have emerged?

## 8) **Topic 2.0**

What new learning am I carrying forward from this image, in the light of where I started and where I am now?