

Neurographics

Overview:

- Choose a theme,
- Bring up your emotional relationship to the theme
- Create a 'scribble' - this is an abstract image of your current neural network of the theme.
- Through a series of rounded angles, additional lines of different specific types, and color, you create an image where you can no longer recognize the original image, as a means of re-patterning your neural network.

The basic tools:

Neurographic line

This is an abstract line similar to tracing waves or clouds - wavy lines of smaller or larger amplitude that move continuously across the page in non-habitual directions. For example, if you think it's heading up, then move down.

If you choose, you can associate an intention or new belief/perspective to the lines.

Rounded Corners

Every time lines intersect, you round the angles. All intersections/angles must be rounded.

Coloring

When you are coloring the image, move intuitively across the page, always moving into adjacent segments, moving continuously across the page. Try to stay with 3 or 4 colors.

Divine Line

Sometimes called Universal Lines or Field Lines, these are lines drawn with a thicker pen, diagonally from top to bottom or side to side across the page. They represent support from something larger than ego or self; accessing the idea that the universe or field offers support for your desired change.

Tracking

Throughout the process, track your body sensations, your emotional status, and the shifts in the image.

Pausing

If you need to pause your process, be sure to have all intersections rounded before you pause. Angles represent conflict, and you want to leave the image without conflict. This allows you to work on the image throughout the day, if needed.

The Process:

PART 1

1. Choose a theme. It can be a broad theme, or a specific intention
2. Spend 2 minutes quickly writing down as many words as you can about the theme - at least 20
3. Using the words as your impulse, let yourself feel all of your 'negative' emotions regarding the theme, including doubts, fears, 'shoulds', etc

4. While you are emotionally charged, use a blunt pencil or thick pen to messily scribble a shape very quickly, taking up most of the page space.
5. Look at the scribble and trace over it, so that the lines are clear.

PART 2

6. Round off all of the intersections/angles on the page.
7. Pause and observe the image. Notice what you see. Close your eyes and see if there are any images that pop up in your mind's eye - like accessing a bit of journey info. This may offer you some insight into what the image is offering you.
8. If you have 'tails' - lines which don't lead anywhere - continue the lines, using neurographic lines, off the edges of the page.
9. Add additional neurographic lines from various parts of the image to the edges of the page.
10. Every time you add lines, you need to round all intersections immediately.
11. Continue until the original image is less visible, or completely 'disappears'.

PART 3

12. Color the image. Always move adjacent segments. Use your intuition - there is no 'right' way. Change colors as you feel inspired, generally using up to 3 or 4. Segments can remain blank also. You can color over colored segments.
13. Using a thicker marker, add **Divine Lines** (see description above), from side to side or top to bottom diagonally. Be careful not to create a grid or set of right angles.
14. Round all angles.

PART 4

15. Using a thick marker, draw a large shape, usually a circular one, around the main visual theme of the new image.
16. Round all new angles.

PART 5 Optional

17. If you want, you can put your drawing on a larger sheet of paper and extend the lines that are running off the edges onto the larger sheet, using the same formula.