

Your New Future in Neuro Arts

Lorene Mann MD



Neuro Arts University Press

Dedication

To my husband and children, together with the arts made everything possible and created a university that plants the seed of neuro arts throughout the entire planet. The arts are the greatest gift to humanity, and I am so glad to be passing it onto you.

This is a book about you and your future. The cover is significant, Ships in A Harbor, Sunrise by Fitz Hugh Lane. For those who love the arts, whether that be art, dance or music there is a new field of science that began to emerge in the mid 1990's called neuro arts or neuro aesthetics studying what happens to our brains when we are engaged in the arts. Engaged can mean art appreciation or creation. Why this cover is so significant is that the picture conveys the most important message that you can receive. Your future is bright, your ships have come in and you are in safe harbor.

Art, music and movement was cut out of the American public school system shortly after I started high school. It was partially to reduce the school budgets and also believed to be an attempt to make Americans globally competitive by funneling our children towards Science, Technology and Mathematics. Interesting because the nations we consider ourselves to be 'competing' against didn't do that at all, they continued if not strengthened their country's arts programs realizing it contributed to creativity, ingenuity, lateral thinking and innovation.

It took an entire division of neurobiology to start examining the benefits of the arts. This is also interesting because music, art and dance therapy programs and therapists have been in existence and thriving for decades long before neuroscience proved that what they were doing was beneficial. They used results. Results of how their patients and clients felt and improved. They didn't have to wait for functional MRI or PET scans, but all of the decision makers like business stakeholders, educators and governments both federal and municipal now seem to require scientific evidence before they make a decision. What this science is also showing us is that the arts heal and we have the science to prove it. The arts heal. The arts are safe, effective and without side effects- to a physician this is the holy grail of treatment.

That's where you come in. The study of Neuro arts or otherwise known as Neuro Aesthetics cannot be integrated into the communities without the artist, dancer or musician. It must rely on the knowledge and passion of yours to grow as a science. Neuro Aesthetics was essentially coined in the mid 1990's and has two major centers of origin, Johns Hopkins University and University of Pennsylvania. Of course there are international universities too such as University College of London which is the home to the Father of Neuro Aesthetics or Neuro Arts Semir Zeki, Neurobiologist. These research centers continue to scan brains and see outcomes when we are engaged in the arts. However, I am a clinician. I am a doctor who takes what comes out of the research towers and applies it. That is exactly what you will be able to do also.

We don't need 20 -40 years of research to tell us that the arts help, and for that matter are not dangerous. We can use the research as it is being conducted and apply it in our communities. We can use it to give clarity to those sponsoring or considering arts projects large and small. We can also use it to heal, and this is where the arts are powerful. If you are a lover of the arts this is not news. You have used your passion of the arts to get you through, to cope, to heal and you can show others how to use your art in the same way, and it is you for whom this book is written.

The arts also give us resilience against this thing that everyone acts like it came out of nowhere- burnout. The arts give our brains tremendous flexibility and allows us to see possibilities, the arts increase our ability to perform in the subjects the public think are unrelated such as math, physics and business, but then you probably already knew that and you wished everyone else knew that too, and it is through you and your peers that you will.

Neuro Arts University is an education entity dedicated to seeding neuro arts/neuro aesthetics throughout the United States and internationally. It combines the passion and purpose of the artist, dancer or musician with the neuro science of why what you love is necessary, not only necessary but critical to our health and mental wellbeing and teaches you how to position yourself in your community to champion the arts and be compensated for what you love, know and have learned.

The greatest thing about thing about Neuro Arts is that it is a new science, so you can get your arms around all of the pertinent research and grow with the discipline. Since it is so new you'll be seen as a pioneer, an original leader, an Authority on Neuro Arts. If you start today, you are much further ahead of the person who starts a year from now, and imagine how you'll be perceived and received in just 5 or 10 years and compare that to what your life would look like if you continue on your current path. Neuro arts is new and you will be the one and only, the leader, the authority. Perhaps in 20 years when it becomes mainstream every artist, dancer or musician that engages in neuro arts will be using the discipline in their own way, so there is no such thing as competition. All you need is your passion for the arts, your creative mind, and a desire to help your community. It is a creative endeavor, so however you can see yourself using the information will be correct, will be perfect.

You will be given certification indicating to others that you can apply the latest research. Instead of 8 miles wide and an inch deep worth of information typical in most degree programs, this training gives you deep columns of knowledge on which you will build your platform.

Imagine yourself as any of these possibilities: Arts liaison, neuro arts specialist, neuro arts consultant, Neuro Arts Director, Neuro arts agent, Neuro Arts or Neuro Aesthetics Leader. Really, you can anoint yourself any title you wish so long as you avoid titles that indicate the licensed professions such as therapist, doctor, or lawyer. However if you are a licensed therapist and your practice is feeling shallow and missing your passion, you can layer neuro arts

into your current practice, as you can with any of the designated professions, as I did in my medical practice.

I'm a board certified physician first and became a certified hypnotherapist, who has successfully woven neuro arts into my protocol at my neuro integrative clinic. It is responsible for the transformations my patients have experienced. As said previously, Neuro aesthetics/neuro arts is a new branch of neurobiology that is the study of the "brain on art". Even more interesting is that it is the science of proving what we already know.

Musicians know they can change their mood, their state, when they listen to certain pieces of music or change genres. Artists notice their mood turns foul if they have been kept from their paints and once they get settled in their studio and get focused on their work their ails disappear. Dancers once they're able to get to where they can move their bodies are released if only temporarily from their symptoms of depression. Neuro Arts is the study as to why that transformation occurs. It is this detail into the WHY, that will bring the arts back into the schools, into the communities, into clinics and offices internationally and also into the forefront of decision makers' minds. This needs YOU. That transformation when you are engaged in your art results in chemical changes in our body that are positive. This painless, side effect free and safe physiological change is your prescription to the world. The aesthetic movement is NOW. Aesthetic movements in the past were not led by governments, businesses or education, it was led by the artists themselves. Create, heal, transform and lead, this is your domain.

Here's some interesting research, when we observe things that are beautiful, we have activation in our brains in the medial frontal lobe. This area is just behind our forehead and houses our higher functions. This is where the highest evolution of our brains have the ability for executive thinking, decision making, empathy, reasoning, personality, sympathy. It is also most commonly damaged in traumatic brain injury.

In my clinic I do all of my sessions with patients attached to an EEG so I can see the brain waves change when someone is experiencing something from their past, something beautiful or something painful. I also have patients evaluate and comment on 8 strategic paintings I have placed on the walls and I also have them listen to certain pieces of music that with experimentation has led to breakthroughs from horrific abuse, trauma and neglect. My specialty is the love of the arts, caring for people and my patients and sharing what I know. Along with that you will stand on the shoulders who has integrated Neuro Arts into practice, in addition made considerable investments in my education not only in medicine but in communication, personal transformation, counseling and mentoring to deliver this exciting new field to you.

The possibilities to grow in this new field is endless..Try some of these on for size.

Neuro arts for drug and alcohol recovery.

Neuro art for veterans,

Neuro arts for eating disorders

Neuro arts for burnout

Neuro arts for health care professionals

Neuro arts for cult survivors

Neuro arts for chronic pain

Neuro arts and grieving

Neuro arts for survivors of clergy abuse

Neuro arts for equality

Neuro arts to change money mindset

Neuro arts for oboists

Neuro arts for injured dancers

Neuro arts for Alzheimer patients

Neuro arts for depression

Neuro arts for anxiety

Neuro arts for first chair violinists

Neuro arts for troubled marriages

Neuro arts for breast cancer patients

Neuro arts -insert your cause here.

You can take neuro arts to any group of people that need healing or to augment performance. You as the artist, dancer or musician know that words escape us when dealing with our toughest hurdles and it is the ability for the 1000 words of a painting, a piece of music and dance to bring to light our truest emotions and allows the brain to see possibilities of a solution.

Not only do I use neuro arts to treat my patients but it is extensively woven into our personal life. My youngest daughter has severe autism and we integrate neuro arts into our home.

What this training will do that no university program will give you, is that you will be taught how to use your entire life's experience and the neuroscience to help your community. You will be taught how to take your passion, your struggles and your victories and package your life's work into a beautiful masterpiece of work that will make you and your family proud and fulfilled.

Our mental and physical health needs nourishment from the arts. We see the detriment of cutting the arts out of society every time we watch the news. It is time to restore our world and inject life saving art, dance and music.

If money was of no concern, I would continue to learn about great artists, to listen to great music and I would continue to educate myself about dance. I

would let it continue to enrich my life because I know it will enhance my Neurobiology and neurophysiology. I would still continue to see patients with complex trauma, chronic illnesses, chronic pain and mental illness in my neuro integrative clinic and continue develop protocols that I know can transform them. I would continue to learn about how we are affected by music, movement, colors, and our thoughts. This is my passion project and I will continue to help other people know themselves and how they operate, so they can help themselves and their communities. I want those that receive training to be positioned as a community authority from whom clients feel compelled to seek their advice. You will have the knowledge of why one decision regarding the arts is beneficial over another, and all stakeholders and decision-makers will gain clarity, enlightenment, and assurance.

What gives you the authority to discuss this?

I started my education and occupational health and safety, studying how all of the factors that one is exposed to at work such as vibration, sound, radiation, chemicals, heat/cold stress, affected human body, and how to protect people while they were working against those threats. I gained tremendous training when promoted to fatality investigator where I was taught by trainers from the RCMP, FBI, forensic schools, and fire specialists regarding the investigation of serious accidents or workplace fatalities. The focus of training was also integrating facilitation, mediations and interpersonal relationships that are required to walk onto a site where you the investigator are typically not welcome. Not to mention interrogation techniques and business training. Over my career prior to being a physician, I have seen and learned the business processes, training and manufacturing techniques of over 350 businesses a year but always wanted to be a doctor and was getting dissatisfied despite my exciting career. I'm sure you can relate- you have a childhood dream and people start to tell you that your parents aren't academics, or you're too old, not smart enough, not of the right pedigree. If you have a calling, you can't ignore it, your mind won't let you. Just like you did

at any point in your life, maybe this is one of them where you are ready to embark on something different, naturally you are unsure, but motivated.

I know that feeling and will be championing you to move forward.

I've been a bedside physician now for over a decade taking care of our cities sickest patients and my skill sets continue to develop, particularly regarding how to make decisions and how to facilitate discussions with patients and their families. These are the most difficult decisions they will ever have to face. They are under tremendous stress when making these decisions. However this training translates when influencing stakeholders to make any other decision, whether it is going through with a product design, advertisement campaign or placement of a large sculpture in a public park.

Here's what else I've learned about being a physician. That although I had access to the entire hospital pharmacy, there wasn't an effective treatment for complex trauma, mental illness, chronic conditions or chronic pain. We continue to give medications that are barely effective, and we ramp up dosages until the patient dies. There has to be a better solution. If modern medicine was performing like it should we as a society would be taking less medication for shorter periods of time and in fact the exact opposite is true.

It is this frustration that led me to the practice of mindset transformation and the power of our own minds both conscious and subconscious.

Hypnotherapy is an efficient way to integrate new programming and delete toxic programming from our past. It is combined with understanding the neuroscience of why and how toxic messages get implanted into our mind and how to re-wire ourselves.

The ability for the arts to transform us was always present but we didn't have the Neuro-diagnostics to prove that the transformation produced real measurable changes in our brain that enhance our flexibility and ability to

make decisions. This is the skill set that every leader needs. This is the skill set to keep us resilient, to keep our heads up when encountering obstacles.

All my life all I wanted to do is be needed and help other people. It started with protecting workers from the effects of their employment and then transitioned into working for the health service. My service to my fellow human continued with becoming a physician and continued to obtain training to help those for whom medications didn't work. Hypnosis and the discovery of the depth of information in our unconscious mind to me, is the greatest gift to humanity, next to the gift of the arts. Hypnosis taught me the craft and power of our words. Neuro arts saved our family, and it is my life's mission to teach anyone with a desire to help someone and with their love with the arts position themselves to help everyone in their community. I would do this for free. I might not work as hard, but I would still do it for free. The arts and our brains' ability to change are the greatest gift to us. We have just gone through a great plague, and we are emerging with our eyes wide open and reintegrating ourselves into our communities. We see pain, chaos and a lack of respect for the human condition whenever we turn on our media. The world needs healing and we know the arts can do it safely.

Many of us are left with a desire to help and not knowing how. If you have a love for the arts and a desire to help then it is my passion project to show every person how to make a life for themselves and help their community with this new science of neuro arts and neuro aesthetics. It requires the input from the artist. It needs the creative element. This science is perfectly placed for now in our history because it has flexibility to involve everyone not just neuroscience geeks, not just scientists but everyone including business leaders, architects, gardeners, landscapers, musicians, music appreciators, artists, dancers and therapists. Finally, we have something all-inclusive and the time is perfect. The aesthetic movement is now after the darkness of our

plague, it is time to move forward and inject the beauty back into our world and I am so glad you are reading these pages to start your path.

My fascination with the human body, and in particular our mind and our mindset is perfectly placed to communicate this love to you and you'll be able to spread it throughout your entire community and I am so excited for what you are going to create.

What differentiates me from any others is that I don't just read about neuro arts, or integrate it into my clinic. It is woven into the very fabric of our family life. As mentioned previously, my youngest daughter has severe autism, and we trialed every therapy, every supplement, and every drug protocol in order to improve her existence, and it nearly ripped our family apart, we were making our child and ourselves miserable with every single attempt to make her "normal". The most difficult guidance I could receive and digest is that my job was not to fix my child, that I needed to realize that she came into this world absolutely perfect and she is perfect and my job was to support the things that she loves and enrich her experience while she is here. There is nothing that makes her happier than engaging in art, music and movement. By concentrating our efforts towards those elements rather than drug trials and continued genetic testing she is one of the happiest children that her teachers have seen their 30 years of teaching. She used to be aggressive, violent and unhappy, and I know this transformation is because of neuro arts. She has difficulty to control seizures and our family is aware that her time on this planet is limited, but then so is all of ours. We are only here for limited time, Covid and wars have taught us that life is fleeting and every second has to count and we should be focusing on the beauty and the gifts given to our humanity from which we are paid handsomely. Neuro arts are an effective way to help people with chronic conditions, mental illness, chronic pain, and burnout. My success rate in my clinic is due to the fact that I use Neuro arts in my practice. I want you to be able to position yourself as leading authority in your community to give stakeholders guidance and grant assurance and clarity

when making decisions about art projects in your communities. I want you to be able to help your causes with the use of neuro arts, I want you to be respected, consulted and compensated because you have knowledge so few possess.

Creatives are entirely different kind of group of people they are different than scientists, mathematicians, engineers or those in business. Creatives see the world a lot differently and for once science is requiring their input, otherwise the science dies.

Neuro arts heals PTSD, combat trauma, sexual abuse, depression, anxiety, and chronic pain. Neuro arts works with children, the elderly, men and women of any sexual orientation, the arts heals indiscriminately.

Here's just a couple of success stories.

The names have been changed to protect their identities, but GG was a 23-year-old female, who is referred to me by her birthmother. She had been adopted by family who had questionable ideas about religion and Christianity and she was subject to severe physical and emotional abuse, when she arrived my clinic, she had a stammer, and was developing seizures. Her body language was all closed in with slumped shoulders. She could not look at me in the eye and was so fearful that she didn't want to go through her therapy session without her birthmother present. We started her session wandering around my clinic, looking at various paintings and her interpretation of them, and when she realize that her interpretations were valid that gave her the confidence to move forward with her session during which she also listened to music which solidified her knowledge that she was on a quest for information and resolution, and when she left my clinic, the stammer disappeared, her seizures have stopped and her lifelong nightmares disappeared.

2) Georgia is 68 years old and came to me with the complaint of chronic violent anger that was smoldering and worsening over the past two years she wanted to stop hating her husband, and she wanted to understand the death

of her father. We started her off with the exercise of looking at various paintings in the clinic and many of them brought back memories of her grandmother telling her that someone was watching over her. She interpreted various paintings with sadness some with happiness and some with surprise. I have a painting with three kittens playing on a stone floor and she saw each kitten as each one of her children, and what each child was likely thinking about her and her ways of raising them. This is something that only pictures and paintings can give you. This is something only music and movement can give you it activates multiple lobes of the brain to integrate symbolism and meaning. This is the part of the mind, our unconscious mind that tries to reach you while you're dreaming. Often, we can't interpret our dreams because 1) we quickly forget them and 2) often the symbolism is so complex we can't interpret what our unconscious is trying to tell us. However, by using Neuro arts while we're awake, we can draw forward those messages that are unconscious mind is trying to send us and gain tremendous insight. When "Georgia" left my clinic, she was bright and happy. The anger had dissipated, and she understood the timing of the death of her father.

We have many artists in our community using art to help combat veterans and many are reporting that stopping nightmares is where art seems to exert its prowess. Which makes entire sense, nightmares are how our unconscious minds scream at us to examine something important in our lives and again often we cannot interpret all of the symbolism from the dream state, but by painting the symbols that emerge and can be interpreted while awake the veteran can examine what it is that the unconscious wants him/her to know.

There are also excellent documented cases of children who are receiving painful procedures requiring less narcotic medication because they were engaged and a visual application of snow scenes and cool winters. There are case studies of art therapists using art successfully for decades. Now we finally have the diagnostics to prove why it works. We're just not going on theory, we're not just using anecdotal evidence of someone feeling better

because now the neuro-diagnostics have been developed, such as functional MRI, which shows the changes in the brain. I use the EEG (electroencephalogram) as my preferred neurodiagnostic in my clinic because it is portable, painless and immediate for both myself and my patients to see changes in their brain waves. This consistent scientific proof is what we needed to empower art, dance and music because it is the holy trinity of treatment : Safe, Effective and Side Effect Free.

If it isn't clear by now, YOU can change lives with Neuro Arts. You can champion the arts or artists, and liaison with decision makers in your community. Counsel, coach, mentor or establish certifications of businesses. Everyone can do this, we don't need 20 more years of research to know that using arts to heal, transform and impact your communities is safe. The only pre-requisite you need is compassion and the love of one or many of the arts

You're going to save a 15 to 30 year learning curve by standing on my shoulders. You don't need to invest time away from your family, getting a science degree and a medical degree and coaching training and hypnosis training and business school. It would be my pleasure to transfer my life's work and that of other scientists developing the research of neuro-aesthetics to you. Not in my 30 years of education did I ever receive information on how to start a practice, or start a business, or how to market myself or position myself as an authority and explain myself to outsiders. I didn't even get a lesson on mind-body connection or nutrition or how to even buy malpractice insurance.

I am committed to ensuring that every single one of my students not only knows how to help one another using the one thing that they love -the arts, but how to position themselves so they are consulted, respected and compensated for what they know. I don't know of a single degree program that teaches how to create a business for themselves in the neuro arts. You of course are not obligated to start a business. This may be just an interest in education and for that I am grateful, because no matter what you decide to do

with the information, all of the possibilities are open to you because this is a new science, a new era, and you will find your place. Your community will benefit and you will know how YOU are hardwired and programmed, that will serve you, your family and community.

I have spent well over two decades, explaining complex processes to people of all education and backgrounds, and it is my aim to ensure that everyone gathers every ounce of information so they can transfer that information to those they serve.

Someone who will not succeed as a result of the program is someone who doesn't care about their fellow human, someone who can't pass on what they've learned from their experiences and doesn't care about the arts. If you have read this far, I doubt that is you. This is for those who want to create a life, a vocation for themselves to be placed in a position of respect and authority and those in the arts have really struggled to find that place, this is your era, this is YOUR TIME. This is doable. This is do-able for everyone, but you have to come with the proper materials. You have to care, you have to have compassion and it helps if you've had a serious struggle in your life where you have been victorious because of your passion/your purpose.

Neuro arts certification for businesses is also a consideration if you want differentiate your business as being neurologically aware it can give you competitive advantage by having certification in Neuro arts.

At home you can change your state of mind with music and many of you do this already. You also know that it will change your state quickly. That shift in feeling , that transformation occurs because of neurotransmitters being released. This is a real chemical change, and that too can be measured. It happens much faster than any medication. Medications often take up to six weeks and often in medical practice we have to trial different medications before we find the drug that is somewhat effective, but I have yet to see someone not lift instantly by playing their favorite piece of music. These are

drug-free mechanisms to change your state they are natural and safe without any side effect other than joy and happiness. These things seem trite because it is simple. Elegance is often simple, our pharmacological world wants you to believe the only answer is a multibillion dollar process that only PhDs and MD's can fix. Neuro arts is the answer to where pharmaceutical companies have wronged us. These are simple mechanisms that transform, the certification will dive into the neuroscience that makes it so.

Neuro arts university accepts people from all walks of life and all ages provided they are adults who have a love and compassion for human beings regardless of their status, and only need to appreciate the arts whether it be arts, music or movement and can include drama and architecture.

Just like anything new, it takes time and energy, but it should float by effortlessly because for once you're engaged in the career that aligns with your purpose and passion. You can easily position your business with a competitive advantage because you're likely going to be the only one in your community. Neuro Arts is new, it's leading edge, it's effective and its safe.

To find out more go to <http://www.neuroartsuniversity.com> and you can search anything about Neuro arts and see that this is what you've been seeking. The time is NOW, the aesthetic movement happens because of the impetus of artist to create a world where things should be beautiful. We've had ugly for too long. We've had trauma for too long. We've had a disgrace of the human body and the human form for far too long and we need to celebrate the greatness that is human. The arts are the greatest gift of and to humanity, and we know that it is critical to our well-being. It is our aim to take the research from the research towers of our finest academic institutions and transmit this information to you so you can create a career that is beautiful.

With neuro arts you will be a champion, you will be integral to scientific advancement and transform the lives of those around you. It is time.

My greatest love to you,

Dr. Mann

