

# BRAINsights



Evian Gordon

# BRAINsights

**These paintings reflect different facets of how I believe our brain's work: summarised in the BRAIN 1-2-4 Model.**

The essence of the BRAIN 1-2-4 Model is:

- 1: Safety 1<sup>st</sup> is the core organizing principle (more safety – more likely to find rewards).
- 2: Nonconscious and Conscious are the brain's two modes of activity.
- 4: The brain's four key processes are:  
Emotion; Feeling; Thinking; Self-Regulation.

The more you align these Brain 1-2-4 processes - the more **effective** you are likely to be, at everything.

# **BRAINsights**

**Each painting was to some degree borne by the the essence of Brain 1-2-4 dynamics.**

From the very first time that I painted, I had no motivation to be a derivative of other artists.

My driving intuition was to be immersively influenced nonconsciously by brain insights and my privileged view of overseeing the patterns of human brain function in the world's largest brain database.

The art has remained abstract expressionism, with hints of surrealism and embedded symbols, that I made up to reflect aspects of the brain's key processes.

# BRAINsights

Above all, each painting was shaped by the deepest need to reach beyond what we consciously rationalize and say, to more deeply connect to the nonconscious cues, automatic judgments and patterns of dynamics that drive human lives.

Each series was driven by a different inspiration along my journey across the ongoing nonconscious-conscious landscape of the brain.

The last series in this book: “*Unbridled*” – is where my nonconscious brain most dominated whatever spontaneously emerged in the moment, on each canvas.

# BRAINsights

I am also indebted to the wide influences from my formal background in brain science, medicine and the international brain database that I set up, as well as the feedback from friends and strangers at my exhibitions (including 2 exhibitions in New York) - further details on the website:

<http://www.BrainSightArt.com>

# **Painting Series**

- 1. BRAIN & Self**
- 2. BRAIN Evolution**
- 3. BRAIN Instabilities**
- 4. Abstract Expressionism**
- 5. BRAINsights**
- 6. UNbridled**

# **BRAIN & Self**

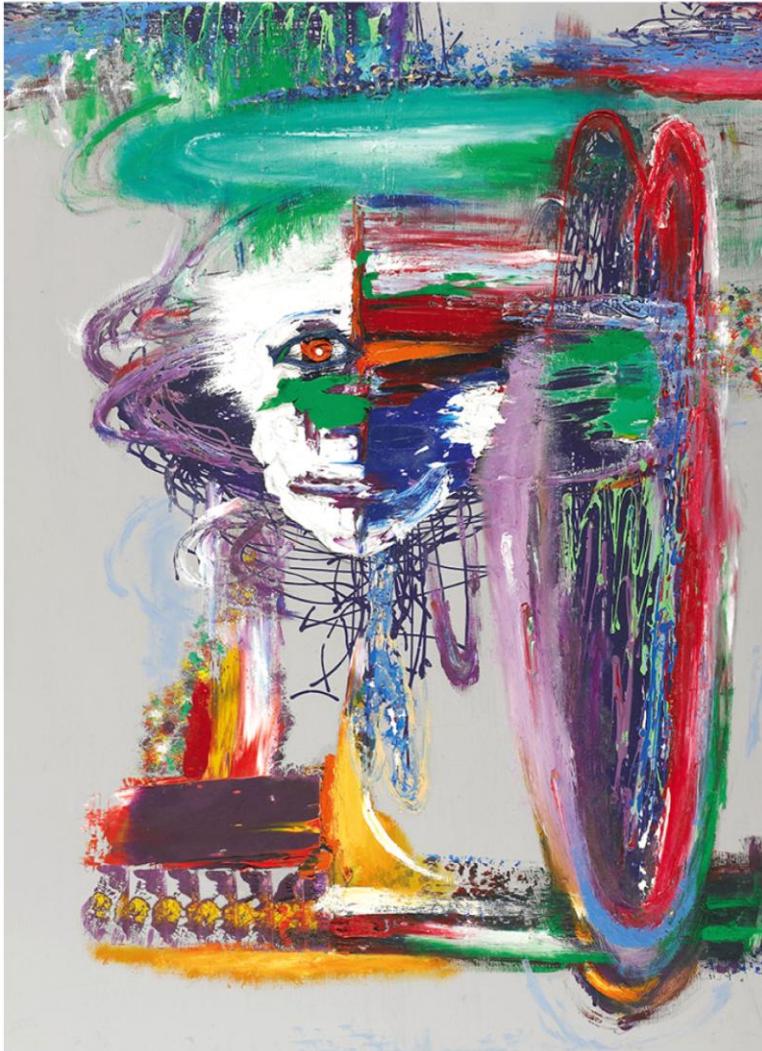




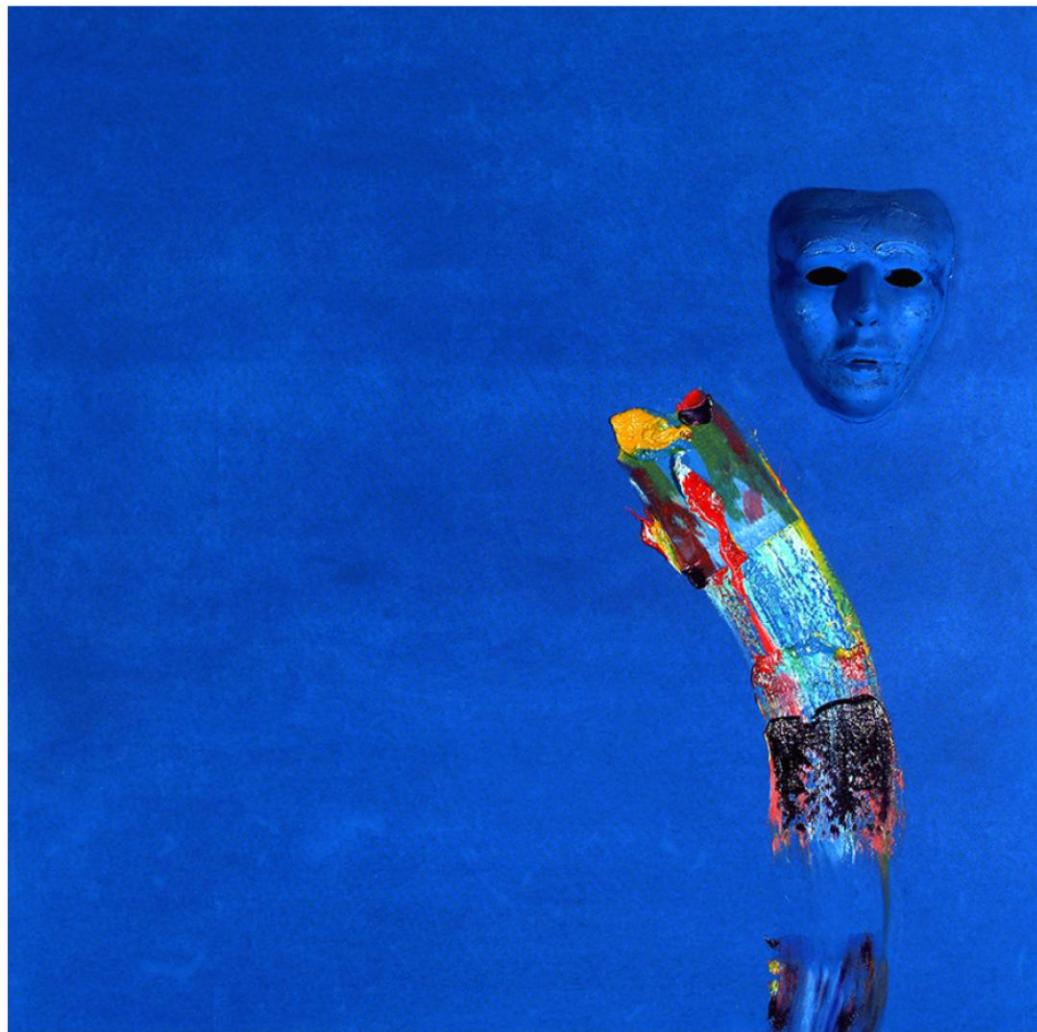


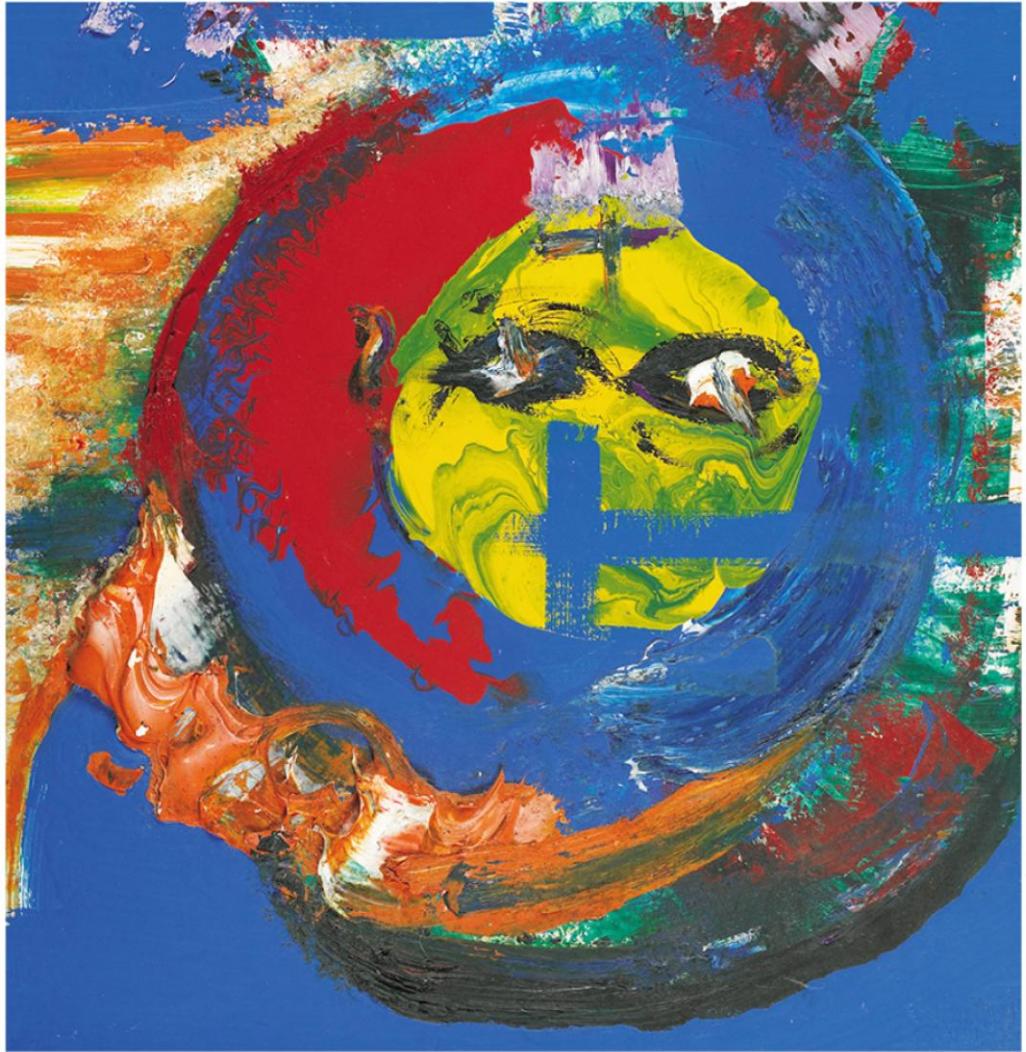


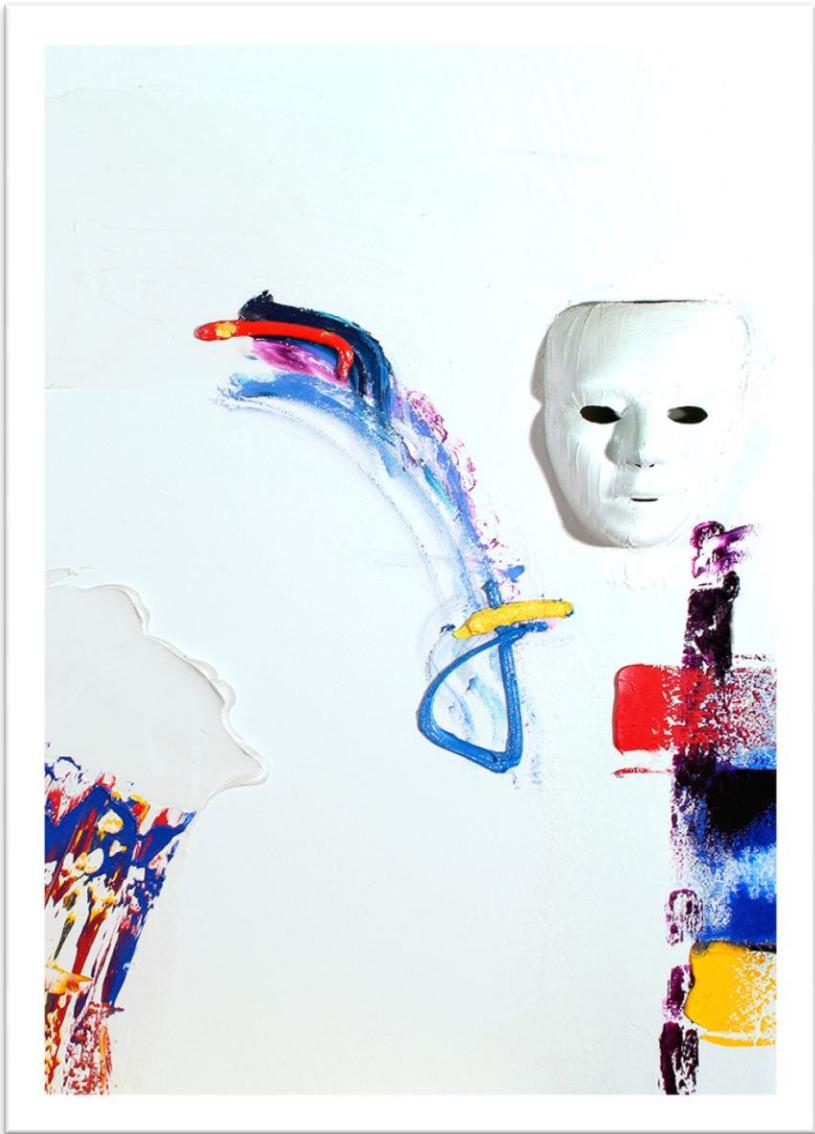




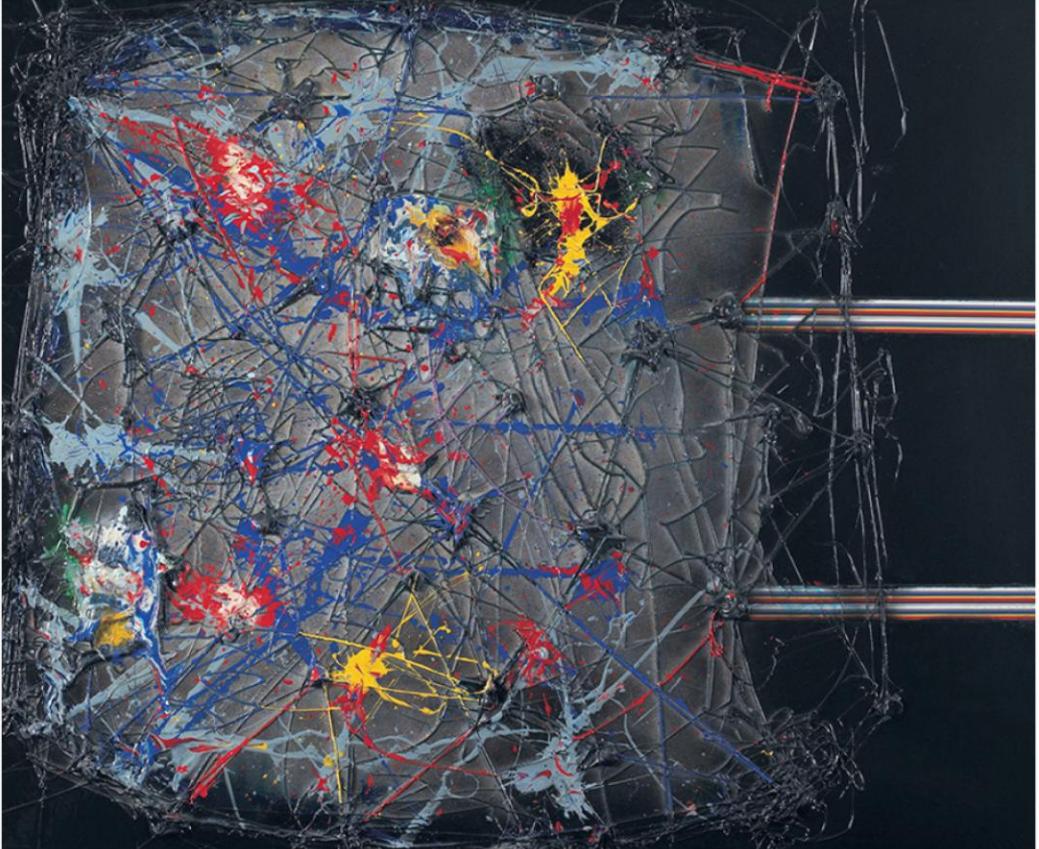
















# **BRAIN Evolution**







# **BRAIN**

# **Instabilities**

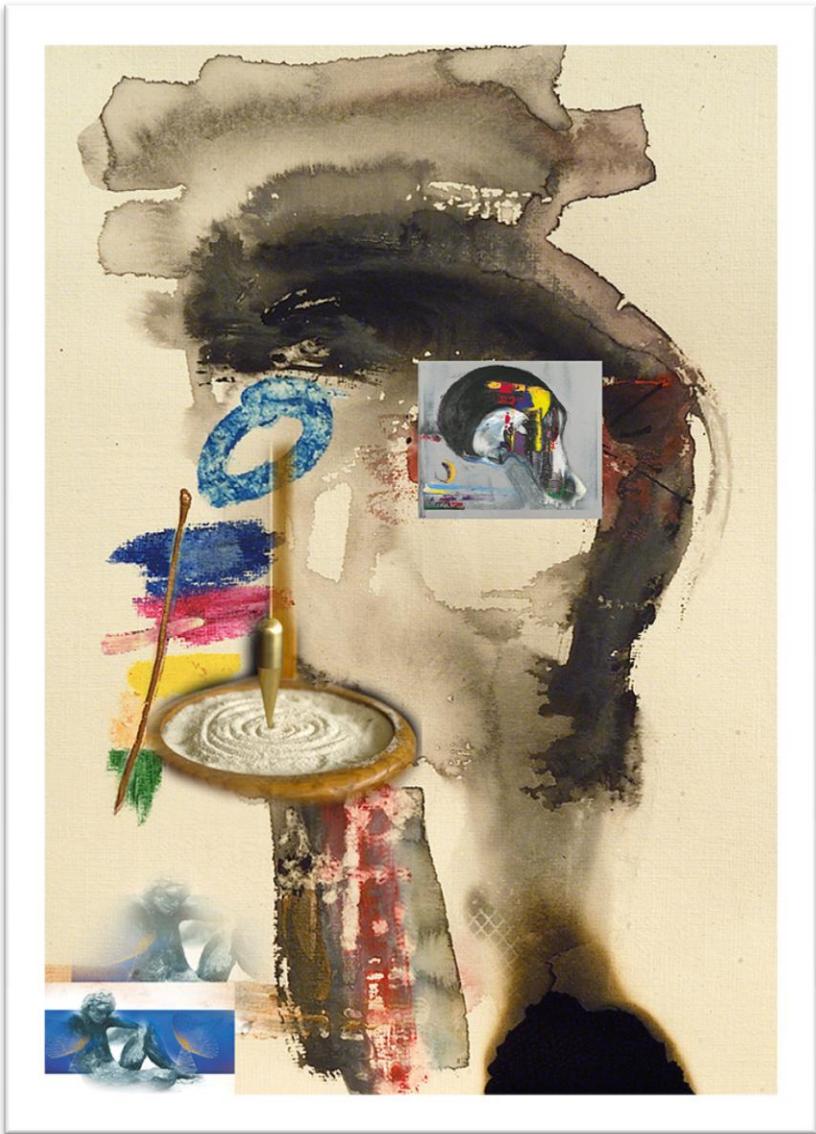










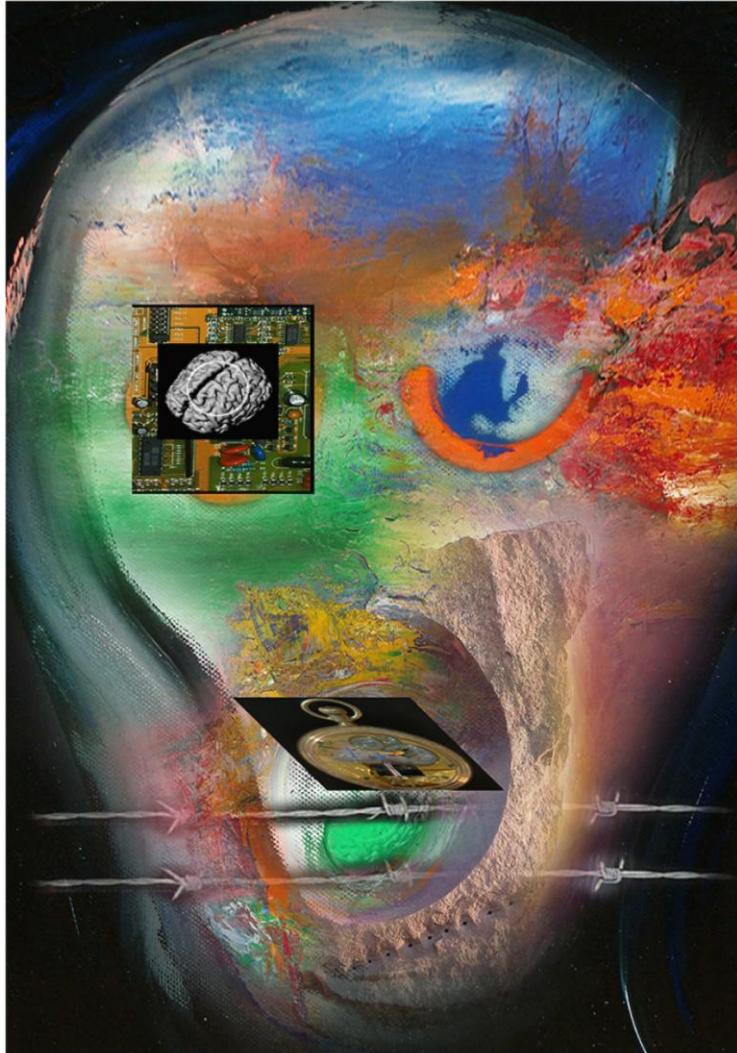


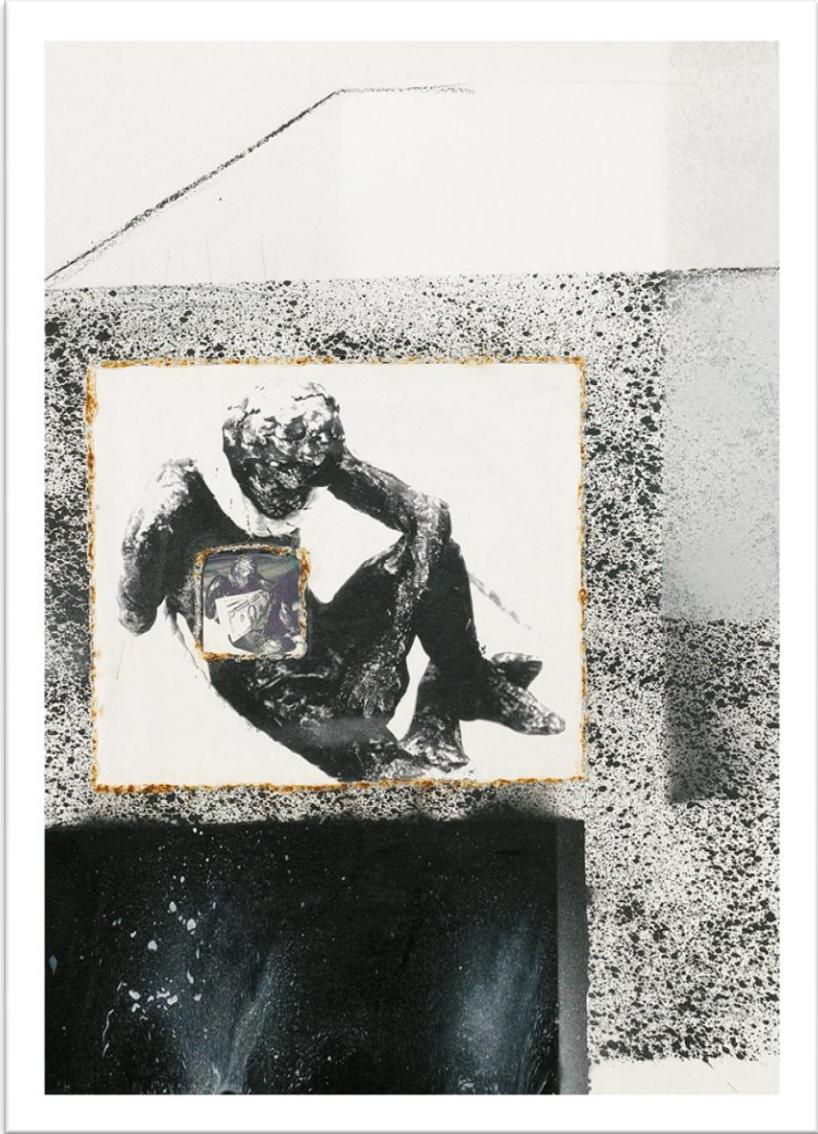










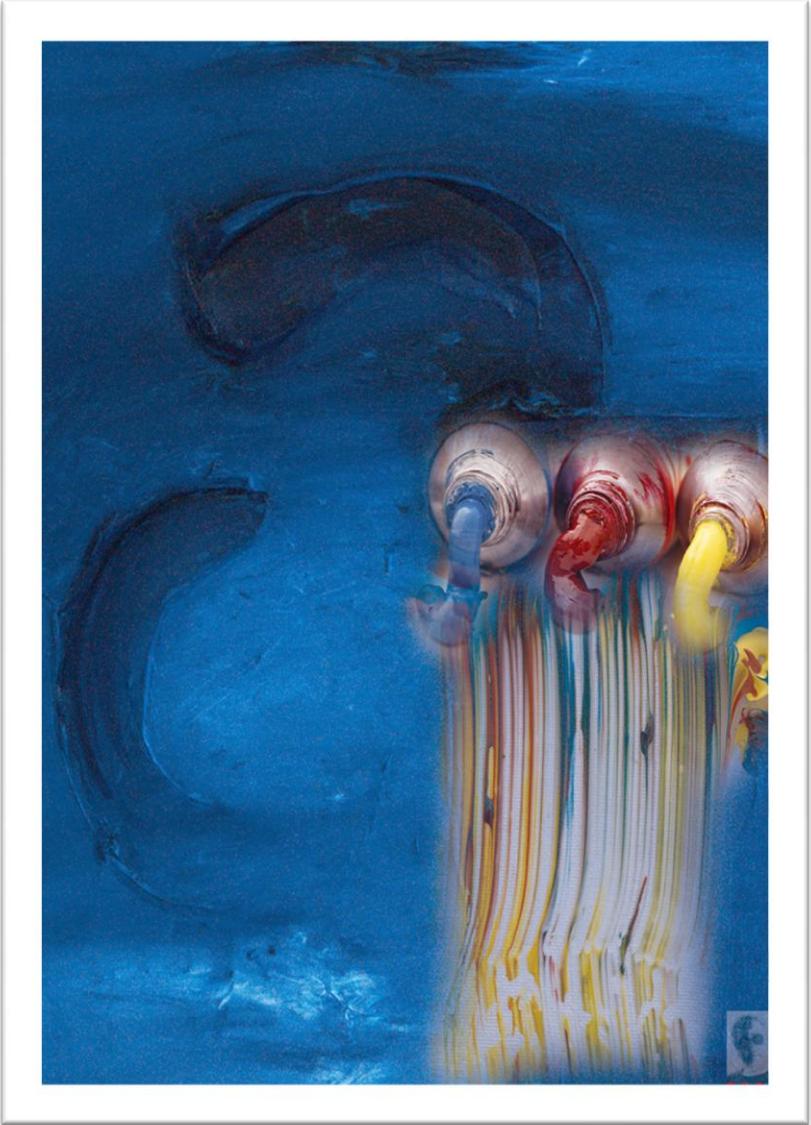




**Our culture  
is a direct reflection of how  
the human brain functions**

# **Abstract Expressionism**



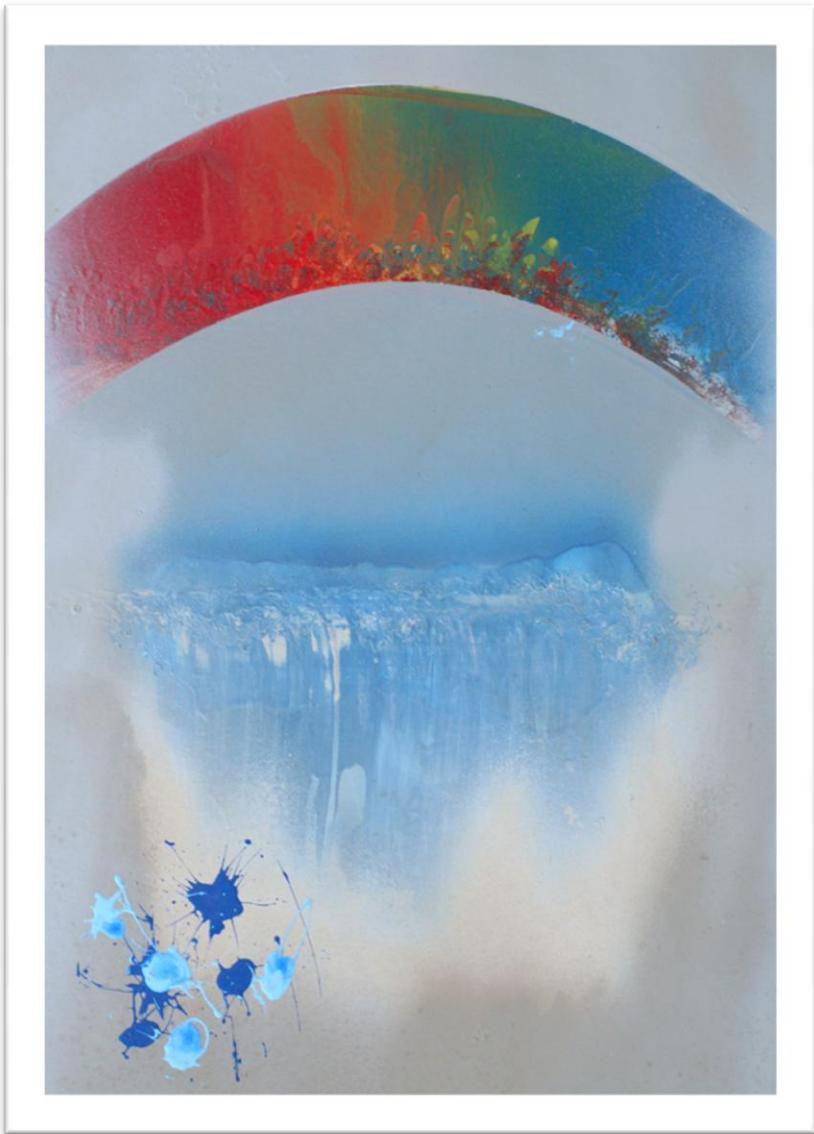




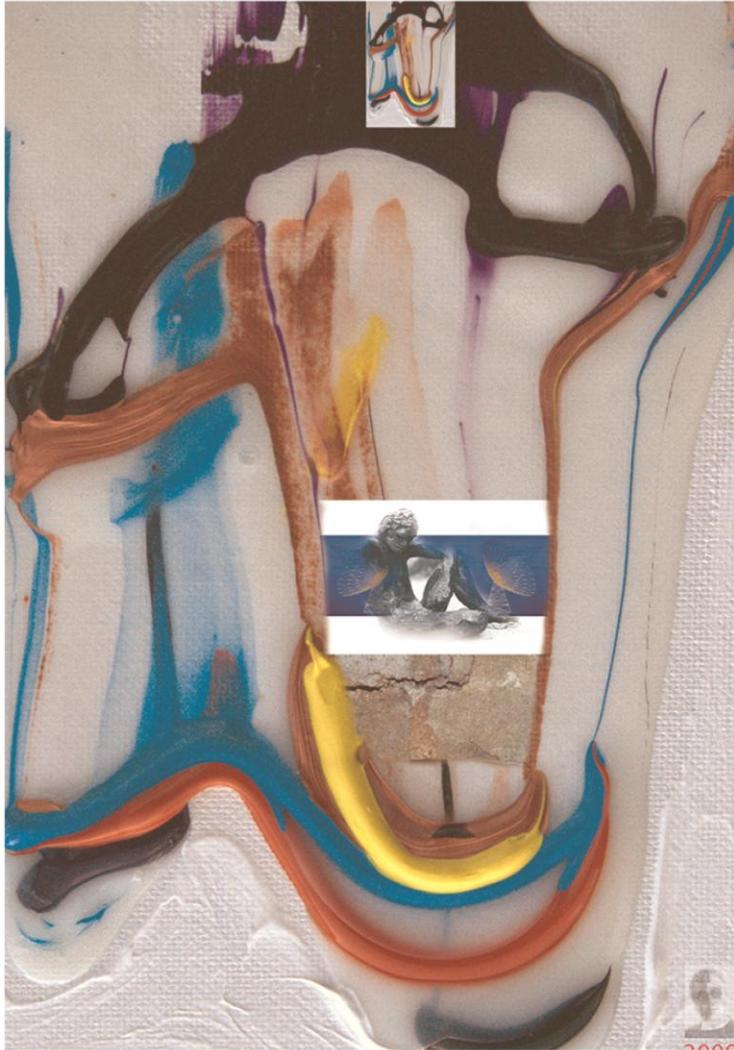






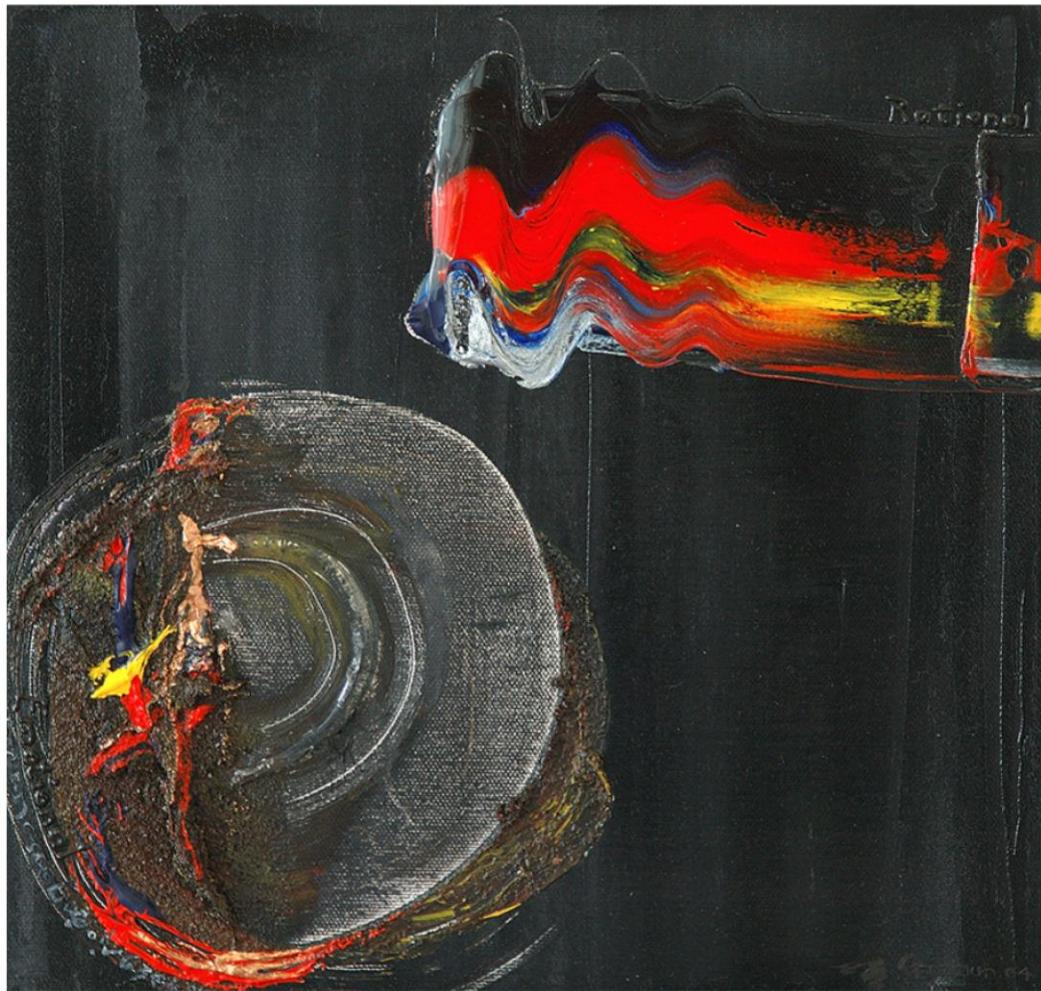




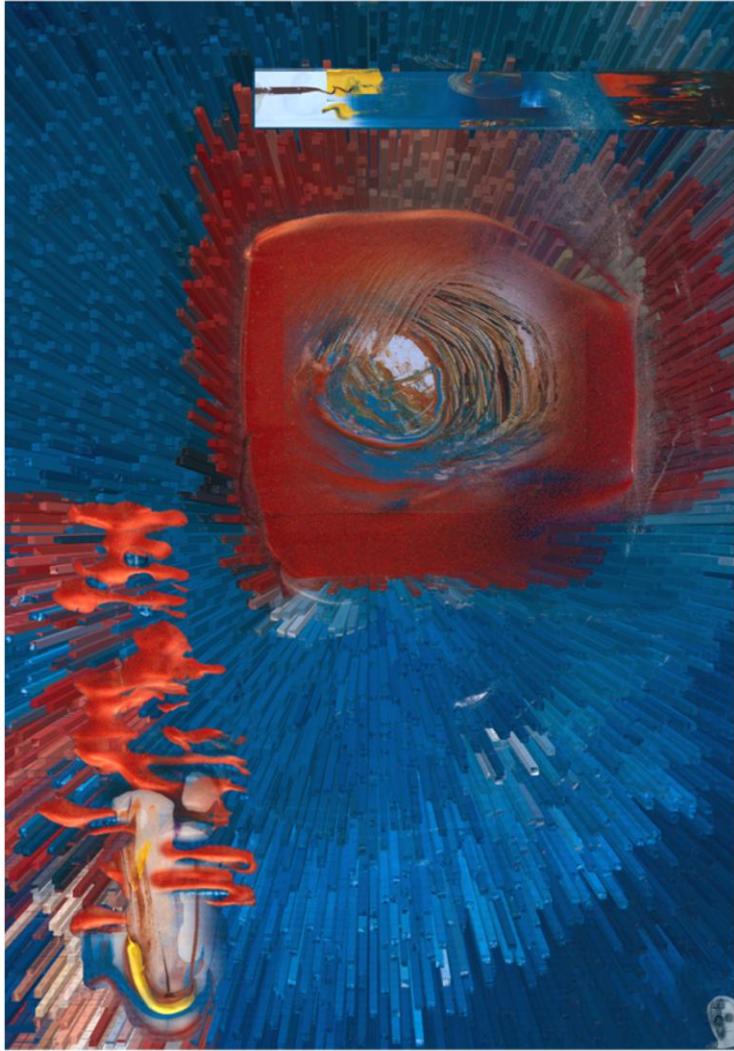












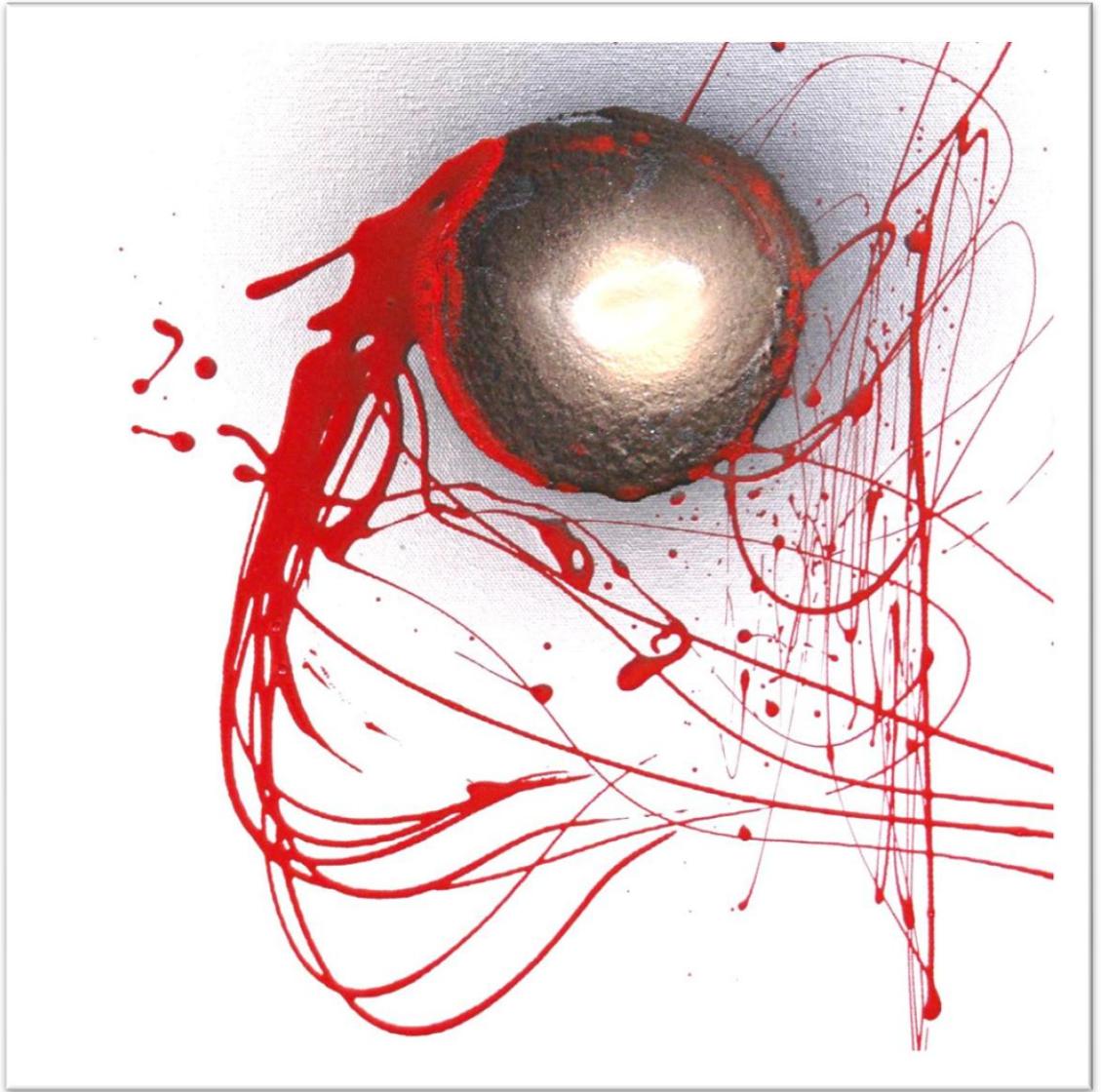








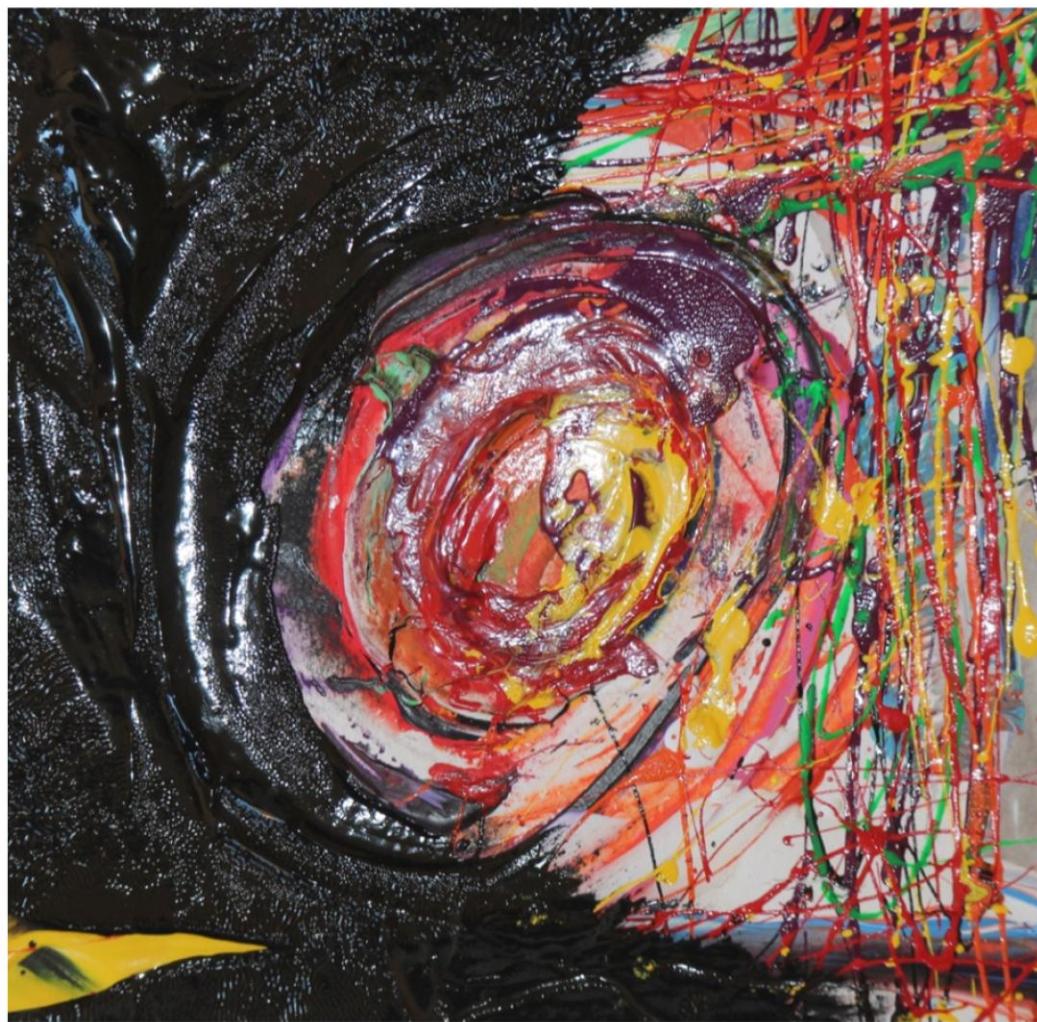


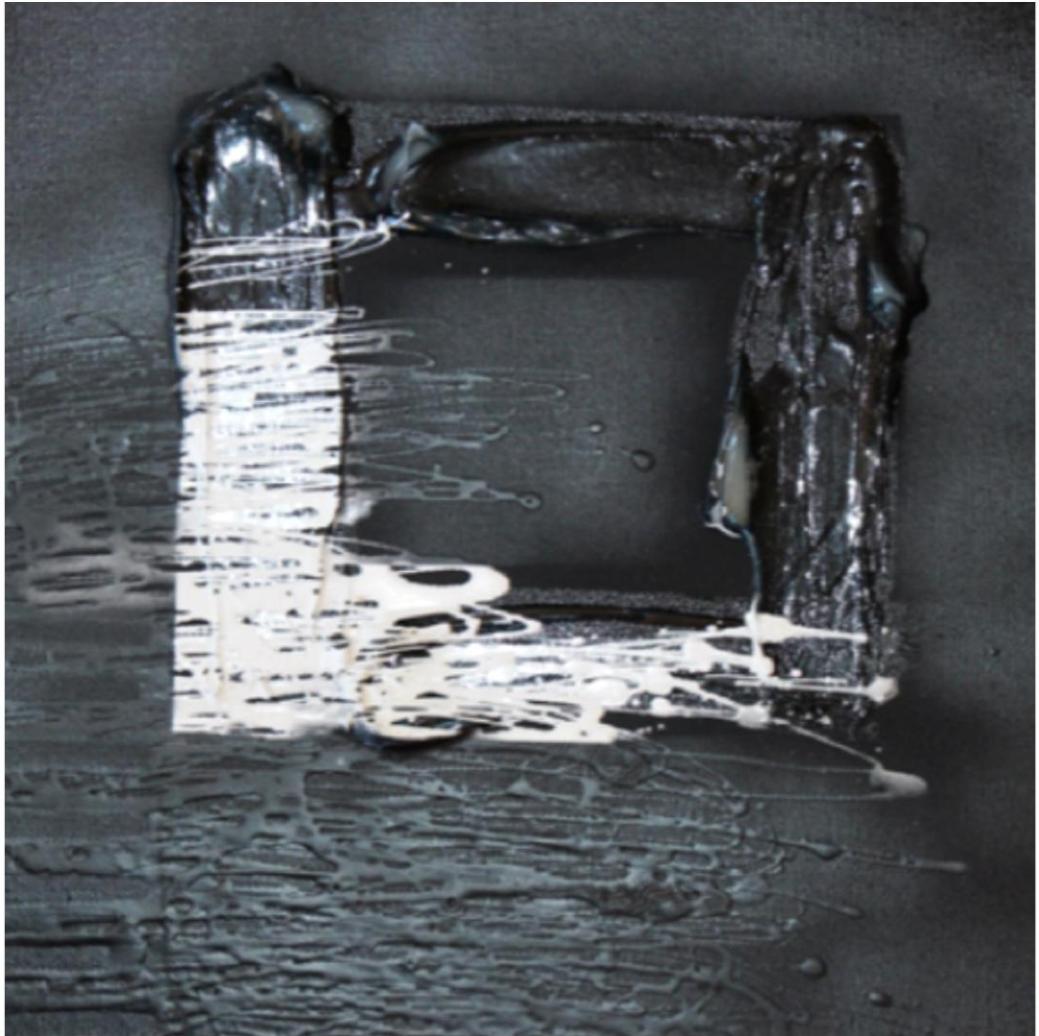








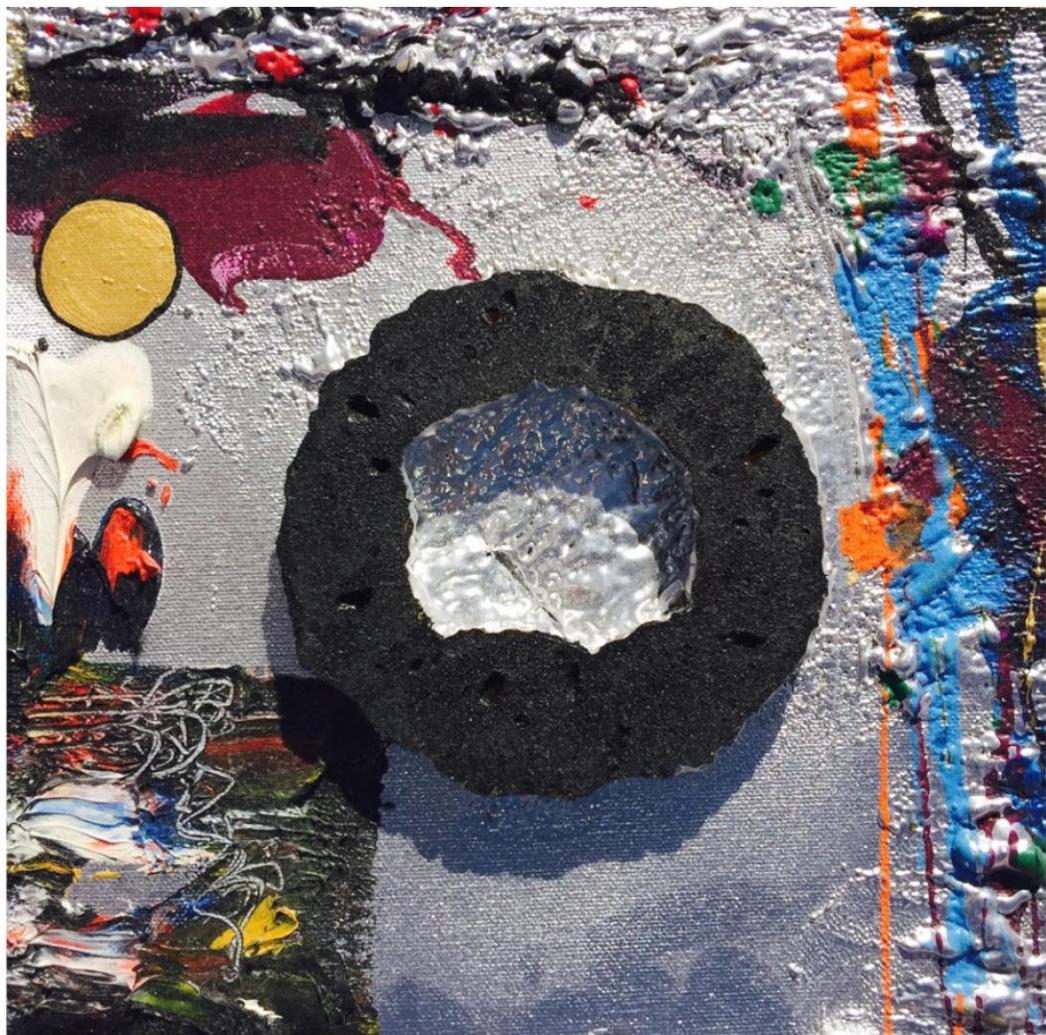


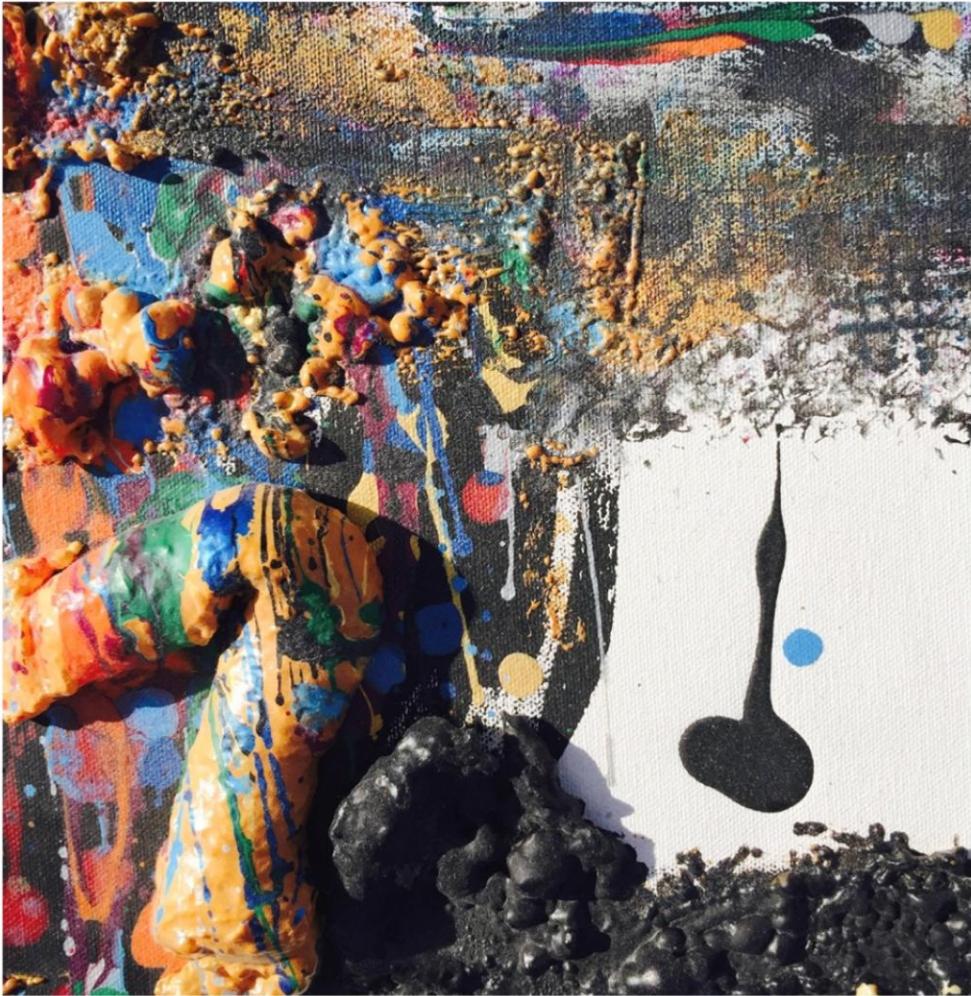






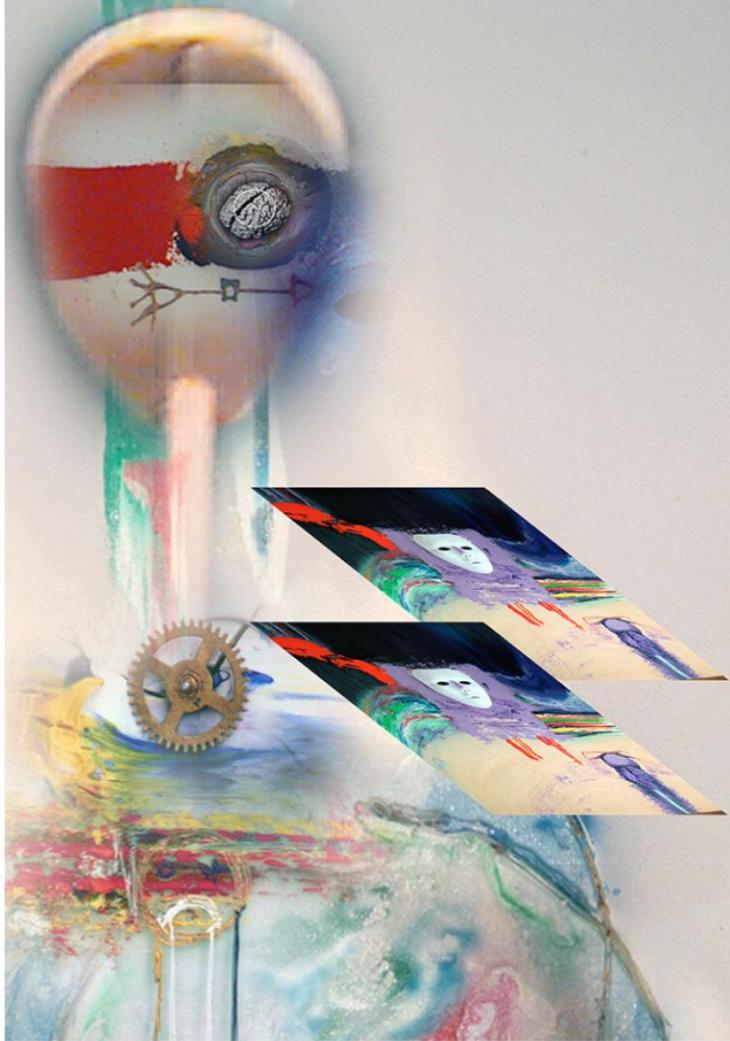














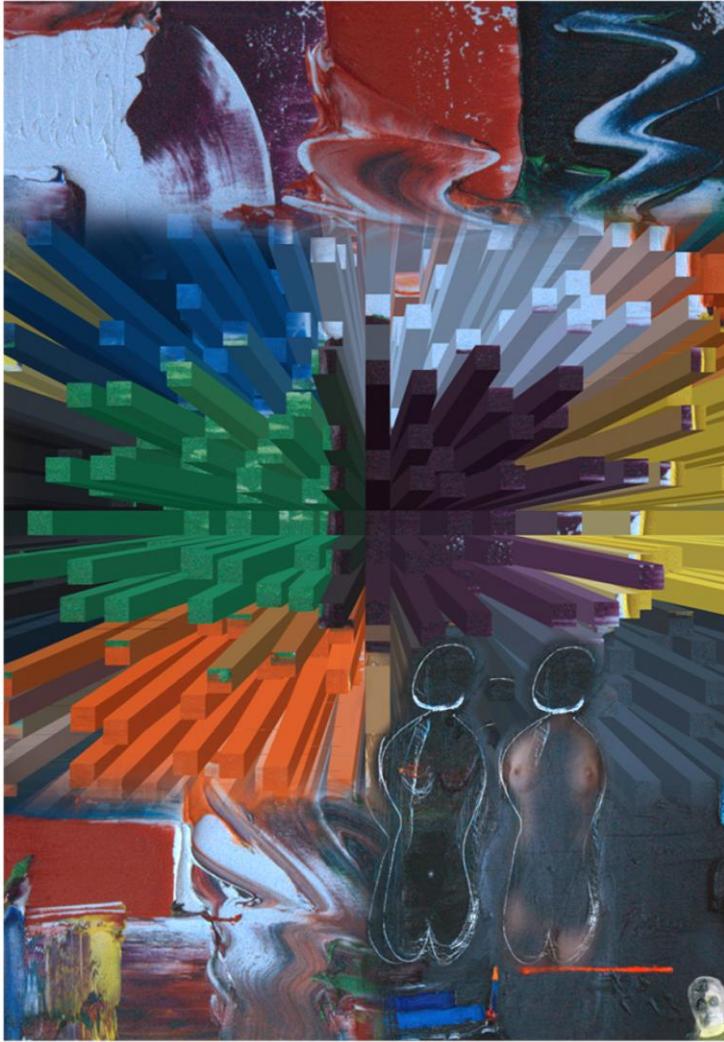


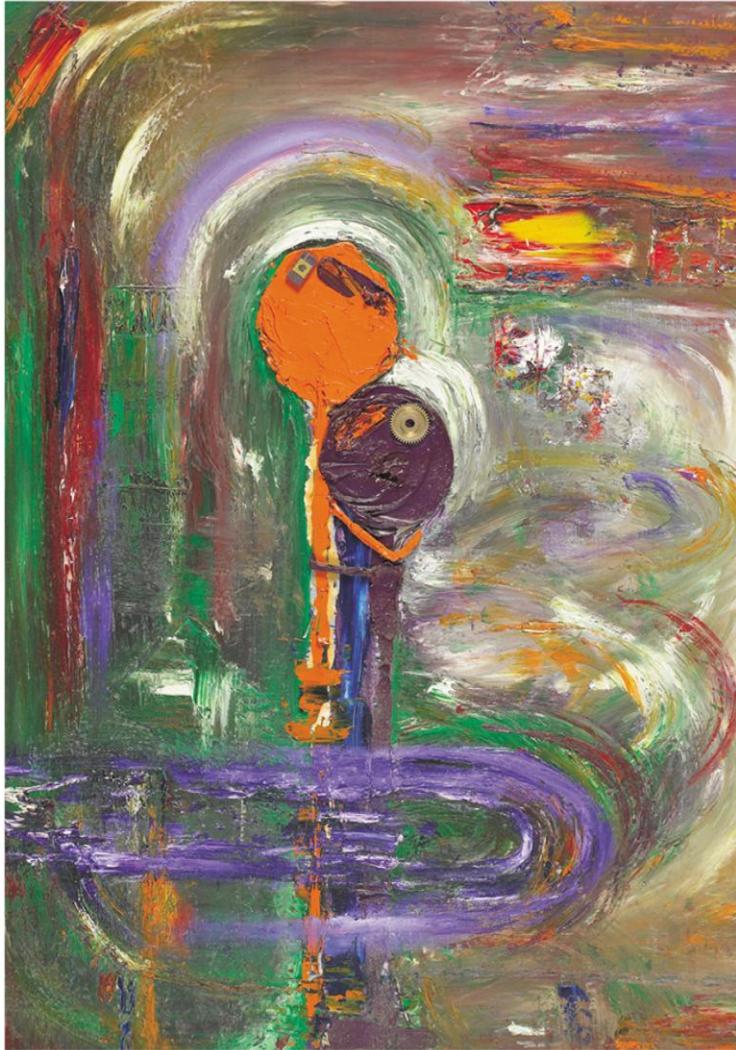








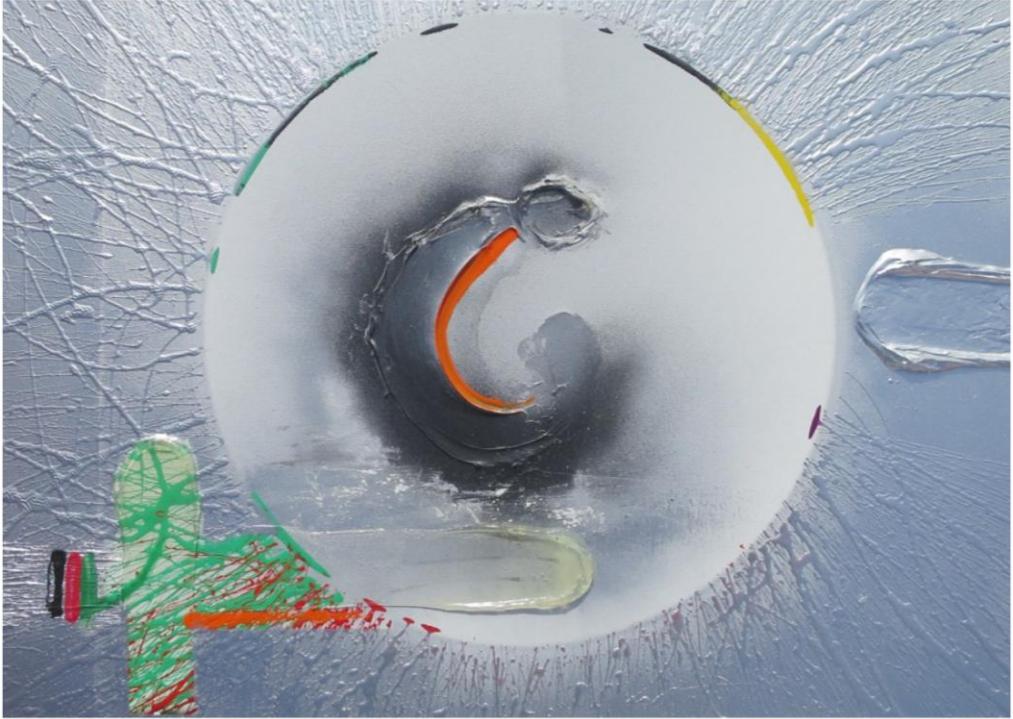


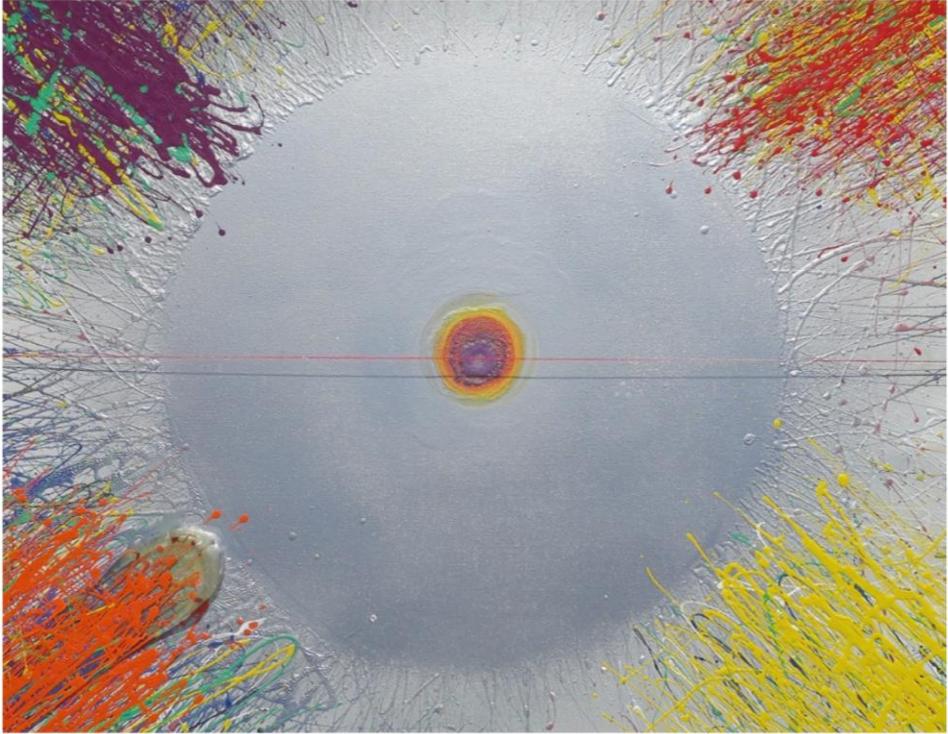


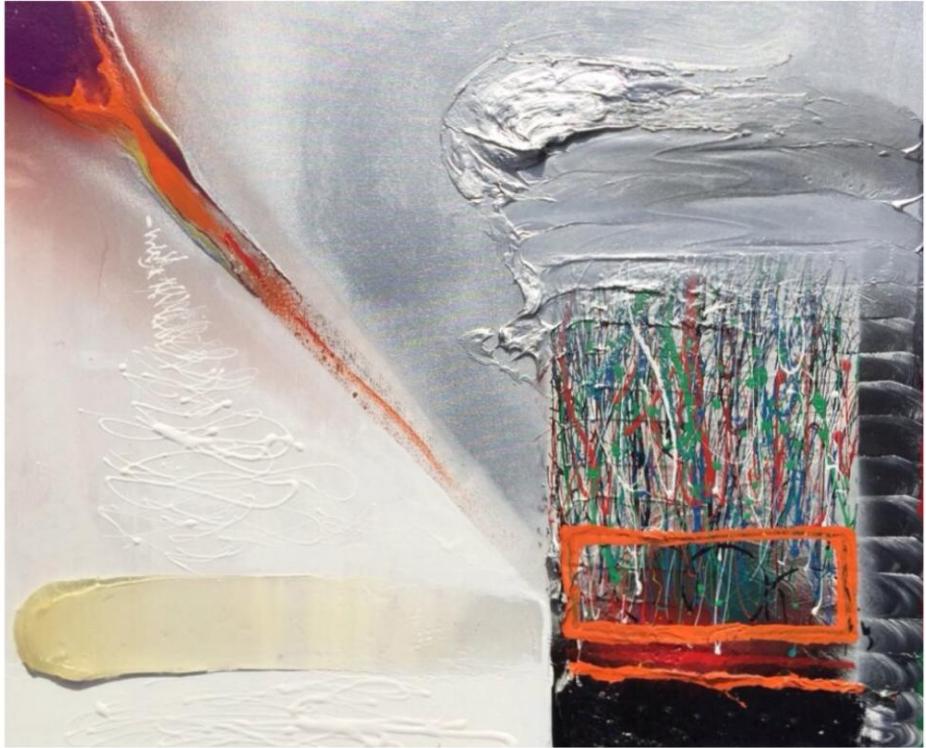
**BRAINsights**









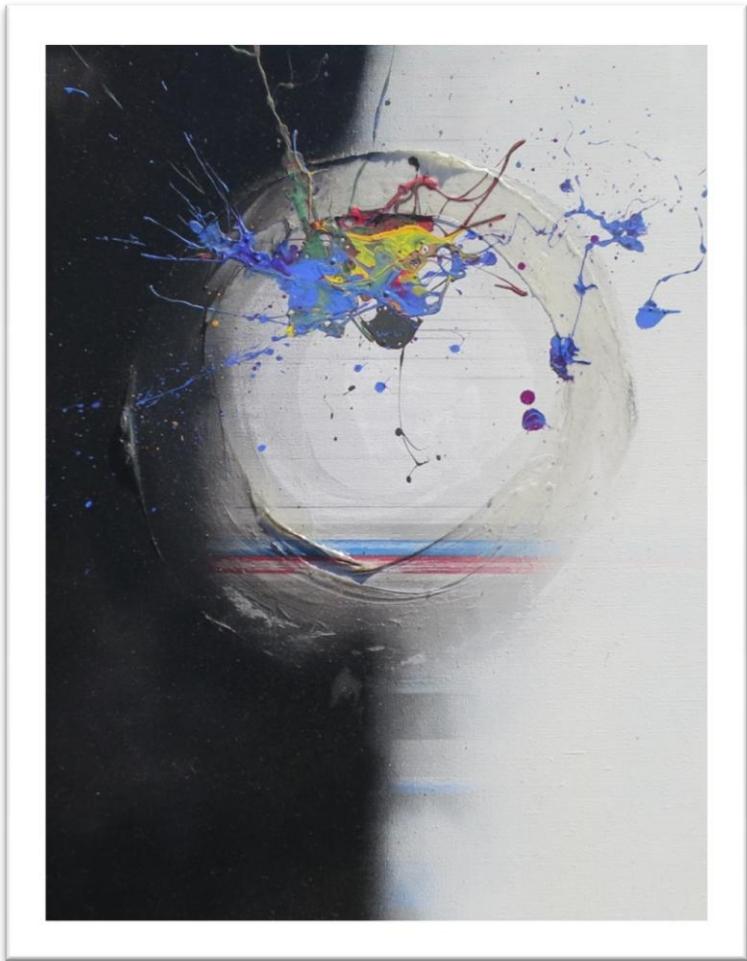




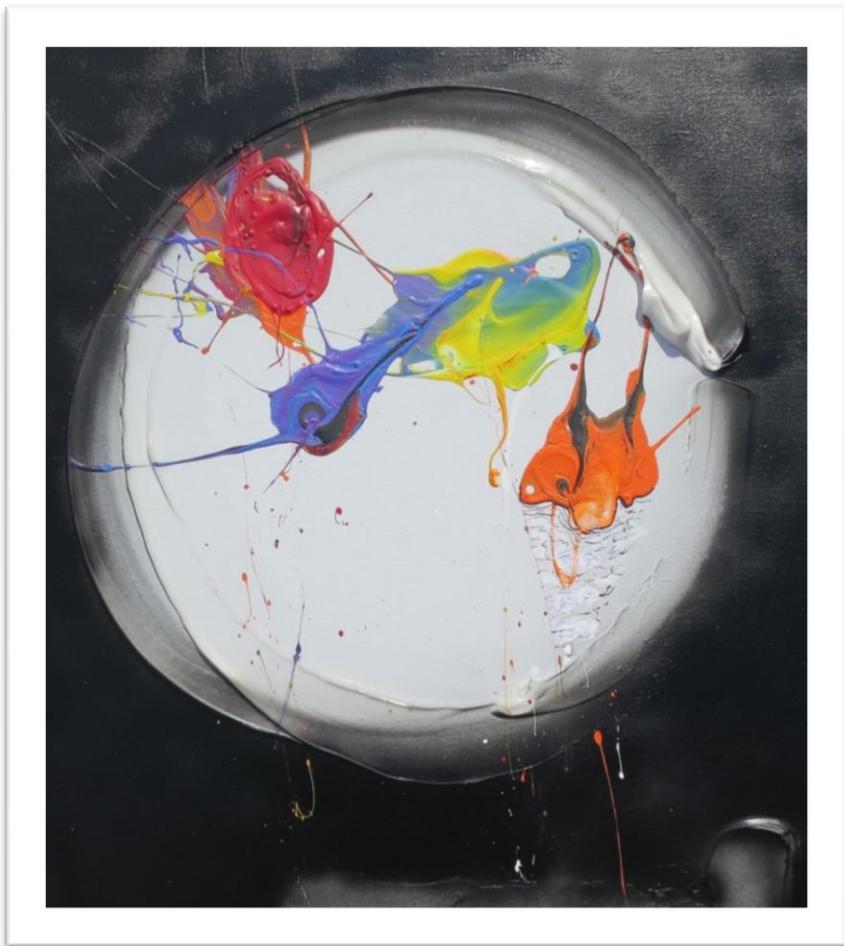




**UNbridled**

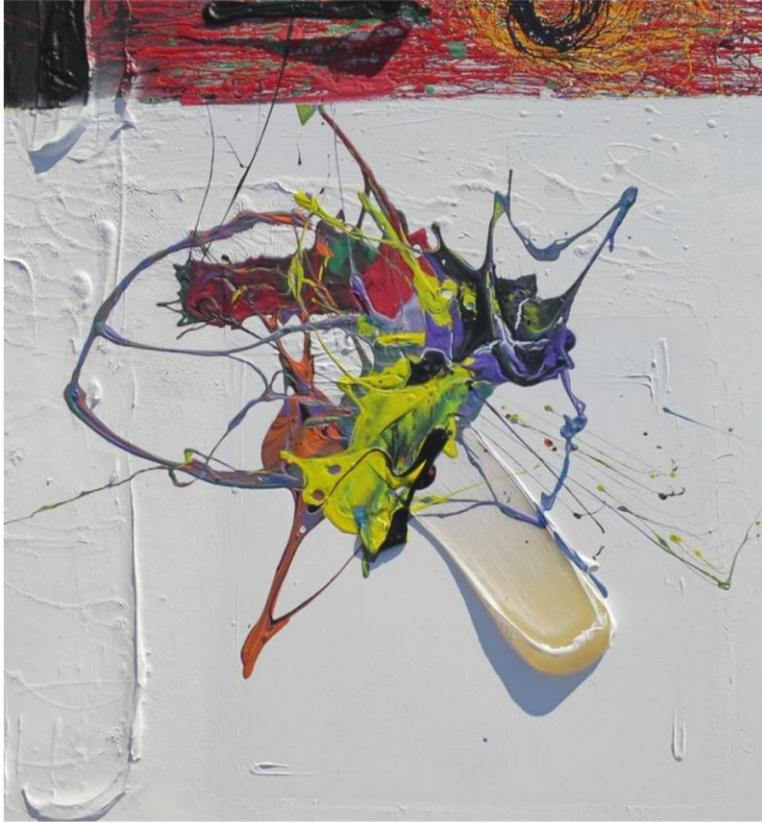




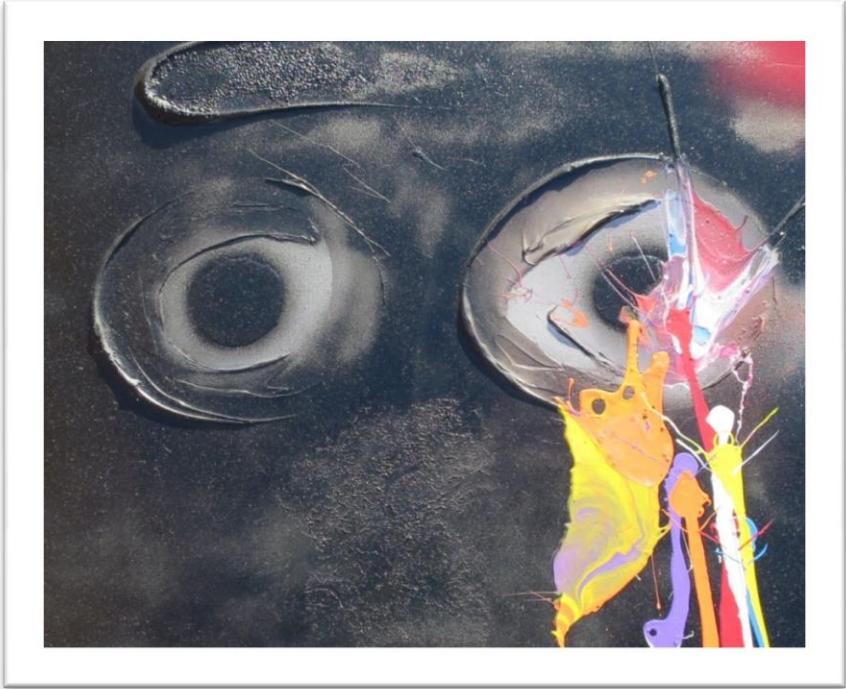


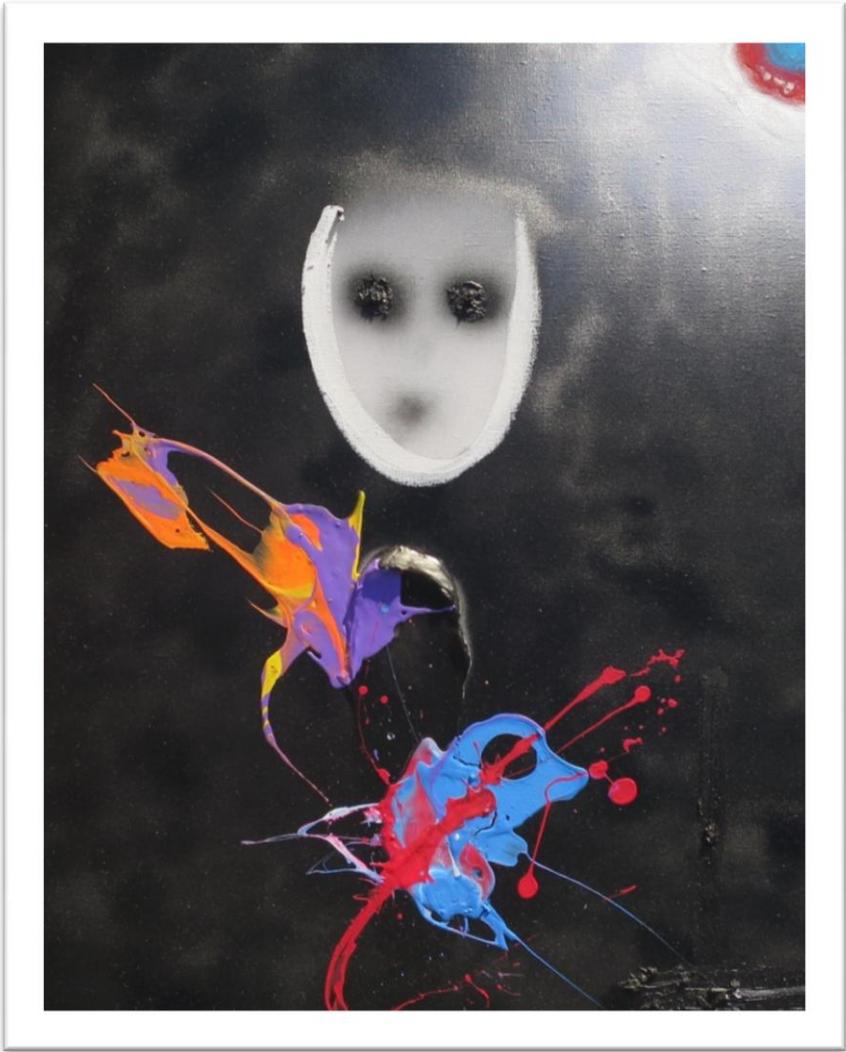


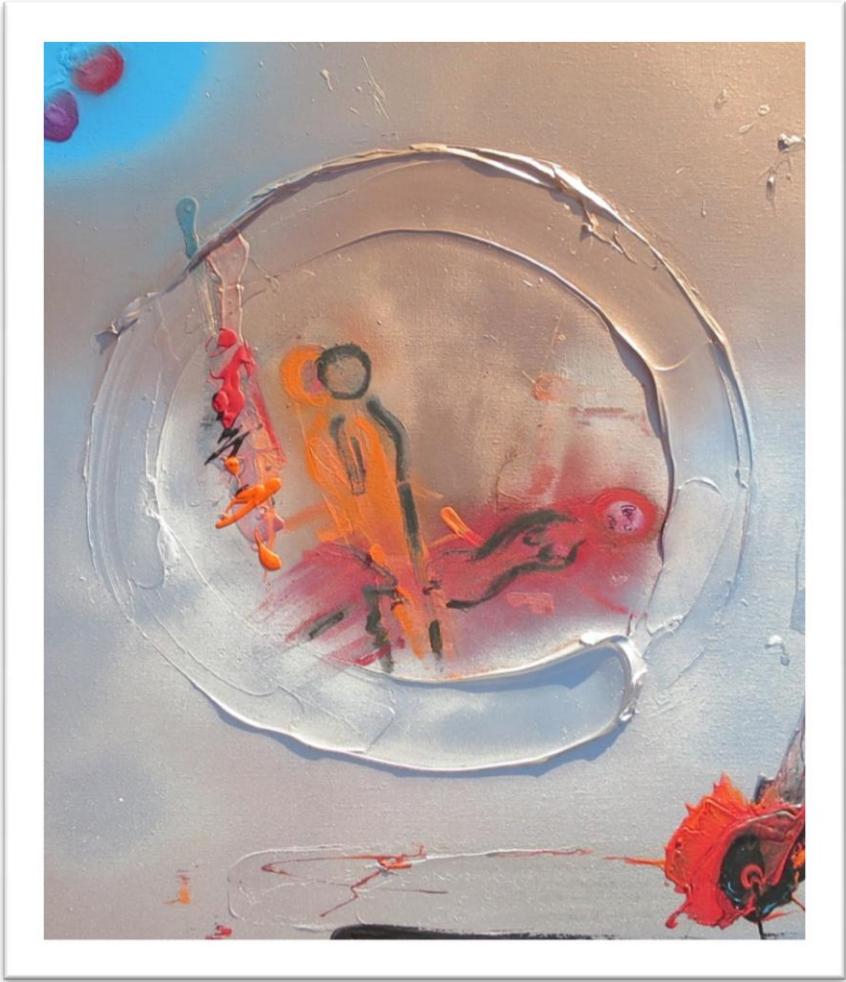














# **BRAINsights** Weblinks

- *BrainSightArt:*  
<http://www.brainsightart.com>
- *Integrated Music and Art Video (4 mins):*  
<http://vimeo.com/47973845>
- *Book on Knowing Your Brain & Generating New Brain Habits:*  
[The Brain Revolution.com](http://TheBrainRevolution.com)
- *Assess – Train – Monitor New Brain Habits:*  
[MyBrainSolutions.com](http://MyBrainSolutions.com)
- *Self empower children with insights and brain training:*  
[www.BrainRevolution.org](http://www.BrainRevolution.org)

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**Curators: Savannah DeVarney and Kerry Gordon**

**Book Production: Liane Kivela and Steen Rees**