



art as therapy

week 2

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



change; soften; broaden your
perspective; and the whole world
changes accordingly.

—~ pavel piskarev

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

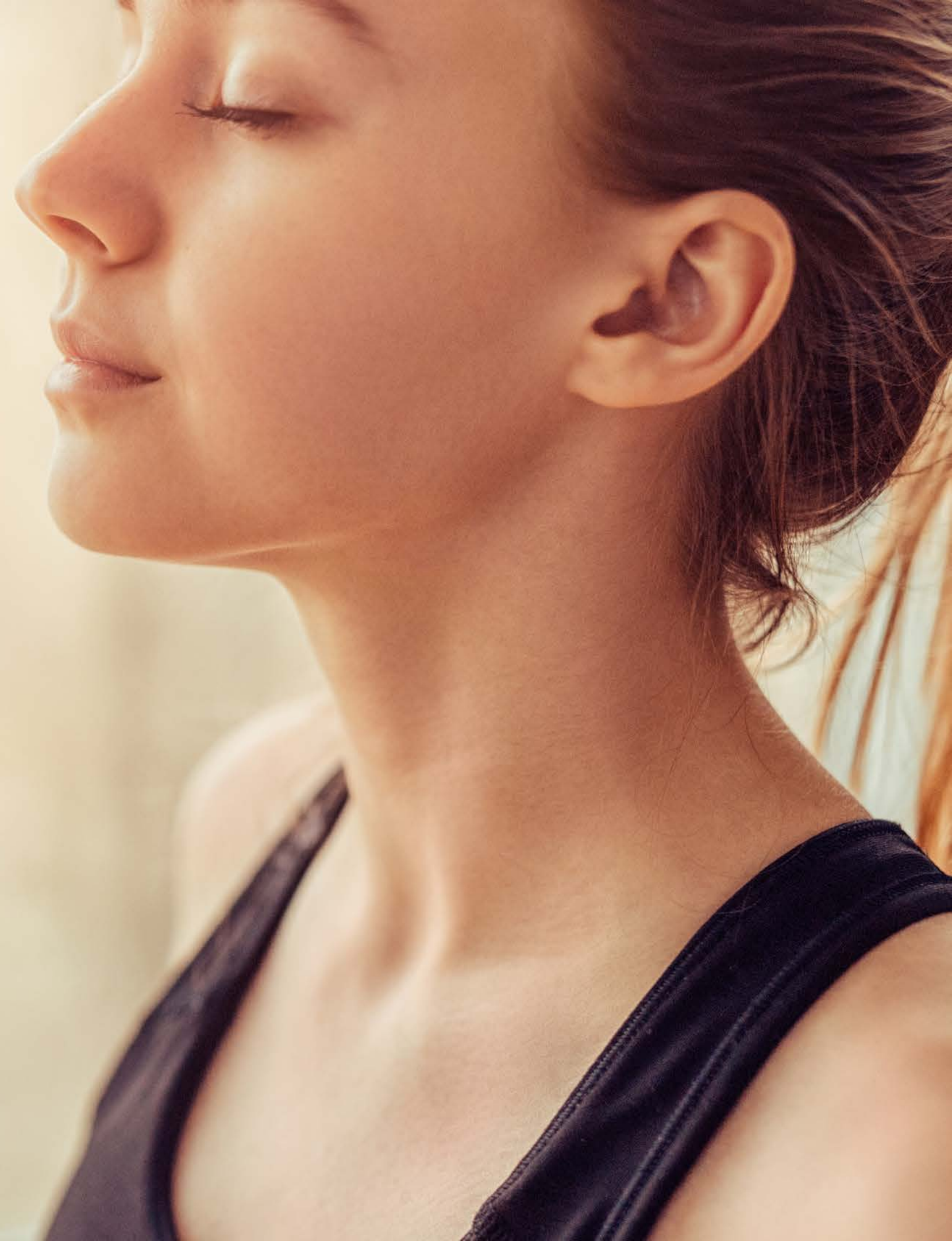
PURPOSE
YOUR
UNIQUE
VALUES

Mindful Moment



Stacking our senses

- Integrate your senses by adding awareness one step at a time.



Stacking your Senses

- **Feel your pulse**
- **Notice your breathing**
- **Look at and see an object**
- **Notice your posture**
- **Hear the sounds around you**



What did you notice?

Raise your Zoom hand or put your answer in the chat.

Art Supplies

- water color paper with edges taped
- permanent marker/Sharpie
- dilemma list



What is Neurographic Art?





Neurographic Art

- “Neurographica” uses the scientific study of visual thinking, pattern identification, gestalt theory and neuropsychological research.
- Neurographic Art was developed in 2014 by Dr. Pavel Piscearev, a Russian psychologist and artist,





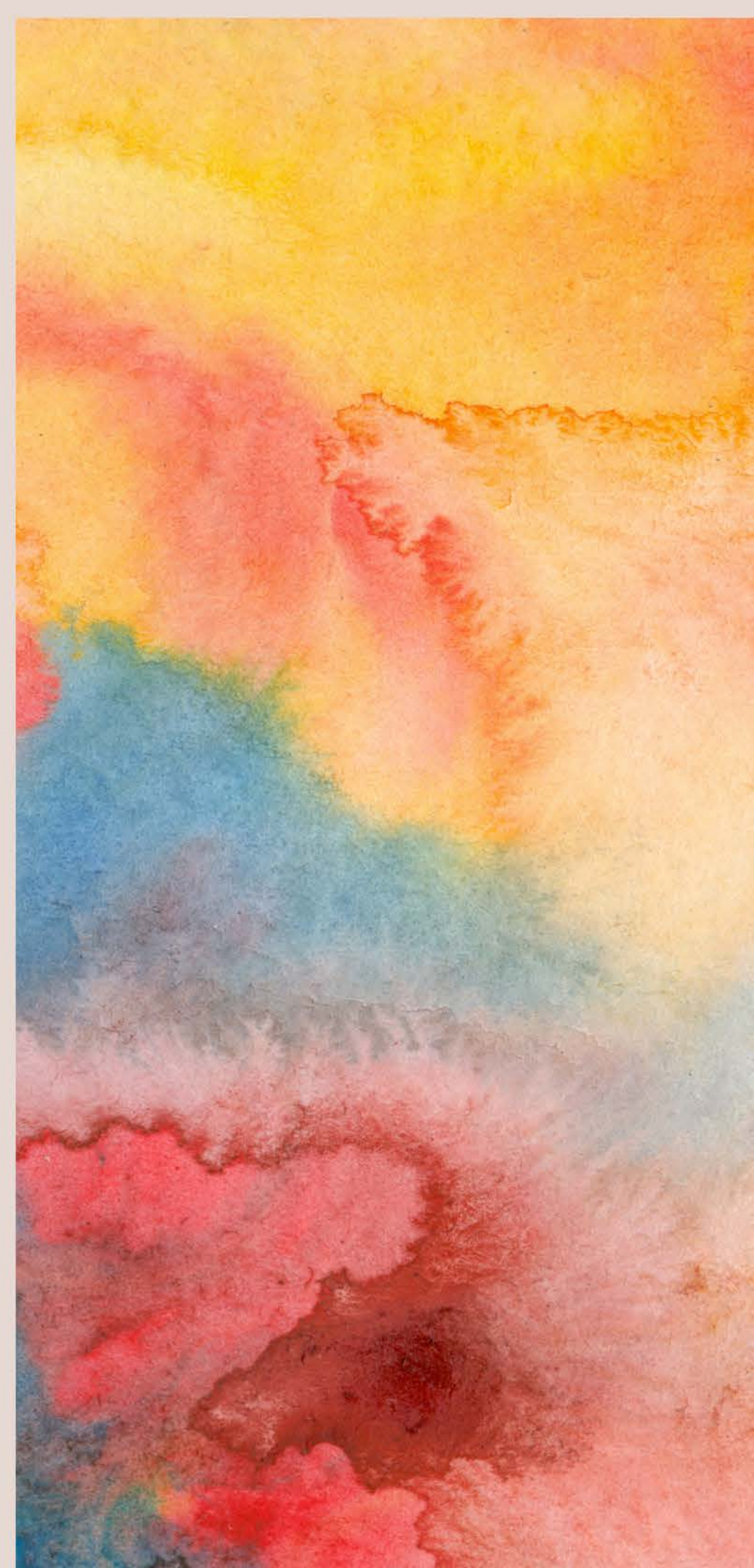


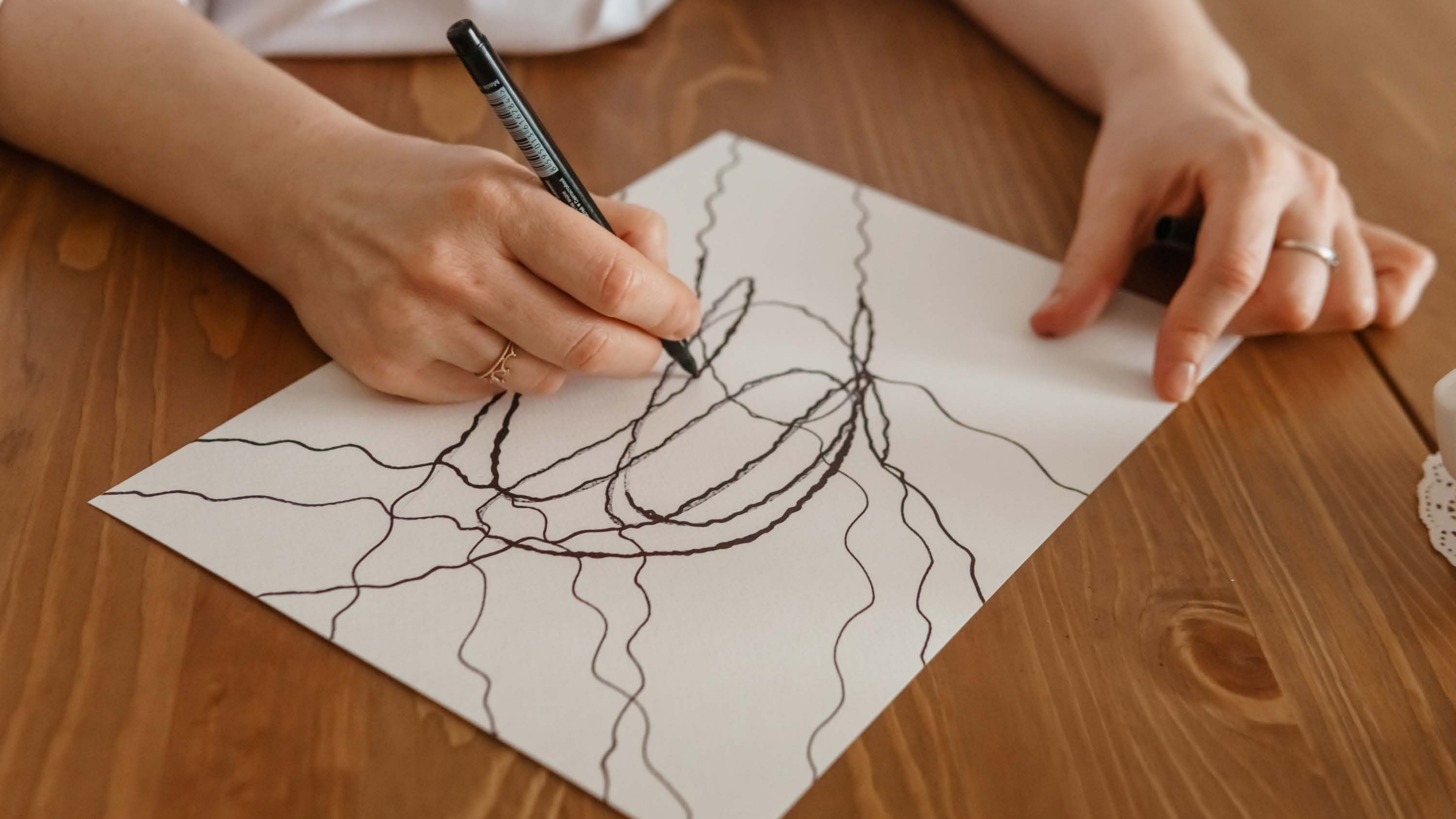


Neurographic Art

- Creative method of transforming the world.
- A practice that allows you to make the necessary personal changes.
- Reliably remove restrictions.
- Simulate a new, desired reality.

~ Pavel Piskarev





Neurographic Art

- The outer world and the inner experience are both projected/imagined.
- Everyone judges and interprets the world from their perspective.
- Most people believe their perspective of separation.
- We often feel we are separate from others and from circumstances. We blame or give credit to others instead of seeing the big picture and choosing our perspective on it.

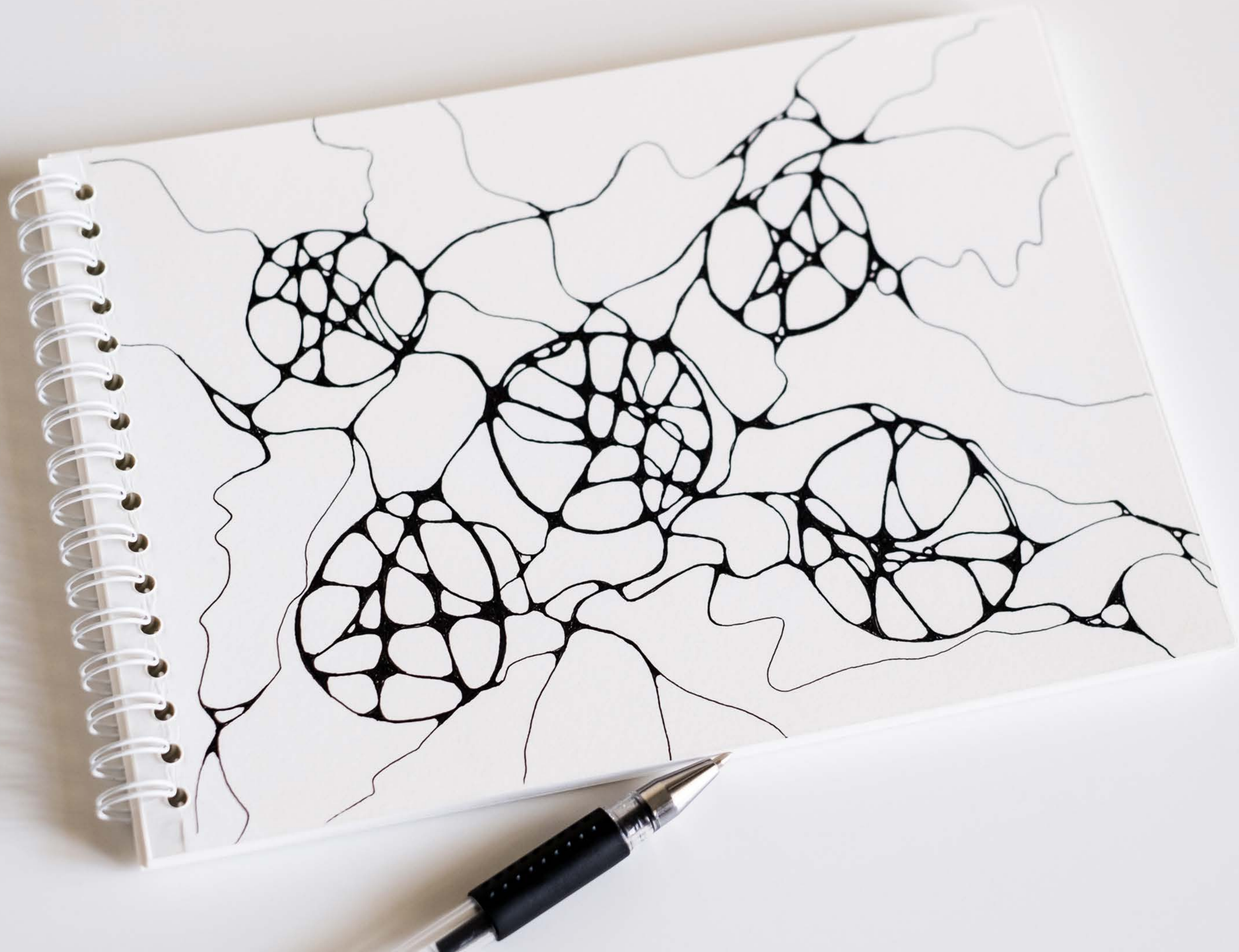




Neurographic Non-duality

- Duality = seeing ourselves as separate from other people, nature, ideas, and whatever we are observing.
- Non-duality = seeing ourselves as part of a larger whole, interconnected and interdependent.
- Neurographic Art can help us see we are all part of the same creation.
- Seeing the big picture.
- Change, soften, broaden your perspective, and the whole world changes accordingly.





The purpose of Neurographic Art

- Recreating wholeness and connection with ourselves and community.
- Softening the edges of our harsh thoughts and fused beliefs.
- Merging with our better intentions and greater knowing.
- Being whole; seeing whole.
- Letting go of fear.
- Opening to unlimited possibility and perspective.



What does it DO when we make neurotrophic art?

- Thinking new thoughts.
- Creating new neural pathways in the brain.
- Feeling new feelings with acceptance.
- Healing old triggering thoughts and defusing from thoughts.
- Making contact with the present moment.
- Experiencing the self as held and contained; as part of the larger whole/universe/creation/higher power.
- Increasing “openness to new experience.”



Three Steps

- Step 1: Dilemma and bilateral lines
- Step 2: Softening the intersections
- Step 3: Painting and Reflecting
(we will do step 3 next week)



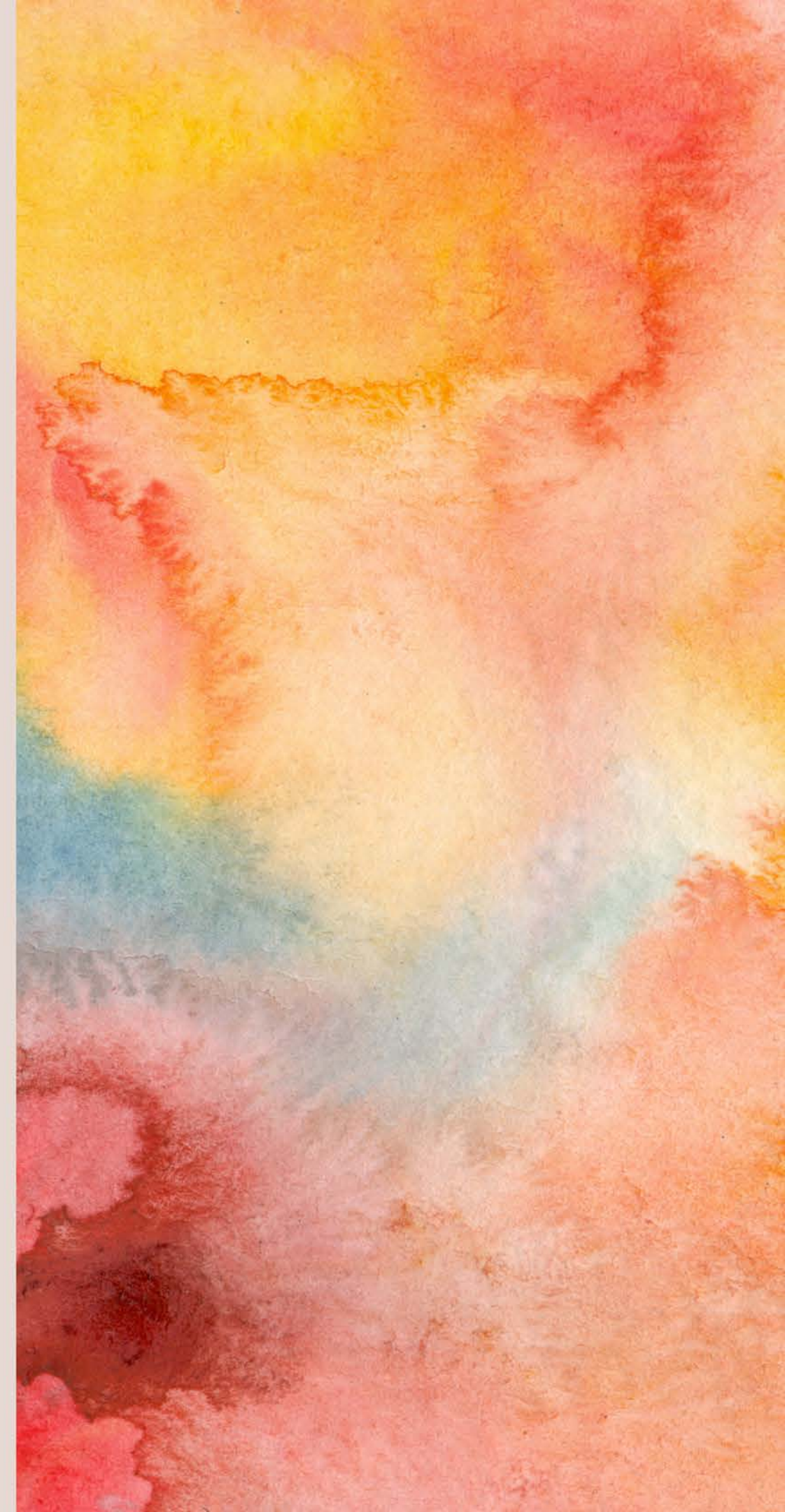
First Step of Neurographic Art

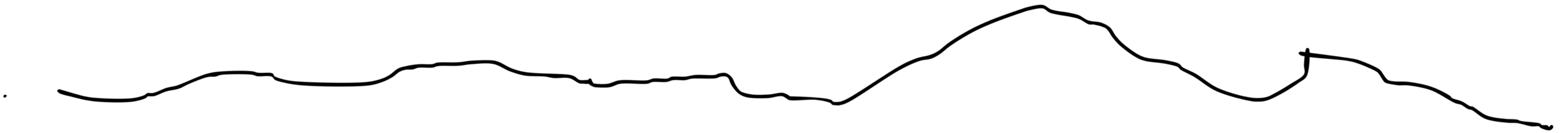
Dilemma and bilateral lines



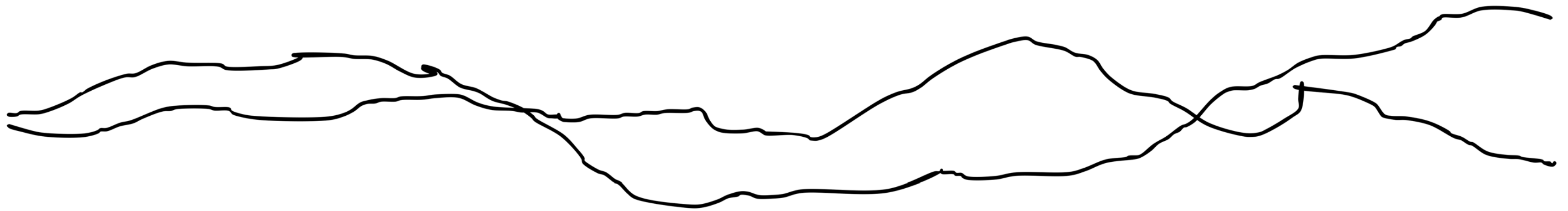
The Dilemma

- The dilemma you wish to consider is written on the back of your paper paper.
- Write just the circumstance rather than a specific question. (eg. relationship, love, money, health, etc.)
- Avoid beginning with a question in mind.
- Avoid “Should I do x or y?”
- Goal to remain open to recognizing your old, fused thoughts and be open to understanding new ways of thinking.

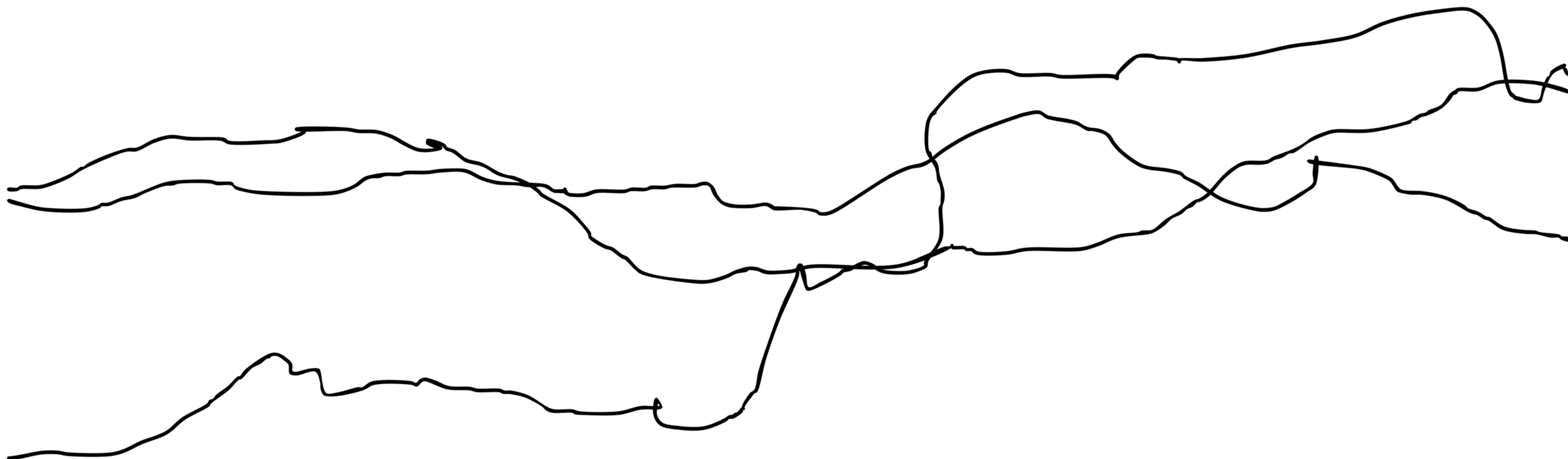




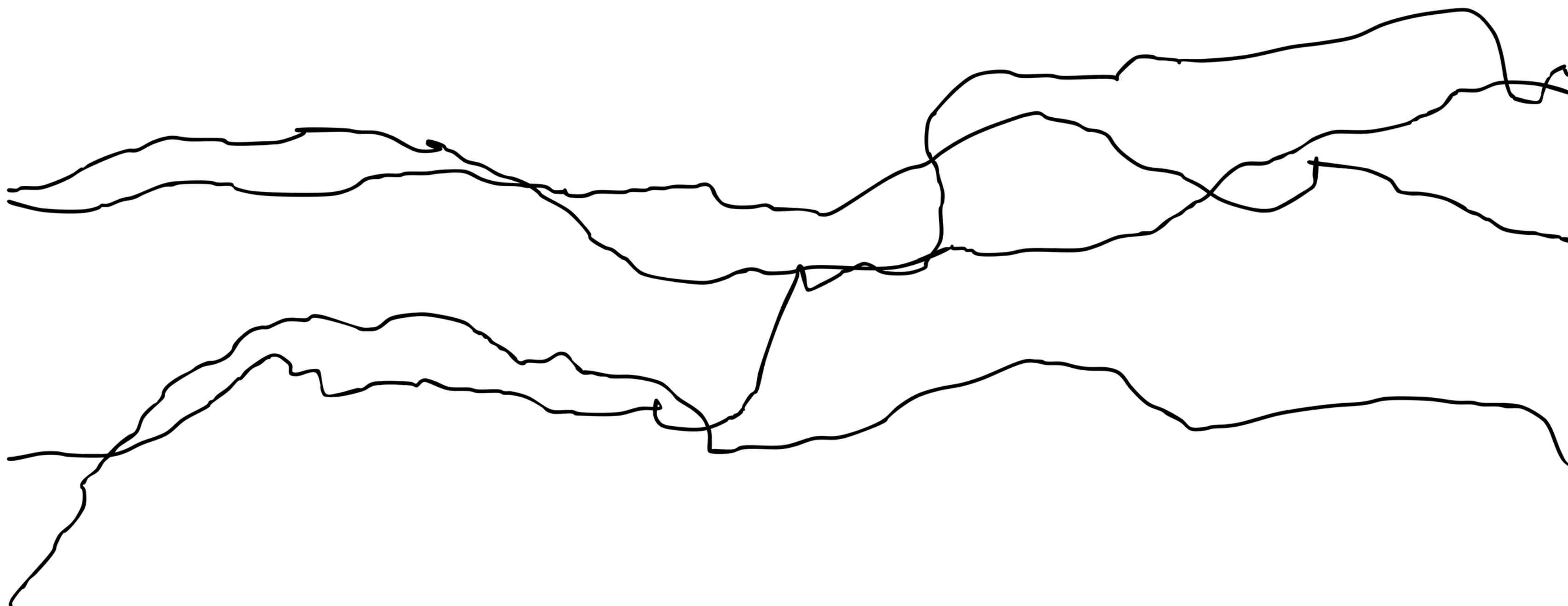
NEUROGRAPHIC LINES DO NOT REPEAT AND ARE NOT STRAIGHT LINES.



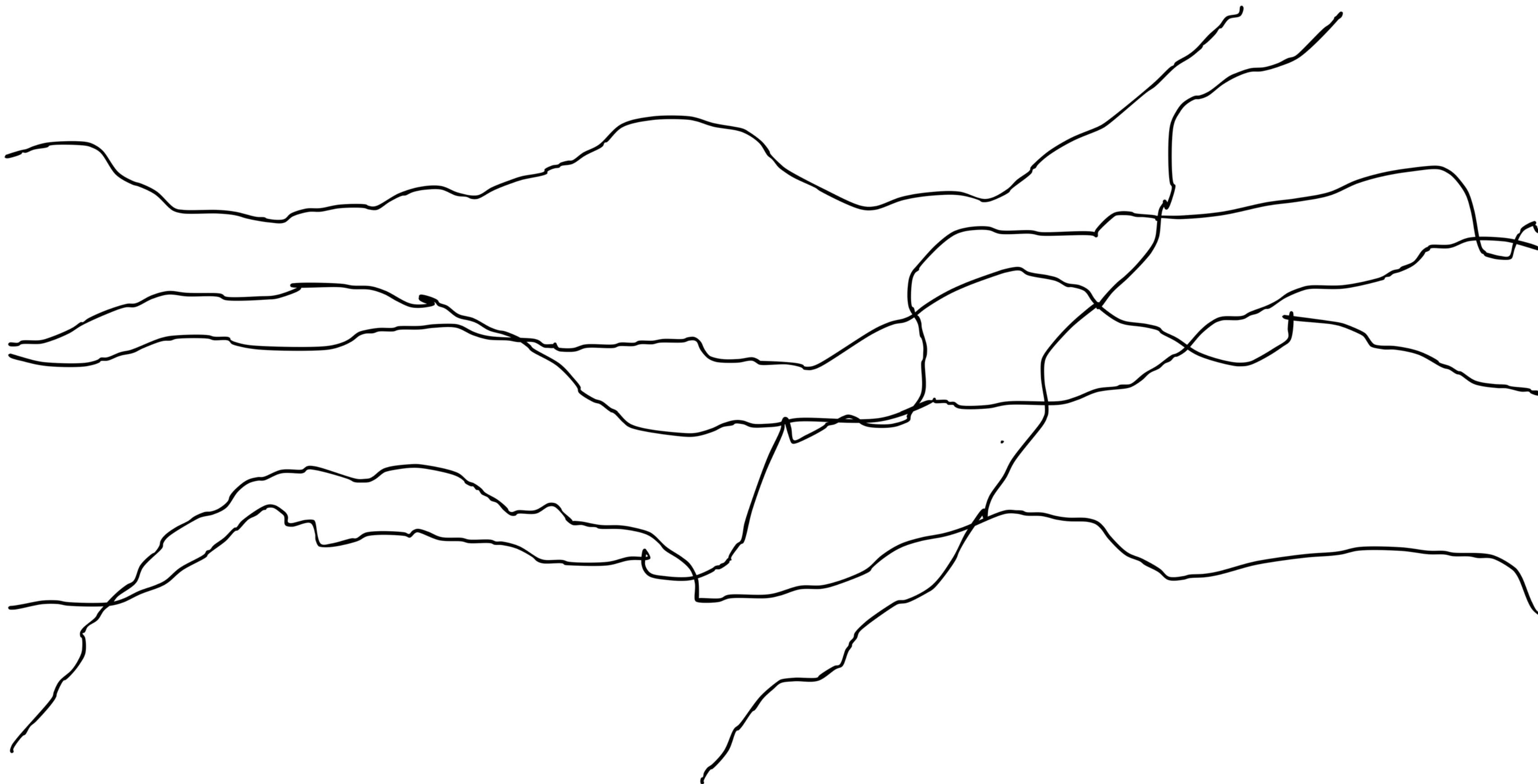
NEUROGRAPHIC LINES WIGGLE AND ARE NOT INTENTIONALLY A SPECIFIC SHAPE



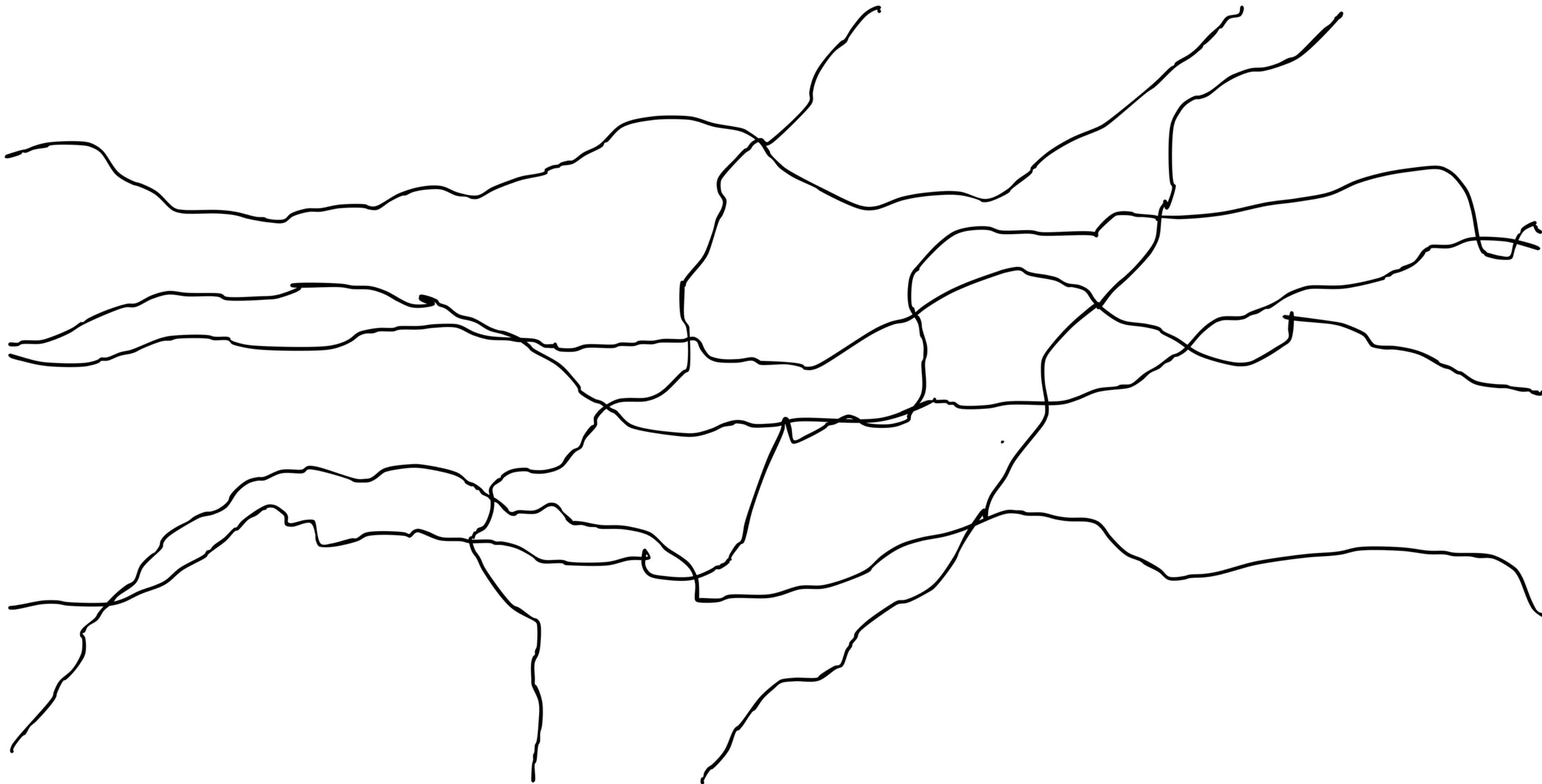
NEUROGRAPHIC LINES CROSS OVER THE CENTER OF THE PAPER.



NEUROGRAPHIC LINES CHANGE DIRECTION EACH TIME YOU NOTICE THEM.



NEUROGRAPHIC LINES GO LEFT TO RIGHT, RIGHT TO LEFT.



NEUROGRAPHIC LINES GO TOP TO BOTTOM, BOTTOM TO TOP.

Neurographic Art

- Make sure you clearly and objectively identify your dilemma and write it on the back of your paper.
- Work slowly, mindfully, and with great care.
- Reflect on your dilemma.
- Create your neurographic lines.
- You will have time to complete 2-3 pieces.



Neurographic Art Summary

- Use a black permanent pen or marker to make your lines.
- Do not repeat.
- Avoid straight lines.
- Lines wiggle and are not intentionally a specific shape (such as a curving line).
- Lines cross over the center of the paper.
- Change direction.
- Left to right, right to left.
- Top to bottom bottom to top.





What did you notice? How do you feel?

Raise your Zoom hand or put your answer in the chat.

Second Step of Neurographic Art

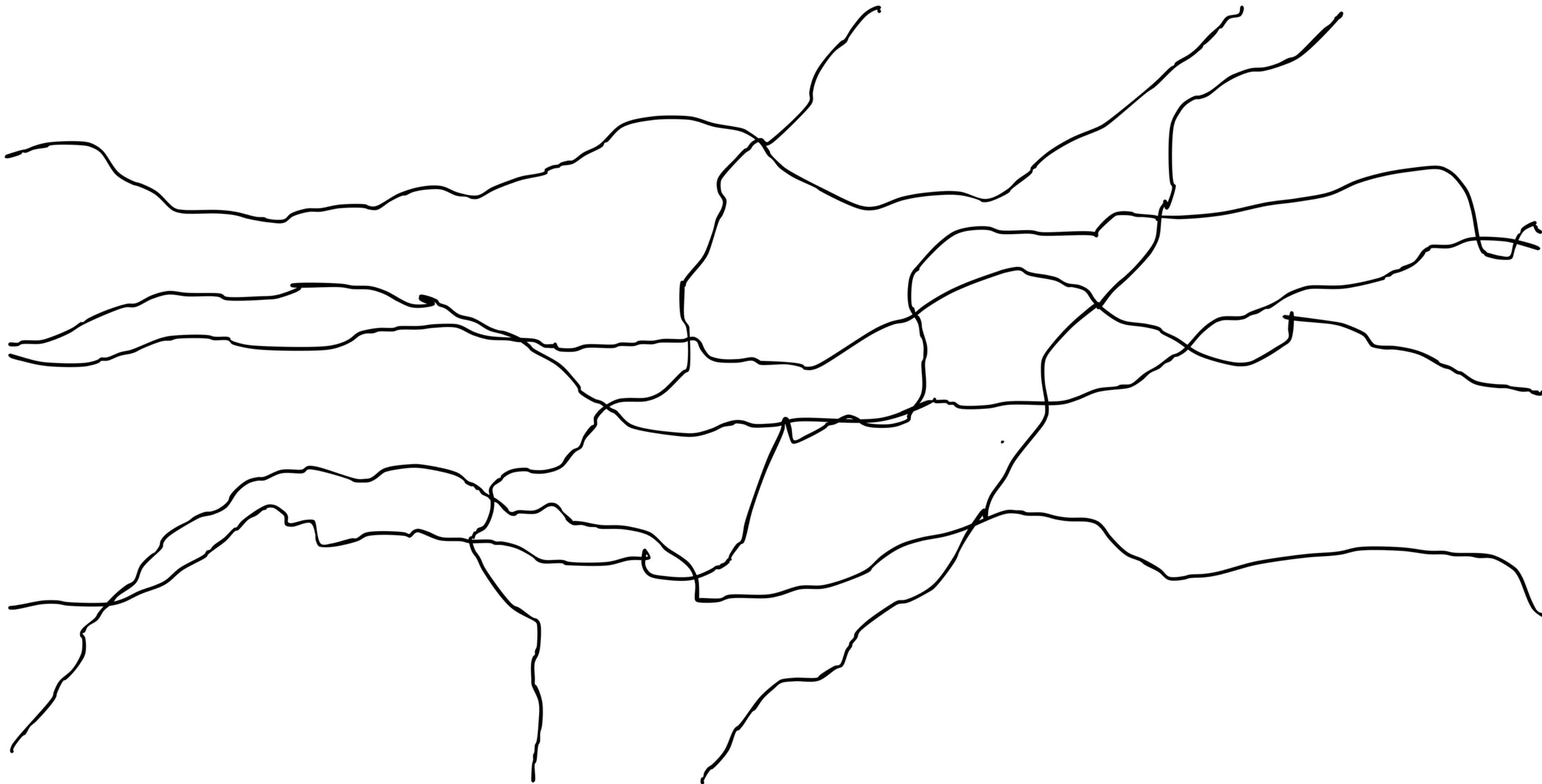
Softening the intersections



Softening the Intersections

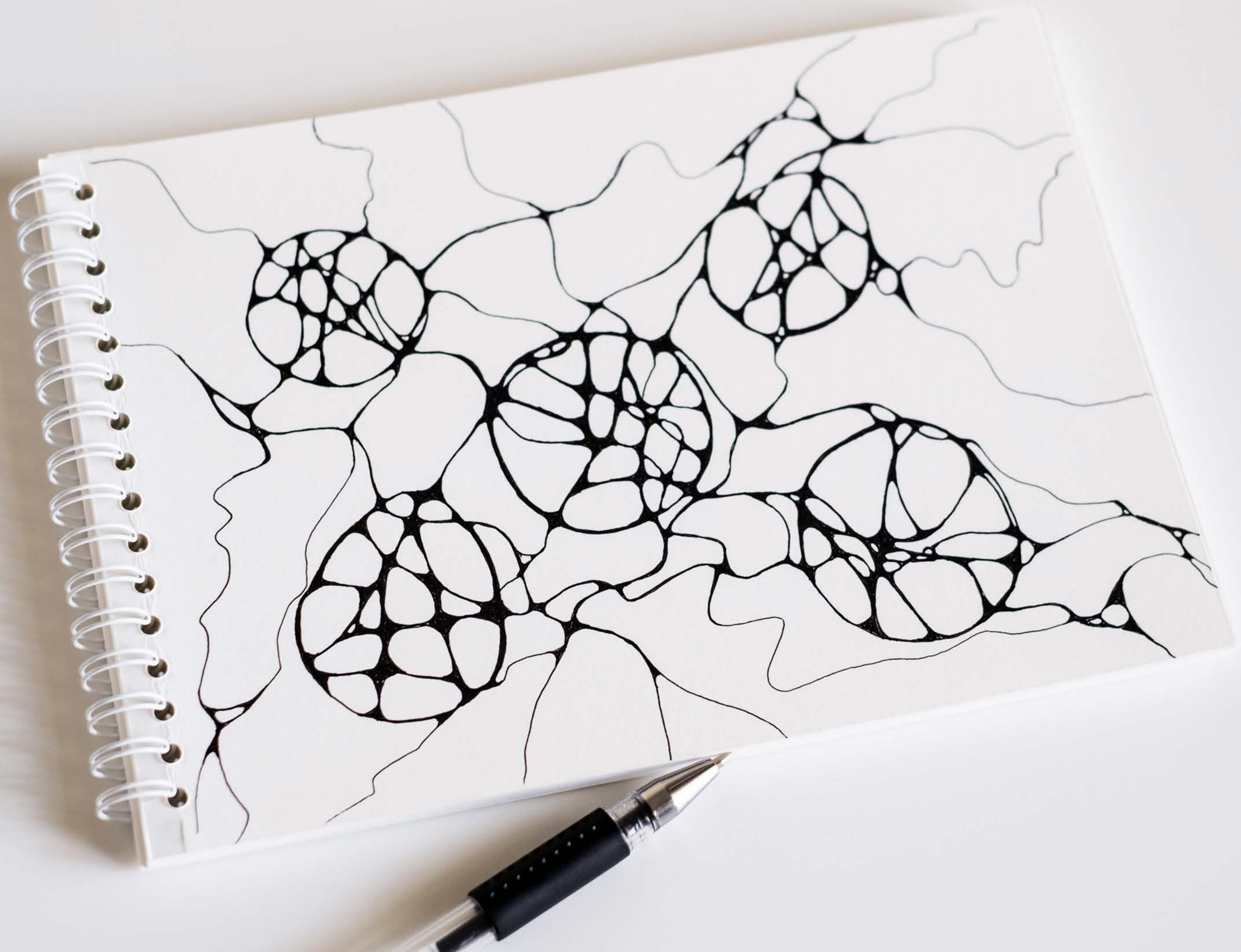
- Select one of your drawings to take into the second step.
- Smooth out each intersection into curving lines.
- Each set of intersection lines represents an old way of thinking, fused thoughts, old beliefs that no longer serve you.
- Softening each intersection in the art symbolizes seeing the bigger picture, non-duality, and new neurological pathways.
- Reflect on softening your perspective and opening your mind to new ideas.
- You will probably finish part of this drawing today.









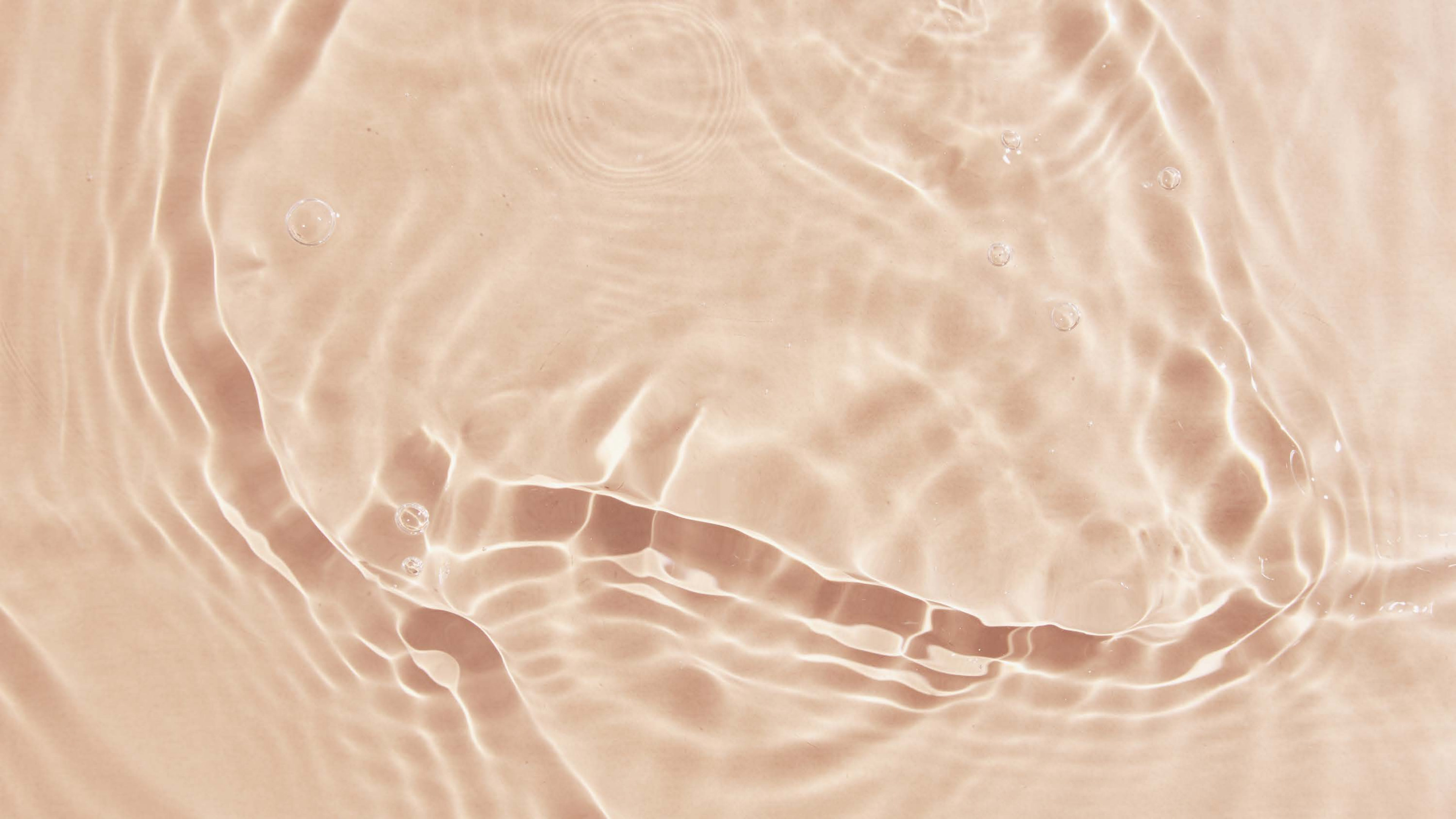






What did you notice? How do you feel?

Raise your Zoom hand or put your answer in the chat.



Affirmation

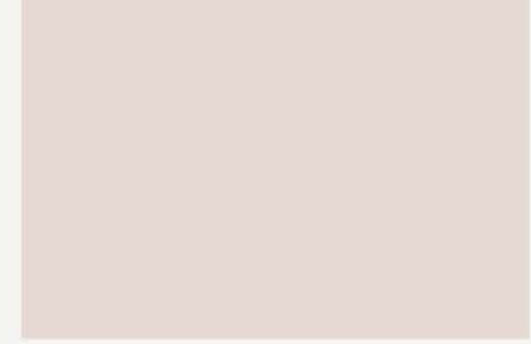




**I am a Modern Creative
Woman who...
is ready for new ideas.**

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Reflection

2

**Neurographic
Art**

3

**Gather
supplies
for week 3**



Reflection

- Reflect on your Neurographic lines - what did you notice? What was it like to start the Neurographic Art during class? Were you in flow?
- What insights do you have so far about your dilemma?



Neurographic Art

- Finish at least one picture with the softening of the lines.
- Focus on opening your mind to think new thoughts about your dilemma.
- Feel free to finish more pieces of art if you like.



For Week 3

- Bring your drawing(s) to class next week along with your paints, water, and paint brush.



**BREATH IT ALL IN.
LOVE IT ALL OUT.**

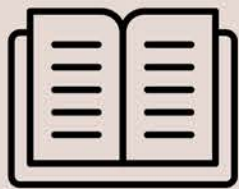


On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

New dates added!
Paris Retreat - September 8-14
\$1000 Off for MCW members

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!