

# SENSING BODIES

## The Body as a Sensing instrument

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This project, being done during the Covid 19 lock-down, was an emotional project for me. It was a time that I really got close with my mentors, Malkit and Krzysztof, who helped me to not only survive that difficult and lonely time, but also reflect and grow as an artist.

The skin is a boundary between us and the rest of the world. The brain, as the focal point of our senses, helps us navigate this boundary through the skin. If architecture is an extended form of skin, or the second skin, how can this second skin be generated directly from the brain? How can this second skin be a projection of our brain, of interiority and memories? How can it create a loop for the sensing body, to see itself sensing? These questions lead to experiments with neurofeedback and interactivity of the brain and the skin with EEG sensors.

The biofeedback from EEG sensors are used to train the brain by observing the brain activity. Vast amount of research has been done on the therapeutic aspects and potentials of this instrument and the feedback for the body. How can this same process be used to create poetic patterns and monumentalize the brain, to reveal psychologies and identities in public space? According to a neurofeedback practice called Brainworks, gamma and theta brainwaves are the "two types of oscillations [that] are particularly important for memory". Below is a data visualization and a poetic translation of the process of making memories; creating a language which graphs the time, metaphorically freezes memories on the surface with the data of the brain, and metaphorically maps the network of this language on the network of the body and the nervous system. The neurofeedback exercise below controls the intensity of light with the activities of the brain by getting data from EEG sensors via a Bluetooth input and a light output, creating an instrument for the brain and the body.

Connecting the brain to the second skin, the light is diffused to the surface through interwoven threads, changing the pattern on the surface through light; responding to the state of mind, interiority and emotions.

