

Art to Soothe the Soul



Neurographica Art

To Receive Credit for this session, make
sure you complete the survey at the end

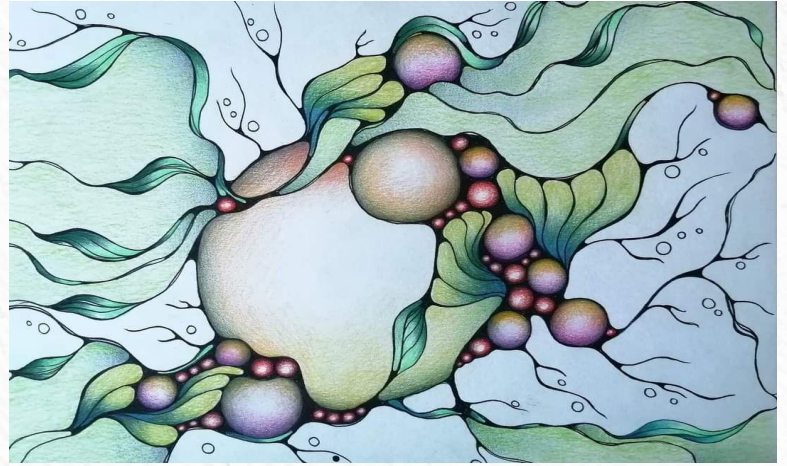


Introduction

Neurographic Art is an innovative drawing technique that merges art with mindfulness and self-reflection. Developed in 2014 by Russian psychologist Pavel Piskarev, it emphasizes the artistic process as a means of expressing emotions and thoughts visually. This presentation will delve into the history of Neurographic Art and explore its creative processes, utilizing ink pens and watercolor paints.



History of Neurographic Art



The art of meditation. *Art for the “non-artist”.*

Origin and Development

Neurographic Art emerged in the early 21st century (2014) as a response to the need for mental wellness through creative expression. Combining elements of psychology and artistry, this technique encourages individuals to draw freely and intuitively, creating patterns that represent their inner landscapes.



Influence of Pavel Piskarev

Pavel Piskarev, a Russian psychologist, pioneered Neurographic Art as a therapeutic tool aimed at promoting self-awareness and emotional healing. His approach integrates principles of psychology and art, emphasizing the journey of creativity to foster personal growth and reflection.



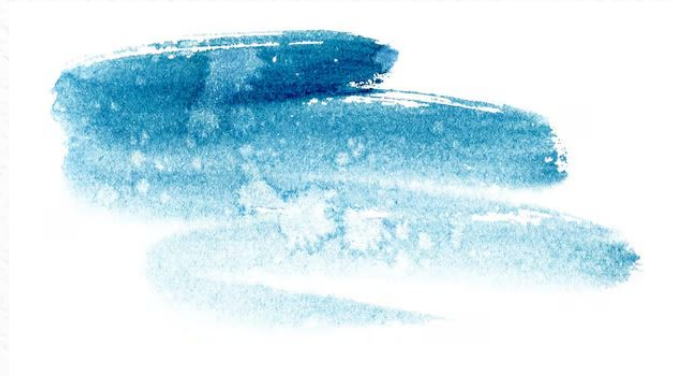
A vertical decorative border on the left side of the slide, featuring watercolor-style illustrations of pink, purple, and orange flowers with green leaves.

Growth and Popularity

Since its inception, Neurographic Art has gained traction worldwide as a popular medium for self-expression and mental wellness. Workshops, online courses, and community events have proliferated, drawing individuals seeking therapeutic benefits through creativity. Its unique blend of art and mindfulness appeals to diverse demographics, fostering a global community dedicated to exploration and personal growth.



Creative Process in Neurographic Art



A way to meditate with ink and colors. Don't overthink it!

Materials and Tools Used

Creating Neurographic Art typically involves basic materials such as ink pens, watercolor paints, and quality paper. Artists are encouraged to use whatever colors and styles resonate with them, promoting personal expression and enhancing the overall experience.

We are going to use watercolor paints and sharpies to create our art today!

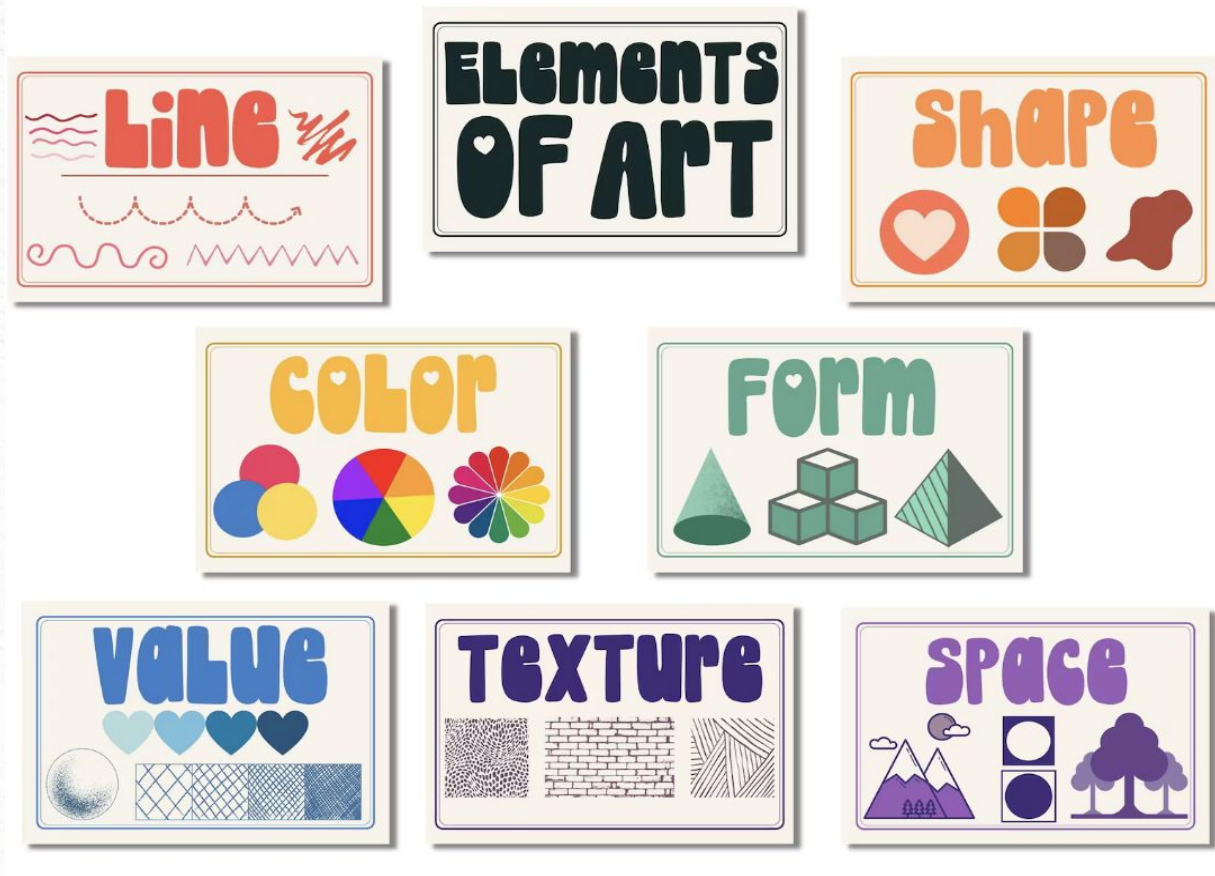


Techniques of Drawing

The core technique involves freehand drawing of smooth, flowing *lines*, which intertwine to form intricate *patterns*. Artists often incorporate intentional *shapes* and a *balance* of *space*, allowing their emotions to guide the process. We will add color as our emotions deem fit for the process in meditating and problem solving our worries. Do not over think your end product. This spontaneous approach helps to cultivate a connection between the mind and body, facilitating emotional release and self-discovery.



Elements of Art: the ingredients for creating a work of art.

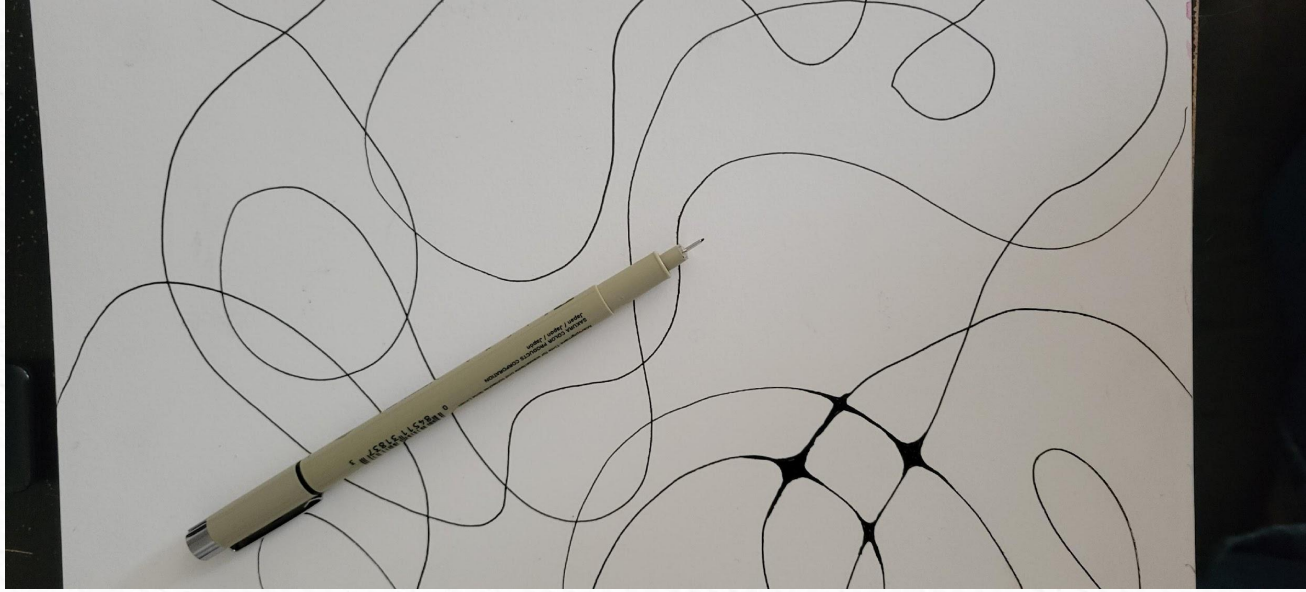


Mindfulness and Self-Reflection

Neurographic Art serves as a powerful vehicle for mindfulness and self-reflection. As practitioners engage in the drawing process, they attain a state of focused awareness, promoting relaxation and insight. This reflective practice encourages a deeper understanding of personal emotions, facilitating healing and enhancing overall mental well-being.

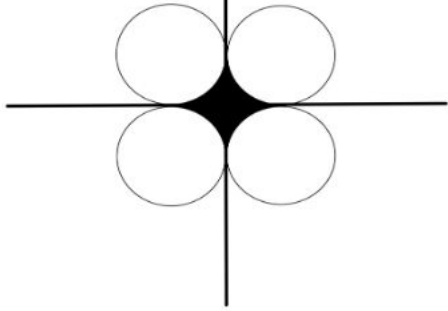
Think of something that is stressful to you at the moment. Perhaps the “end of summer blues” or any other problem you are carrying in the back of your mind. Write this thought with pencil on the back of your watercolor paper.



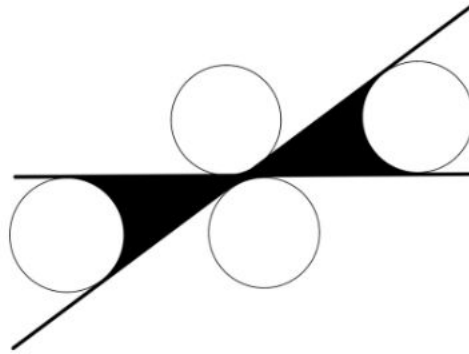


Begin with a fine tip sharpie to create a series of neuron-like lines that curve and intersect. Again- Do not overthink where your marks are made! Then, at each intersection create rounded off curves and fill them in. We want to rid our sharp angles with smooth curves and transitions.

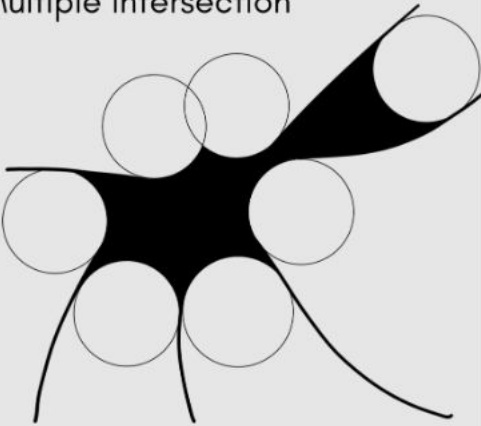
Basic Intersection



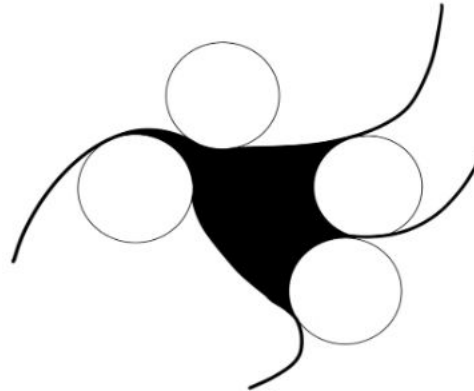
Angled Intersection



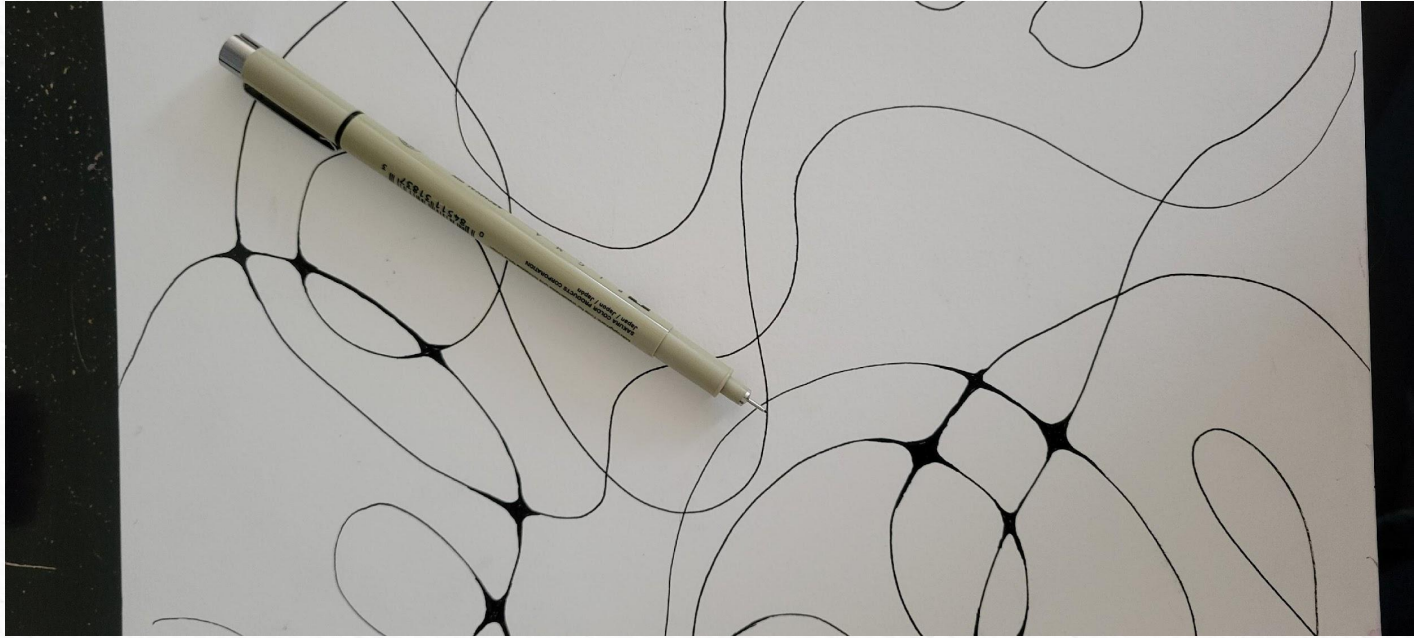
Multiple Intersection



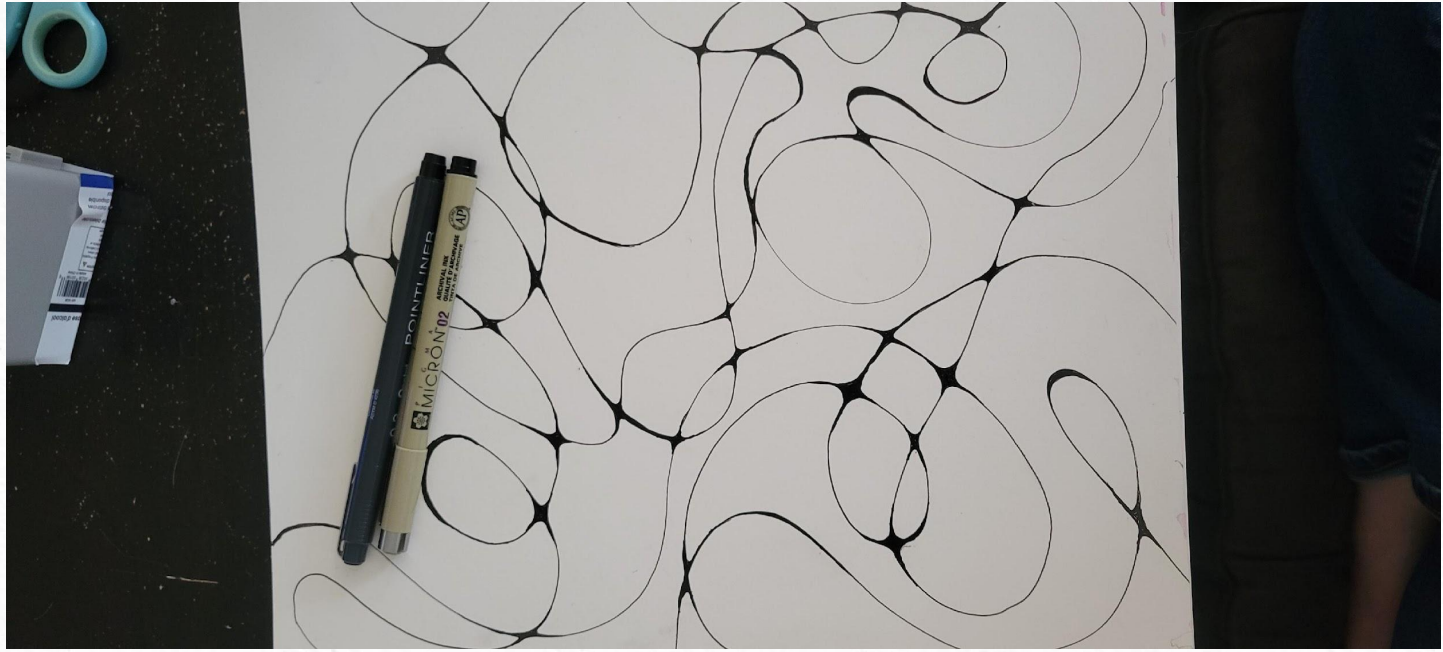
Curved Intersection



Imagine a circle placed against each angled intersection. Fill accordingly the empty space between.



As you make your marks on the page, consider your breathing and focus on positive outcomes you would like to see in relation to your worries.



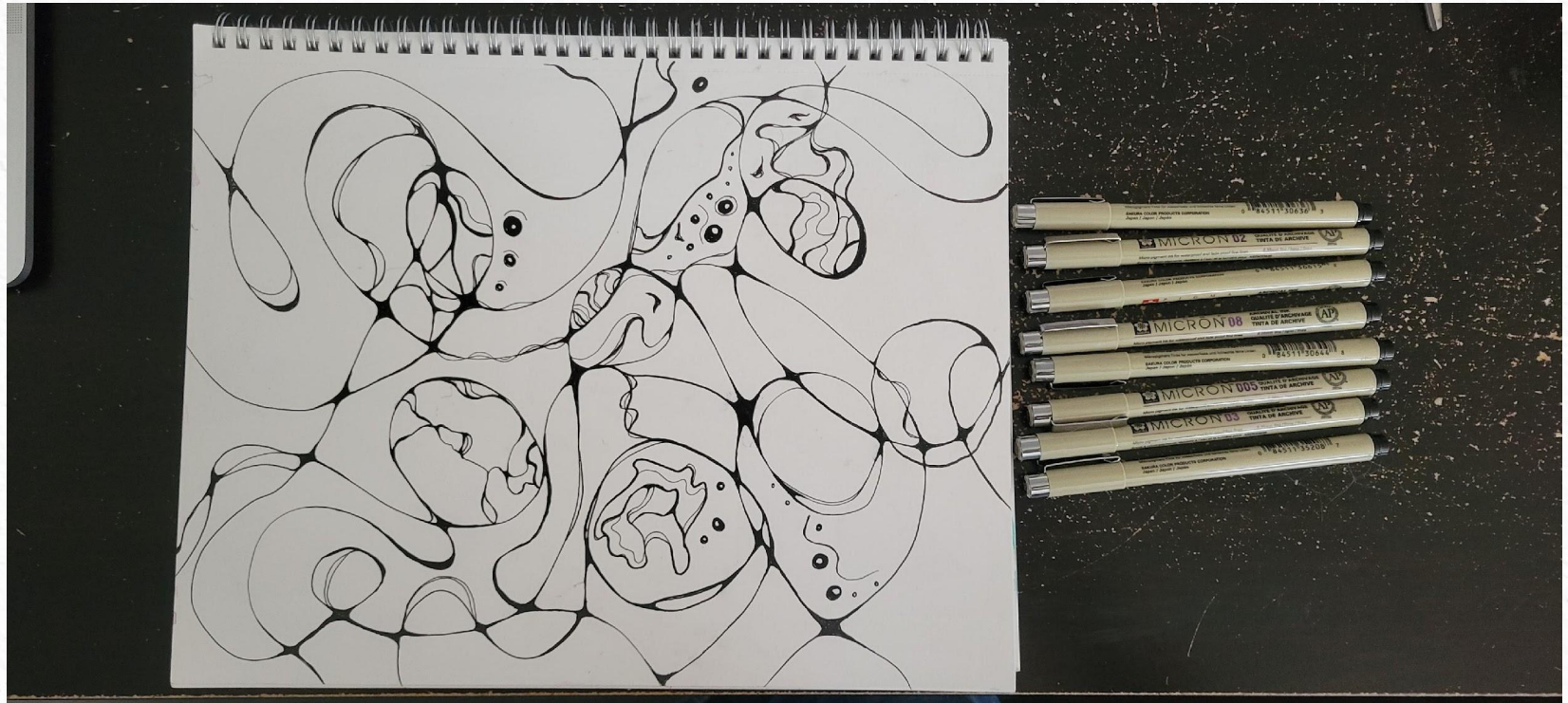
Enjoy the sounds of the sharpies on your page. Continue to add lines and fill as much or as little space as you please. Your lines can vary in thin or thickness with the variety of sharpies or pens you use.



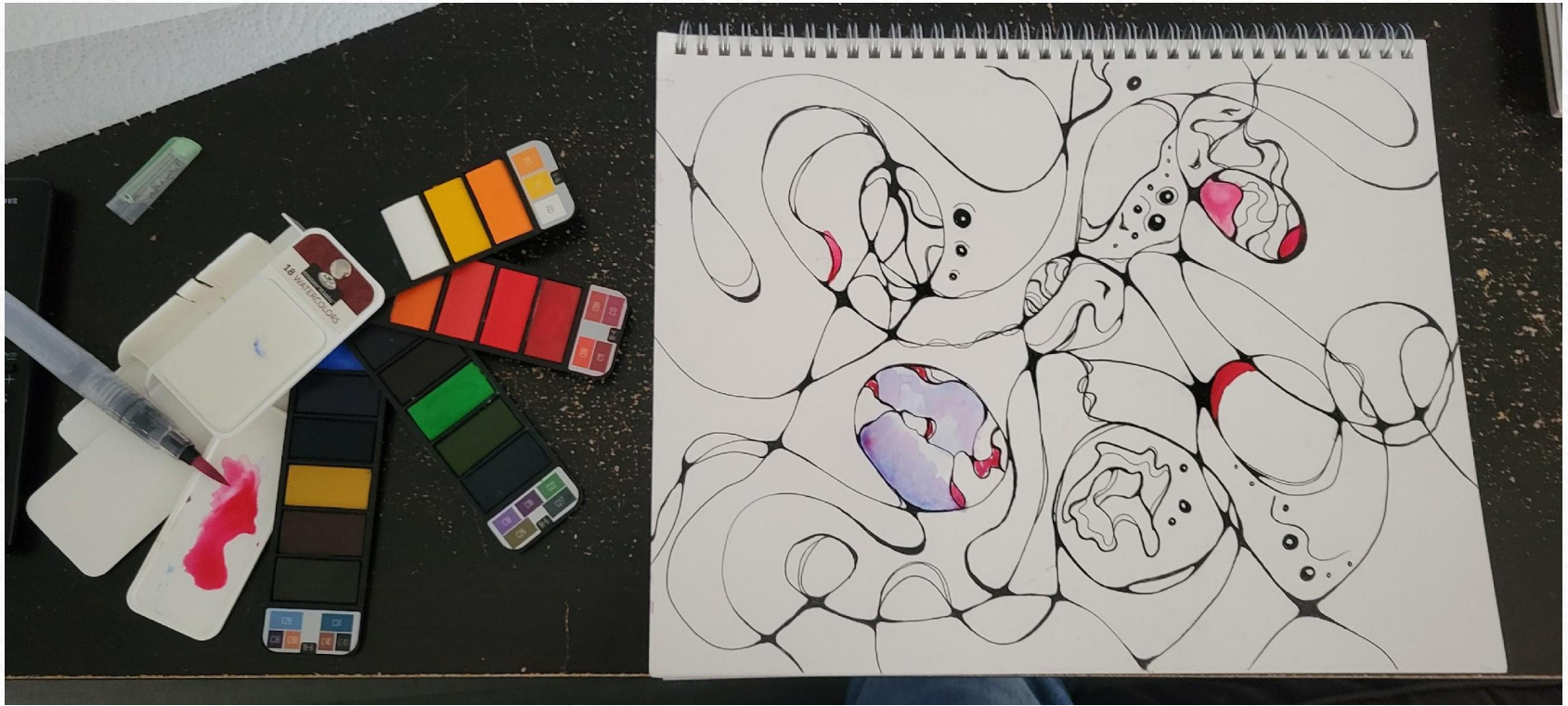
Shapes can be intentionally created throughout your design. I have provided some circular shapes to trace but I find it rather beautiful to see a whimsically hand drawn shape, despite imperfections.



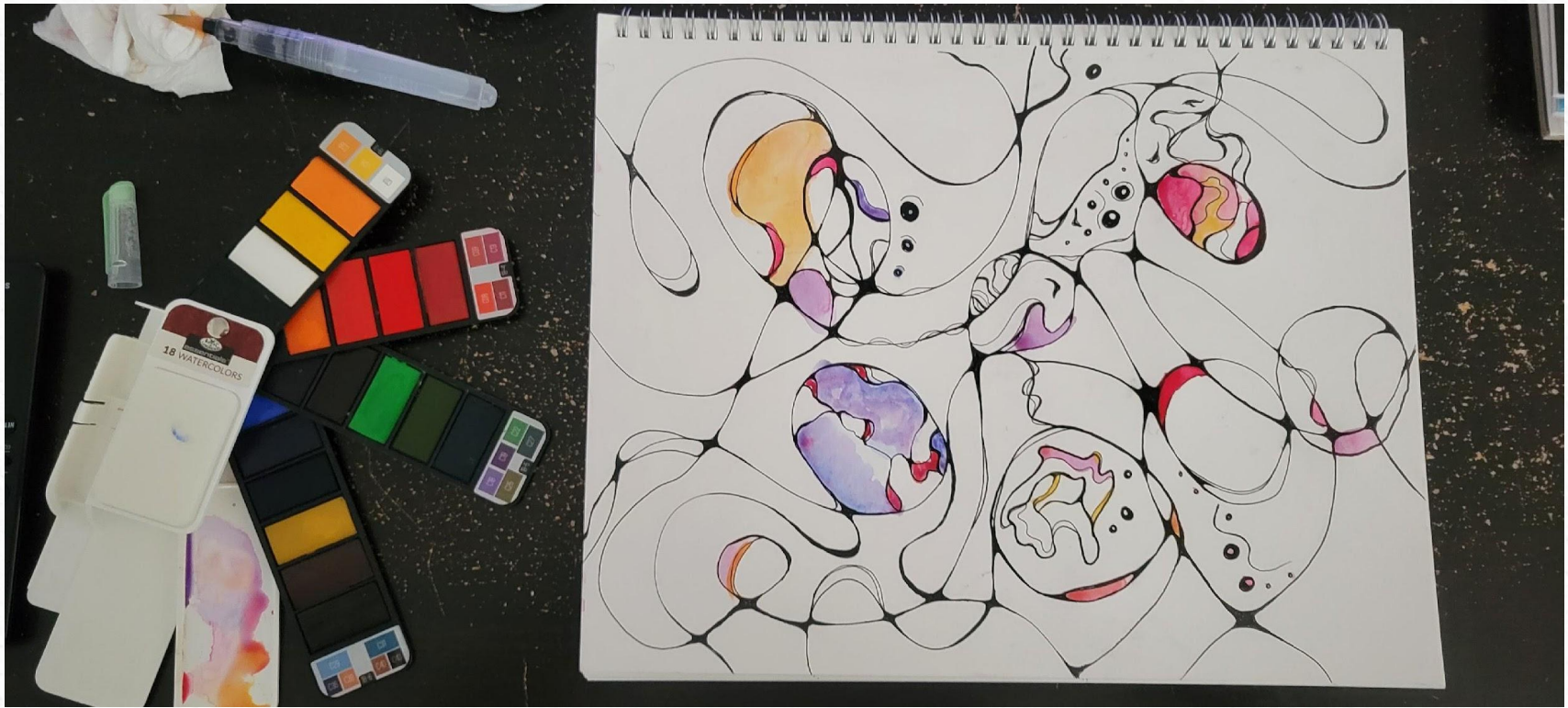
Consider your *negative spaces* where there is empty space not intentionally filled. You can add smaller designs to these areas.



This is a good stopping point to begin adding color!



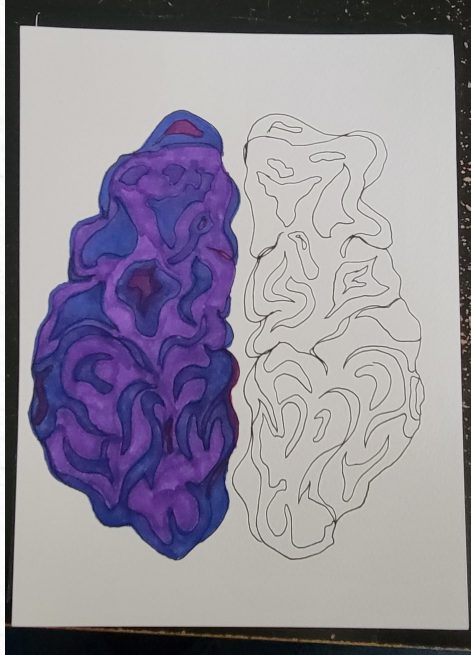
Once you are pleased with your lines and shapes (you can always go back to add more) begin to place color. With watercolors, you can change the lightness or darkness of your values by the amount of water you use.



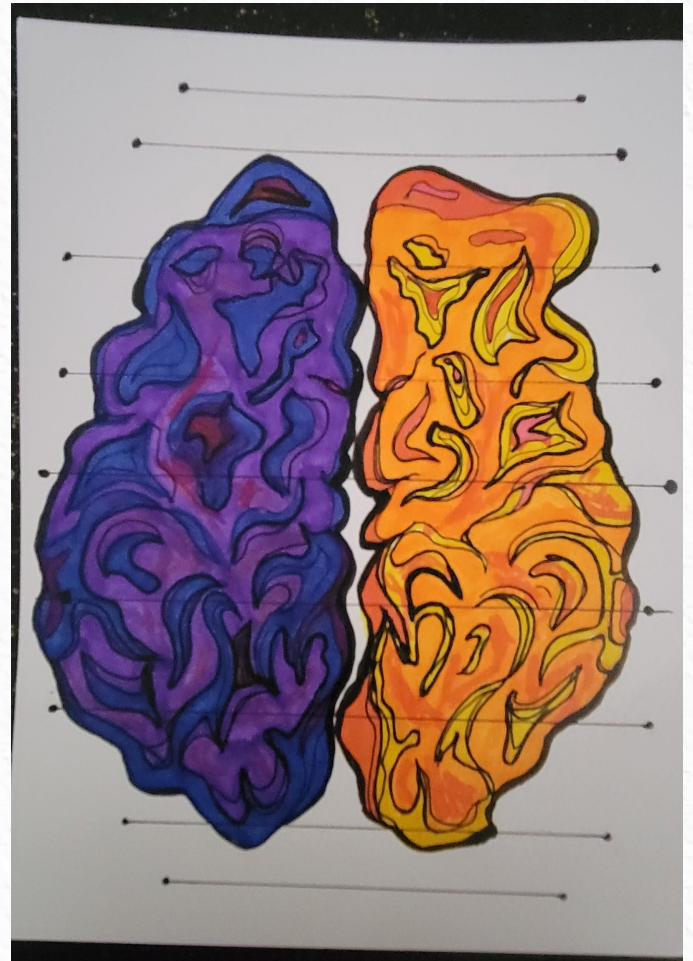
More water mixed in your tray with the paint will create a lighter value. Less water will create a darker value. The lid of your watercolor paints is designed for you to mix your colors on.



Finished! Or is it...? There is no right or wrong way with Neurographic Art. Enjoy the process and worry less about the product!



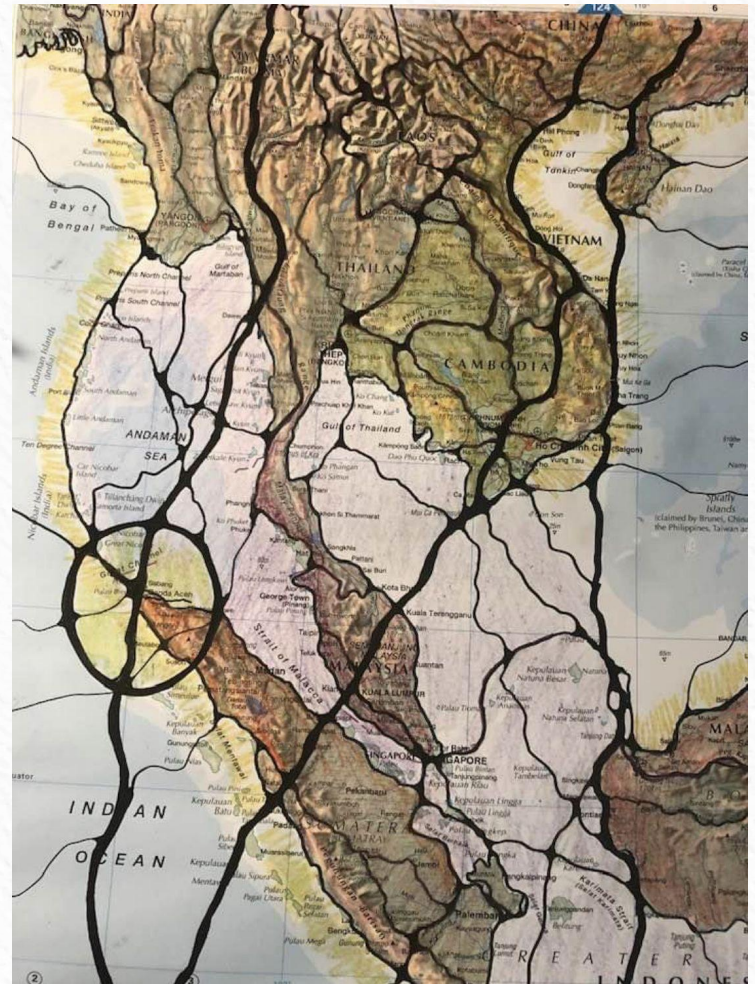
Variations can be an object such as my drawing of a brain. My own personal worries involve my VP shunt whereas the brain has become a subject matter in many of my own art works since I was a teenager.



Conclusions

Reflect on the process and the final artwork, noticing how you feel and what insights you gained.

Neurographic Art represents an innovative fusion of creativity and mental wellness, offering a novel approach to self-expression. By exploring its history and creative processes, individuals can harness the therapeutic benefits of this technique, fostering mindfulness, emotional insight, and personal growth through artistic practice.





Thank you!

Do you have any questions?



Please assist in cleaning the art room before we leave! Empty water cups, throw away towels, rinse brushes in the sink. The following slide will have your QR code.





Want Attendance Credit?

To receive attendance credit for all sessions, you **must fill** out the feedback form after each session. You can get to the feedback form by using the tinyurl below or scanning the QR code. Please do so within 30 minutes of the session ending. You will receive a copy of your response, so you can make sure you did your survey and to check attendance. **Save this for your records!**

<https://tinyurl.com/ENGAGE26FB>

SCAN HERE >

