

# *NEUROGRAPHIC ART*

*(THERAPEUTIC DOODLING)*





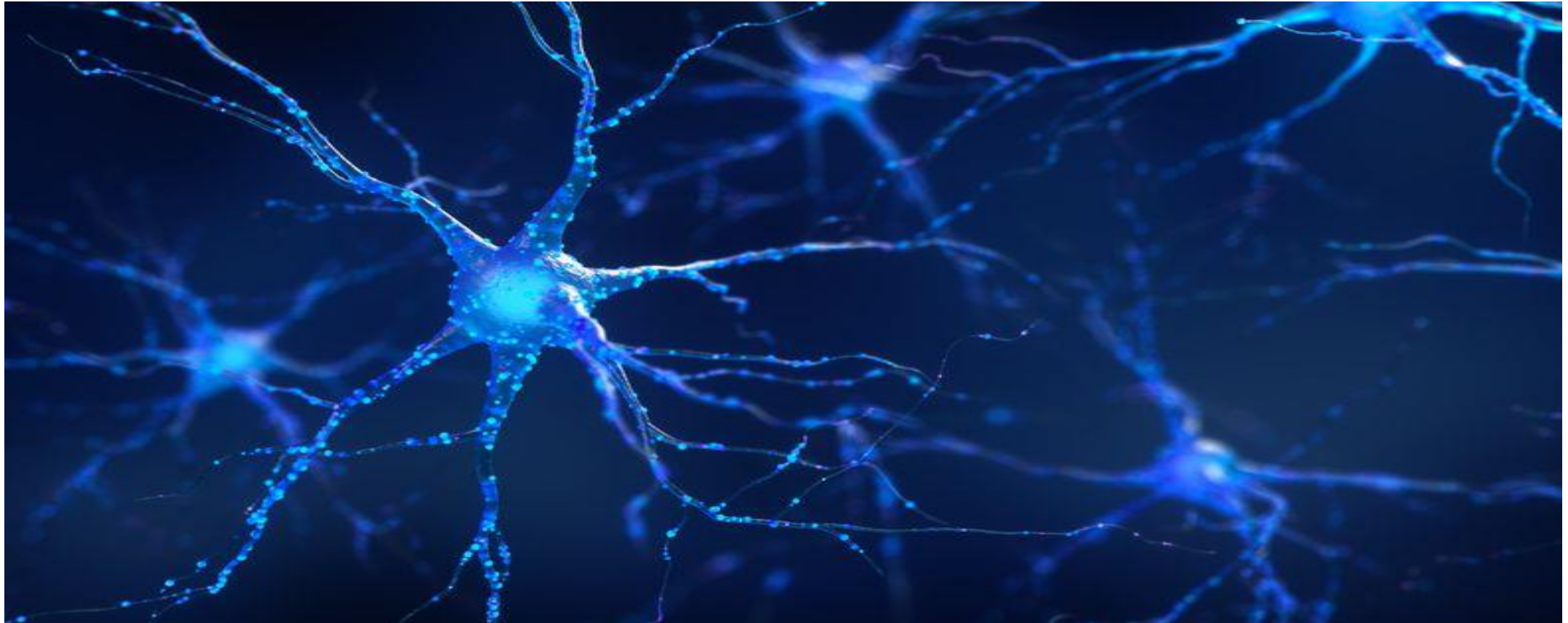
Neurographic Art (Neurographica) was developed in the year 2014, by Pavel Piscarev, a Russian Doctor of Philosophy and Psychology, Architect and Professor.

Neurographic art is built on scientific principles which combine visual thinking with the laws and patterns identified by various schools of psychology, these being: Neuropsychology, Analytic Psychology, Gestalt Psychotherapy, Psychosynthesis, Social Psychology and Management Theory.

To become a certified instructor entails the completion of over 240 hours of direct learning.



The idea is that in the creation of neurographic art, specific psychobiological techniques are employed to dissolve negative neural patterns and to develop new, healthier neural pathways that can transform thoughts, emotions and behaviours.



Piscarev speaks of Neurographica awakening dormant neural connections to stimulate positive change.

Widely used by art therapists, neurographic art is created by drawing freeform lines on paper called 'neurolines'. My understanding of the different steps (algorithms) is this:

# Topic

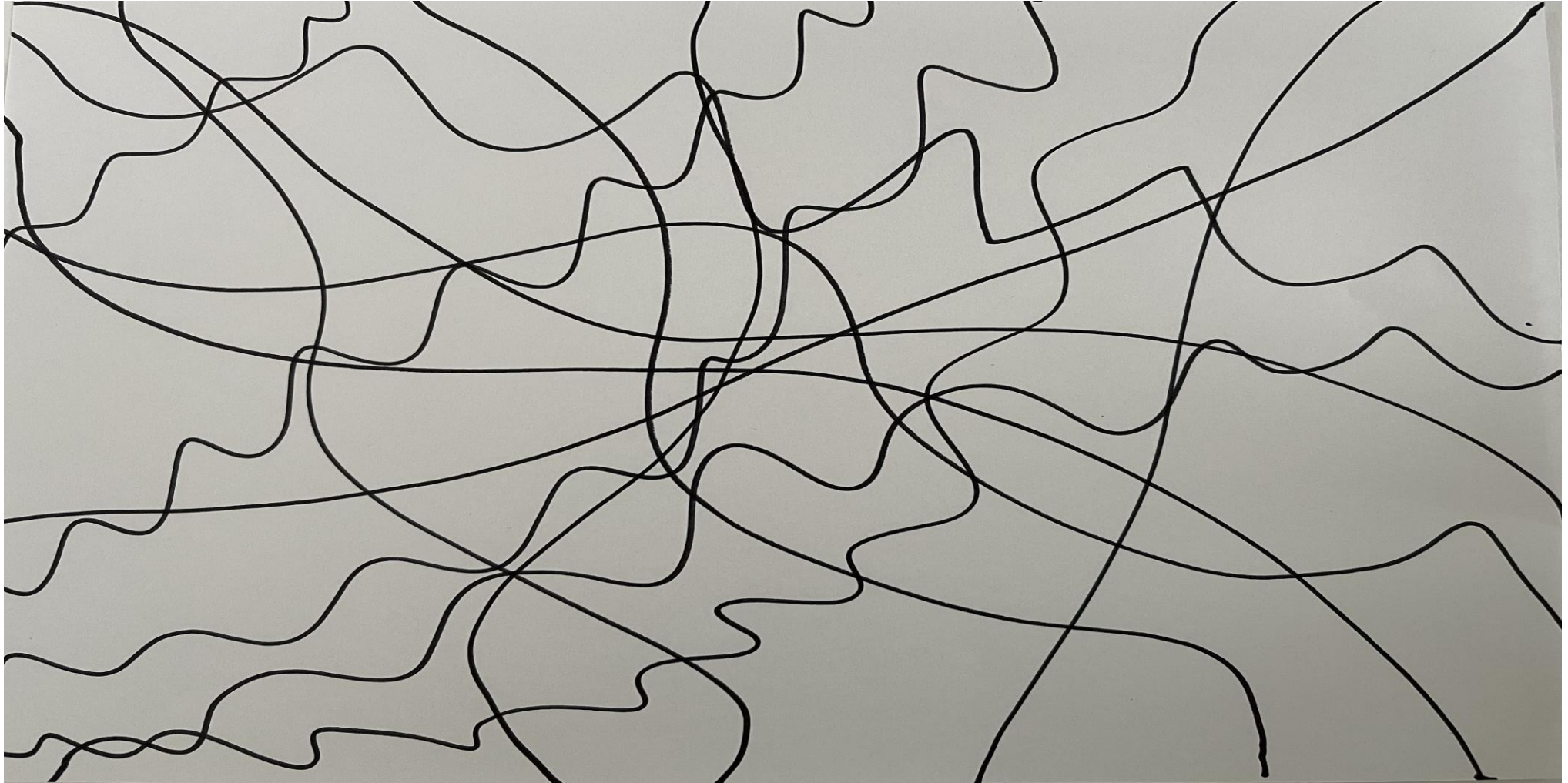
- **1) Topic:** Think of a situation that is on your mind. Write this down in no less than 18 words, to stimulate your brain neurons. Circle any words that stand out to you – that seem relevant or perhaps surprising:

*I feel stressed and anxious because I have work to do and I am too busy / am struggling to concentrate on what I should be doing / am distracting myself with other things.*

# *Composition*

**2) Composition:** Using a permanent pen, draw freeform (neuro) lines across the page, ensuring each line end reaches the edge of the paper. The use of a permanent pen emphasises that this art form echoes nature, in that perfection is not something we are seeking to attain. We are not seeking to create a conscious image here, but mindfully engaging with our senses and emotions to guide the pen across the paper. As in many of the creative interventions we might use, the concept is that in doing this, a connection between the conscious and unconscious is enabled, making visible the invisible.

# *Freeform (Neuro) Lines*





# *Rounding or Conjoining*

**3) Rounding or Conjoining:** Now, using the marker or a thinner permanent pen, notice the sharp edges where lines have crossed and round these off. Do this for all of the sharp edges on the page. This is called harmonising.



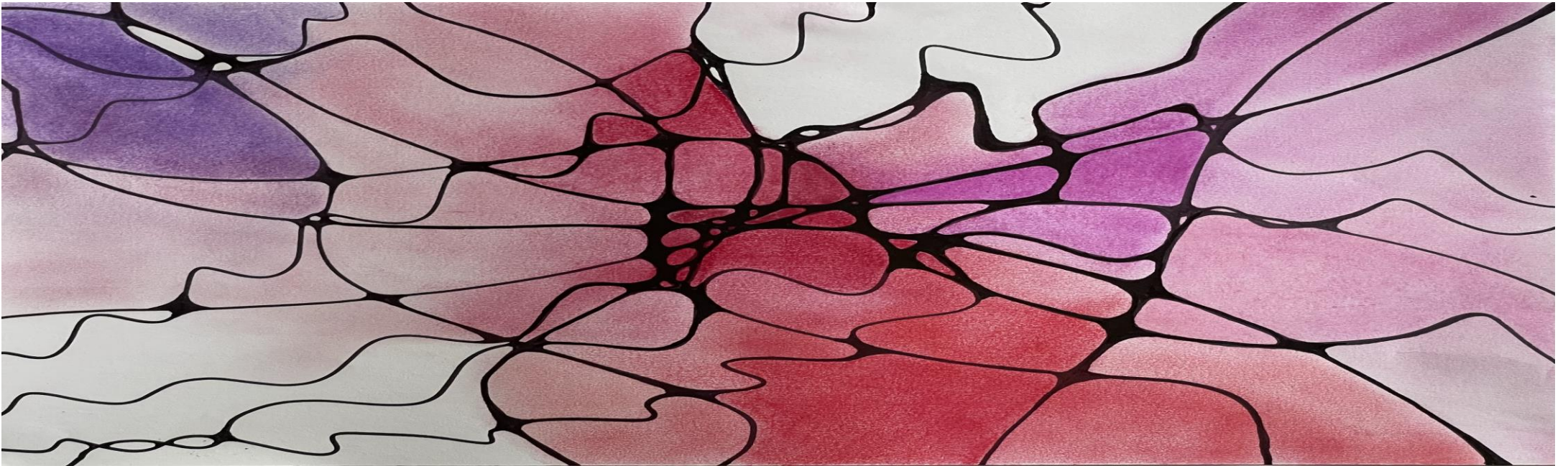
# *Integration: Space and Background / Archetypes*

## **4) Integration: Space and Background/Archetypes**

- Add into your drawing **more lines** if this feels necessary. You may like to experiment using different size tips, to give variety. This can add dimension. Think about balance in your image as you are doing this. Where these additions have created more sharp edges, round these off too.
- Introduce **colour** into your image. This can be done using any media, but pencils, pastels (or paints) may be most effective if you want to produce shading. Colour two or more parts at the same time to create connections.

# *Integration: Space and Background / Archetypes*

- It can be helpful to add more than one colour to the image, and the lines can be shaded to add depth if desired. The process of colouring can be very meditative. Be mindful of what feelings are associated with the colours you choose. Notice where your thoughts, sensations and feelings are taking you.





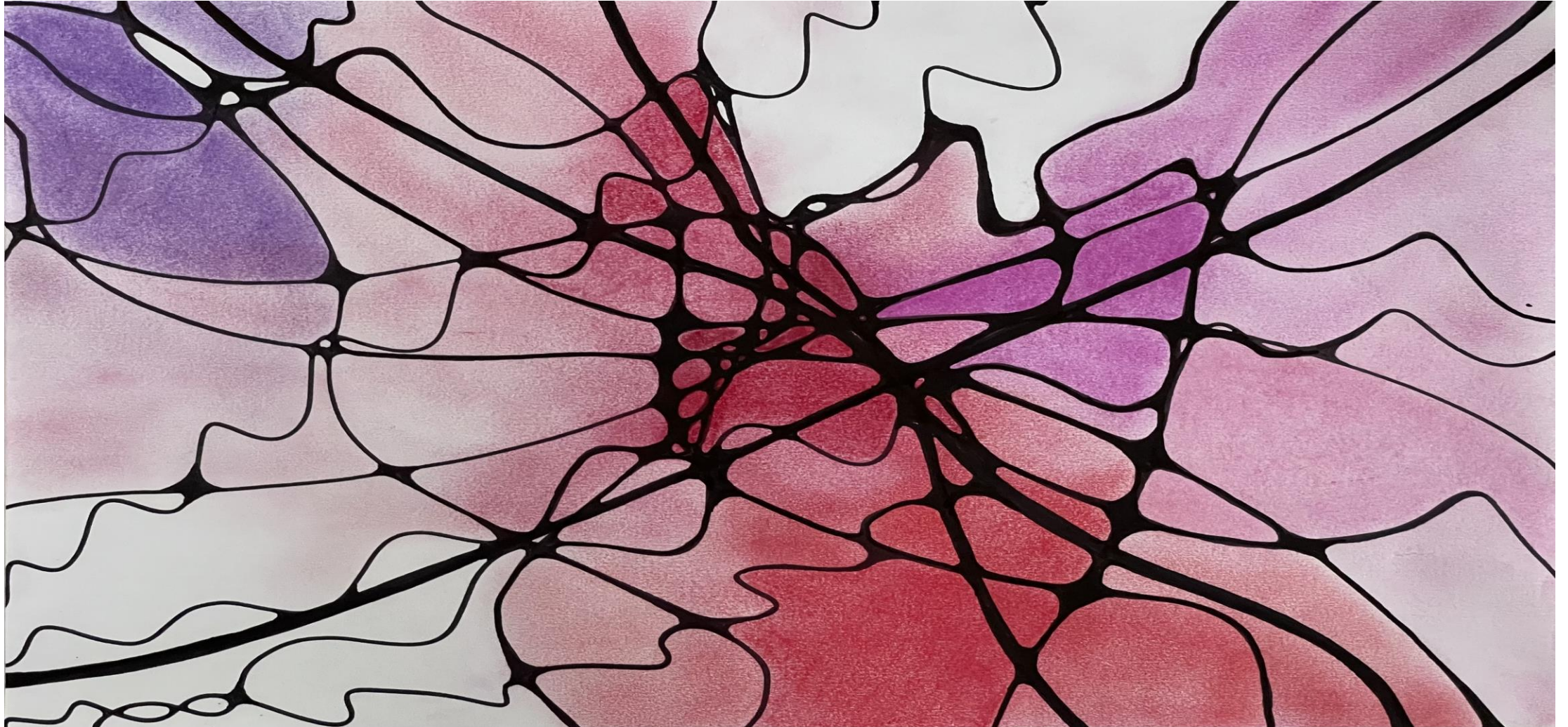
# *Field Lines*

## **5) Field Lines**

- There should be at least two of these, and there can be more. These represent God; Divinity; the Universe ... They can be new lines, or you can follow lines that have already been created in your illustration.
- These lines will be more visible than the other lines on your image. Be sure to round out and harmonise any new angles that may have been created by any added lines.
- Once again, do this mindfully, allowing not just your thoughts, but your feelings and senses to guide you in this.



# *Field Lines*



# *Affixing or Fixation*

## **6) Affixing or Fixation (Focus)**

- Next you will add your **focus**. This can be any shape, and is best drawn free hand, like the rest of the image. A circle is perhaps the most commonly used but as before, allow your instincts to guide you.
- This can be placed wherever you like in the image, but you might like to think about where the main focus of your image is, and draw your shape in here. Once again, round off and harmonise any sharp edges that have appeared.



# *Affixing or Fixation*



# *Aesthetic Satisfaction*

## **7) Aesthetic Satisfaction**

- Continue by adding any additional lines or shapes until you feel that your image is complete, remembering always to round off and harmonise.
- Now reflect on what it has been like to do this exercise. What feelings have emerged ...?



# *Topic 2.0*

## **8) Topic 2.0**

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

# *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).

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

# *Neurographic Art / Neurographica (Therapeutic Doodling)*

## **6) 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.

## **7) 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.

## **8) 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?

## **9) 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?