

C

Appendix C: Whisper Workshop Data

movement and garment workshops [january 03]
[[see](#)] movement workshop 01
[[see](#)] movement workshop 02
[[see](#)] movement workshop 03
winter residency [rotterdam] - january 03
[[see](#)] space as it is
[[see](#)] lines strings flow
[[see](#)] windows pools dome
[[see](#)] LED garment movement
[[see](#)] garment design ref
[[see](#)] garment sketches
[[see](#)] device
[[see](#)] DEAF Festival garment preparation
experience modelling workshops [autumn 02]
[[see](#)] workshop 'listen'
[[see](#)] workshop 'between'
[[see](#)] workshop 'extend'
[[see](#)] workshop 'mutate'
[[see](#)] workshop 'phase'
[[see](#)] workshop data

Figure II-4. whisper workshops are also online at <http://whisper.iat.sfu.ca/process.html>

This Appendix includes workshop data for the whisper experience workshops conducted during November of 2002. These workshops resulted in the design of the interaction model, garment functionality and technological hardware and software design and implementation. There were five workshops conducted with the following names: *Listen*, *Between*, *Extend*, *Mutate*, and *Phase*. Each workshop had a script and props, and was documented with video and digital photography. Exit response cards were filled out by the participants, and used to develop the interaction model.

This appendix presents the following documentation:

whisper design process

The whisper design process included two residencies in Rotterdam (July 2002 and January 2003). Between these two residencies a series of 5 experience workshops were conducted. These processes marked the development phase of whisper including design of the wearable kimono jacket garment, and design strategies for the hardware and software implementation.

- ***Design Document summer intensive:*** A Design Document was produced as a result of the four-week summer residency in July 2002. The design outlined initial concepts regarding interaction, materials, communication, technology and experience. The design document summarized design strategies for implementation based on initial brainstorming and ideation.
- ***Interaction Model following workshops:*** An interaction model document was produced as a result of the workshops. This document outlined the interaction model as it was developed from the workshop data. The design document outlined the interaction modes (self-to-self, self-to-other, self-to-group), and was used to develop the working art installation.

Individual workshops

For each of the five individual workshops the following data is presented:

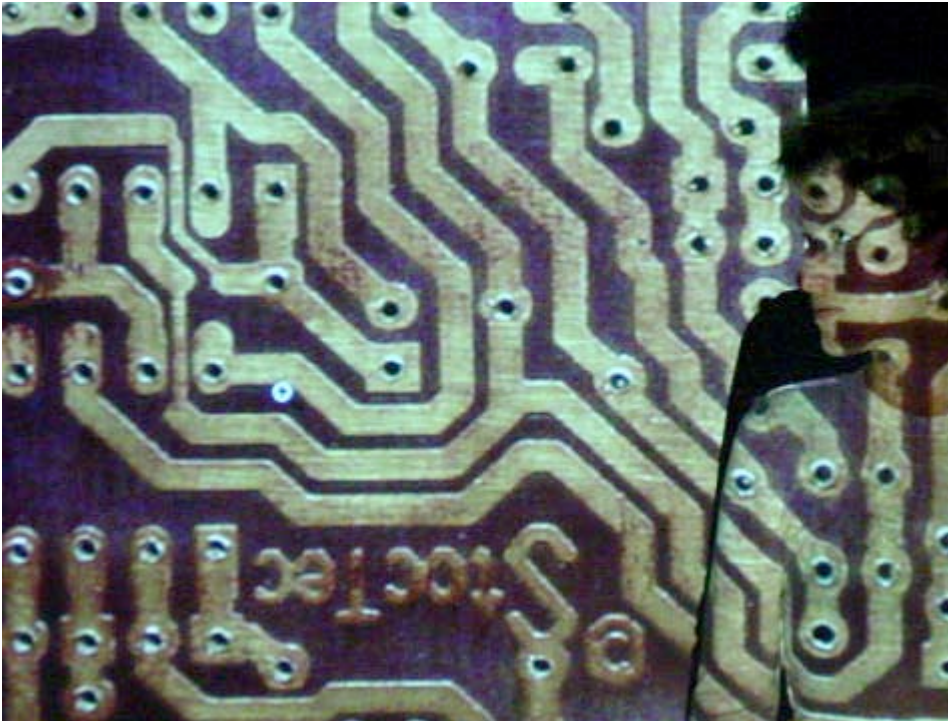
- **Workshop Script:** Used by the narrator to direct workshop participants to explore various aspects of their experience.
- **Workshop Response Card:** The design of the workshop response card enabled workshop participants to give a hand-written account of their experience.
- **Workshop Response Card Data:** The hand-written response of the participants for each workshop.
- **Workshop Response Card Transcriptions:** Transcriptions of the hand-written responses from the workshops.

design document: whisper

~ work in progress ~

draft July 2002

Grammar:	22
A grammar over input, output, transformers, filters and relations hips	22
Sensors	22
Actuators	22
Transformers and filters	22
Relationship / scale:	23
The space:	24
Layout:	24
Environmental objects / reach:	24
Body architectures	25
Hands	25
Arms	26
Torso	26
Spine	27
Head	27
Materiality	28
Wires	28
Antennas	28
Sensors	29
Scale	30
Skin	30
Garment	30
Jewelry	32
Devices	33
Environmental objects	33



Grammar:

A grammar over input, output, transformers, filters and relationships.

Sensors

affordancies scale control vital/non-vital

Heart rate / pulse
Temperature
Brain waves
Galvanic skin response
Accelerometers
Distance
Touch

Actuators

affordancies scale control modalities

Light
Heat
Sound
Wind
Electric impact

Transformers and filters

Transformers and filters need to be explored in the context of the experience of the user.

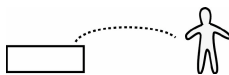
Relationship / scale:



I can see what I do
Body scale: direct feedback



I can see what you do
Inter personal scale: communication



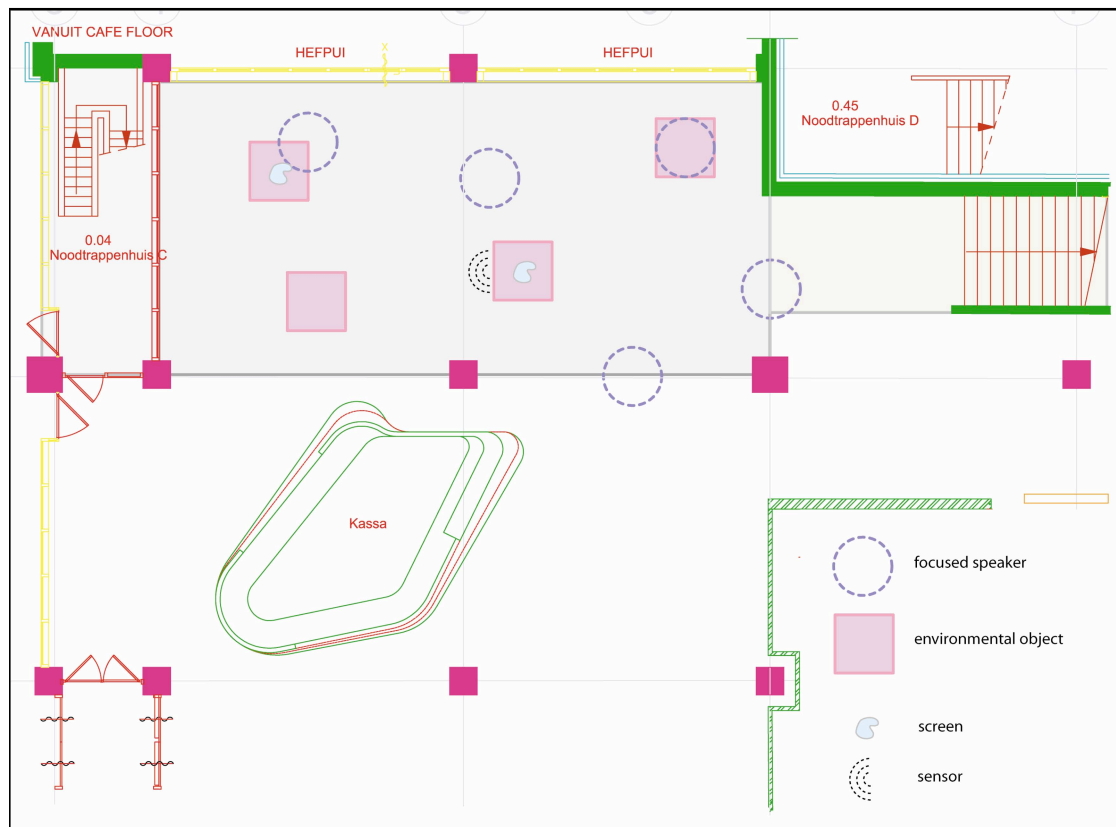
I influence the object / the object influences me...
Body in environment scale: feedback / instrument



I broadcast
One to many / many to many: transmission

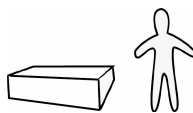
The space:

Layout:

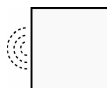


Environmental objects / reach:

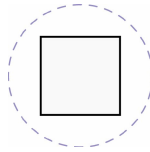
Scale of environmental objects
Affords: sitting / observing / being in the space



Input: sensors: proximity, touch



Output: focused sound



Output: screen / visualizations

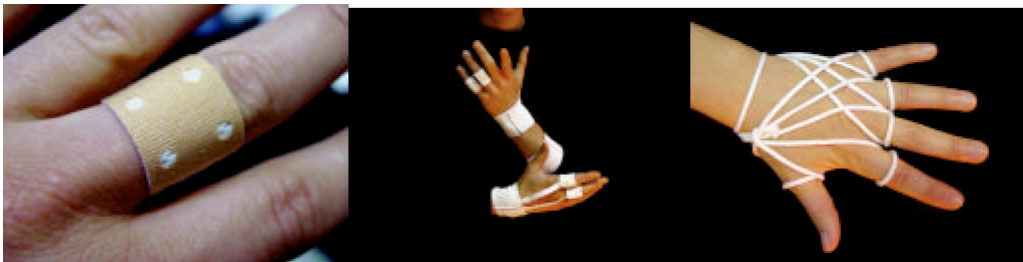


Body architectures

Rings



Plasters



Watches, bracelets



Sleeves



Fabric bands



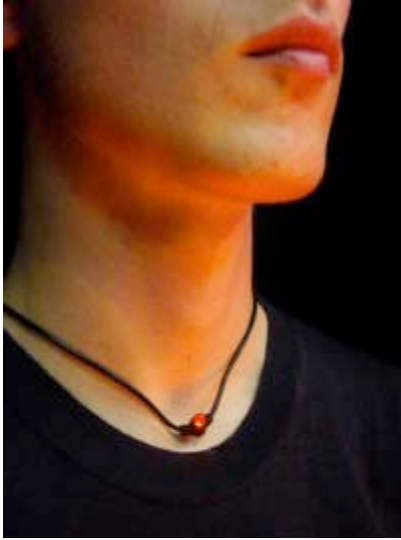
Torso



Breathe / Pulse band



Spine

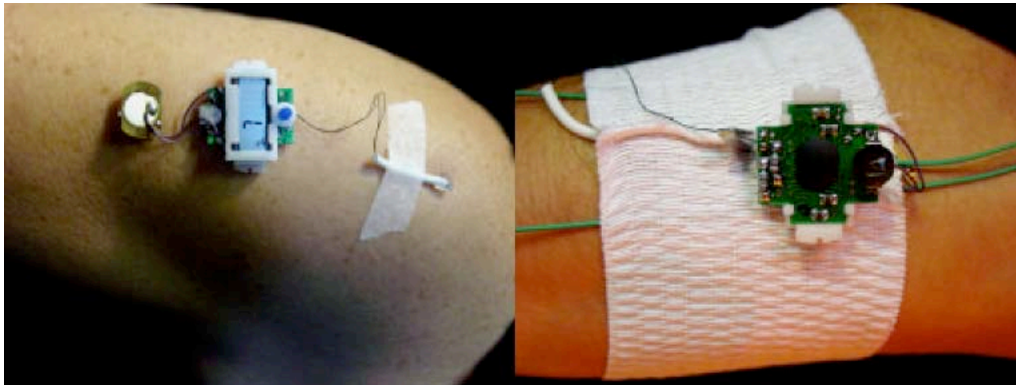


Headband

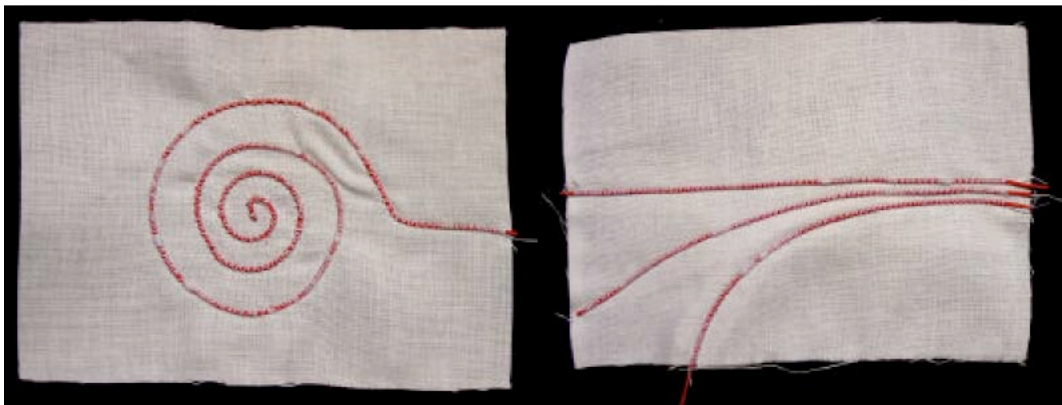


Materiality

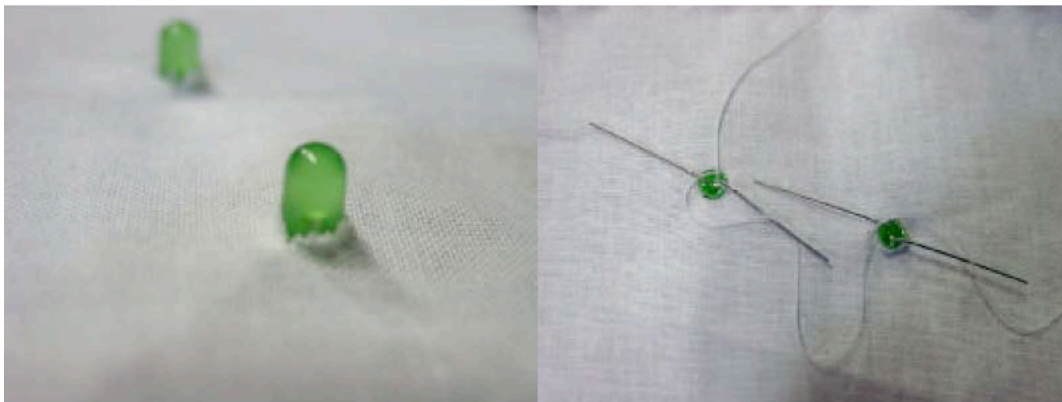
Wires on skin



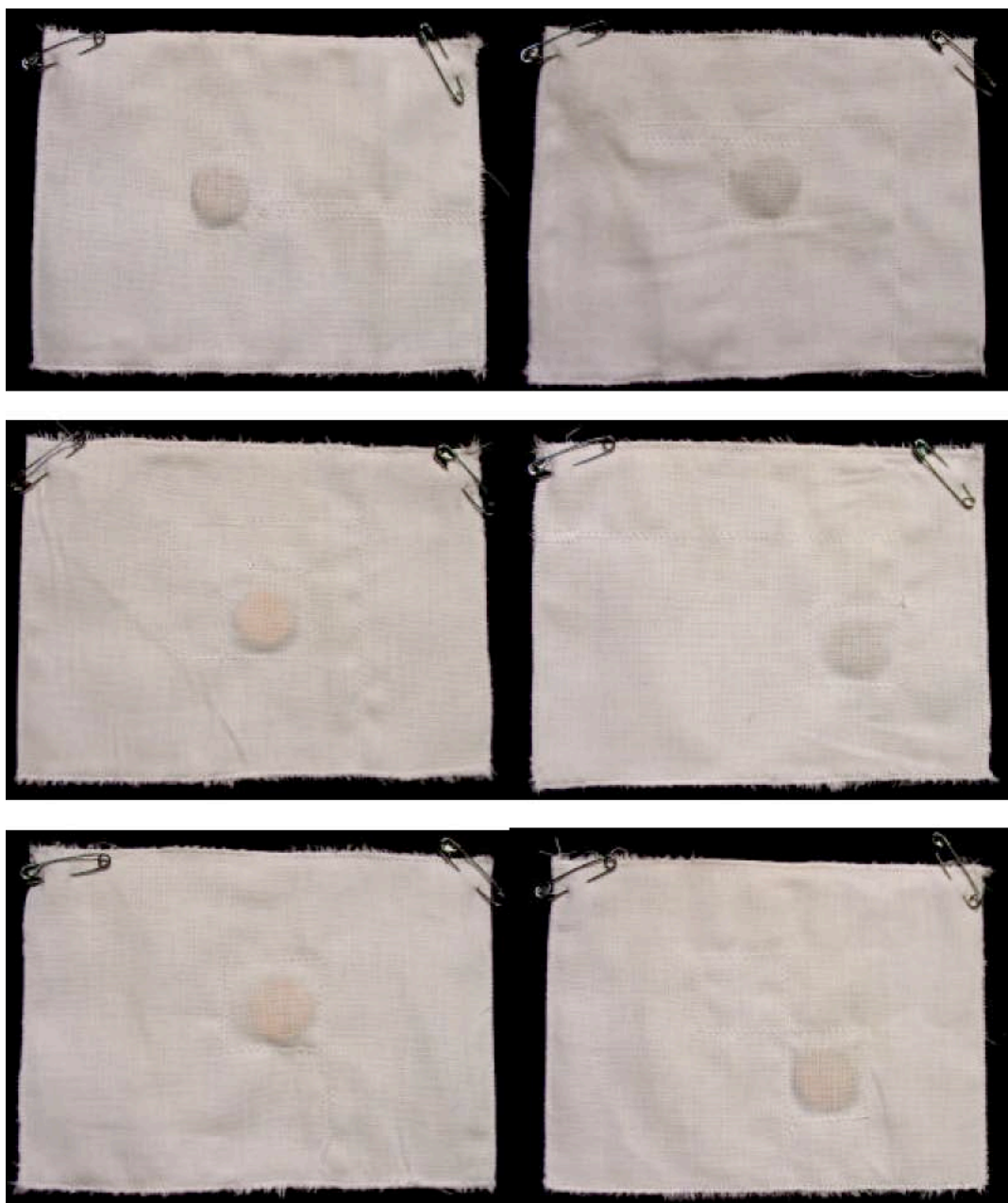
Antennas



Lights



Sensors

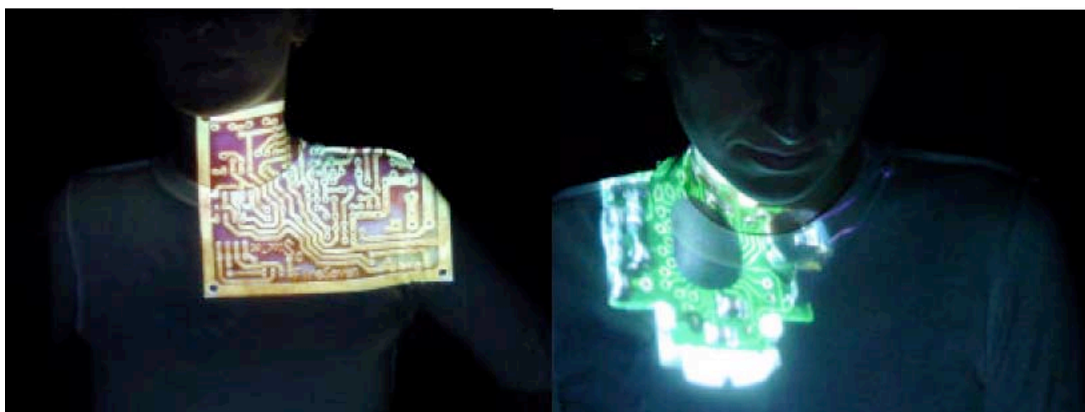


Surface



Scale

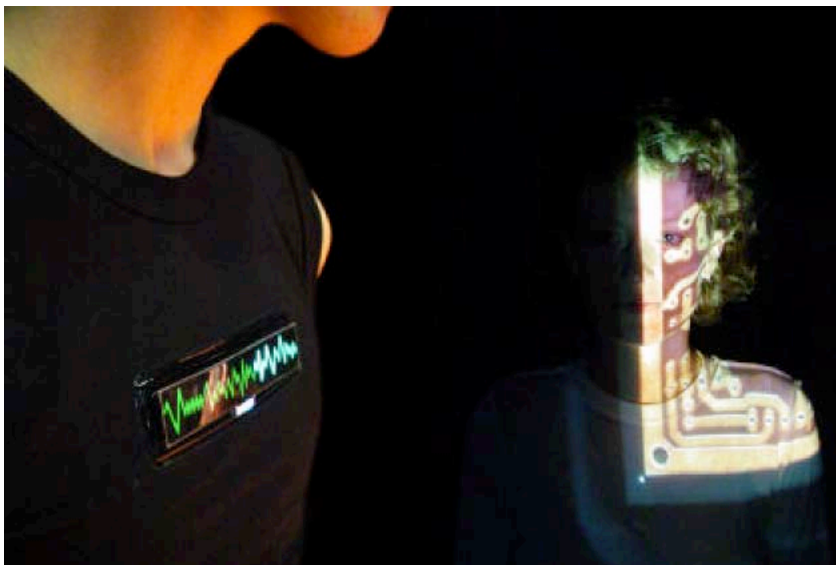
Skin



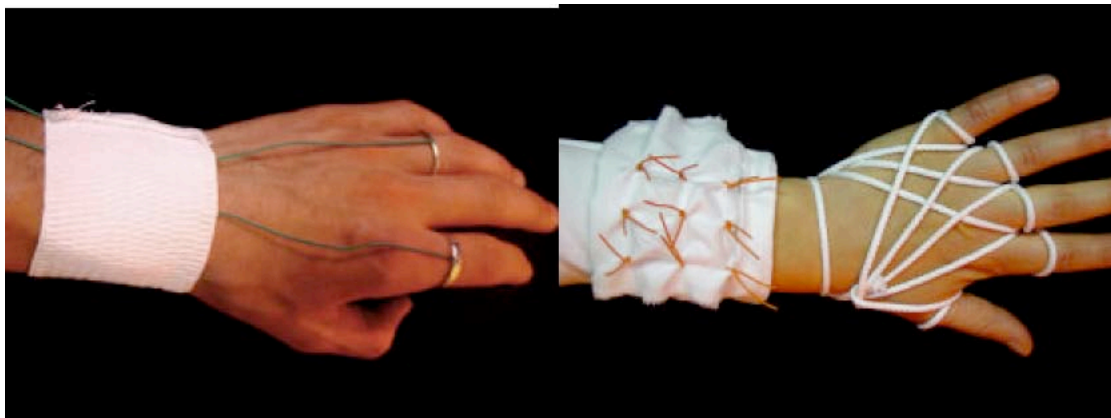
Body / knit



Body / display



Hands / device



Neck / face



Wrist thing



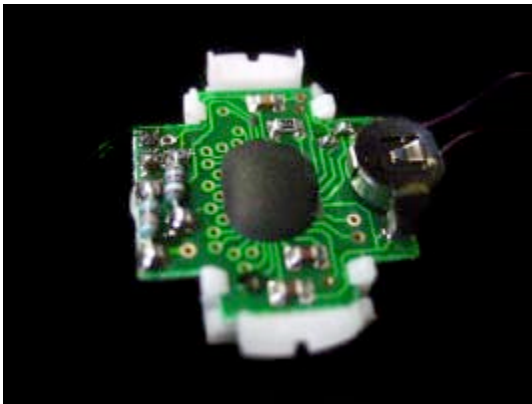
Armband



Zippered up



Devices



Environmental objects

We need to ask:

What is the object? Is it in contrast to the body as 'the other'? or is it an extension of a 'data-leaking' body?

whisper interaction models

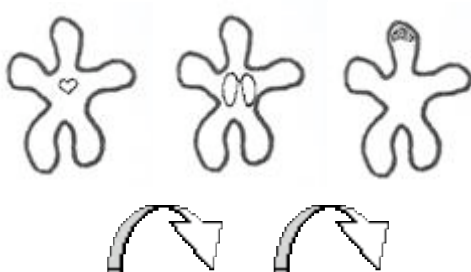
a: self to self



self to self

1. me
who am I?
I am a self
I pay attention to my self
I have a garment
I have data
my data is displayed
my data is changing
I can share my data with myself

2. my data



what is my data?
my data is local to me
my data is my heart
my data is my breath
my data is my brain

Appendix C whisper interaction models

my data has relationships with me

I can play with my data

my data is my heart + my brain

my data is my breath + my heart

my data is my heart + my breath

my data is my heart + my breath + my brain

my data changes me and changes my space

3. my display



I can display my data on myself [local display]

I can play with my display [display attributes and characteristics]

I can select the data I display [?]

I can display my heart, my breath or my brainwaves

heart, breath, brainwave on LED array

how do I display?

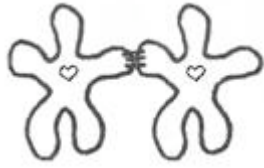


I display myself

as I move

as I get close to someone else

b: self to other [sharing]

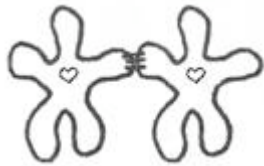


1. my other

I can pay attention to my other

I can move toward my other

I can connect with my other



2. connecting to my other

how do I connect to an other?

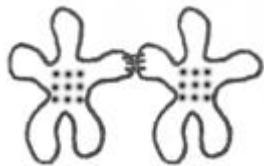
I can connect by moving closer to my other [proximity]

I can connect my choosing to touch my other [intentional connection gesture]

how do I choose?

I can 'snap' or 'stick' on to my other

I can 'touch' my other [hands, fingers]



3. sharing data with my connected other

I can share my data with my connected other

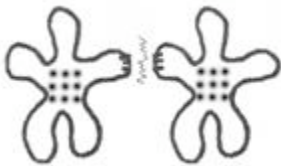
I can share my heart, breath, brainwave

I can give data

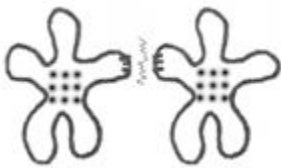
I can receive data

Appendix C whisper interaction models

I can choose which type of data I give
I can display the data I receive
I can play with our shared data
I can display our shared data
I can mix my data with my other's data
I can mix what is currently being displayed on my self
I can see my data seen on my other
On Other's output | display [LED array, speaker, motor]

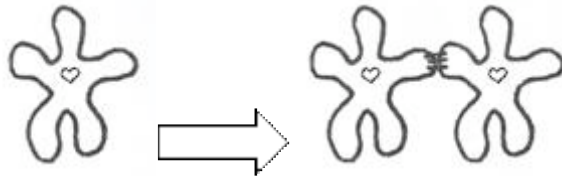


4. breaking connection with my other
I can break a connection with my other
I can break a connection by moving away
I can break a connection by 'unsnapping'
I can break a connection by passing time
I can break a connection by making another connection



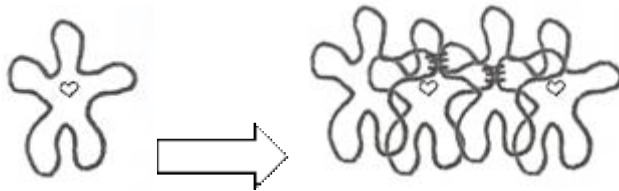
5. displaying others data after breaking connection
I can continue to display others data after breaking connection if I choose

c: self to others [broadcasting]



for future development

d: self to system [space]



1. me in the space

what is the space?

the space is alive

the space is intimate

the space is milky

the space is waiting for me

the space is receiving me

the space is speaking to me

I pay attention to the space

I move through the space

I am a part of the space

I am a part of the data of the space

the space has secrets

the space has intelligence

the space has secret locations

the space knows who is in it

the space knows the parts that combine to make it alive

Appendix C whisper interaction models

the space has data

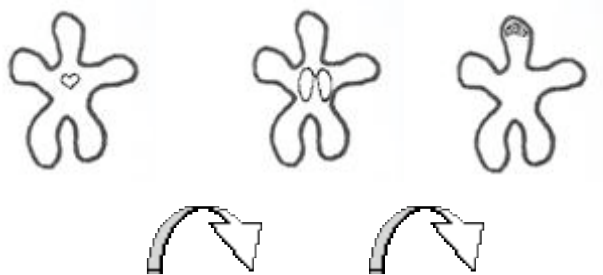
the space displays its data in pools

my data of the space is changing

the space can share its data with me



2. the data space



what is the data of the space?

the space's data is global

my space has a heart

my space has breath

my space has a brain

the space has a relationship with me

I can play with the data of the space

space heart + brain

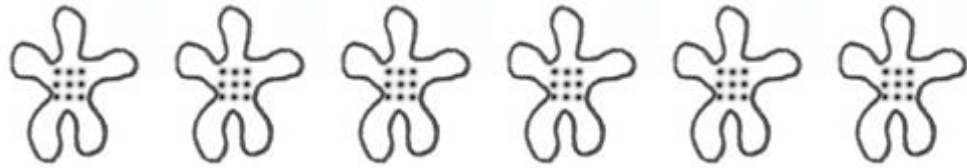
space breath + heart

space heart + breath

space heart + breath + brain

Appendix C whisper interaction models

3. ecosystem display



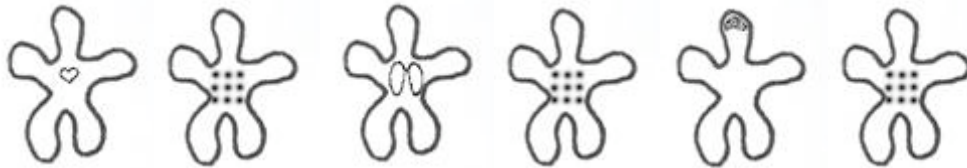
the space reveals its data onto the floor

I can play with the space's display through my position and movement

I can select the data that is displayed in the space

I can display collections of space heart, breath or brainwaves

4. ecosystem sound



the space reveals its sound in intimate pools

I can play with the space's sound through my position and movement

I can select the data that is heard in the space

I can listen to collections of space relationships

C.1 Workshop 'listen'

C.1.1 Workshop 'listen' Script

after memory... please add

the speech:

welcome to the 'listen' experiment | experience

today we will be listening

this is an experiment | experience in two parts

please find a space for yourself

we will be handing out earplugs for the first part

please take a set and put them on

when you have done so we will ask you to listen

you may choose to move very slowly as you listen

please do not speak

[hands out plugs]

I

10 - 15 minutes

[hands out card I]

[collects card I]

we will now be handing out the props for the second part

please take a blindfold and put it on

when you have done so we will ask you to listen

please do not speak

[hands out blindfolds]

II

10 - 15 minutes

[hands out card II]

[collects card II]

<end>

cards says:

the first part is over.

[please take a
minute to fill
out a card]

the second part is over

C.1.2 Workshop 'listen' Response Card


'listen inside'

what did you hear?

how did you hear?

what did it feel like?

... whisper



C.1.3 Workshop 'listen' Response Cards

listen inside

what did you hear?

BELLS MY HEART
 MY BREATH
 THE CRACKLE OF
 EARBUGS!

how did you hear?

FROM INSIDE
 FROM AROUND
 Through attention. focus.
 choose where to put focus

what did it feel like?

LIGHT (as in not heavy) PATIENT CLOSE,
 NOT CONFINING
 OPENING,
 OPEN
 PRESENT

listen inside

what did you hear?

the swallowing my saliva, breathing, scratching
 my skin, liquid rolling down inside of my organs

how did you hear?

through the vibration going along my skin, at
 organs, and reaching to my ears.

what did it feel like?

I felt self-conscious about all the sound that
 my body makes. It wasn't sound. It was
 movement, vibration. I could hear the movement
 of my body.

listen inside

what did you hear?

POP OF AIR EXPLODING OUT
 - my breath / tongue / spit
 - bones, hips cracking
 - nose inside
 - what's on floor, other people

how did you hear?

I experimented - couldn't decide if hearing
 was important - I wanted to talk to get a hold
 of where my hearing was at - not clear.
 I stopped, breathed better, listened to other
 movement - I was hearing for a sound I could remember

what did it feel like?

I was more aware of the sounds of
 my own body. I couldn't get a water
 when my hearing loss, so it was weird.
 I wasn't really sure there was any loss.
 I felt like I had my own space -
 I could move, crawl around and not look
 else was watching - or there in the
 same space.

→ through memory.

II-53

what did you hear?

people, fans, squabbling, "space" - open places
movement, crowding, hands on ~~each~~ certain
yelps, laughter, keeps of camera / digital consumer
equipment

what did it feel like?

intriguing (like a puzzle or game), exciting
(risk of falling / bumping / bumping into things)
playful, felt desire to move head to gain depth
perspective

what did it look like?

monotone, bright / dark aged noise
flat.

whisper




what did you hear?
Tideam outside

what did it feel like?
like little soft greases at times and others like jolts or pin pricks, guivers, soft - consoiders.

what did it look like?
blobs of round and sharp shapes, small and large.

whisper



What did you hear?

...whisper

What did you hear?

...listen inside?

What did it feel like?

...tactile

What did it feel like?

...vibration

what did you hear?


MACHINE NOISE
HUMAN SOUNDS: STEPS, VOICES, MOVEMENT

what did it feel like?

BLIND, DISORIENTED, EMPTY, ISOLATED, DISCONNECTED
CLOSED SPACE, VOID, STILL, STILL!

what did it look like?

IT LOOKED LIKE THE WORLD WITHOUT EYES



whisper

Appendix C workshop 'listen'

listen outside

what did you hear?

Footsteps, breath, sighs, yawns, air conditioning, whooshing, swishing, giggle, watch beep, rustling, squeaking


what did it feel like?

listening to other(s), listening for others, careful, attentive, focused - focused outwards, fun, curious

what did it look like?

light entering through eyelids + blindfold, then "seeing" or imagining shapes of movement, "seeing" location of other(s) + arcs, "seeing" or imagining spatial relationships

whisper



listen outside

what did you hear?

MACHINE NOISE
HUMAN SOUNDS: STEPS, VOICES, MOVEMENT


what did it feel like?

BELONGING, DISORIENTED, EMPTY, AFFRANT, DISCONNECTED
CLOSED SPACE, VOID, STILL, SILENCE

what did it look like?

IT LOOKED LIKE THE WORLD WITHOUT EYES

whisper



listen outside

what did you hear?

breathing of other people, other voices and movements, learning sounds / rhythm, breathing, feeling to give position to other

what did it feel like?

it made me want to be close to push my limbs out all around me. It felt like I wanted to hunt out other people and take them.

what did it look like?

I could feel my position in the room, I knew where people were and the darkness of the curtain on my face. I saw position, height, size and a feeling, stay away, exploring & touch. I had a responsive sense of others, not just 'object'. It was very much a game - collecting, processing, manipulating information.

whisper




listen outside

what did you hear?

what did it feel like?

what did it look like?

whisper



Appendix C workshop 'listen'

... listen outside ...

what did you hear?

foot steps, walking. rubbing sound of clothes, touching

what did it feel like?

I had anticipation of somebody ~~to~~ coming to me ~~to~~ touching me. My ears all focused on the sound around me.

what did it look like?

Black shadows moved from side to side following the directions of sound coming to me. Sometimes, they are white shadows. They don't have clear shapes. They are only movements.

... whisper ...

... listen outside ...

what did you hear?

birds (trying to sound like shoes)
post. contact movement (in absence of post-
contact movement) some of the same
thing, at a pace!

what did it feel like?

colony, unchained
e.g., spiral column
fluid

what did it look like?

play doh at point of contact

... whisper ...

... listen outside ...

what did you hear?

Shoes squeaking (or?) rubbing on the floor, breath, other moving. Nothing else.

what did it feel like?

Unknown, void, empty, feeling of back, backward, reaching. Infinite space, darkness

what did it look like?

it looked like a memory built up over time, but then destroyed by time. blobs of occupied space arranged in a map.

... whisper ...

... listen outside ...

what did you hear?

people, fans, squeals of shoes, "space" - open places
movement, crawling, hands on ~~the~~ curtains
yelps, laughter, blips of camera/digital consumer
equipment

what did it feel like?

intriguing (like a puzzle or game), exciting
(risk of falling / ~~hitting~~ bumping into things)
playful. felt desire to move head to gain depth perception

what did it look like?

monotone, bright/dark eyelid noise
fluct.

... whisper ...

what did you hear?

what did it feel like?

what did it look like?


Taken outside

... whisper

Speech of shoes, brush of hand on cloth, fingers on cloth, movement
of shoes, hands in hair, breathe, cracking joints, cloth on cloth.
Close to my ears - rubbing, grinding, could hear at various times
beats beat other people's steps, breath, and then at the end of the day, stilling
a person's breath.

like little soft presses at times and others like jolts or
pin pricks, quivers, self-conscious.

blobs of round and sharp shapes, small and large.



C.1.4 Workshop 'listen' Response Cards Transcription

Part A: 'listen inside'

[earplugs]; do not speak

WHAT DID YOU HEAR?

- ° bells; my heart; my breath; the crackle of earplugs!
- ° swallowing my saliva; breathing; scratching my skin; liquid rolling down inside my organs
- ° pop of earplug shifting; my breath, tongue, spit; bones, hips cracking; nose inside; shoes on floor, other people; hands tapping face, chest, floor; other people shifting
- ° heartbeat; earplugs as they settle, breath, slapping sounds from others in the room; humming noise; myself; contact with my own body
- ° white noise; building noise; roar of my spinal column fluids; body thumping [pumping?]; the earplugs themselves; my neck cracking
- ° relative conduction of different body parts as taps, heart beat, blood flow, squeaks of shoes, claps, body air cavity; pops and stretches of connective tissue; movement of clothes over skin
- ° my breath; in, out, deep, shallow, loud, soft, congested, clear, my heart muffled, quiet beneath the breath and outside sounds; the hum of the building and other people's activity

HOW DID YOU HEAR?

- ° From inside; from around; through attention, focus, choice where to put focus
- ° Through the vibration going along my skin, organs, and reaching to my ears
- ° I experimented; couldn't decide if hearing was impaired; I wanted to talk to get a level of where my hearing was at - but didn't; I tapped, breathed hard, listened to others; I was looking for a sound I could measure through memory
- ° Tactile and muffled; drowning out of other sounds brought quieter sounds to the foreground

Appendix C workshop 'listen'

- ° Physically; direct or indirect contact; internally; body fluids; antenna; directionality; body attitude, posture; relation to other objects including people
- ° With less tonal variation; with more percussive sense; internally via conduction along bones to inner ear | mandible, bone jaw
- ° With my ears - even though some of what they were hearing were more through vibrations within, some was unblocked from without. I also "heard" / felt my inner rhythms pulsing, vibrating

WHAT DID IT FEEL LIKE?

- ° Light [as in not heavy], patient, close, not confining, opening, open, present
- ° I felt self-consciousness about all the sound that body makes; it wasn't sound; it was movement, vibration. I could hear the movement of my body
- ° I was more aware of the sounds of my own body; I couldn't get a meter on my hearing loss, so it was vague. I wasn't really sure there was any loss. I felt like I had my own space, I could move, crawl around, and nobody else was watching - or there on the same space.
- ° It felt like being in a womb - water like.
- ° Calming; like an autonomic sense suddenly needed to be directed, paid attention, tried on for fit, a bit like 'trying to listen to' music instead of just background processing it
- ° Ceremonial, relaxing, repeating, variable focus, between sounds and some 'internal dialogue'; it felt like being under water
- ° Normal, I'm alive; Invigorating - breath going in and out with "normal" rhythm, and changing properties; meditation, soothing, flowing; the outside sound was less welcome or smooth, more jarring, interruptive, invasive

Part B: 'listen outside'

[blindfolds]; do not speak

WHAT DID YOU HEAR?

- ° Footsteps, breath, sighs, yawns, air conditioning, shooshing, swishing, giggle, watch beep, rustling, squeaking
- ° Breathing of other people; other noise and movements; warning sounds; rhythmic breathing; shuffling to give position to others
- ° Footsteps, walking, rubbing sounds of clothes, touching
- ° Shoes squeaking, rubbing on the floor, breath, other moving, nothing else
- ° Birds (trying to sound like shoes); post-contact movement (in absence of pre-contact movement); some of the something (a) in part 1; e.g., spinal column fluids
- ° Fan; squeak of shoes, "space" - open places, movement, crawling, hands on curtains, yelps, laughter, beeps of cameras/digital consumer equipment
- ° Squeak of shoes, breath of hand on cloth, fingers on cloth, movement others, hands in hair, breath, cracking plates, cloth on cloth, close to my ears --- robbing, grinding, coarse fabric abrasiveness, camera beep-beep, other people's steps, breath, contact with another, giggling, apologies
- ° Machine noise, human sounds, steps, voices, movement

WHAT DID IT FEEL LIKE?

- ° Listening to other(s), listening for others, careful, attentive, focused outward, fun, curious
- ° It made me want to be low to push my limbs out all around me; it felt fun, I wanted to hunt out other people and poke them
- ° I had anticipation of somebody coming to me 'touching' me. My ears all focused on the sound around me.
- ° Unknown, void, empty, feeling of back, backward, reaching, infinite space, darkness
- ° Cottony, cushioned

Appendix C workshop 'listen'

- Interesting (like a puzzle or game), exciting (mist of falling/humming, bumping into things), playful; felt desire to move head to gain depth of perception
- Like little soft caresses at times and others like jolts or pin pricks, quivers, self-conscious
- Blind, dissociated, empty, afflicted, disconnected, closed space, void, still, still

WHAT DID IT LOOK LIKE?

- Light entering through eyelids + blindfold, then "seeing" or imaging shapes of movement; "seeing" location of other(s); "seeing" or imaging spatial relationships
- I could feel my position in the room; I knew where people were and the darkness of the curtain on my face; I saw partition, height, size and a "feeling" stay away, exploring & touch; I had a responsive sense of others, not just 'object'. It was very much a game - collecting, processing, manipulating, information.
- Black shadows moved from side to side, following the directions of sound coming to me. Sometimes, they are white shadows. They don't have clear shapes; they are only movements.
- It looked like a memory built up over times, but then destroyed by time, blobs of occupied space arranged in a map.
- Playdoh at point of contact
- Monotone, bright/dark eyelid noise flat.
- Blobs of sound and sharp shapes, small and large.

C.2 Workshop 'between'

C.2.1 Workshop 'between' Script

'between':
welcome to the 'between' experience
today we will explore in between
between has ^{2 Sources} ~~three~~ parts
let us begin ~~the first part~~ the first part
<part a: slowly between> ~~don't read~~
~~the first part is called "slowly between"~~
begin by finding a space for your self
please do not speak
slowly
slowly slow down your movement *simplifying*
<...>
now begin to move into the space
as slowly as you are able,
breathing, seeing, sensing and moving as slowly as you are able,
moving slowly between

< -- >

as you move within the space,
you slowly find some one between

< -- >

move along with and between this some one
< -- >
find a space for both of your selves *too romantic*
< -- >
~~this is the end of part 1: slowly between~~

Appendix C workshop 'between'

~~<part b: sending attention >~~

~~the second part is 'sensing between'~~

please turn to face me

please do not speak

choose one of you to stand directly in front of the other
facing me

[we physically help here if they do not understand]

now please sit down

the person in front will be the receiver |
the person behind will be the sender

make sure that the sender can see me

we will now hand out a piece of cord and a blind^{fold} to the receivers [hands out]
receivers: please put on the blindfold, and place the cord on the floor in front
of you

senders:

we will be repeating a set of -- 'sensing between'
we will randomly select between

'focus your attention directly on the receiver' [show card] or
'de-focus your attention away' [show card]

let us begin

[count]

one <...> end.

two <...>

three <...>

up to a max of
twenty <...>

<experiment 10 min>

part one sensing between in over

please take a moment to fill out the cards [hands out]

receivers: ~~att~~ you will tie a knot in
the string
if you sensed
attention.

Appendix C workshop 'between'

part two is sending between

sit so that you are facing one another
change roles so that the sender is now the receiver

{ in this experience we would like the senders to send an image to the receiver
we will give you time to create the image, and then to send the image

senders: create an image you are going to send

<2 min>

senders: now start sending the image
receivers: now receive the image

<2 min>

senders: finish sending the message

this is the end of part two

please fill out the cards we hand out [hands out]

take a moment to write down any additional comments or thoughts you might have

this is the end of the 'between' experience
thank you for taking part

[end]

please wait
for us to the
send signal
before you
send

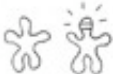
C.2.2 Workshop 'between' Response Card

'sensing between'

what did it feel like?

anything else?

... whisper



C.2.3 Workshop 'between' Response Cards


'sensing between'

what did it feel like?

Trying to communicate but not knowing if anything was going through.

anything else?

... whisper



'sensing between'


what did it feel like?

Nothing.

anything else?

RELAXING. I'M NOT MUCH OF A "SENSING" SORT OF PERSON.

... whisper



'sensing between'


what did it feel like?

SWIMMING IN THE MIND, TUG-OF-WAR
THINKS WITHIN, LIKE WATERMELON
DANCE MOVES BUT WATERMELON DOESN'T
SWIMMING WATERMELON
...
SOMETIMES ANGRY, SOMETIMES WINDING
TENDERS.

anything else?

INTERACTION PATTERN BEHAVIOR.

... whisper




'sensing between'

what did it feel like?

Talking without speaking out.
Seeing without looking through.

anything else?

... whisper




'sensing between'

what did it feel like?

anything else?

... whisper




'sensing between'

what did it feel like?

anything else?

... whisper




it - what is it?
if by it, you mean the experience of focusing on the body (my own) + using my body to find another + then make the other feel my attention - if that's what it is, it felt abstract, + strangely disconnected. while in my own sensing moment, I was very able to connect w/ my breath my emotions, my place in the space, but when asked to move with another or communicate, it was very difficult to focus my attention + remain within my physical self.

'sensing between'

what did it feel like?

anything else?

... whisper




① walking or being in space
All my senses focused on the volume of space or air. It felt heavier than when I didn't pay attention before.
② Attention by the partner
I tried to focus on any changes on my feeling of body, especially skin. Sometimes I felt hot, I thought. I'm not sure about this part, whether I imagined myself being paid attention or there was some kind of feeling for the partner.

'sensing between'

what did it feel like?

anything else?

... whisper



NOT SURE. I have no idea about the whole thing.
This is my first time here. I don't know what I should or suppose to do.

what did you send?



anything else?

...whisper

“sending behavior”

A

A GREEK-CAT!



What did you receive?

Not sure
could be a small dog.

Anything else?

My thoughts also may influence my way of seeing
- bechit
- martial combat figure
- super market
...

... whisper

8


what did you send?

ROASTED CHICKEN
ON A PLATE.
GROWN MAN SWEATING WITH PRICE.
PORKS SKIN TEXT
FULL KIDNO PLUMP
WHITE MEAT INSIDE.

anything else?

IT WAS HARD TO HOLD THE
NAME AND SEND IT AT THE
SAME TIME
SEEMED LIKE TWO DIFFERENT
NARRATIVES

... whisper



What did you receive?

They became of 'birds' streaming toward me.
Image ~~former~~ takes form like sand-box.

Anything else?

I sensed 2 images though, similar.

whisper

what did you send?

... whisper

white rabbit, cloud, explosion of air
(white) like the one when a space craft
get launched.
[7 7] inside of building
[L L]

anything else?

C

what did you receive?

... whisper

don't know.

anything else?

C

what did you send?

... whisper

anything else?

D

what did you receive?

... whisper

texture similar to a rock face with water
droplets. water droplets had special
highlights. slight motion.

blue.

D

C.2.4 Workshop 'between' Response Cards Transcription

Part A: 'sensing between'

[blindfolds and cords to receiver]; do not speak

WHAT DID IT FEEL LIKE?

- ° Trying to communicate but not knowing if anything was going through
- ° Nothing
- ° Swimming in the wind; tree-like falling within, like waterfall, water moves but waterfall doesn't swaying underwater; sometimes pressure, sometimes ingrowing temples
- ° Talking without speaking out; seeing without looking through
- ° It, what is it? If by it, you mean the experience of focusing on the body (my own) + using my body to find another + then make the other feel my attention - if that's what it is, it felt abstract + strangely disconnected - while my own sensing moment, I was very able to connect w/my breath my emotions, my place in the space, but when asked to move with another or communicate, it was very difficult to focus my attention + remain within my physical self
- ° 1) Walking or being in space: all my senses focused on the volume of space, or air. It felt heavier than when I didn't pay attention before; 2) attention by the partner: I tried to focus on any changes on my feeling of body. Especially skin, sometimes I felt hot, I thought. I'm not sure about this part, whether I imagined myself being paid attention or there was some kind of feeling for the partner
- ° not sure, I have no idea about the whole thing, this is my first time here, I don't know what I should or am supposed to do.

ANYTHING ELSE?

- ° relaxing. I'm not much of a "sensing" sort of person.
- ° Interaction pattern broken

Part B: 'sending between'

facing each other; do not speak

WHAT DID YOU SEND? WHAT DID YOU RECEIVE?

- ° A stick cat!
- ° Not sure, could be a small dog.
- ° Roasted chicken on a plate; golden - sweating with juice; potato skin text; full round plump white meat inside
- ° Tiny beams of 'bits' streaming toward me; image takes form of a sand-box; I sensed two images though, similar
- ° White rabbit; cloud, explosion of air (white) like the one when a space craft gets launched, corridor, alley, inside of a building
- ° Texture similar to a rock face with water droplets, water droplets had special highlights, slight motion; blue

C.3 Workshop 'extend'

C.3.1 Workshop 'extend' Script

first draft:

welcome to the extend experience
today we will be extending ourselves

this is an experience in two parts

for the first part we will ask you to put on the shirts
~~that we hand out~~

you can help each other buttoning up
it is ok to talk ~~and~~ make noise

~~(as needed)~~

please work together with your partner to explore the space

sit stand jump walk run

<15 min?>

we will now release you from each other
please take a moment to fill out the cards
[hands out card I]

[collects card I]

we will now be handing out stethoscopes for the second part

stethoscopes are good for listening to the inside. you can
listen to your blood, your heartbeat or your vocal cords,
or bones.

take the stethoscope and familiarize yourself with it. if
you have a black is double-sided stethoscope you will need
to cover the hole with your finger for it to work.

listen to yourself.

when you find a good sound you can offer the earpieces to
someone else if you want - so that they can hear it too.
[show this]

every time you have experienced a sound from your self or
someone else please take a moment to make a note in the
notebook.
[15 min?]

find a partner

— leave 5 min to fill out card.

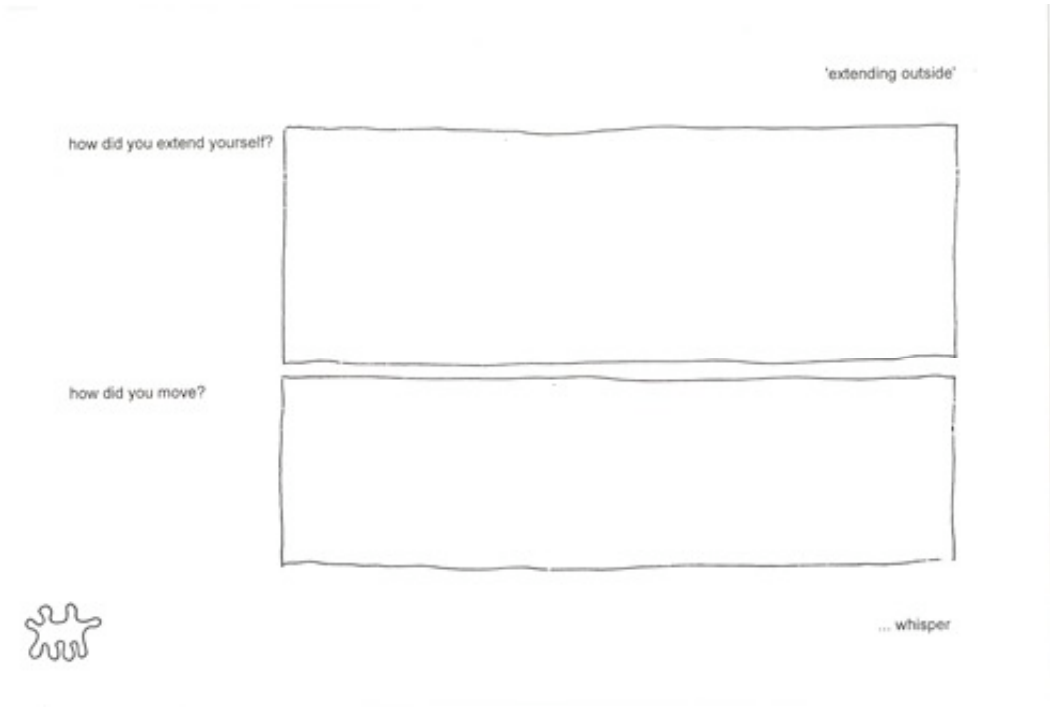
C.3.2 Workshop 'extend' Response Card

'extending outside'

how did you extend yourself?

how did you move?

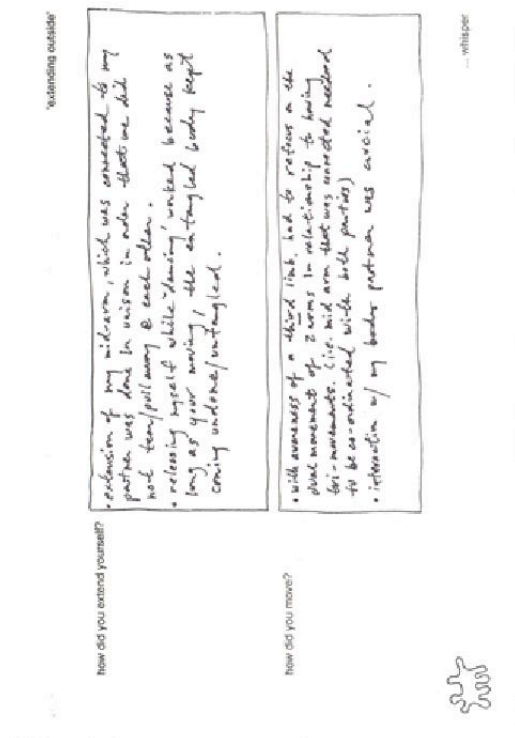
... whisper



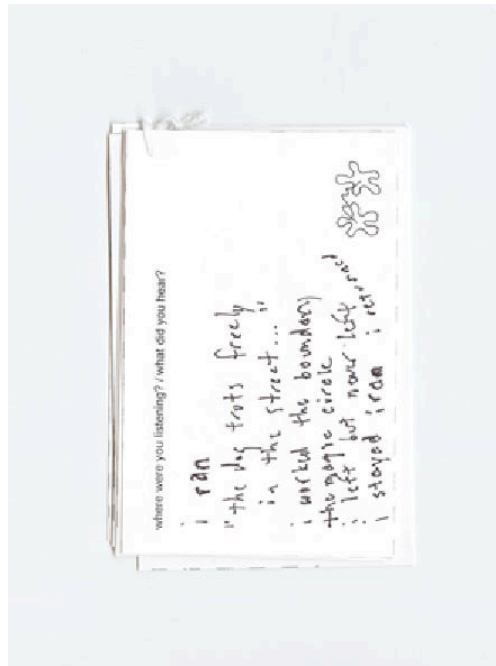
C.3.3 Workshop 'extend' Response Cards

How did you extend yourself?	How did you move?	Whisper
<p>... hid hands with someone other than my husband ... become silly ... enjoyed the unusual and unknown ... became aware of another's movement</p>	<p>awkwardly enthusiastically carefully socially</p>	<p>... whisper</p>
<p>I found myself thinking of our 'body' as a complete unit - it just had this other piece I wasn't wondering. The attached arm was felt very unusual and I got complete control back more planned. I felt like I had to coordinate where I was going in relation to my 'twin', the boundaries of my self expanded, taking up space.</p>		<p>... whisper</p>
<p>I WAS NO LONGER JUST MYSELF, I HAD TO BECOME MYSELF TO BECOME PART OF A WHOLE. AS A WHOLE WE HAD TO WORK TOGETHER. WHEN WE FALLOUT IT WAS ALMOST DISAPPOINTING BECAUSE WE WERE MEET PUSHING & PULLING. EACH MOVEMENT WAS FOLLOWED BY A REACTION FROM MY PARTNER. THEREFORE, OUR MOVEMENTS HAD TO BE IN SYMBIOSIS - TO THAT, WE HAD TO COMMUNICATE.</p>		<p>... whisper</p>

Appendix C workshop 'extend'



Appendix C workshop 'extend'



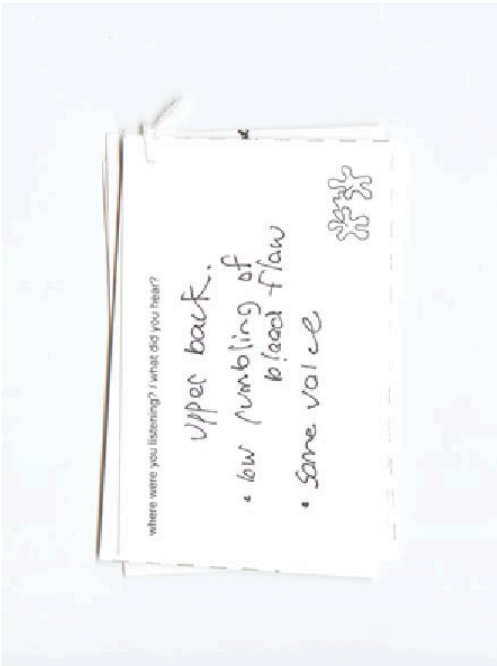
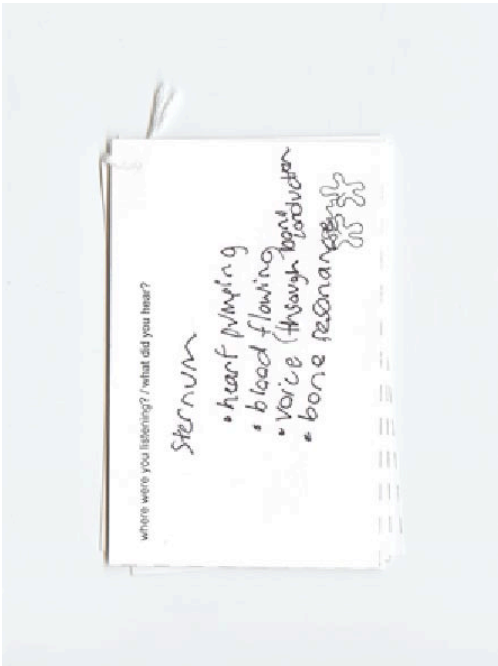
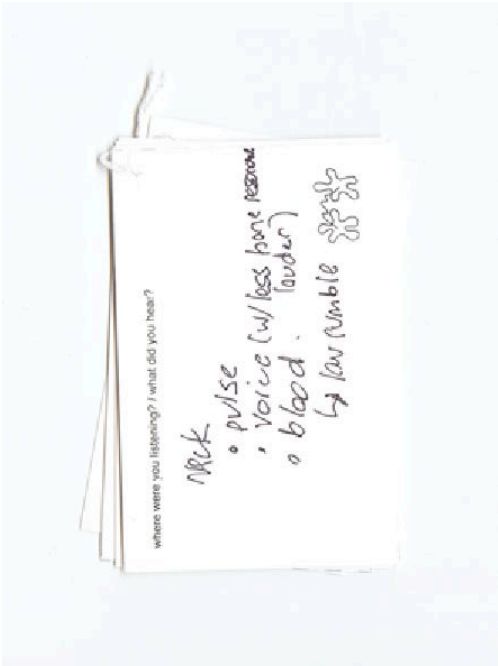
Appendix C workshop 'extend'



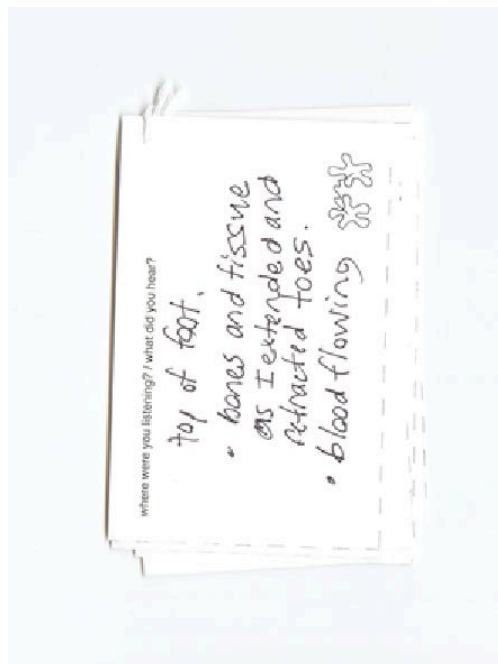
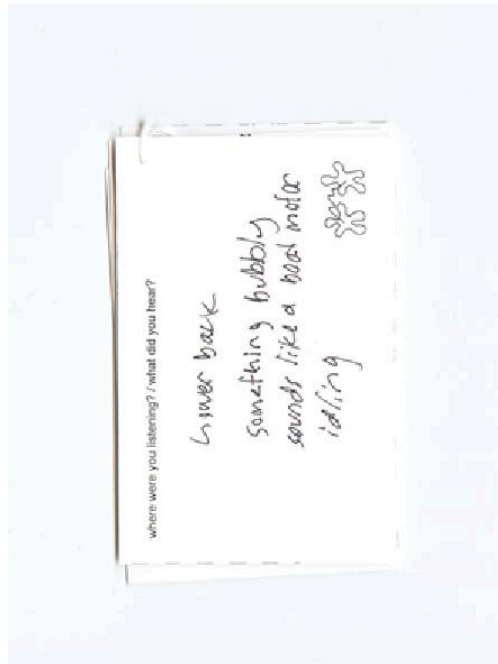


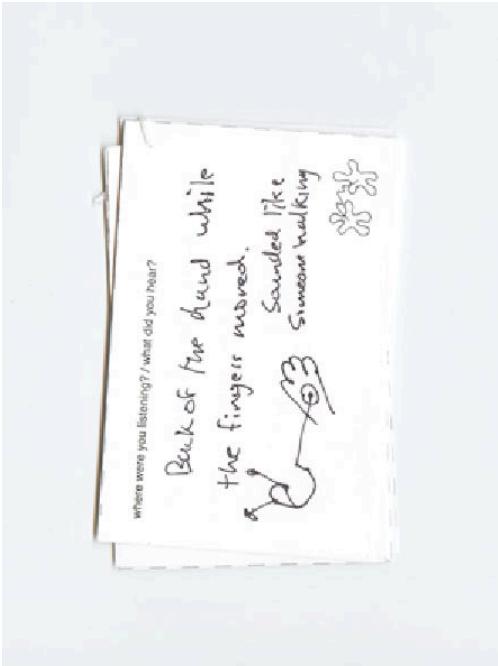
Appendix C workshop 'extend'



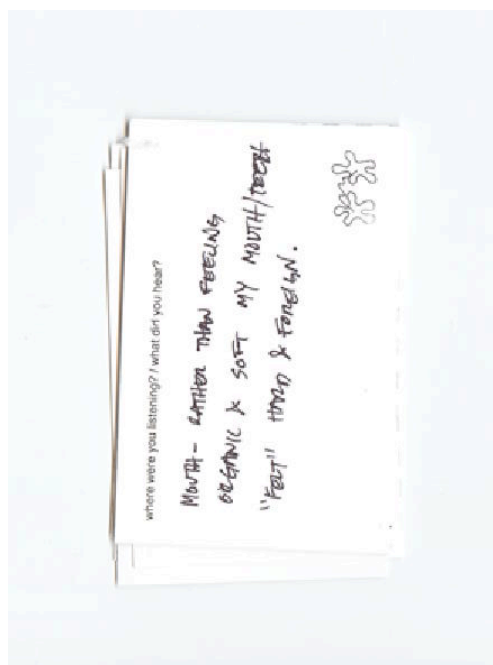
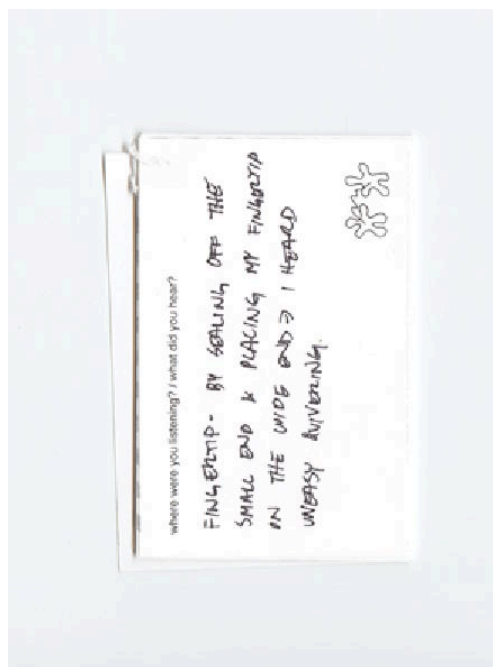


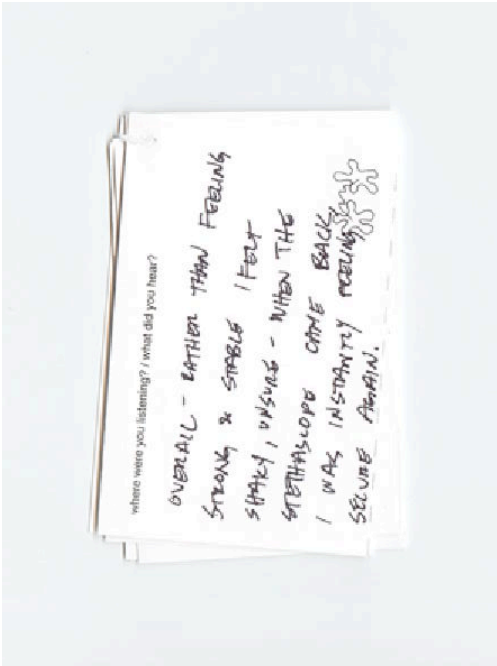
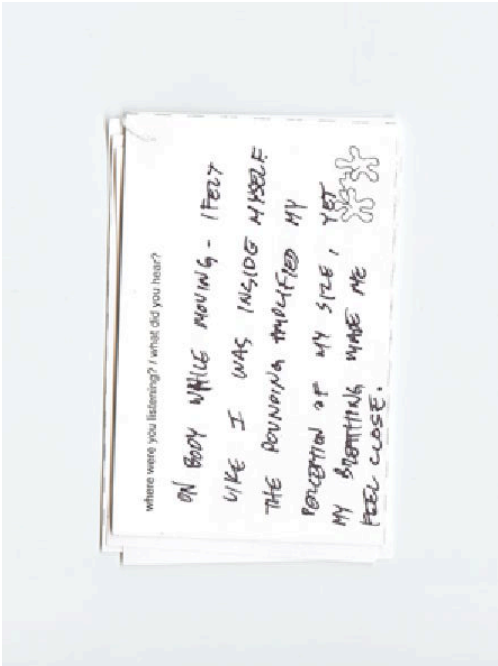
Appendix C workshop 'extend'



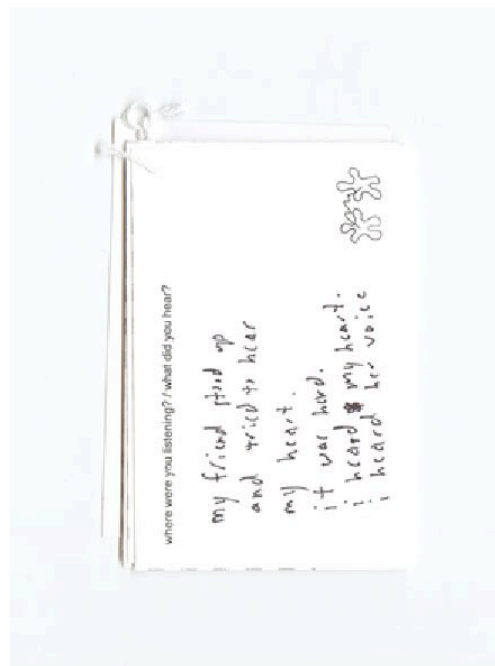
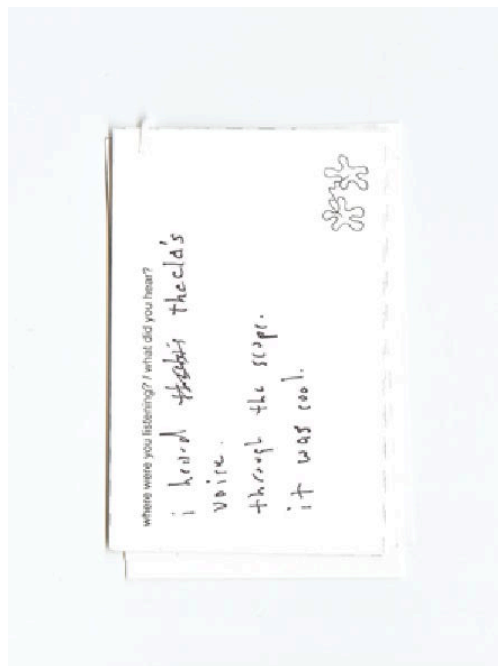
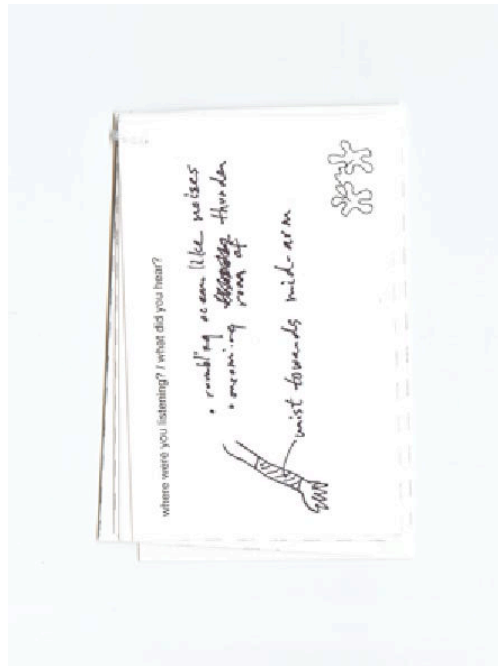


Appendix C workshop 'extend'

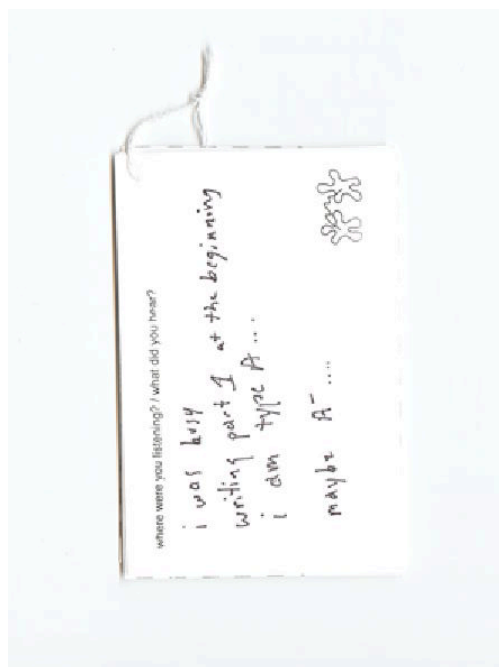




Appendix C workshop 'extend'



Appendix C workshop 'extend'



C.3.4 Workshop 'extend' Response Cards Transcription

Part A: 'extending outside'

[shirts sewn together]; you may speak

HOW DID YOU EXTEND YOURSELF?

° Hold hands with someone other than my husband; became silly; enjoyed the unusual and unknown; became aware of another's movement

° I was no longer just myself, I had to extend myself to become a part of a whole; as a whole we had to work together when we failed it was almost disappointing because we were apart

° I found myself thinking of out 'body' as a complete unit - it just had this other piece I wasn't controlling; the attached arm felt very unusual once I got complete control back

° I was chest first with another extender; overtime our extension eroded, and we choose to plant new seeds. The new seeds extended in a similar fashion (chest to chest) but in a operationally different approach; button to button hole.

° I didn't feel like an extension. That is I didn't feel as if the other body as an extension of mine. It felt more like a limitation & restriction

° Limp, move, laugh, play, explore, feel, experience, watch, giggle, frolic, twirl, change, sit, talk, greet, play, collide

° I broke out of my comfortable boundaries and familiar interface [lots of images | drawings here] movement

° I extended through my arms, becoming one half of a larger body. I extended out of (and into) my own body, becoming part of Eric's body as well. I extended my understanding over movement through space, allowing myself to give up some control and just to flow.

° Extension of my mid-arm, which was connected to my partner was done in unison in order that we did not turn/pull away at each other; releasing myself while "dancing" worked because as long as your moving, the entangled body kept coming undone/untangled.

HOW DID YOU MOVE?

- ° awkwardly; enthusiastically; carefully; socially
- ° pushing and pulling; each movement was followed by a reaction from my partner; therefore, our movements had to be in synchronized - to do that, we had to communicate
- ° move planned; I felt like I had to co-ordinate where I was going to relation to my 'twin'; the boundaries of my 'self' expanded; taking up some additionally space
- ° we moved like a butterfly - that is, as if we were two wings connected in the center; free yet restricted; we danced, glided, stumbled, skipped, twirled, crouched, rolled
- ° There was a negotiation that had to occur in order to move, both explicitly and implicit. Sometimes cooperation was needed, sometimes force was needed to move.
- ° Roll, ground, stretch, sit, stretch, twirl, drag foot, twirl, dance, hop, stretch, lift, be lifted, stretch, run, run fast, slow down turn, run.
- ° Poorly, we danced, clumsy, but always cooperatively, but we broke stitches, we fixed ping, we broke again we meta-morphed buttons, easier, co-operatively, we danced better [lots of images!]
- ° Movement was fun; lots of gyrations and circular motions, movement was shared, it flowed, sometimes I followed and other times I led, it was balanced, I was supporting and also supported.
- ° With awareness of a third limb, had to refocus on the oval movement of 2 arms in relationship to having tri-movements. (i.e. mid-arm that was connected needed to be coordinated with both parties); interaction of my body partner was avoided [?]

Part B: 'extending inside'

facing each other; stethoscopes; booklets

WHERE WERE YOU LISTENING? WHAT DID YOU HEAR?

- Neck over jugular: strong, deep, rhythmic pounding
- Chest, over heart: steady beating, with slight gurgling in background
- Stomach, just below diaphragm: low gurgle, distant thumping
- Base of skull: white noise
- Inside of leg, just below ankle: bubbling, boiling, w/low rumble in background
- Trachea: rush of wind
- My heart: regularity, strength, pulsing, drums
- Under my neck: waterfall, blood flowing, roaring
- Vocal cords: breathing, my voice
- Calves: tensing of muscles
- neck: my breath, raspy sounding, the best place to hear it! I'm surprised!
- Stomach: its gurgling apparently, I can't hear or feel throat
- Neck: pulse, voice (w less bone resxxx louder), blood: low rumble
- Wrist: blood moving pulse;
- Sternum: heart pumping, blood flowing, voice (through bone loud action); bone resonance
- Upper back: low rumble of blood flow; some voice
- Lower back: something bubbly, sounds like a heat motor idling
- Bicep: gurgling, increased tempo w/flex
- Top of foot: bones and tissue as I extended and retracted toes; blood flowing
- Calf muscles while fast moved [images]
- Back of the hand while finger moved [images]; sounded like someone walking

Appendix C workshop 'extend'

- Knee cap, just above the knee: pops every once in awhile, crunching too [images]
- Heartbeat: slow rumble, deep.
- Third eye: no sound [images]
- Eye lashes: brushing against drum [images]
- Throat: sounded like a distant rushing river
- Fingertip [by sealing off the small end + placing my fingertip on the wide end, I heard uneasy shivering
- Moving body, pulsing, thumping, creaking
- Mouth: rather than feeling organic and soft my mouth/touch "felt" hard and foreign
- On body while moving: I felt like I was inside myself the pounding amplified my perception of myself, yet my breathing made me feel close
- Closer to the heart, the steady beating, ta-dump ta-dump [image]
- Voice | mouth | used like a microphone [image]
- Wrist towards mid-arm: rambling ocean like noises; oncoming roar of thunder [image]
- Throat-area: roaring liquid with beating in background [image]
- I was busy writing at the beginning, I am type A, maybe A"
- My friend stood up and tried to hear my heart, it was hard, I heard my heart, I heard low voice
- I heard Thecla's voice through the scope, it was cool
- I ran, "the dog trots freely in the street ..." I worked the boundary the magic circle, I left, I stayed, I ran, I ...
- [images of running around curtains, circles]

C.4 Workshop 'mutate'

C.4.1 Workshop 'mutate' Script

first draft:

welcome to the mutate experience

this is an experience in two parts

for the first part we will ask you to put on the shirts
that we handout

you can help each other buttoning up
it is ok to ~~talk~~ and make noise
[as needed] *Speak*

please work together with your partner to explore the space

now detach yourself yourself from each other using the
Velcro tabs

We are handing out additional Velcro Tabs
Use these to find ways to attach yourself to yourself or to
others in 'mutated' ways

explore the space together
<15 min?>

please take a moment to fill out the cards
[hands out card I]
[collects card I]

we will now be handing out gsr's for the second part. GSR
means Galvanic Skin Response. We will help you fit these
on.

GSR's are good for listening to the inside, through your
skin. You can listen to your affect, your reaction your
emotional state.

Listen to yourself
listen to the other

Please take a moment to make notes in the notebook, as you
experience.
[15 min?]


C.4.2 Workshop 'mutate' Response Card

"mutate"

how did you change?

how did it feel?

... whisper




C.4.3 Workshop 'mutate' Response Cards

how did you change? 'mutate'

I would have gotten that close / intimate under normal circumstances

how did it feel? whisper

kind of seeming contradiction intimacy, but disconnect people felt free when disconnected the connection constrained movement but we were free to wrt. intimacy; collab. work time connection is freer in that now it's possible, but also constrained by the connection




how did you change? 'mutate'

shy, self conscious to more relaxed. having fun with it.

how did it feel? whisper

awkward, in a relaxed way (non threatening)




how did you change? 'mutate'

individual became part of a whole, movement affected & controlled by connected parties, became explanatory in looking for connections w/ others

how did it feel? whisper

constrained yet inclusive, felt as part of a whole ability to connect made feeling of need




how did you change? 'mutate'

now armed, stretched thin, shes like taffy pulled, curl back into, tentacles of homelec featherarms, shellfish

how did it feel? whisper

like that. Warm, curious, happy, fun.



how did you change?

... mutate

FROM INDEPENDENCE
TO LOOKING FOR POINTS OF CONNECTION
TO LOOKING FOR WAYS TO MAKE WITHIN
A NETWORK; THAT INVOLVES COMMUNICATION
THAN LOOKING FOR RECONNECTION
AFTER COMPLETELY
THEY LOOKING TO DISCONNECT.

how did it feel?

... whisper

A BIT CONSTRUCTIVE!
THAT CONSTRUCTIVE
EXPERIENCE WITHIN MOVING.
CONNECTION WITHIN AHEAD
WEATHERS WITH DISCONNECTED.



how did you change?

... mutate

BECAME MORE RECEPTIVE TO OTHERS
GOING FROM A CLOSED NETWORK TO A NETWORK
CONSTANTLY IN CHANG

how did it feel?

... whisper

Feeling of stronger & weaker connections
transmitting pulse across the network influence
nodes are after the other
wanting to interact more closely with close nodes



how did you change?

... mutate

My focus in relationship to others changed. I was more
able to focus on points of connection than on
social/relationships. In other words because the
connection was available, it was like an invitation.
It became safe to touch the person at that
location.

how did it feel?

... whisper



how did you change?

... mutate

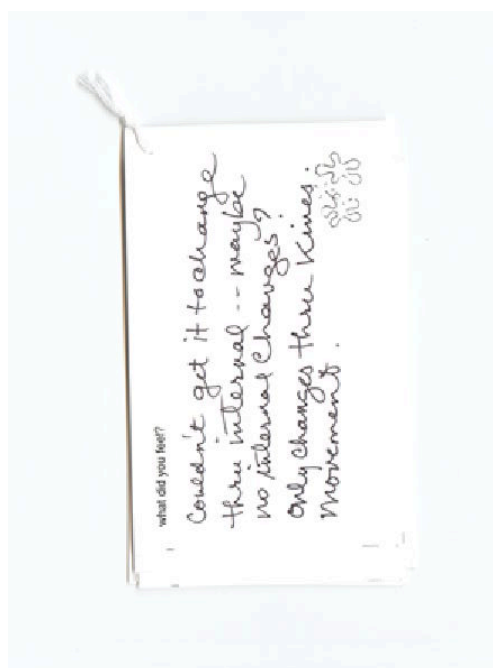
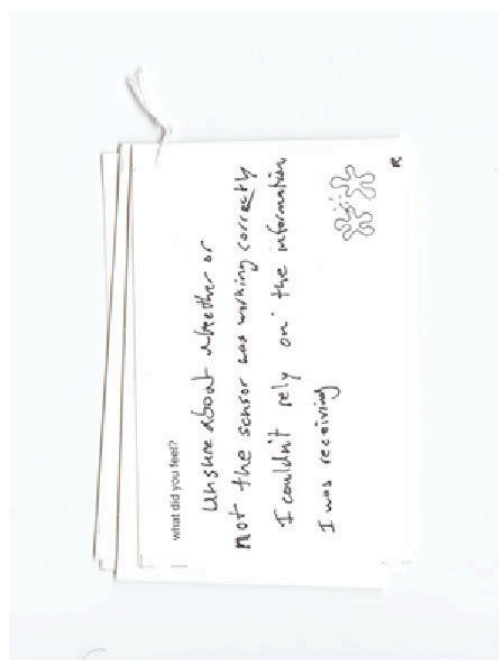
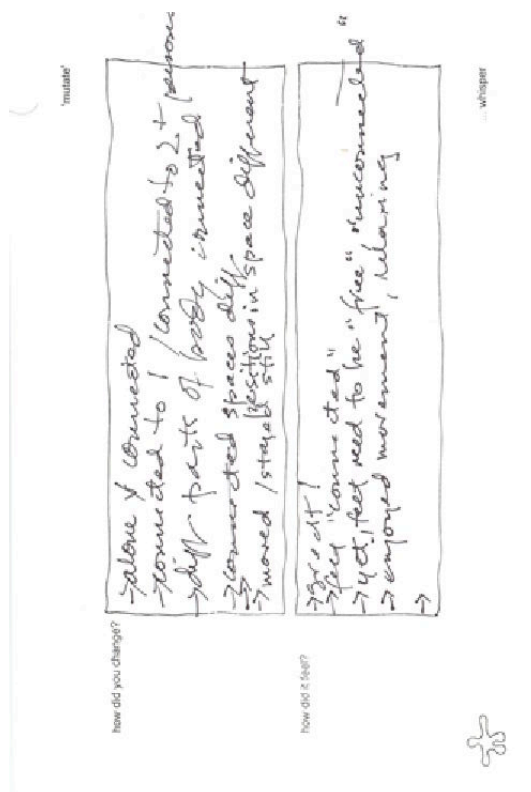
~~that~~ i left my desk
i wore a nifty white shirt
the blood recirculated to my body
i talked to people

how did it feel?

... whisper

it felt quite personal
putting on the shirts was sexy
moving in the group was boring
nobody wanted to wake shape





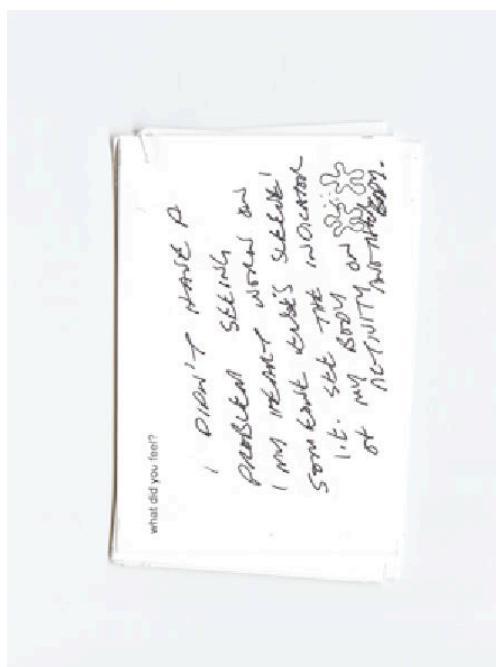
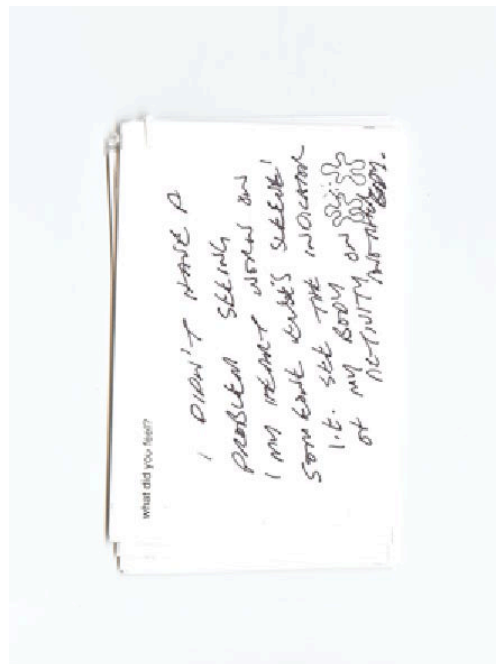
Appendix C workshop 'mutate'

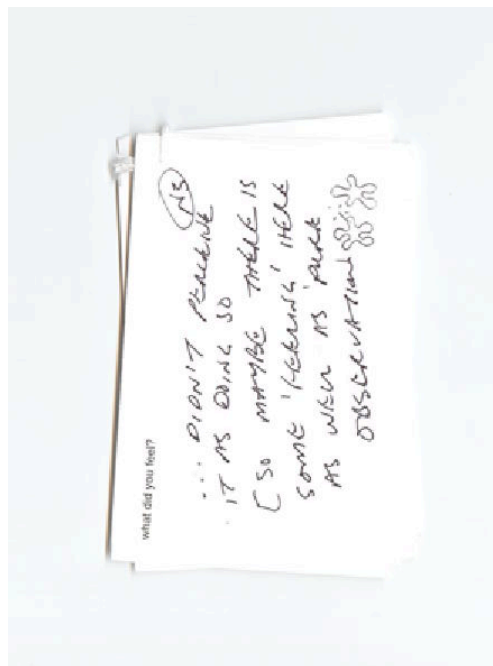


Appendix C workshop 'mutate'

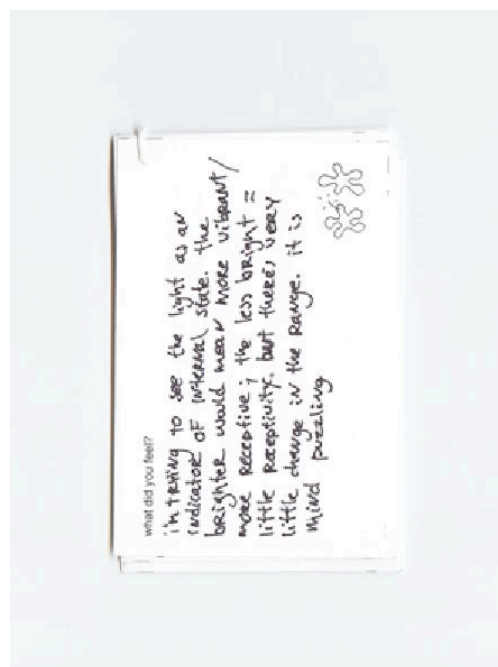
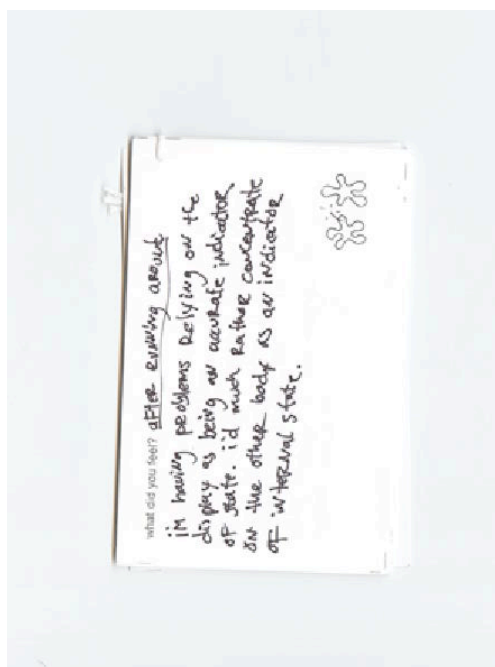
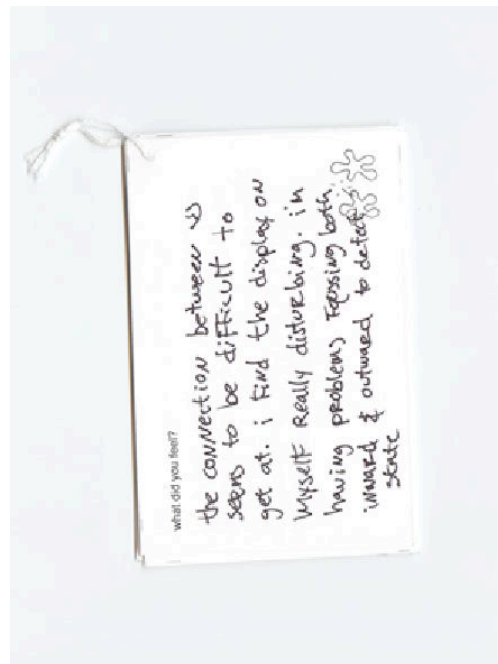


Appendix C workshop 'mutate'

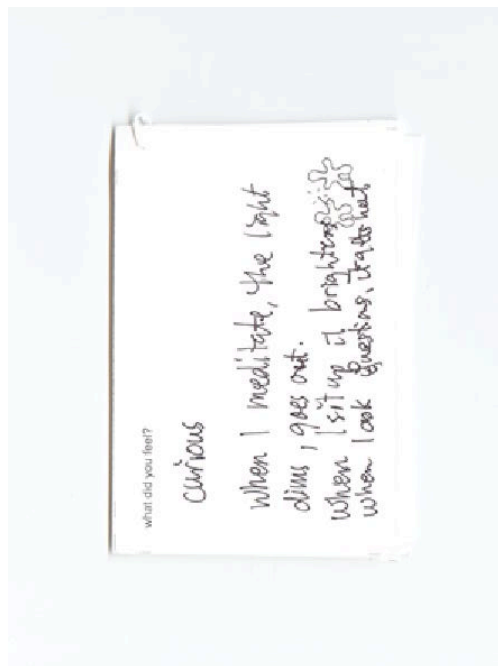


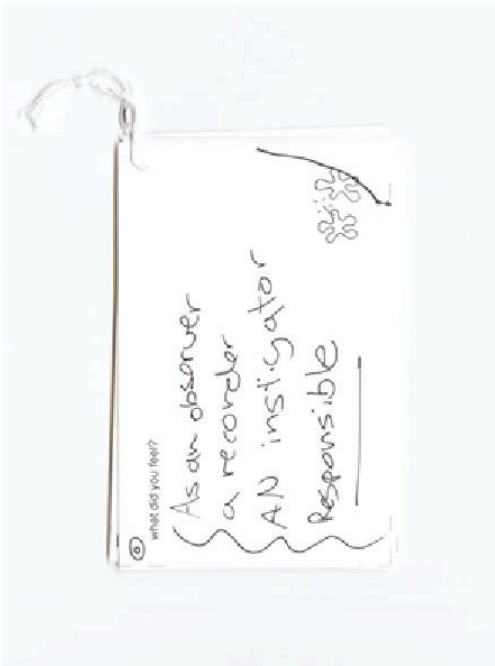
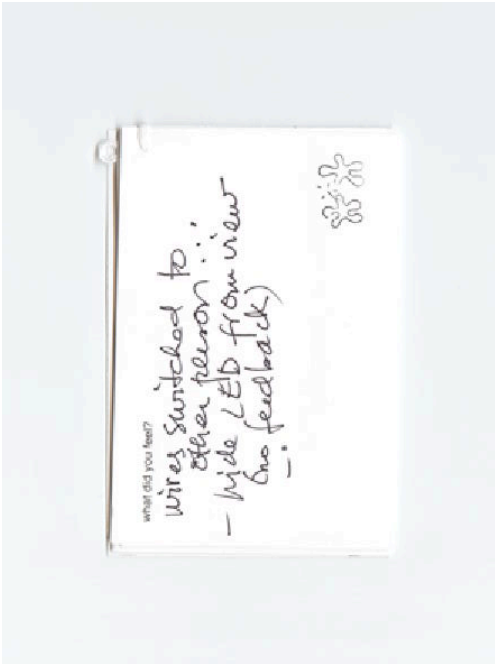


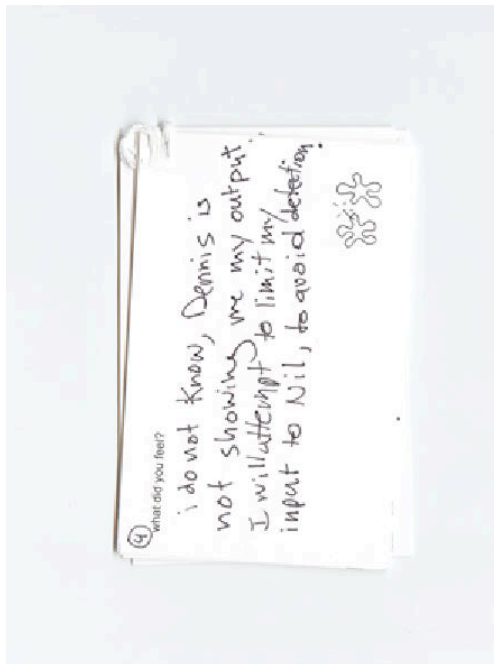
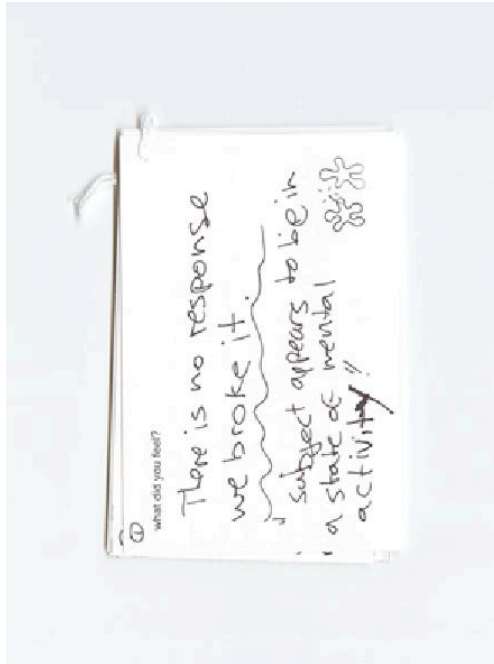
Appendix C workshop 'mutate'

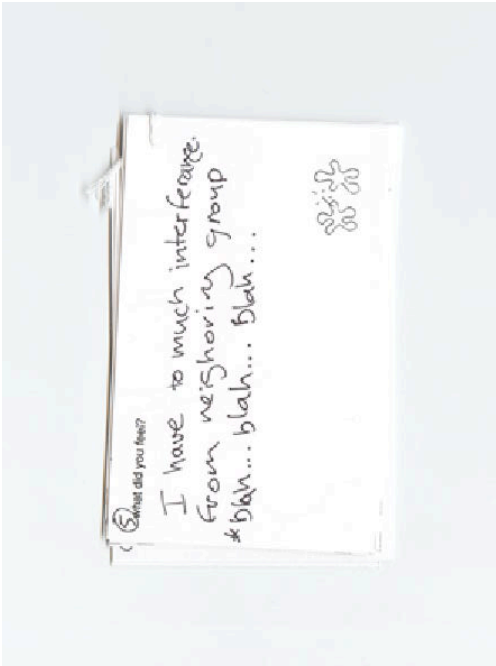


Appendix C workshop 'mutate'









C.4.4 Workshop 'mutate' Response Cards Transcription

Part A: 'mutate outside'

[shirts Velcroed together] hand out extra Velcro tabs to explore space together; you may speak

HOW DID YOU CHANGE?

- o I wouldn't have gotten that close/intimate under normal circumstances
- o Shy, self-conscious ----- > > more relaxed having fun with it
- o Individual became part of whole, movement affected and controlled by connected parties, became exploratory in looking for connections w/others
- " from independence to looking for points of connection, to looking for ways to move within a network, that involves communication, then looking for reconnection coming apart, then looking to disengage
- o became more receptive to others; going from a closed network to a network constantly in change
- o my focus in relationship to others changed. I was more able to focus on points of connection than on social/relationships. In other words because the connection was available, it was like an invitation, it became safe to touch the person at that location
- o I left my desk, I wore a nifty white shirt, the blood re-circulated through to my body; I talked to people
- o Alone vs connected; Connected to 1 | connected to 2+ persons; Different parts of body connected; connected spaced difference positions in space, different: moved/stayed still
- o May armed, stretched thin, shapes like taffy pulled, curl back into, tentacles of barnacle feathery arms, shellfish

HOW DID IT FEEL?

- o Weird seeming contradiction intimacy | but disconnected; the connection constrained movement but we were freer with intimacy; collaborative work type connection Is freeing in the more is possible, but also constrained by the connection

Appendix C workshop 'mutate'

- o Awkward, in a relaxed way (non-threatening)
- o Constrained yet inclusive, felt as part of a whole, ability to connect made feeling of need
- o A bit constraining then constructive, emergent when moving, lonely when apart, weightless when disconnected
- o Feeling of stronger + weaker connections transmitting pulse across the network influence; knocks one after the other; wanting to interact more closely with close nodes
- o it felt quite personal; putting on the shirts was sexy; moving in the group was boring [nobody wanted to make shapes]
- o great! Felt connected"; yet, felt need to be free", "unconnected"; enjoyed movement, relaxing
- o like that [many armed, stretch thin etc]; warm, curious, happy, fun

Part B: 'mutate inside'

shared gsr; booklets

WHAT DID YOU FEEL?

- Unsure about whether or not the sensor was working correctly: I couldn't rely on the information I was receiving
- Couldn't get it to change thru internal - maybe no internal changes? Only changes thru kinesthetic movement
- Making connection w partner thru discussion + being wired"
- Mention of 'techweek' brought immediate brightness
- Vocal interaction illuminates
- Lying brightens [works as a lie detector)
- Focusing on a single point; dims light: blocking out others
- Dim while waiting
- Using (focusing on) inside; voice dims light; talking brightens
- Shallow breathing dims; deep breath immediately brightens
- I didn't have a problem seeing my heart worn on someone else's sleeve (ie, see the indicator of my body activity on another's arm)
- Relatively under control when moving quickly but aware of increased sweat on skin
- After stepping (external) and at tempting to slow down (internal) heart-rate went through the roof
- Not a feeling - an observation; Dominic was accurate at picking up my focus, though there was some time ... both coming in and xxx of that state I wanted the diode to reflect this state change, but didn't perceive it doing so [so maybe there is some feeling' here as well as 'observation'
- Speeded up burning with a hard gem-like flame
- The connection between us seems to be difficult to get at. I find the display on myself really disturbing. I'm having problems focusing both inward and outward to detect state

Appendix C workshop 'mutate'

- After running around I'm having problems relying the display as begin an accurate indicator of state. I'd much rather concentrate on the other body as an indicator on internal state.
- I'm trying to see the light as an indicator of internal state. The brighter would mean more vibrant/ more receptive; the less bright = little receptivity; but there's very little change in the range, it is mind puzzling
- The light could help to distinguish a subtle shift in the internal state when there's too many noises around
- Wired!; on display; writing makes light go on ; stronger contacts? Open hand does opposite
- LED adjusted to be more secure; light does not change; feel relaxed; feel stressed -4 same reaction on LED
- Wires switched to other person; inside LED from view (no feedback)
- Can't seem to focus on inside ... light does not seem to react; lots of interest in accuracy of feedback through lights I wires; need more stable connection to fingers
- As an observer, a recorder, an instigator, responsible
- There is no response, we broke it, "subject appears to be in a state of mental activity"
- I have no response, no response, no response, no response, no response, RESPONSE YES! The subject lives. When asked the question "are you enjoying yourself?" subject replied, but exhibited no response, no response
- Subject says "cyborg", and keeps wiggling my connection. When asked "are you bored" subject replies affirmatively and begins writing in notebook. I have a response, response ... response ... response interference coming in from neighboring pair. Time to switch
- I do not know, Dennis is not showing me my output, I will attempt to limit my input to nil, to avoid detection
- I have too much interference from neighboring group; blah, blah, blah
- [images]
- responsive; I have infected the device with a virus, my cold virus which will most certainly pass to the next person to use it. The pen fumes are making me dizzy and we should turn off the other "pairs unless they give us data
- performance another is very red
- curious, when I meditate the light dims, goes out; when I sit up, it brightens, when I look interested it goes hot [out?]
- when I'm thinking about my cats, I'm calm, warm, lot of little lights
- I thought that laying down would slow it, but not always

C.5 Workshop 'phase'

C.5.1 Workshop 'phase' Response Cards

how did you move? "phase outside"

gyroscopically
propeller-driven
in pretzel patterns, ceremonially

what did you hear? ... whisper

something like the sound effects
from a Philip Marlowe novel - the
movement of fabric, in absence of
dialogue, purely sound, but
partly sight and movement
suggesting sound.

how did you move? "phase outside"

inside out, in and through sleeves, the
collar/head, the bottom, down, twisting,
flapping, windmill, with others, up &
down

what did you hear? ... whisper

rustling of clothes, my breathing, laughter,
speedy up breath, muscles and tendons,
feet on the floor, the flapping & slapping
of sleeves

how did you move? "phase outside"

It was so much fun. Thanks Jim.
At first, it took a while to figure out
what to do with this weird looking shirt.
Once crossed the line of self-consciousness
it was so fun to be like a child, indulged in
~~my own~~ fun.

what did you hear? ... whisper

my laughing, a hair inside of ~~the~~
one ear, stuck between the ear plug
and my ear. other people's movement
sounded far
?? sound of silence, vacuummed.
a bit uncomfortable

how did you move? "phase outside"

Floppy movement. Dangly. Twirly (is that a word?)
Jumpy.
There were two movement spaces, 1 internal to the
shirt space & 1 external in the room.

what did you hear? ... whisper

Misty my own breath as I moved more. at
times I heard my sleeves banging against my
body.

phase outside

how did you move?

like a duck
restrained / inhibited (at first)
aimlessly

what did you hear?

fabric of the shirt against itself
faintly laughter
the ping of the buttons hitting the ground
NOT my own breathing / heart beat

phase outside

... whisper

85 86

phase outside

how did you move?

oscillate
tight
i moved inside...

what did you hear?

i made a shade and stayed
i played, afraid
i saw clearly
i saw mist
i created fog
i created vision from

phase outside

... whisper

87 88

phase inside

what did you receive?

sometimes snapshots,
sometimes continuous (and disorienting)
data
I liked the way the instrument gave a qualitative reading first, then moved to quantitative

how did you listen?

intuitively and instrumentally
intuition as to what I might hear directed what, where, when I should instrument

instrumentally means both with an instrument, and with a purpose, whisper purposefully, deploying the instrument as

89 90

Chorus points in time and space, and ranges throughout those continua

91 92

phase inside	how were you listened to?	what did you feel?	... whisper
<p>periodically I would go over to someone & stand near them. I tried 3 experiments</p> <ol style="list-style-type: none"> 1. stand motionless for an extended period (76) 2. move radically around the space for a while (165-180) 3. Push ups (140) 20 pushups. 4. Move slowly (no reading) <p>When standing close to a watch I could see my heart beat & this gave me a clearer way to listen to it while away from the watch. (i.e. could feel in my bones & almost hear the sound of it)</p>	<p>how were you listened to?</p>	<p>what did you feel?</p>	<p>... whisper</p>
<p>Heart Beats.</p> <p>Jim's heart rate was irregular while doing sit-ups but steady when resting.</p> <p>Cumille's heart rate went to 142 while I span her around.</p> <p>The heart rate changed drastically during movement.</p> <p>By being in front of the transmitter. It didn't seem to work if there were any obstructions in the way.</p>	<p>how were you listened to?</p>	<p>what did you feel?</p>	<p>... whisper</p>
<p>clinically sometimes other times conversing in a mediated way</p> <p>observed, but in a way that I felt I was being intruded with, sometimes more purposefully than others</p>	<p>how were you listened to?</p>	<p>what did you feel?</p>	<p>... whisper</p>
<p>very well, especially after people got past initial shyness & (me too) & got into it.</p> <p>i listened to myself the best</p> <p>i love my friends, but was looking for me</p> <p>i oscillated between need to connect, need to be alone, need to be done</p> <p>i wanted to send activity = passivity, max motion & min emotion</p> <p>i worked hard but i was freed from the imperative to interpret</p> <p>i was free, not bound & i needed that right now</p>	<p>how were you listened to?</p>	<p>what did you feel?</p>	<p>... whisper</p>

Appendix C workshop 'phase'

what did you receive?

phase inside

Numbers, throbbing beats, heat, messages
clues, states of motion, representations
of life

how did you listen?

The watch, ~~eyes~~, seeing numerical changes,
sound of breathing, sound of movement
and activity, sound of feet, sound of laughter,
watching others, comparing clocks, watching
understand.

— whisper

how were you listened to?

phase inside

objects of measurement, ears, eyes
feeling

what did you feel?

examined, like an object of curiosity,
like a toy, alone, watched, prodded,
temporarily ~~was~~ wanted, then dis-
carded.

— whisper

C.5.2 Workshop Response Cards Transcription

Part A: 'phase outside'

[shirts w long sleeves + ear plugs] explore how to move; please do not speak

HOW DID YOU MOVE?

- ° I moved inside ..; oscillate `tight` free [images of path flows space]
- ° Like a duck; restrained | inhibited (at first) ; aimlessly [image of path flow w dots]
- ° Floppy movement; dangly; turny (is that a word?); jumpy; there were two movement spaces: 1 internal to the shirt space + I external in the room.
- ° Inside out, in and through sleeves, the collar (head, the bottom, down, twisting, flapping, windmill, with others, up + down
- ° Gyroscopically; propeller-driven; in pretzel patterns, ceremonially

WHAT DID YOU HEAR?

- ° I saw clearly; I saw mist; I created fog; from clear vision; I made - a shad - and stayed - and played - I'm afraid [written sideways on card]
- ° Fabric of the shirt against itself * faintly > laughter; the ping of the buttons hitting the ground NOT my own breathing | heartbeat
- ° Mostly my own breath as I moved more, at times I heard my sleeves banging against my body
- ° My laughing, a hair inside of one ear, stuck between the ear plug and my ear, other people's movement, sounded far; ?? sound of silence, vacuumed, a bit uncomfortable
- ° Rustling of clothes, my breathing, laughter, speeding up breath | muscles and tendons, feet on the floor, the flapping & slapping of sleeves
- ° Something like the sound effects from a Philip Marlowe novel - the movement - the movement of fabric, in absence of dialogue, partly sound, but partly sight and movement suggesting sound.

Part B: 'phase inside'

heart rate monitors; [chest bands and watches]

SENDERS

HOW WERE YOU LISTENED TO?

- ° My breathing
- ° I was provoked to respond scientifically; playfully; not at all
- ° Clinically sometimes, other times caressingly in a mediated way
- ° Very well, especially after people got past initial shyness (me too) + got into it; I listened to myself the best; I love my friends, but was looking for me
- ° Periodically I would go over to someone + stand near them. I tried 3-4 experiments:
1. stand motionless for an extended period [> 6] 2. move radically around the space for awhile (160 - 180) 3. push ups (140) 20 pushups. 4. move slowly (no reading)
- ° Objects of measurement, ears, eyes, feeling

WHAT DID YOU FEEL?

- ° [image heart empty ' heart full ' hear empty' heart full ' . . .]
- ° those under-wires were a little snug; fear that 'my secret' would be out; no great loss
- ° observed, but in a way that I felt was being interact with, sometimes more purposefully than others
- ° I oscillated between: need to connect; need to perform; need to be alone; I wanted to send ' activity = passivity, max motion = min emotion; I worked hard, but I was freed from the imperative to interpret; I was free, not bound + I needed that right now
- ° When standing close to a watch I could see my heartbeat + this gave me a clearer way to listen to it while away from the watch. (i.e. could feel in my bones + almost hear the sound of it)
- ° Examined, like an object of curiosity, like a toy, alone, watched, prodded, temporarily wanted, then discarded

RECEIVERS

WHAT DID YOU RECEIVE?

- ° Numbers; flickering of icons on the watch; pumping of vein at Rob's neck
- ° Numerical data of biofeedback responses; insight into 'the others' body; some great ideas; part of the experience of the others body
- ° Sometimes snapshots; sometimes continuous (and discontinuous) data; I liked the way the instruments gave a qualitative reading first, then moved to quantitative
- ° Heart beats: Jim's heart rate was irregular while doing sit-ups but steady when resting; Camille's heart rate went to 142 while I spun her around; the heart rate changed drastically during movement
- ° Numbers, throbbing beats, heat, messages, clues, states of motion, representation of life

HOW DID YOU LISTEN?

- ° Beep sound, maybe (electronic indication of the watch device)
- ° I didn't listen, I watched with an ear to hear
- ° Intuitively and instrumentally; intuition as to what I might hear directed what, where, when I would instrument; instrumentally means both with an instrument, and with a purpose, purposively, deploying the instrument at chosen points in time and space, and ranges throughout those continue
- ° By being in front of the transmitter: It didn't seem to work if there were any obstructions in the way.
- ° The watch, seeing numerical changes, eyes, ears sound of breathing, so and at movement and activity, sound of feet, sound of laughter, watching others, comparing clocks, watching "senders"