

## Neurographic Art

Here's a superb website with not only neurographic art directions and examples, but many other wonderful art lessons and ideas!!

<https://theartofeducation.edu/2024/06/jun-how-to-use-neurographic-art-for-a-calm-and-focused-classroom/>

This example that I created is very simple. Many other neurographic art results that I've experienced are more complex and abstract. However, to make the process clear, I hope this example helps you understand how to begin.

First, get in touch with an emotion you are feeling. Breathe deeply three times and allow the emotion to surface to be felt and seen.



Using a sharpie or black pen, start in the center of the paper. Closing your eyes, allow the feeling to move from your center onto the paper. Whatever you feel, don't try to change it or judge it. For this example, I was feeling sadness and grief.

Next, open your eyes and sit with the image. Don't rush the process, but when you are ready, extend the lines to the edge of the paper and see what wants to be expressed. Continue to add lines and shapes. This does

NOT need to be a representational image! Just non-objective lines and shapes are fine. However, for this example, I saw a succulent plant, like Aloe vera, with buds and a big flower at the top.

See if the emotion has transformed from, for example, grief to hope. The sadness became a healing plant with possibilities and a blossoming flower.

Then, add colors with watercolor, color pencils, or crayons. The initial feeling is still there, but it has transformed so that you can hold the grief and also it can become something new, joyful, with faith in the present and future.

Be sure to check out the website above for more information and examples!

