

Neurographic Art: A Creative Expression for Mindfulness and Self-Discovery

By

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Abstract

We all know our brain consists of billions of neurons which are connected to nerve pathways and there is this electrical signal travelling through existing neuro pathways. In every person there exist these neuro pathways linked together, and the electrical signals travel through these existing neuropathy giving instructions to take action. By drawing neurographic art we rewire our brain to achieve, enhance creativity and problem solving abilities.

Keywords

Neurographic, neurons, electric pathways, subconscious mind, mindfulness, rewire, self discovery.

Introduction

Neurographic art is the simplest way to work on our subconscious mind through drawing. This creative method stimulates new neural pathways by combining art and psychology. Neuro graphic art is a scientific method which offers the most straightforward and effortless path to initiate transformation in our lives through drawing. Developed by Pavel Pilyagin, this technique involves creating intricate patterns and designs using simple lines, shapes, and curves.

Often a question crosses the mind; I am not an artist, how can I learn neurographic art?

The answer is very simple. Neurographic art is an expression that combines elements of art therapy, mindfulness, and neuroscience.

Anyone who can hold the marker can draw neurographic art and requires no drawing skills at all. In a layman's language we can say it is very close to scribbling art that can bring about positive change. It can transfer our inner chaos, tension etc into something more calming, peaceful and beautiful.

Steps to Draw

Step 1: Consider an area of discomfort, concern or challenge. Write this in simple words at the back of the paper.

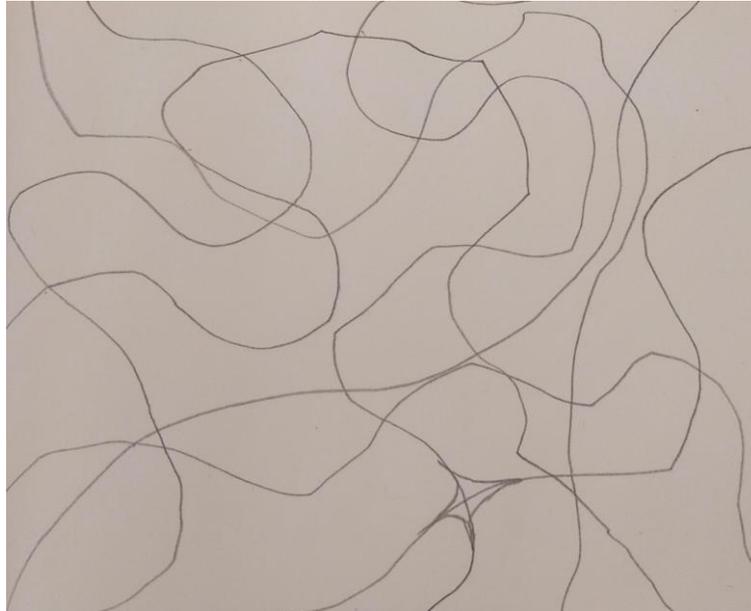


Image 1: Drawing

Step2: Taking a dark permanent pen, on the front of the page scribble in whichever manner you feel like. Just let the pen flow in a criss-cross manner across the length and breadth of the page.

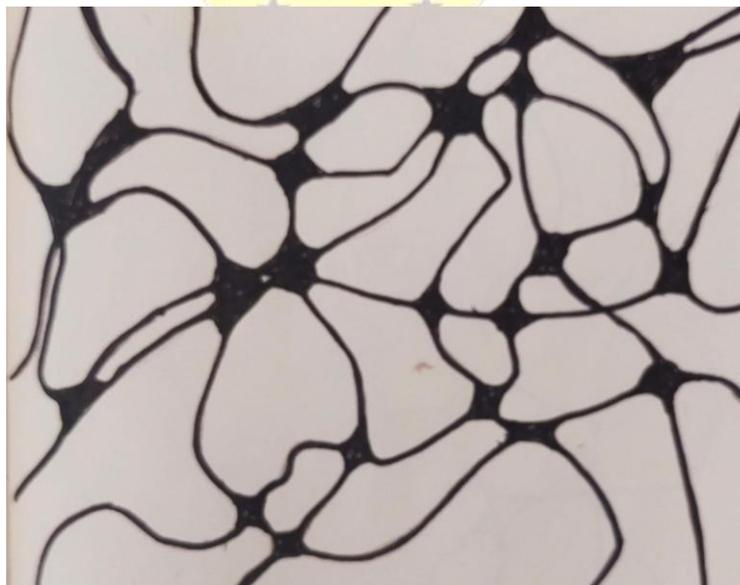


Image 2: Drawing with pen

Step 3: Round off the connecting lines at every intersection. As you start focusing on rounding off at the intersections; a calming effect sets in. It promotes a sense of flow.

Pavel claims that neuro graphic art awakens the dormant neuro-conditions, which stimulate positive changes in the artist.

The art form that starts emerging, gives a satisfying effect as a person has full control over his art work. That is exactly how I felt.

Step 5: Now taking the colours of your choice, fill up the artwork the way you want to. And viola! The artwork is ready. Though we are in control of our work,yet the outcome is no less than the Ahaa! moment for every individual as work comes to completion. The biggest benefit is that the artwork cannot be replicated.

Everytime a new artwork comes alive. The suspense element creates excitement and enthusiasm as one continues working. There is no stress connected to it. In fact it relaxes our brain through this neurographic art form. It is a great stress buster in the simplest form of art.I can say this as I have continued working in this area.

Let's understand in scientific and psychological way how Neurographic art releases stress:
Mindfulness and meditation: the repetitive, focused nature of drawing and rounding lines helps induce a meditative State reducing stress and promoting relaxation.

Emotional Release: by drawing out emotions, fears and stresses onto the page, individuals can process and release pent- up feelings in a safe, non-verbal way.

Connection to the subconscious: The technique is designed to connect the conscious and subconscious mind, allowing for a visual transformation of inner turmoil into something more positive and healing.

Shifting Negative Energy

The process of transforming jagged,sharp lines into smooth,flowing forms, creates a visual representation of moving from chaos and hard edges to a more peaceful organic state.

Stimulating Neural pathways:

Neuro graphic art aims to create new neural connections, stimulating positive change and helping to rewire the brain in a more positive way according to the technique's creator.

Sense of Accomplishment

Completing a neuographic drawing regardless of artistic skills can instill a sense of achievement and boost self esteem.

To sum up, neurographic art form reduces stress and anxiety, promotes insight into thoughts, emotions and behaviour, enhances attention and concentration. Above all it stimulates creative potential in us.

I would like to present some of my neurographic art work here:



Image 3: Neurographic Art Work



Image 4: Neurographic Art Work

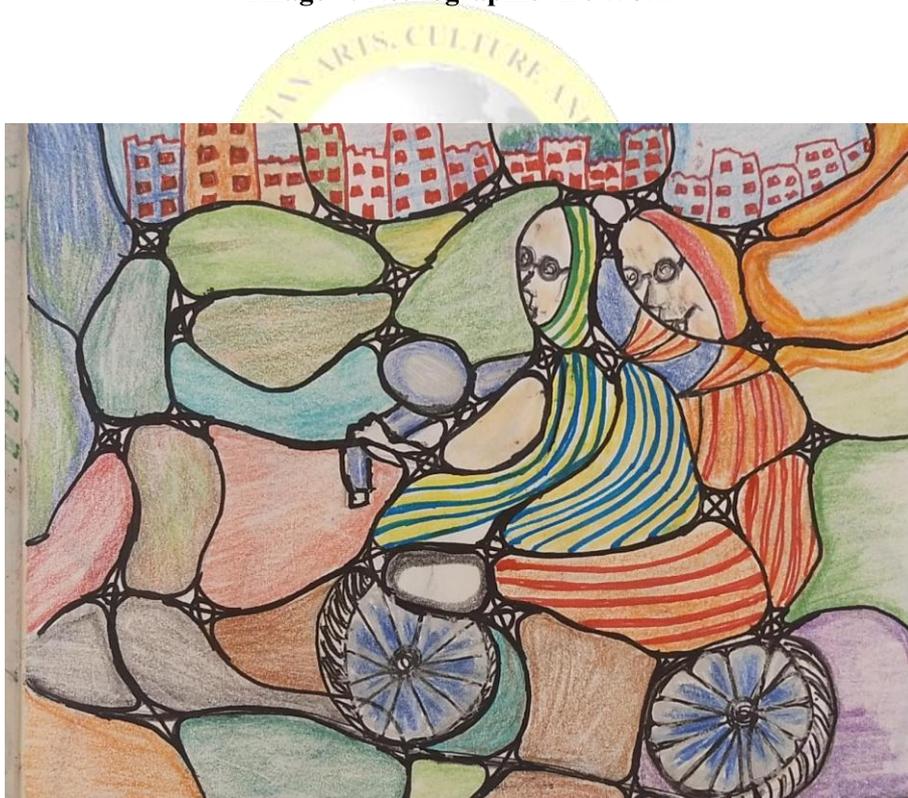


Image 5: Neurographic Art Work



Image 6: Neurographic Art Work

Reference: Google

About the Author

An Educator, Voice modulator, Author & Poet, Radio-Artist, Creative Artist for Crafts and Dramatics, Kiren Babal has a rich experience of 50 years; with a flair for writing both in English and Hindi.

To her credit she has many children's books, poetry books and anthologies both in English and Hindi. Her focus always remained in keeping her hobbies alive .

She is passionate about storytelling and loves to interact with NGO children by way of storytelling. Life unfolds itself in all her creative pursuits, be it writing, singing, painting , poetry , storytelling, or social services.

Every new creativity is a new identity of her persona. So does she believe! A new beginning, a new understanding in the world she belongs as she treads the path of her life!

The journey goes on...

