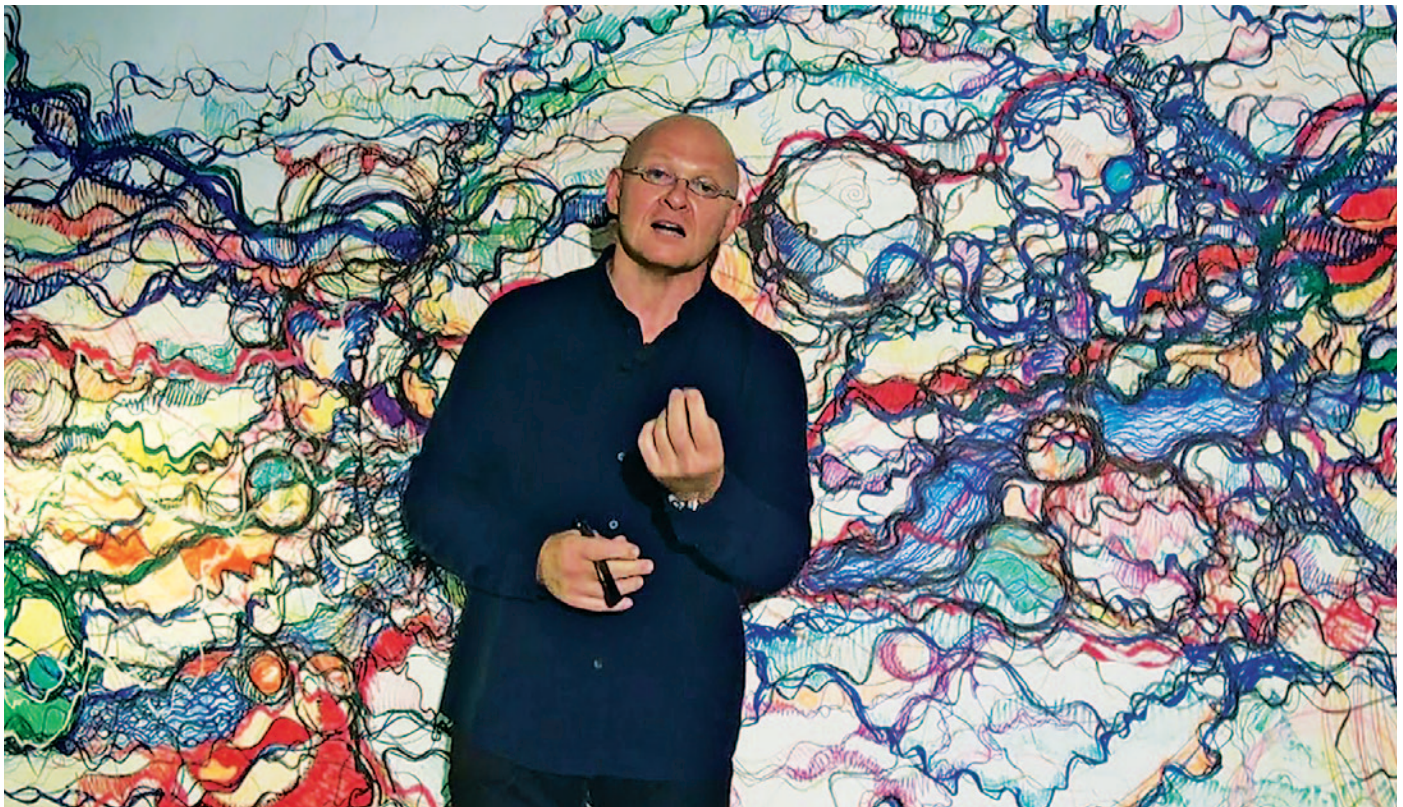


DRAW AN OUTLINE OF YOUR LIFE

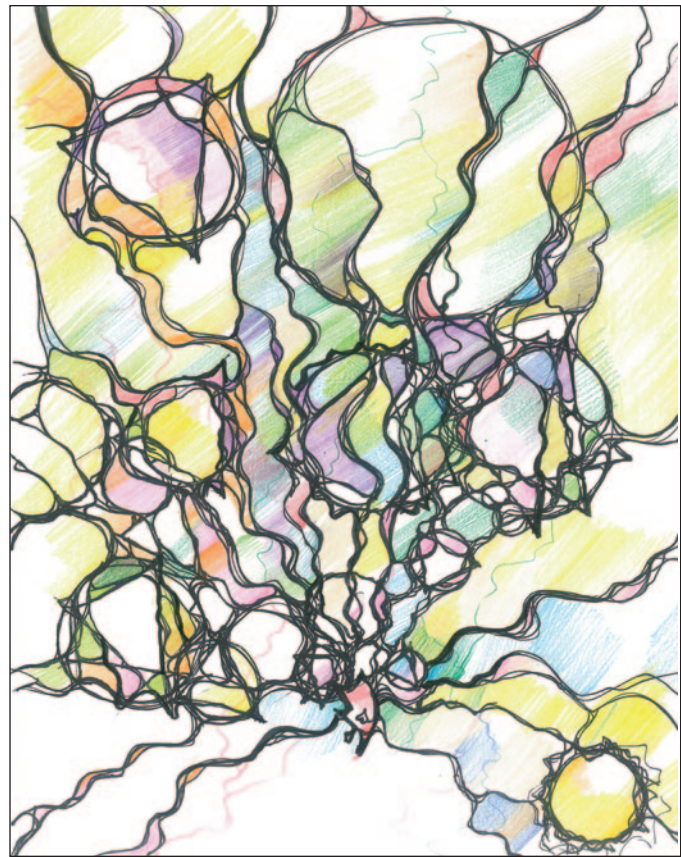
NEUROGRAPHICA FROM THE ORIGINATOR



People's wellbeing depends on their physical health, personal relationships, job satisfaction, material circumstances, high-quality leisure—in a word, on all important aspects of their lives. And because there are many categories and most of them hard to quantify, some of those areas in our lives inevitably take a back seat and then become inaccessible, which leaves us feeling somehow dissatisfied, not quite happy. Neurographica, also called neurographics, neurography, neurodrawing, and neurographics, can help us come closer to a life of harmony.

More than 25,000 people in thirty-six countries are already putting this new methodology into practice. In this issue of ALPEON, we are publishing an interview with **Pavel Piskarev**, Ph.D. Psychology and Philosophy, and originator of neurographica.

All photos provided by Pavel Piskarev



Pavel, please explain to our readers what neurographica is.

Neurographica is conscious drawing by means of a special graphical language that is totally accessible and understandable to anybody. It's important that people who have mastered this visual language are able not only to express their inner state of being, but also to recalibrate it and even adjust their destiny. These days, managing your state of being is the highest form of self-development; just this technology of working on yourself leads to creativity. People who have mastered neurographica will unfailingly come out onto the road to creation, onto the path of a creator: from an intention to a plan and then, through the process of implementing that plan, to the desired result.

If neurographica is a language, on what 'letters' is the language based?

At the foundation of a neurographic drawing are simple elements taken from nature: the circle, square, triangle, and line. For example, if you lay out the body of a person in simple figures, you will see that the head is a circle, the

body is a rectangle, and the arms and legs are triangles. But nonetheless, just as with the seven musical notes, these few figures allow expression of the entire range of feelings experienced by people and the complete set of states of being they have lived through.

The *circle* is a message about balance, harmony, pleasure, and comfort. We use a circle—that is, we round and soften corners—in order to harmonize a situation.

A *triangle*—a sharp figure—is a warning about danger, aggression, or conflict. But it's appropriate, for example, to use it when you need to lift your business to a new level. A controlled conflict, or 'growth zone,' is created by a triangle.

A *square* speaks of a reliable world and symbolizes stasis, and you can use it if you need security.

A *neuroline*, the 'nerve' of a drawing, ties all the elements into a composition and provides the picture with dynamics. At each segment of its movement, a neuroline is dissimilar to its own self, just like all lines in nature: they do not have repetitive elements. It is namely a neurographical line that allows the rational part of the brain, the irrational part (the unconscious), and the body as a whole to

be involved in solving problems. A return to oneself living and integral is the humanistic premise of neurographica.

With this approach—in the process of drawing—we enter a state of mindfulness toward what we are doing, and we find ourselves able to do what is otherwise not easy to do. Thus, a zone of discomfort is consciously created in order to extract from it an enormous unclaimed personal potential. Moreover, with neurographica it is possible to deceive the psychic control mechanism and logical thinking and allow our biological forces to solve problems and accomplish tasks.

Why can neurographica be considered a method for managing reality?

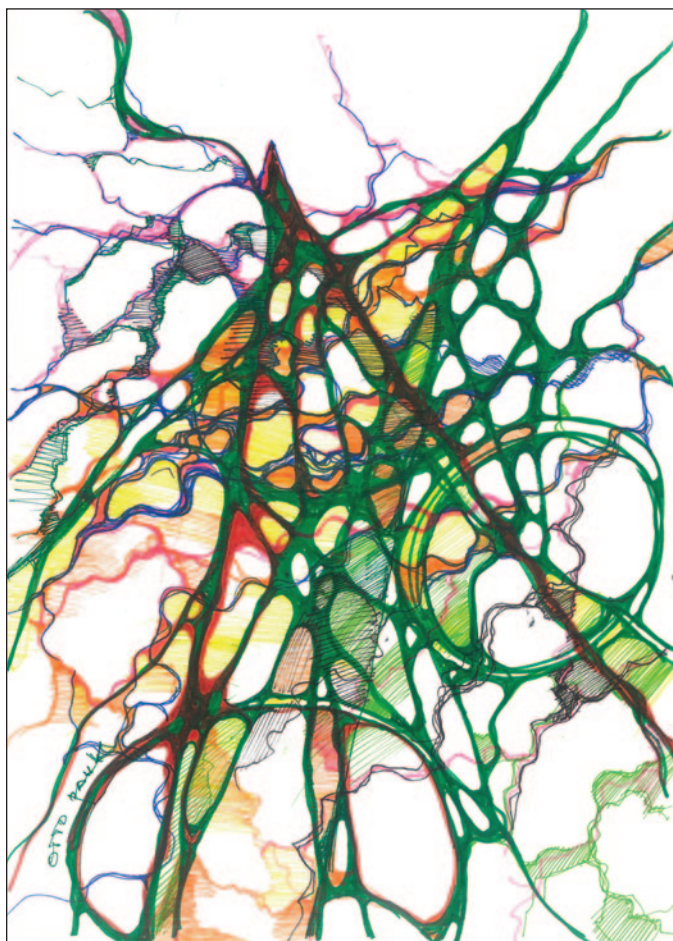
Because a direct connection exists between what we draw on paper and what happens in our brain, which records everything we see and observe. Call up in your memory even a single event—bitter or joyful—and it will reveal itself to you in all its details: colors, sounds, smells, images, what was said...

It's exactly the same with neurographical drawing: as you create a new reality with your own hands on a sheet

of paper, you see it both with your physical eyes—colors, figures, lines—and in your mind's eye—you imagine images and events. And, thanks to tactile sensations and muscular activity in the course of drawing, what you see records better, firmly interlocking in your conscious mind with the project: with its intent, planning, and expected result. That is, from the initial emptiness of a white sheet of paper, in the process of drawing you get a finished piece of work inside your consciousness that is capable of making the future clear and providing confidence in its favorable unfurling.

Art therapy—healing through drawing—is a well-known method and has long been used in psychology. How does it relate to neurographica?

There's no doubt the process of drawing is already therapy. However, neurographica isn't spontaneous re-drawing, and it isn't just the copying of subjects and objects. It is conscious thought, the progress of which is fixed in symbols. Strict algorithmization focuses the attention of the person doing the drawing on the process: as the process goes forward, emotions and states of being are



worked out and desired changes and results programmed. By applying the 'codes' of neurographica, you can forecast the route of your future and thereby create a strong foundation for it. This approach does an excellent job of removing the uncertainty and worry everyone experiences about tomorrow.

One more major advantage is the development of memory and thinking.

When we create a drawing on a sheet of paper, we ascribe to it a certain meaning, behind which stands some volume of neuron connections. For example, we say 'happiness,' and a set of neuron contours forms in the brain. But if to the word 'happiness' we add the phrase 'at work,' a new set of neuron contours is added to the previous one. And if we further specify 'happiness at work with these particular people,' the corresponding neuron connections in the brain are activated as well.

All activated neuron contours connect with each other, and our brain receives a new combination of neuron complexes. That is, when using neurographica, we not only activate the working of our brain, but also constantly grow neuron connections and develop our brain.

What does feedback from your students tell you?

Most people who master neurographica say that it's a miracle. That's because what they draw does happen in their lives. People are the initiators of what happens to them. They 'program' their lives by using their imagination and focusing on what is desired. Seen from that perspective, neurographica is a methodology that helps people perform painless 'neuroplastic surgery' on their brain and make corrections to the course of their destiny. There are already nearly thirty pages of responses on our website (<https://www.piskarev.ru/>) from various people about what changes have taken place in their lives thanks to neurographica. Take a look at those real cases.

In what directions, aside from healing and life management, is neurographica developing?

That would be the areas of *education, coaching, and art.*

All right, Pavel, we'll say goodbye for now, but not for long, because we'll have more to talk about in the next issue of ALPEON.

