**Creating Cardiac Rate Effect with Photoshop**

**Final Image Preview**



Note: This is one old tutorial updated.

**Step 1**

Create a new document with size of 700×700 pixels for this tutorial. Select the Paint Bucket Tool and fill canvas with black color (#000000).



**Step 2**

Apply Gradient Overlay to this layer by going to Layer > Layer Style > Gradient Overlay.





**Step 3**

Create a new layer. Merge both layers (Shift+Ctrl+E) to get all effects on one layer and apply Filter > Brush Strokes > Sprayed Strokes with following settings:





**Step 4**

Select Horizontal Type Tool and write something like BEAT. Text color should be white, font selected was Swis721 BdOul BT Bold (free font), 120px and smooth.



**Step 5**

Select the Line Tool (Weight: 3 px) and draw the lines like on my image below:



**Step 6**

Merge all line layers with text layer into one layer. Select Eraser Tool and hard round brush (12px, opacity 100%) and delete lines like i show on my image below.



**Step 7**

Rotate layer by going to Edit > Transform > Rotate 90 CCW.



**Step 8**

Apply Filter > Stylize > Wind with following settings:





**Step 9**

Press Ctrl+F one more time to repeat filter.



**Step 10**

Apply Filter > Stylize > Wind again but update direction to Right:





**Step 11**

Press Ctrl+F one more time to repeat filter.



**Step 12**

Rotate text by going to Edit > Transform > Rotate 90 CW.



**Step 13**

Go to Layer > Layer Style and apply Outer Glow and Color Overlay to this layer.





**Final Image**



We have completed this tutorial with this final step.