

PERCEPTUAL RECALIBRATION INTERFACES

MASHÓWSKI
ART

Analog Neuro-Sensory Modules for Attention & Emotional Balance

What PRIs are

Perceptual Recalibration Interfaces (PRIs) are analog neuro-sensory tools designed to modulate attention, reduce cognitive noise, and stabilize emotional tone.

They work through the controlled interaction of three parameters:

1. Rhythm

The density and spacing of lines influence cortical excitation.

Low-frequency patterns calm the system.

High-frequency patterns activate it.

2. Color Gradient

Color wavelengths modulate V1–V4 activity in the visual cortex, gently shifting emotional regulation and perceptual clarity.

3. Depth / Spiral Geometry

Spiral and radial distortions trigger predictive coding mechanisms – the brain tries to resolve the ambiguity, stabilizing focus.

Together, these elements create a controlled sensory load that resets attention and regulates the emotional state.

What this does in practice

When a viewer engages with a PRI, several predictable neurophysiological responses occur:

The visual cortex begins decoding a complex pattern

This increases bottom-up attention and temporarily interrupts repetitive thought loops, including anxious rumination.

Breathing naturally slows

Reduced visual noise activates the parasympathetic system and lowers internal arousal.

Peripheral vision expands

Fixating on a stable center “opens” the visual field, down-regulating threat-detection circuits.

Cortisol decreases

A more stable visual field reduces amygdala reactivity and lowers stress markers.

The prefrontal cortex becomes more stable

Executive functions improve – focus, working memory, impulse control, decision clarity.

This is not metaphysics.

It is *predictive coding under increased visual load*, shifting the brain into a more balanced mode.

How to use PRIs

1. Breath Alignment (20–40 sec)

Look at the central point without moving your gaze.

This stabilises respiratory rhythm and reduces cognitive noise.

2. Attention Regulation (slow spiral scan)

Move your eyes gently along the spiral toward the outer edge.

This expands peripheral vision and induces a calming effect.

3. Emotional Reset (5 minutes)

Use a soft, unfocused gaze.

This creates a sensory reset state and reduces internal tension.

4. Focus Training (10–20 sec)

Follow a single coloured line with precision.

This improves concentration and reduces attention scatter.

5. Sleep & Anxiety Reduction (RESET interfaces)

1–2 minutes before sleep.

This lowers physiological arousal and prepares the system for rest.

Interface profiles

RESET 001 (black background)

Function: Sensory down-regulation

Mechanism: Low-frequency monochrome patterns reduce visual noise and consistently activate parasympathetic pathways.

Effect: Slows internal tempo, stabilises breathing patterns, creates a deep-reset state.

For: sleep, anxiety reduction, meditation rooms, therapy spaces.



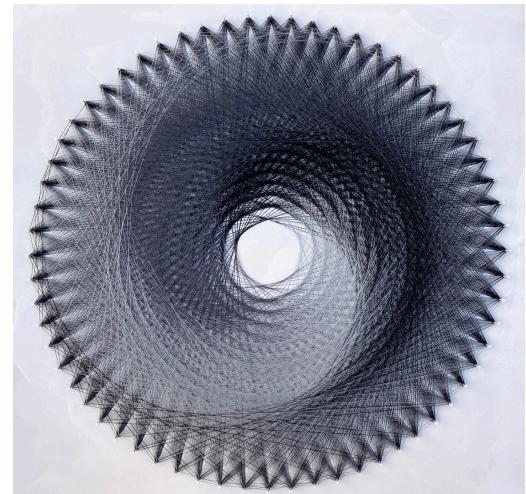
RESET 002 (white background)

Function: Cognitive clarity

Mechanism: High-contrast linear geometry increases predictive-coding accuracy.

Effect: Clears cognitive fog, improves decision clarity and focus.

For: workspaces, studios, minimal or high-focus environments.



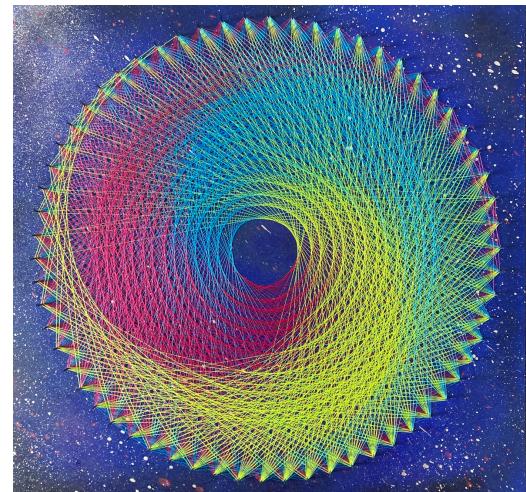
SKITTLEZ (yellow cherry blue)

Function: Emotional activation + balance

Mechanism: Mixed warm-cool chromatic gradients modulate V1–V4 activity, balancing alertness and calm.

Effect: Lifts mood, improves internal alignment, enhances attentional flexibility.

For: creative spaces, wellness centers, community rooms.



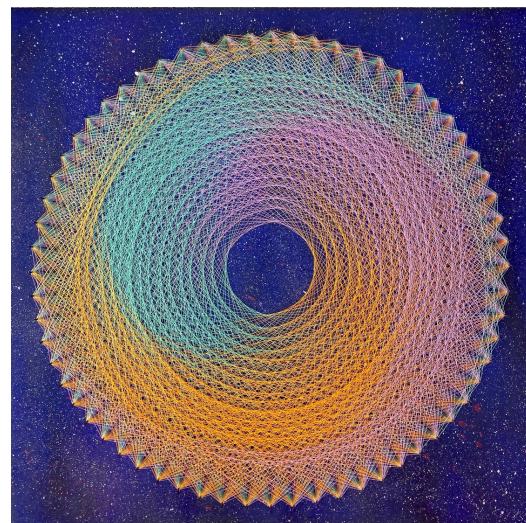
SUNSET (orange lilac blue)

Function: Grounding + emotional decompression

Mechanism: Warm-to-cool spirals trigger gradual downshift in arousal via color-geometry coupling.

Effect: Releases accumulated tension, induces quiet focus.

For: retreats, yoga studios, contemplative spaces, home sanctuaries.



Prices & dimensions

Base rate: €0.11 per cm²

Minimum format: 40×40 cm (1600 cm²)

Example calculation (40×40 cm):

$$1600 \text{ cm}^2 \times €0.11 = €176$$

Maximum size for wall-mounted boards: 150×150 cm.

Larger pieces (including non-panel or suspended versions) are possible - **pricing is calculated individually** based on area, framing method, and installation requirements.

Multi-piece orders

Clients purchasing more than one interface receive an individual discount on each additional piece.

Contacts & custom orders

Mashówski Art

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Custom orders:

Available for private spaces, studios, hospitality venues, wellness centers and therapeutic environments.

Custom color palettes and formats can be designed for specific functional needs and regulatory effects.

