

Neurographic art

What it is

Neurographic art¹ is a style of artwork inspired by psychologist Pavel Piskarev's NeuroGraphic therapeutic technique². In its original form, this approach was designed to help patients achieve catharsis through instinctive, creative expression that allows them to visualise and examine their subconscious. It has subsequently gained popularity in less formal contexts as being an enjoyable, mindful way to relax while creating aesthetically pleasing patterns³.

Testimonials

Our collaborators have pointed out the similarity between neurographic art and mindful colouring⁴ — with the main difference being that neurographic artists create the outlines that the subsequently fill in. Many have commented on how they enjoyed this personal touch, which, in some cases, made them feel less silly engaging in what can otherwise feel like a childish behaviour. In one of our workshops, a participant was so absorbed in her neurographic art piece that she spent the entire hour quietly colouring rather than experimenting with other available drawing techniques — an indication of how soothing this approach can be, and how easily it can help people get 'in the zone'.

Materials needed

- Plain paper is preferred; size and shape are up to the artist.
- Drawing implement; a black pen is preferable, and a felt-tip may help with some of the shading, but another style or colour would do — and even a pencil would work.
- Tools for colouring. If none are available, then shading could be achieved with, e.g., a pencil, or with different pressures or patterns using the same pen as above. However, ideally the artist will be able to use colouring pencils, crayons, markers, pastels, or paints (as desired).

Suggestions

You can use the written instructions below, watch the accompanying video, or use both to guide you.

Start by making a series of lines across the page. An easy way to ensure you cover the space is to draw at least three separate lines, each beginning on one edge of the paper, then looping and meandering to another edge. Where lines intersect, expand and smooth out the join, creating a darkened node. Next, add some shapes to the background; you might start with circles for your first attempt, but you could include other basic geometric outlines or more complicated outlines. Where these intersect with the existing lines, expand and smooth out the joins as above. Now add colour wherever you see fit. You may leave some

¹ <https://neurographic.art/>

² <https://neurographica.metamodern.ru/>

³ <https://www.vanvaf.com/post/the-benefits-of-neurographic-art>

⁴ <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.00056/full#:~:text=health%20and%20wellbeing,-Introduction,present%20moment%2C%20non%2Djudgmentally.>

patches empty, you might include the whole rainbow or work in a single colour family, and you might even add patterns as you go. Whatever you do, try not to overthink – just trust your instinct.

