

In my quest to use watercolor painting as a creative and calming outlet for this perfectionist, I stumbled upon two types of art techniques: Meditative Watercolor Painting and Neurographic Art.

One of my goals in taking up watercolor painting was to find an outlet for my brain that allowed me to focus on something other than the state of the world, in a way that did not stress me out. I realized the process of creating was so much more important to me than the product.

I found Katie While (<https://www.instagram.com/katiwhiteartist>) ; [Meditative Watercolors](#)) on Instagram (there is some benefit to social media). I spent way too much time just watching her meditative approach to painting with watercolors and found it incredibly mesmerizing and calming. I forced myself to move beyond the watching and signed up for Katie's online Meditative Watercolor class. What a revelation! She combines breath with the flow of the paint in water and, boy do I love watching the paint flow through the water. Through this exploration, I realized that watercolor paints differ incredibly in their ability to flow through water. I spent more of my retirement income on higher flow paints because, for me, that flow is what I was searching for. Watching the paint move and collide and mix and shift brings me joy...and calm. Take a look at Katie's work as well as the paintings I created below using a meditative approach. You can see how the landscape work I shared in my last post has morphed into more abstract and personally satisfying pieces of art.





Here is a short video of me engaging in the meditative process.

<https://youtube.com/shorts/QbeVCoklyPw> (Thanks for the filming, Sarah B.)

[Andrea Nelson](#) also introduced me to neurographic art, which satisfied my itch to focus on process rather than product AND gave me a way to doodle and paint. I am a doodler from way back in middle and high school. Here is some background info about neurographic art and a couple of links if you want to learn more.

From [Kyle Wood: How to Use Neurographic Art to Encourage a Calm and Focused Mind](#)

#### What is neurographic art?

Developed by Russian psychologist [Pavel Piskarev](#) in 2014, neurographic art is a structured yet free-flowing method of artmaking. Unlike traditional drawing which often focuses on replicating a specific image, neurographic art centers on creating organic, neuron-like lines and shapes. These [lines are then transformed by rounding sharp corners](#) to create a visually calming and aesthetically pleasing artwork.

#### Why is neurographic art the perfect creative exercise for everyone?

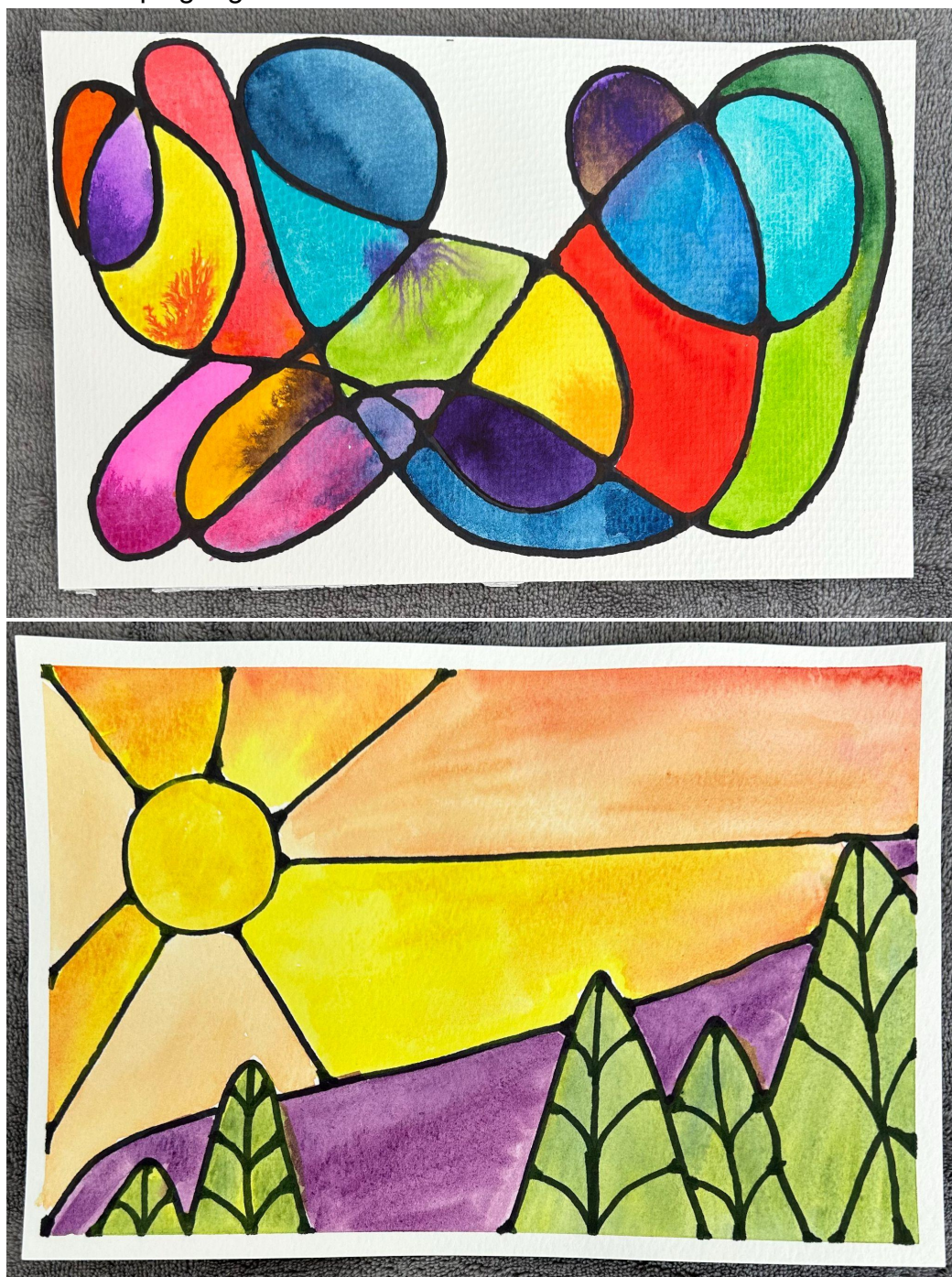
One of the significant benefits of neurographic art is its ability to unlock creative potential. Similar to Surrealist methods like [automatism](#), the neurographic process is designed to bypass the critical mind. It allows individuals to express themselves freely without judgment or the pressure of achieving a perfect outcome. This freedom fosters exploration and experimentation, encouraging you to venture beyond your comfort zone.

Here are five more ways neurographic art can help de-stress:

1. Focuses on the process.
2. Eliminates mistakes.
3. Engages the right brain.
4. Improves focus.
5. Enhances emotional processing.

[Art with Trista](#): a lesson plan for middle and high school students about neurographic art.

Here are two satisfying examples of neurographic watercolors. I love the “mistake” of colors seeping together.



And that ends my journey with you all. I hope that you found some inspiration and can find creative ways to stretch yourself outside of what is typically comfortable. Thanks for your support of CVRAN and for the encouraging words that you have shared.