



Neuroaesthetics

Week 2



Who am I to deserve such sights, to
witness this splendor?

Who am I to be the recipient of such
excess?

Thank you for trusting me with this
color, this light. Thank you for
reminding me, always, what lives
behind the dark.

— Tyler Knott Gregson



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



What was your favorite aesthetic
experience this week?

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

Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS

MINDSET

RELATIONSHIP
TO YOUR
THOUGHTS

PURPOSE

YOUR
UNIQUE
VALUES

WEEK
01

WEEK
02

WEEK
03

Neuroaesthetics




Neuroaesthetics

- Neuroaesthetics is a field of science explaining the brain process of thoughts, appreciating beauty, creating, and emotion.
- Integrates neuroscience, psychology, and aesthetics.
- Mindset and neuroaesthetics are linked.
- Aesthetic pleasure is our perception of what is happening and how we judge it.
- Focusing on values invites more aesthetic experiences.



Mindset



The background of the image is a soft-focus collage. It features several dried, pressed flowers in shades of pink, orange, and yellow. Interspersed among the flowers are various pieces of translucent, aged paper in muted colors like sage green, terracotta, and cream. The overall aesthetic is delicate and artistic, suggesting a theme of creativity or nature's imperfections.

Nothing's perfect, the world's not
perfect.
But it's there for us, trying the best
it can; that's what makes it so damn
beautiful.
— Hiromu Arakawa

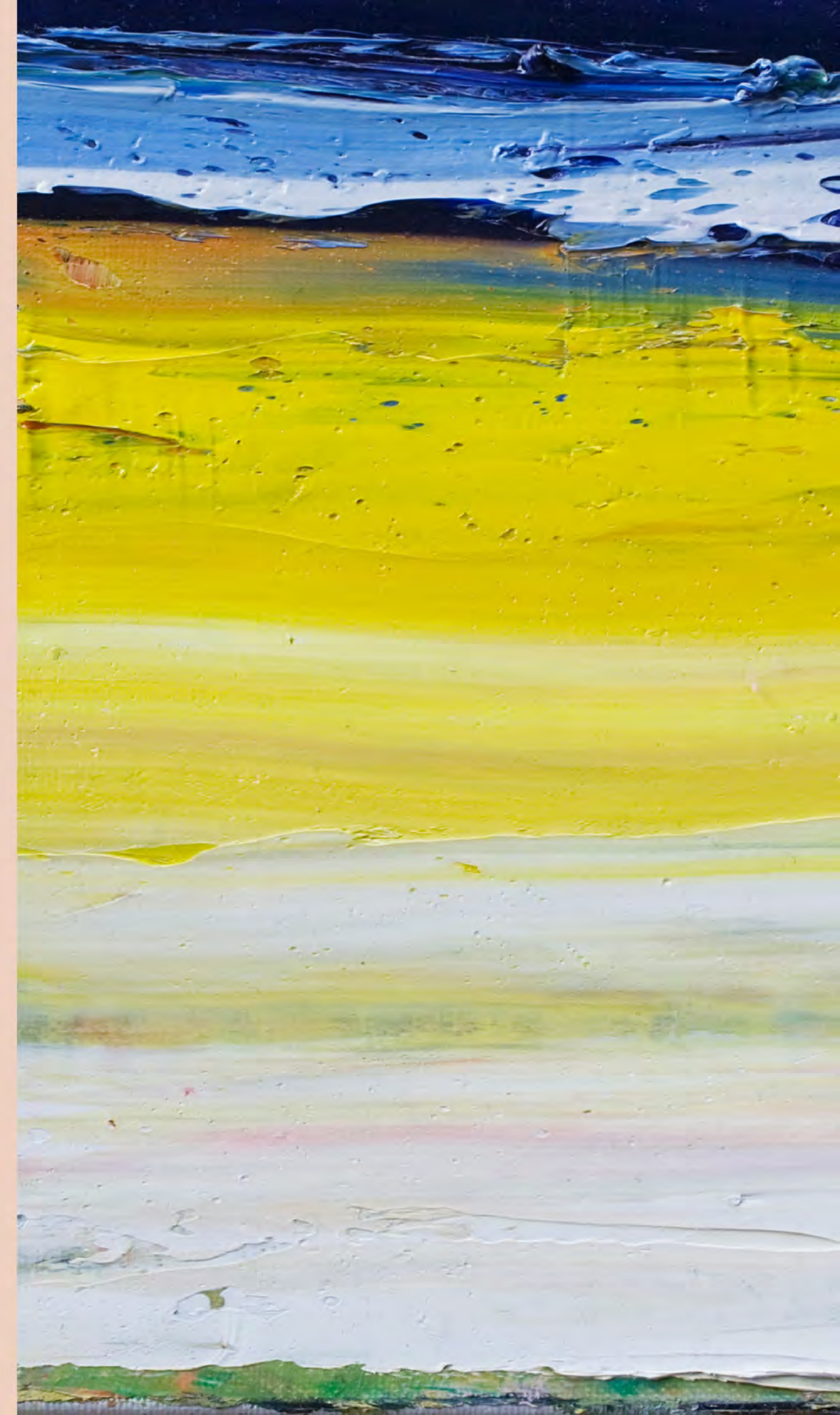


Mindset

- Acceptance of what is (internally and externally) without judgement or struggle.
- Your relationship to your thoughts.

Acceptance

- Your ability to see and relate to "things" for what they really are.
- Internal: thoughts, feelings, bodily sensations.
- External: circumstances, environment.
- Requires a non-judgmental stance (thoughts, language, and behaviors).
- Responding to situations "as they are" instead of quickly reacting to situations of how you want them to be, or how you decide they are based on the past.



Relationship to your Thoughts

- You understand your thoughts as "just thoughts" instead of perceiving your thoughts as "true" or facts.
- Defusion from thoughts: taking perspective on thoughts, knowing they are just an option, believing them is not mandatory.
- Choosing thoughts that move you towards your values.



Thought Example

You might think this:

"My house is always such a mess. I just need to get organized. I wish I had more money, time and creativity."

Try this instead:

"Creating my pleasing environment is an ongoing process. I enjoy exploring what I love and trying new things. I easily let go of things that no longer serve me."



Thought Example

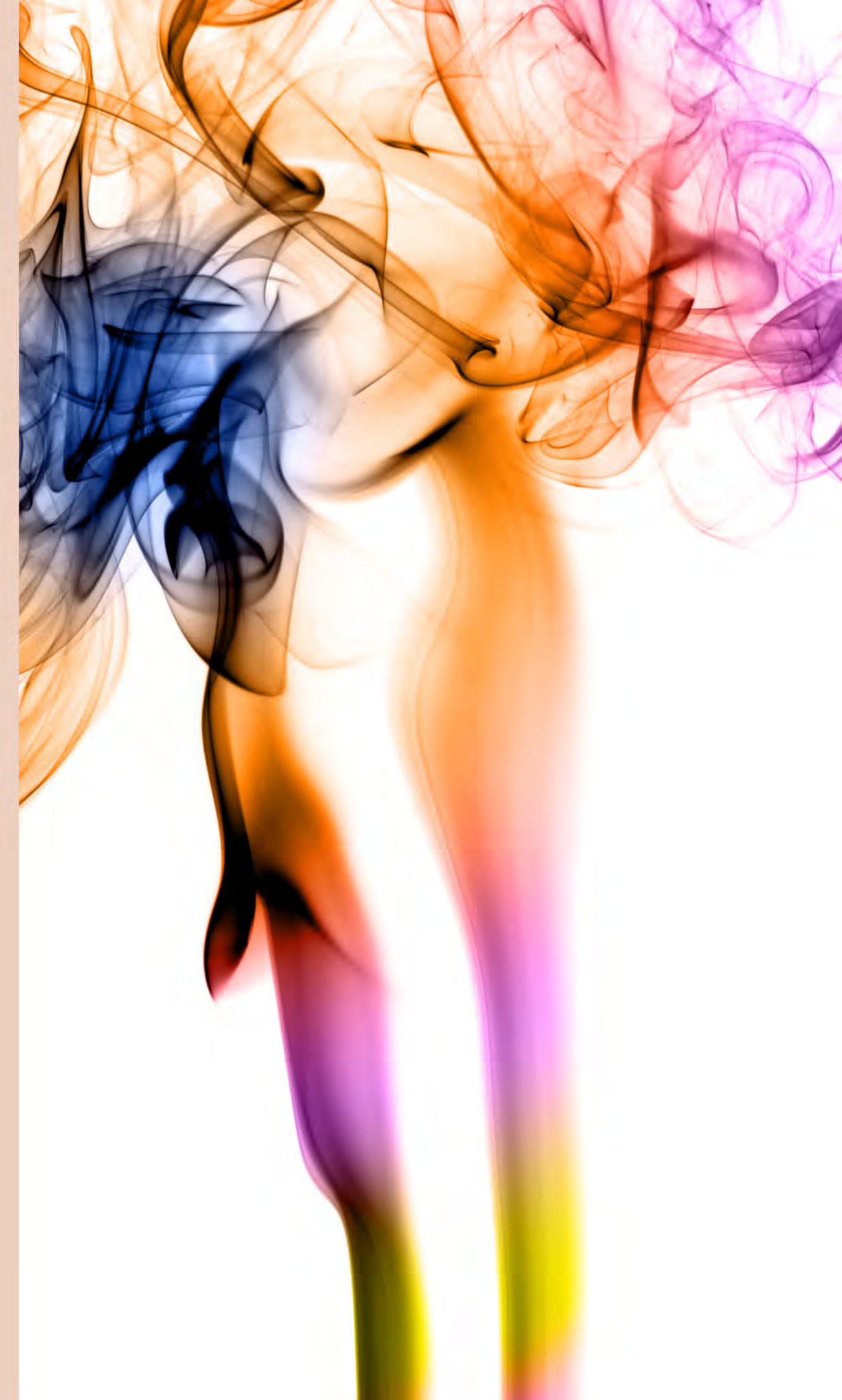
You might think this:

"I can't afford nice things."

Try this instead:

"I invest in myself in myself and my space.

Luxury does not mean expensive - it means I am comfortable and have enjoyable aesthetic experiences. I save and spend in alignment with my values."





Mantras

- Honoring my unique tastes and preferences are a necessary part of my happiness. My happiness impacts the happiness of others.
- I protect my space and create it as I like.
- I am worthy of pleasurable aesthetic experiences.
- I look for aesthetic pleasure wherever I go.
- I make it a practice to pause and enjoy the beauty around me.

A collage of dried flowers and leaves on torn paper with colored tape. The background is a light, textured surface. On the right side, there are several pieces of torn white paper. One piece has a strip of orange tape, another has a strip of green tape, and a third has a strip of red tape. Dried flowers and leaves are scattered around and on these pieces of paper. There are clusters of small pink flowers, a cluster of small yellow flowers, and some green leaves. The overall aesthetic is artistic and creative.

Creativity comes from a conflict of
ideas.

- Donatella Versace

Lessen Your Struggle





Struggle Mindset

- I am thinking about this constantly and can't figure it out.
- It weighs on me.
- Everyone in my family is this way.
- This is hopeless. It will never change.
- I give up. I am over it.
- I can't figure this out.
- I don't know what to do. Oh well.
- I need to think about it some more.
- This is how it is. This is my life. I guess it is just like this.



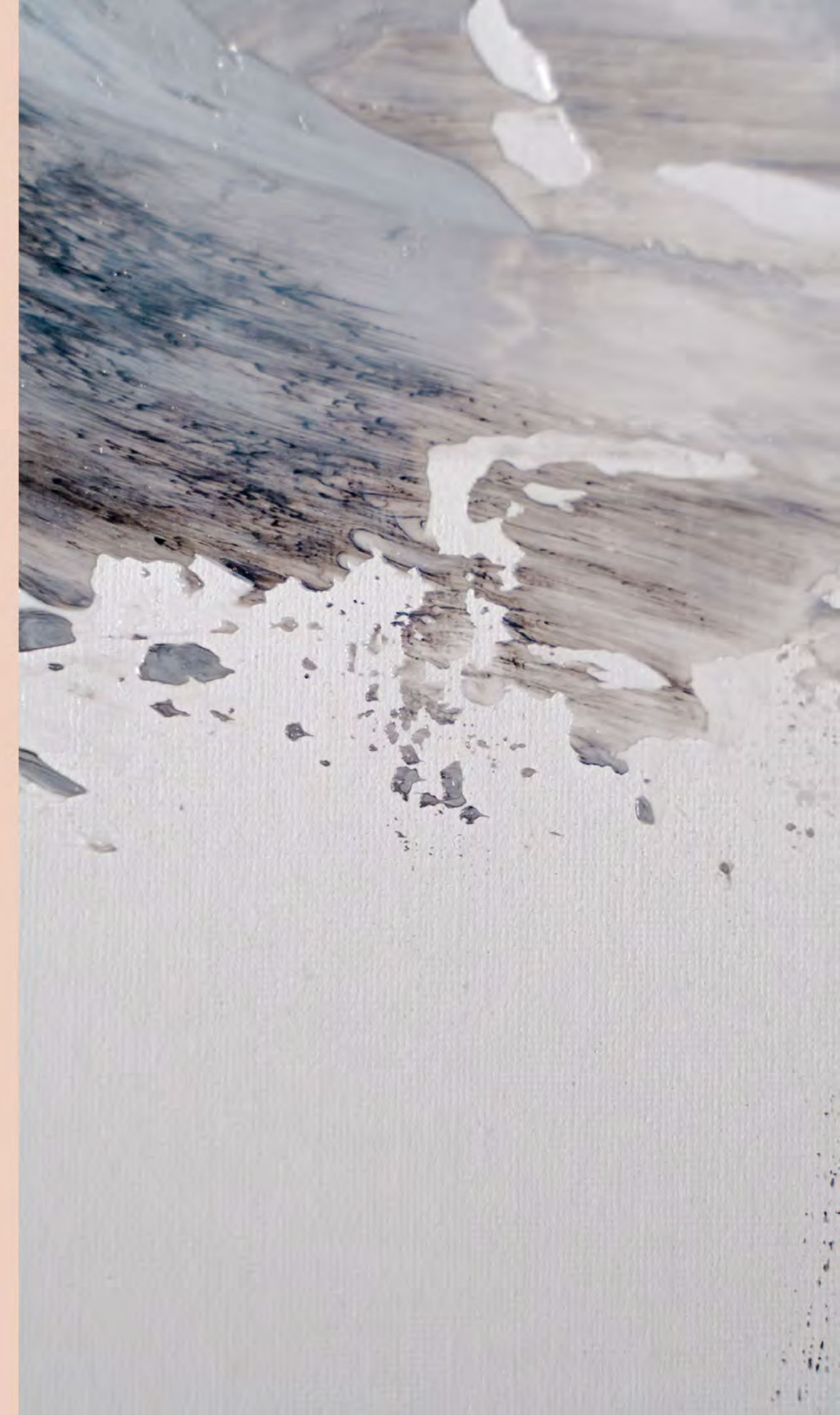
Ease Mindset

6 steps to create ease around your mindset using values and aesthetics.

Mindset of Ease

1. Ask useful "how" questions.

- How can I figure this out?
- How does my future self advise me?
- How can I defuse from these thoughts?
- How can I make progress in 20 minutes today?
- How can I make this fun? (pairing something fun, noticing aesthetics, rewards)
- Example - As yourself, how can I use these steps? Write down a "how" question.



Mindset of Ease

2. Brainstorm

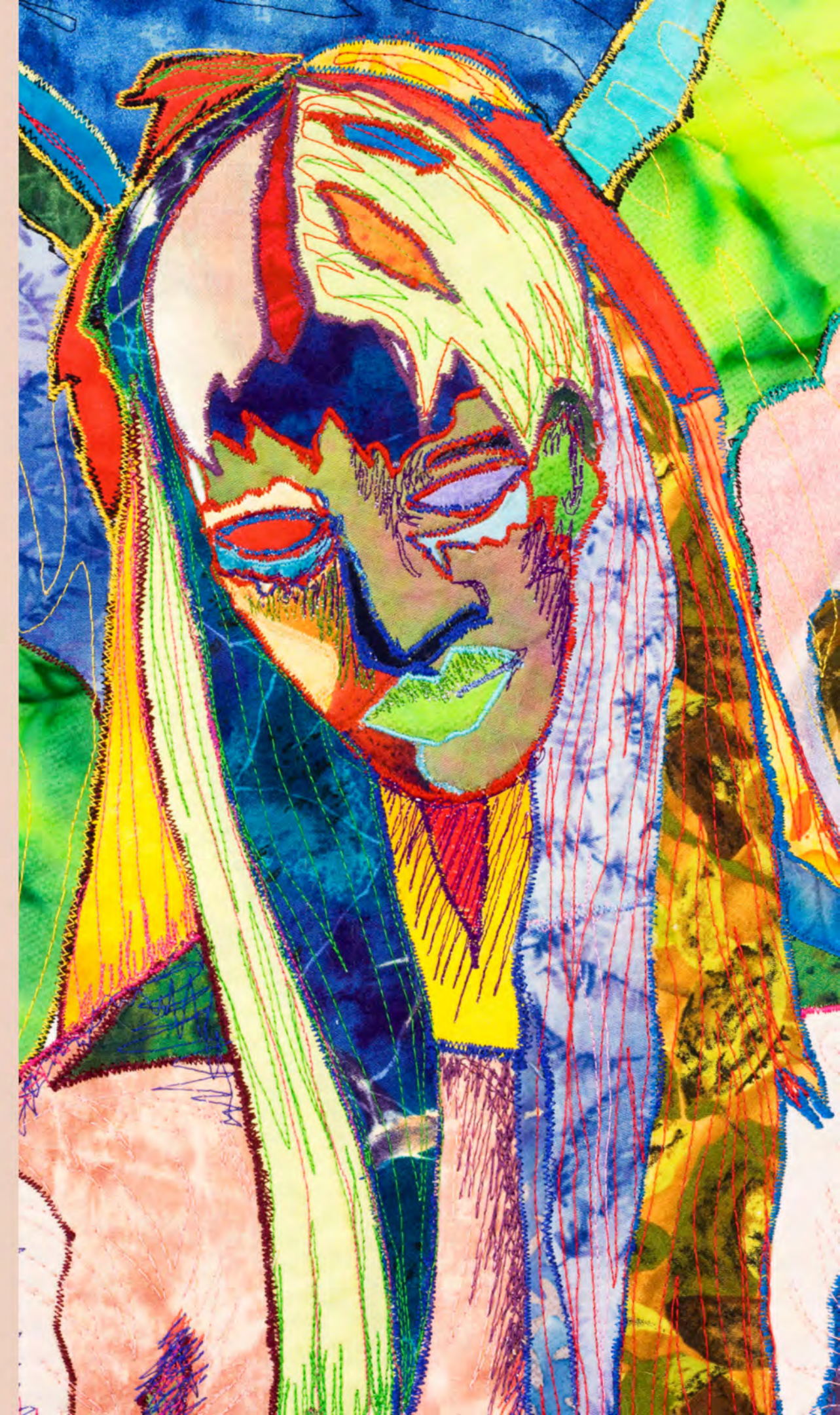
- Create a list of things that could help you make progress.
- Stuck? Ask yourself, "What would your shero put on this brain story list? What would she come up with for ideas? What would be the most pleasing solution?"
- Link outcome to values.
- Get wild on your list - include really outrageous ideas. (Essential for "creative thinking!")
- Example - brain storm now to answer your "how" question.



Mindset of Ease

3. Decide

- Admit you have enough information.
- Stop thinking about it.
- Stop making lists.
- Plan ahead for obstacles.
- Set a deadline to decide.
- If it not "heck yes!"...it is "heck no!"
- Decide on three actions you will take.
- Example - Now is the time! Conditions are "good enough."



Mindset of Ease

4. Prepare

- Set a short timeline for preparation - 3 days!
- Plan ahead to overcome your obstacles and avoid getting stuck.
- Prepare using action (purchase, tell someone, go to gym, hire someone, etc.).
- Visualize your success.
- Write your plan in great detail.
- Link to values (family, home, security, happiness, etc.).
- Example - put it on calendar.



Mindset of Ease

5. Action!

- Set a one day timeline for preparation - take action today.
- Act "as if" it is already done.
- Seek help / line up assistance. (delegate chores, get a business license).
- Example - put money in your "adventure fund", open a retirement account, go to the gym, make a green smoothie, etc.



Mindset of Ease

6. Course Correct

- Plan for course correction. This is the actual work.
- Plan in advance for what to do when you are feeling something besides "motivated."
- Plan for what you will do if you miss day, forget, have a setback, someone interferes, you have a negative thought, etc.
- We don't give up when things feel difficult. We keep going to our values. We are consistent.
- Example - pilots course correct.



Summary

- How
 - Brainstorm
 - Decide
 - Prepare
 - Action
 - Course correct
-
- Link action to your values and let only your values guide you....never your mood, feelings or thoughts.
 - Prepare for setbacks - they are part of the process
 - Course correction is the work for success.





How can you use this information to move towards
your values or achieve a goal?

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

Guided Imagery



Imagine the last time your
made art...
Imagine yourself making art
now....









Imagine the last
time your
danced...
Imagine yourself
dancing now....





















What did you notice when you imagined your body moving as if you were making art and dancing?

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

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

**Intentional
Thoughts**

2

**Reflections on
New Thoughts**

3

**Planning
Aesthetic
Experiences**

4

**Creative
Expression &
Reflection**



Intentional Thoughts

- When was the last time you updated your thoughts on pleasure?
- Time to choose your thoughts carefully.
- What thoughts do you need to let go of and what new thoughts do you need to think to bring yourself more aesthetic enjoyment?
- What are old thoughts you want to let go of? What new thoughts can you add? How can you use the thought ladder to get you there. (It's possible...)

A collage of three faces, likely a woman, with a pink and blue color scheme. The faces are layered, with the top face having pink hair and the bottom face having blue hair. The middle face is partially obscured by the others.

Reflections on New Thoughts

- Remember thoughts are just one neuron firing to another neuron.
- Thoughts are not true - they are neurotransmitters engaged in a biological process in your brain.
- Research shows we need positive thoughts about ourselves, others, our circumstances and the future.
- Write a reflection describing an ideal aesthetic, pleasing day for you.
- Write as if it already happened today.



Planning Aesthetic Moments

- You can find aesthetic pleasure any time using your values.
- See where you have aesthetic pleasures.
- Struggling in some areas? How can you add pleasure to make the task less painful and even more enjoyable?
- Write your ideas and observations in the chart in the workbook.

Creative Expression

- Find three images on Pinterest or in magazines that show some of your favorite aesthetic experiences.
- Avoid thinking too long about it and just be spontaneous.
- It's ok if you are unable to explain in words why the images "work" for you.
- Paste the three pictures in your journal, or on another piece of paper.
- However you do it will be great!





Reflection

- Reflect on what you have learned about your mindset in regards to aesthetics.
- Why do you think constant awareness of your aesthetic experiences is important for you?
- Avoid judging yourself for what you did or did not do this week.

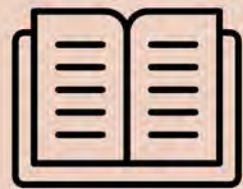


On a scale of 0-10, how present are you
right now?

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

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual, workbook, and bonus material.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Workbook

Read and complete this week's exercises.



Looking for More?

For supplemental inspiration about your values
and self kindness, let's meet each Friday at
noon PST on IG live @dramybackos

Packages and Coaching

www.arttherapycentersf.com



Live light.
Travel light.
Spread light.
Be the light.
— Yogi Bhaan



What will you remember about
today's class?

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



Thank
you!