



Neurochange

3 Reasons You Keep Choosing Safe over Authentic

(And how to trust your inner compass again)

Mae Nova 2026

You rebuilt your life perfectly after everything fell apart.

Good job, safe relationships, sensible choices. You checked all the boxes, made all the "right" decisions. Anyone looking at your life would say you've got it all together.

So why don't you feel fulfilled like you used to?

You're not living authentically, you're living safely.

There is a difference between life that look good and life that feels good. Between security and satisfaction. Between grateful and genuinely fulfilled.

If you find yourself lying on the couch in the evening, mindlessly scrolling through your phone, wondering "Is this it?", you are not ungrateful. You are not selfish for wanting more.

You are human. And you have been choosing the safe version of everything since your world fell apart.

Here is why and how to trust your authentic desires again, how to risk to be full in once more.

Transformation

1

Your nervous system remembers that daring cost you everything

Remember when you used to dream without calculating the risk? When you'd leap toward what excited you with that daring innocence of youth? Your heart was wide open, your dreams were big, and fear was just a background noise.

Then life taught you that daring can cost everything. That open heart led to devastating loss. So your nervous system learned to equate courage with catastrophe, authentic desire with danger.

Now when something lights you up - a bold career move, a passionate relationship, a dream that makes your soul sing- your body sounds the alarm. "Remember what happened last time when you trusted your heart?"

Your nervous system is not punishing you. It's trying to save you. But it can't tell the difference between reckless abandon and courageous authenticity.

The missing piece:

Your body needs to learn that you can be both wise AND daring. Through Neurographica, we teach your nervous system that having an open heart doesn't mean having no boundaries. You can trust your authentic desires while honoring the wisdom you've earned.

Breakthrough

2 You've become so good at protecting yourself, you've forgotten how to truly live

After everything you've survived caution feels like wisdom. You've learned to pause, to analyze, to choose the path that guarantees the least potential for loss. This isn't wrong, it's human. But somewhere in that careful rebuilding, you lost touch with the part of you that used to take beautiful risks. The woman who once said "yes" to adventure, the man who trusted he can handle whatever came. You've become so good at protecting yourself that you've forgotten how to truly live. Caution has become a cage, even though it was meant to be temporary shelter while you healed.

Courage is saying "yes" despite the fear

The missing piece:

Courage isn't the absence of fear, it is feeling the fear and choosing aliveness anyway. You can honor your hard-earned wisdom while still daring to want what you want. The goal isn't to go back to who you were before. It's to integrate that daring innocence with everything you have learned.

3

You Think Getting Your Hopes Up Again Is Naive

Dare to be foolish again

The cruelest part of surviving loss is how it teaches you that hope is dangerous. You remember what it felt like to believe everything would work out, to plan for a future that never came, to trust that the universe was on your side. When it all fell apart, you told yourself: "I should have known better. I was so naive. I will never be that foolish again" So now when your heart whispers toward something beautiful, a dream, a person, a possibility, you shut it down. "I'm being realistic," you say. "I know better now".

Here is what I have learned: Getting your hope up is not naive (maybe a little), it is brave. That daring innocence you had when you were young wasn't foolishness, it was your superpower. It's what made you capable of great love, bold dreams, and the kind of life worth living.

The missing piece:

You can be both, experienced AND hopeful. Wisdom doesn't require you to stop wanting beautiful things. You can protect yourself AND dare to dream again. The part of you that once aimed for the skies is still there - just waiting for your permission to hope again.

How can you rewire your nervous system to trust life again?

The answer isn't willpower. It is not positive thinking or just "being brave"

Your nervous system learned to associate daring with danger. It learned that open hearts break. So it built walls, beautiful, sensible, protective walls.

But walls that have protected you during crisis can become prison during healing.

Rewiring your nervous system means teaching it, through lived experience, that you can be fully alive AND safe. That your open heart wasn't naive, it was necessary to live a fulfilled life.

This is where Neurographica comes in. When you draw those lines and follow the flow of your marker, you are not just creating art. You are sending your body a message: "We are safe to trust again"

Your nervous system learns through experience, not logic. Through the felt sense of your hand moving, your breath deepening, your body remembering that aliveness is possible without danger.

This is how you open your heart again, not by forgetting what happened, but by rewiring how your body responds to life itself.

Open heart again

Ready to reclaim full life again?

Join Neurochange

where change is safe, spirals are normal, and you are supported as you dare to be full in once more

What you get:

- Weekly Live 2 hours drawing session (Sunday 4pm CET/CEST)
- Daily Chat Support
- Like-minded Community
- Specialized Neurographica Drawings designed to uncover your authentic self and awaken your courageous heart
- Safe Space where getting your hopes up isn't naive, its necessary

This isn't another program you'll start and abandon. It's ongoing support as you spiral deeper into who you really are.

Founder Pricing: € 99/month for the last 4 spots

Regular Price: € 249/ Month

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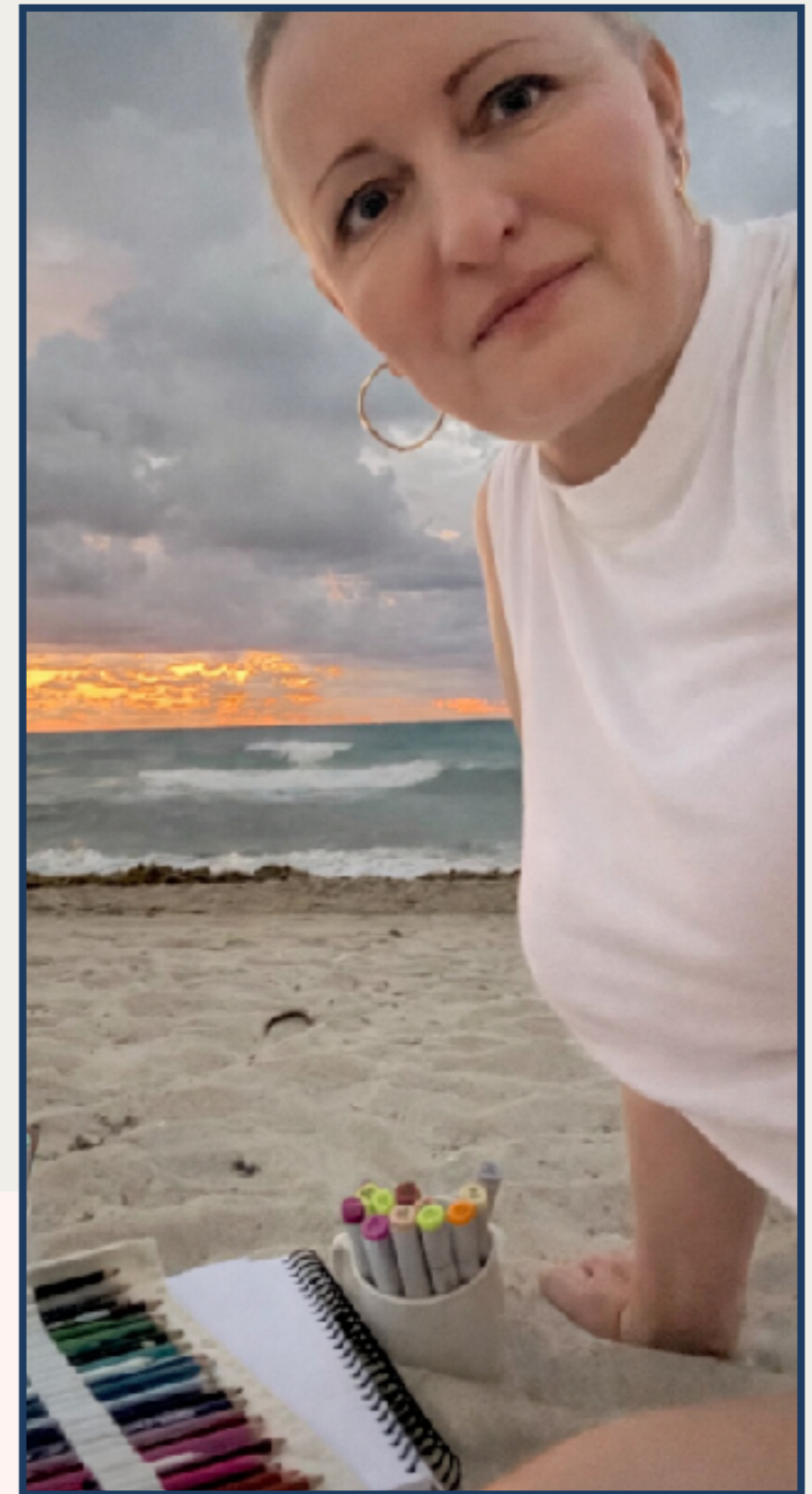
About Mae

I'm a certified Neurographica Instructor who spent almost 30 years in the world of high achievement: global travels, building success, checking all the 'right' boxes.

Six years ago, a personal tragedy showed me it was all just a house of cards. That harsh awakening led me to discover Neurographica and develop my own approach to helping successful people reconnect with their authentic selves.

I combine neuroscience, Neurographica, and years of unique experience to guide you through the same transformation I had to make myself. I know exactly how it feels to have it all and still feel empty inside, wondering if it's 'right' to strive for more or if you should just be grateful.

- Certified Neurographica Instructor
- Aesthetic Coach Trainee
- Harvard certified Health and Wellness Coach



Because your authentic desires aren't reckless, they are your compass.