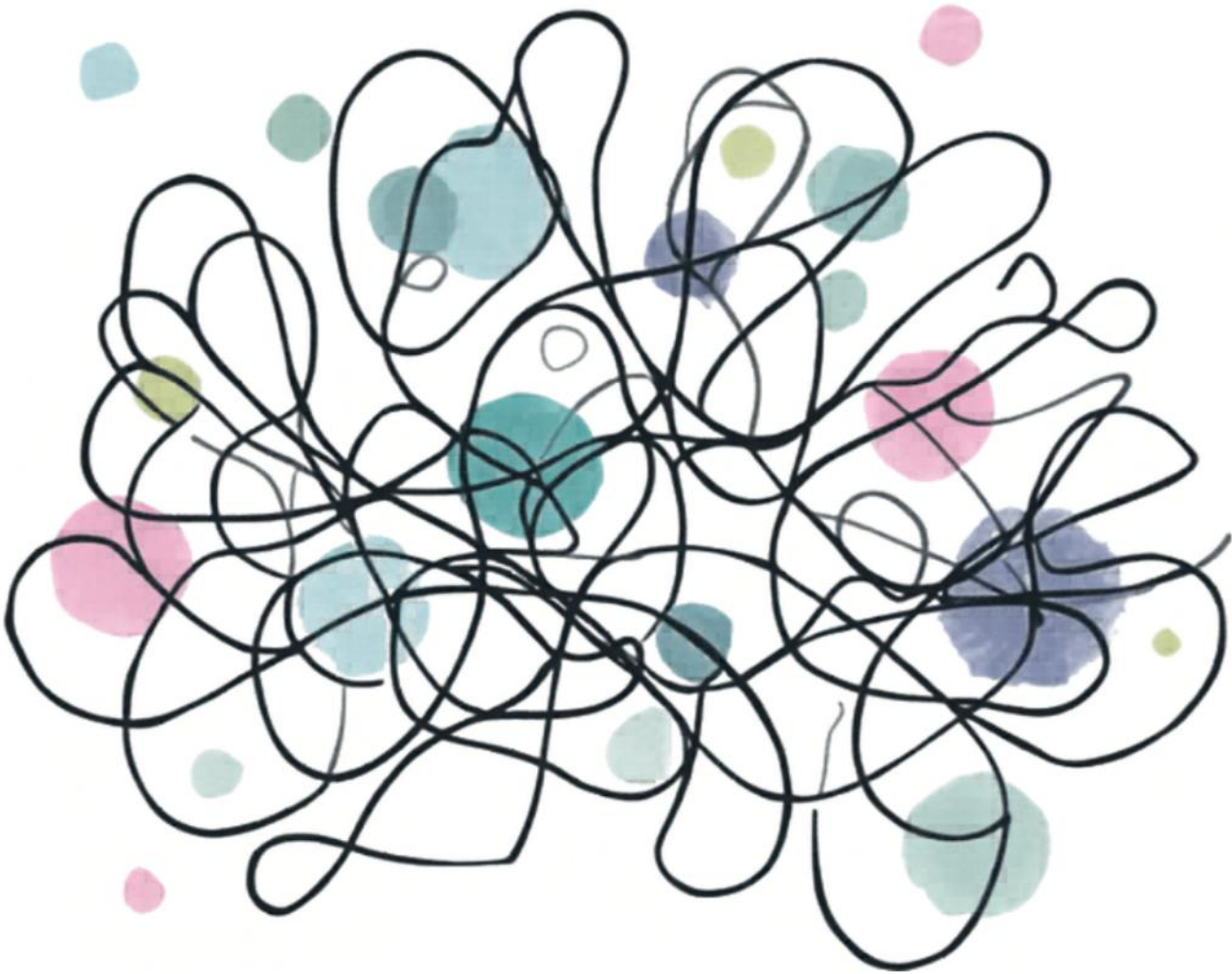


Neurographic Technique

Transform stress into creative flow



How it works

- 1** Identify a thought, emotion, or challenge
- 2** Draw spontaneous lines across the page.
- 3** Round all intersections, lines and sharp corners
- 4** Add color and, observe connections.