

the shapes. There is a relationship between the forces of our mind and our perception of the environment around us. By keeping a calm mind (raised Alpha waves), the brain's influence over the weather patterns in the sketch is decreased. With higher Theta and Delta brainwaves, the sketch calms, and moves more gracefully. Through this, the user learns that by relaxing the body and mind, their relationship and understanding of the world is increased.

In the same idea, lower Alpha, Theta, and Delta brainwaves, coupled with heightened Beta brainwaves will result in a more erratic sketch, and weather patterns that are increased in their activity and strength. Heart increases, as does precipitation and wind speed.