

# P6

## Session 1 (Sound)

*I: Okay, so now we're going to talk about your experience um..in this conversation or interview form, you're going to talking mainly, I'm going to be listening, I'll ask you some questions if I don't understand some parts.....[same intro]*

*So, how..what was your experience in this environment? Can you describe your overall experience?*

**P6:** So when I first went in, **I wasn't exactly sure how to get in it because there was no clear point of entry and because it's dark as well and the ground is black it felt disorientating at first going in and I thought that was quite neat actually.**

Um..so once you make the move and move in through the fibers, **I expected there to be some kind of interaction** so I was kind of anticipating and when it didn't happen, I felt as though, I was still just waiting for something. And that kind of **anticipation, I felt ...a neat part of the experience.** I didn't think that was wrong but un-expectantly,

what I realized about the...um..cables was a couple of things: **tactile-wise, the feeling of having the threads moving across your body, the face...well my hands and my face were really exposed as I'm wearing a sweater, but that felt really lovely and...it felt cold and smooth and I described this as being..like rain.** Like you're walking through rain. And the sound also added to that because of the, what to me sounded like a drops on a pond, the faint sound of wind. So that was one thing I experienced, the other was...

**when I, 'cos I was looking down the whole time because I felt like I didn't know where I was going and when I looked up at one point, I realized the...light [interview lamp] that was hitting just about my vision level, at the cables, was creating another sense of space altogether.**

*I: How was that?*

**P6:** that was...disorientating as well but not in a negative sense...it was um...it was...unlike anything I'd experienced actually. **It's like almost looking through like a kaleidoscope where the, your sense of space is sort of thrown but it's still 3D but it's moving because of the light and my movement. So that I felt was like I was kind of hyper-mediated out of myself.** It was really **fantastic.** It was unexpected. I knew that the light was outside of the actual space oh well I didn't—realize it was part of the actual effect of the room. Um..so I there were instances where I kept looking down and I'd look back up and just focus on the light on the fiber optic.

So um..so **after a while I...I began to feel more comfortable 'cos again I was anticipating this interaction to happen, I thought that maybe if I moved the fibers in certain ways, that maybe the sound would respond to that but they didn't.** That was nice...I just was more **curious and playful** at this point and just wanted to see what would happen.

Other moments where I was brought back to, like I was hyper-mediated and I was brought back to my consciousness was any moment where the fiber would tangle with itself. And there was all of a sudden this...very different...sort of..um...'cos everything's so orderly and then there's disorder, **I felt compelled at some points to go back to fix the cables,** well there's disorder.

Haha. So that was interesting and then **sometimes they would...like the fiber would play with you**. Like it would tangle in my hair, if I turned around so suddenly, it would wrap around me....so that was pretty much my whole experience.

**I felt calm, I felt...just a sort of state of meditation almost.**

*I: Okay, the beginning of your experience, you were kind of waiting for some kind of interaction kind of happening but you weren't sure about the floor and um...and any interactions right? I wanna know more about that moment. So **when you weren't sure about the floor, how did you act or how did you...feel about that moment***

**P6:** I guess...yeah. I was at first just, trying to gain my balance or my sense of orientation and just getting used to the idea that it was dark and I'm so used to..i guess it made me aware of how, how much I take for granted my vision with the floor and how I orient myself. So after about I said about an minute in here [points at paper], it was more like about 30 seconds after I got into the space, the...the actual fluffiness on the floor as well, as not like when I first entered which was rock solid. So that too is sort of um..it kind of throws your balance off as well, it's more cushy. So **I just sort of adapted and acclimated to that my sense of balance, just sort of began to feel, like you're going to walk straight through all this and you're going to fine**. Not that I thought

I wouldn't be but...um....and then the other moment that...so that was upon first entering that disoriented me and then I looked up and the lights. Um..i **realized that they created this visual tricky thing. So after I got used to that, I just kept walking through them**. Both, I think those points of disorientation kind of just started to go away and I felt more comfortable.

*I: Okay, um...what about the sound, you heard kind of faint wind sound and drops. how did you feel about those **sounds**? Did you find any qualities of them?*

**P6:** I really...to really to describe them, it felt...**the whole thing felt beautiful**. Like it...it felt like an entirely different space from this, even though it's right beside it, and I could see it through the fiber. **Being in there felt, like serene and calming and the sound I think really attributed to that**. It was faint and it wasn't evasive at all. **It just added to the feeling of the fiber on your hand and your face and the coldness of it too. Some parts were colder than others I found**.

*I: Do you remember what part?*

**P6:** Yeah I remember, this side [points in direction to the right?].I think felt more cold and then the extremities, I felt not the center for some reason, I never felt this was more cold. But maybe in my mind I thought, this is dumb because it's not true but...**I kept thinking well maybe somebody had been here before like to warm this part up it means it's where people had been previously. But the extremities, the outer most parts of the cube space felt untouched—to me**.

*I: Okay, in this session, you experienced a little bit of the sound and light effect but mainly sound and fiber optic tactility, tactile-feeling. Can you talk a little bit more about the **tactility**? You briefly described you know they were on your body..and..*

**P6:** I think, that part I think **I enjoyed the most**. It was again an **unexpected feeling** before going into the...because you can see it right before you go in, there's fiber cables everywhere. But you never think that's going to be on my face, and that's going to be on my body as I walk through it. So **I really had no expectations around that and when I actually had it happen**. I felt like...darn I wish I took my sweater off so I that I could feel it on my arms or just feel more of it other than my hands and my face but you know, having said that...um..i really felt like **I was**

**moving through the space with my hands kind of running through them and so I would run through somebody's hair 'cos it felt like that to me but so much more lovely like...like cold water and so..um..my face it felt a little weird because when you're walking normally you don't have that and when I, my hair goes over my face and like I'm desperate to get out of my way but with my hands it just felt like I couldn't get enough of just having that feeling. So, it engaged me in a playful way, I just wanted to keep.**

And there were points **where I would just try and like tangle it in and group them and let them go and see how that would play with the light and how they would fall** and so yeah.

*I: Okay, can you describe a little bit about **qualities of experience** you had? In this session your emotional state or your physical state...maybe more emotional, were there **any changes through the time**?*

**P6:** um..emotionally I felt...um...again **this anticipation for something to happen and curiosity**. There's a sense of 'what's going to happen?' uh..and because it's dark and uh it feels, **it felt volatile to me for some, in some regards at some point something's just going to just like scare me**. And that's just probably **the dark quality of it**.

But **once I got to a point where started to understand that wasn't going to be the case, it started be—I felt relaxed and just at peace. Just at peace and playful**. Um...so the I wanna try and answer your question about quality but I'm not sure...

*I: Oh you mentioned peaceful and playful, but my question around that usually peaceful, calm, you know those kind of qualities don't really exist with playful. I don't know like you have kind of different definitions of it or different degree?*

**P6:** Yeah, it's a mixture of um...of feelings and um...and senses. All in one for me.

It felt tactile and the quality of **that tactility was simple yet but so rich because of the feeling of the fiber on your hands and the sound as well**.

I felt like **I was completely immersed in this environment, even though within the same room that we're doing this interview it felt like this entirely different space**.

So the **quality of that sound**, I ...to really **give it a name would be 'immersive' right?** And how else to describe it and...**beautiful**.

*I: But I think 'immersive' has calm, relaxing and playful qualities. I think um..no no not I think haha I was wondering your, is there any moment you feel it's relaxing or calm, overall it's calming or certain moment it was playful?*

**P6:** Yeah, they happened I think consequently **so first it was, you know, I was hyper aware and super um...maybe a little paranoid and anticipation**

and then **I started getting into calm and relaxed** and

**then it started becoming playful to me once I got used to it**. So that's how I would maybe describe that.

*I: Okay, thank you.*

**Session 2 (Visual)**

*I: Okay, from this session, in this session, um..what did you experience?*

**P6: I was immediately, compelled by the space because of the lights.** To me it was just so beautiful and um...and so immediately I wanted to get in there unlike the...well last time. I felt ...this was just immediately provoked me to want to engage in the space so I went in. Me thinking "how is this gonna,...is it gonna react to me in anyway, and what is it going to be like."

**So I uh...I started to just move around very slowly and try to figure out how the space was react to me if at all. And it wasn't immediately obvious at first.** I knew that as I was moving the lights were moving anyway just as they are right now. Um...but I started to think the green lights were following me. and the blue lights were just staying somewhat in the middle area. At this point I was about 2 minutes in and...and so that to me was fun. I just wanted to move around and see if this was happening and then I'd go into the middle and see if the green would combine with the blue. Um...and I think it did, I wasn't quite sure. Um...other parts were turning green as well and ...at least this is was what I was perceiving and so that was, I was just wasn't sure. **I knew it was responding to me but it wasn't immediately obvious, what that meant.**

**As I was moving through the fiber optics I just felt again that tactility but also the visual beauty of the lights combining together and moving away. And so that really had my focus for a really long time.** And looking downwards was what I did the majority of the time and at one point I did look up to see the lights streaming through but yeah, **I was very, very hyper aware of the ground this time.** And I, at one point, **I really don't know what made me move faster and I tried to think about it and I think it was just 'let's just see what happens' but I ran faster through the space and I don't know if it was that or the fact that I totally disrupted the blue lights.** And that's what made everything else turn blue as well. But I think that movement around that area was what made it react that way. **And that was my favorite moment of discovery throughout the whole thing I really, really enjoyed that part so I just started moving really fast, well faster, than I usually did at the start.** And then yeah, I went, **I calmed down to see if that was in fact true, if I didn't move would it turn back to its original state and it did.** So that was, was mine.

*I: Um, so beginning of the experience you...uh... didn't have any problems with orientation like you weren't worried about the floor at all and that you were aware of the...the ground. But I have a question. Um...could you see the ground?*

**P6: No, I couldn't see the ground and um...when I first...** I was okay, yeah I was aware of it...and I, **it was another visual optical illusion because when the, 'cos there are different profile, is a profile that's happening with the lights and I wondered that if that would affect me.** Truthfully, I did wonder and didn't for whatever reason. And when I looked down at my feet it wasn't like I could see the floor, it was just the lights. So um...but **for whatever reason I didn't feel disoriented or anything. I was so engaged and compelled by the light itself, I felt fine.**

*I: So you had um...these kind of like profiles, different heights right. And how did you feel about that? So you can just see the light and then you couldn't see the ground, you couldn't even see your feet...did you....*

**P6: I could but not really. No, because I think when you're in the actual space the light that's given from the fiber optics collectively give it a sort of hazy feeling.** It looks like it's a sort of a mist almost. So you don't really, that's what I saw and so...**it felt like walking through fog in some ways and when you walk through fog, you're always a little aware of where you're stepping.** I knew it was flat but that's what I looked like to me. yeah.

*I: Um...did you aware of any um...the qualities of light?*

**P6:** yes, that definitely propelled my movement throughout the space um...at first it was the parts that didn't have as much, it was the faintest light(green) that I went to, to see if I could cause a reaction. And um...and it did, I think yeah it did. So I wanted to play with that and when I was in those places, I stayed for a little bit just to see how the other areas of the room of the space would engage. Um...and things just sort of seem to keep going, like the movement of the green moved in it's own place and the green was sort of around my area. So I would explore the other faint parts. Then after I was used to how that, the environment was reacting to me in that regard, I went to the blue part to see you know what would happen there. And it didn't immediately do anything, it just...I was just recognizing the blue and the green were mixing and all of a sudden it turned blue and I moved through it quickly.

*I: That's interesting. So when the green lights around you, what did you feel?*

**P6:** I felt like I was being followed. I felt like I was um...it feels like being in a fairy tale in a lot of ways. Like I'm...not to sound too dramatic or anything, it's feels like a mystical world and it's playing with you, as such as you're playing with it. So it feels like it's got a personality all on its own, which I really liked. It's um...it's like a game, sometimes it felt.

When the green light was on me, I felt...in an odd sense, because it was silence too and it's so beautiful, there's no sense of danger or anything, it felt safe. It felt like something's watching me but in a good way.

*I: You said uhh, seemed like they had their own personality. What kind of personalities could you...*

**P6:** I think it's uh...haha I thought it felt like...they're playing with me. they're tricksters but at the same time, it's keeping me company like a friend. Really weird but maybe but that's the kind of personality it was evoking to me. it wasn't a volatile or aggressive one, it was just..."what's up?"

*I: You briefly talked about the tactility, you touched lights, can you describe more about the tactility?*

**P6:** ...At this time it was different because I, I think the...um...the nature of the light because it really, it really is prominent at the ends of the fibers. When they're grouped of course, they give off more light and so I tried to group them with my hands and see what that would look like, and then let them go behind me and they'd move as though they'd again they give that personality, based on their movement with you and without you.

So that, really um...that really compelled me to touch them too. Beyond the again, the feeling of the smoothness, I really tried to swish them around, swing them, see if that would cause a reaction um... and the again the tangled fibers would compel me to detangle them, disorder haha. Yeah I think that's really about it

*I: Okay, when you I think at the end of your session, you actually walked outside and then looked at from outside right? Now did you find any differences, how was it? Like experience inside and outside*

**P6:** I feel, yeah. The difference of being in there, again comes down to the green lights with you. And they, they do it in a very subtle and...I don't know how else to describe it. But, it's very...comforting and subtle wrapping of...accompaniment, for a lack of a better word.

**When I was outside of the space, um...it's a different experience because you're seeing the profile better this time. It's a different world, when I'm not in it. And it feels like it, it's just...existing without me and it's fine.**

**And that personification that it gives off, like it really does feel like it's its own thing. And when you're with it. It is alive and when you're without it, it's still alive but just kind of alone.** That's all I kind...it's how I can only describe it really.

*I: Um...did you aware of any other senses when you were inside?*

**P6:** Yeah, I've...I was aware that there was **no sound this time**. Um...and I...didn't really affect me in any other way other than I was just remarking on my previous experience but really that **allowed me to focus on the visual and the 'tactileness'** of the space this time and it didn't and **the sound the last time gave it a sense of a context**. Like it's this pond in this very misty forest somewhere and **this time, it just felt like a being instead. Which was interesting.**

*I: That's very interesting. Um...let's see...can you give a few words to describe the quality of the experience, this session?*

**P6:** The quality of how it felt. **Deeply engaging....**

*I: Maybe you can compare to the first session?*

**P6:** Sure, so where **I felt at first, in the first session, a little paranoid or a little bit less comfortable going in.**

but **this time I'm going in, no questions asked, there was no sense of imbalance again**. So um...there's this **deep, compelling nature about it**. And this **playful quality** to it as well where as the last one felt very explorative. There was nothing really...nothing characteristic about it in a personified kind of way that this one has. And so in a lot of ways I found, uh, the two, if were to say, um...**an environment and a space** (first session), and **this one was a thing, a person**. Those, the qualities of those are different in that...this one is playful and this one's it is what it is. It's an **explorative experience**.

*I: You mentioned, this one was deeply engaging. I was wondering you know, when was it most engaging moment?*

**P6:** I think that, the times that I felt like propelled to keep engaging with the space was once I entered it and started moving around slowly, the light, I was observing was following. So that for me kept me moving and kept me trying to figure out what is the 'game', if you will, it's not a game but it feels like that.

And then it was **more about the lights and their movement with you. The moment you cause the movement that they themselves do, they do themselves**. So the again, when they grew together, it creates these moments of, these **blasts of lights, that are so lovely and so that was...that was engaging. And again, the big movements** of the, that I caused, the **whole space to go blue was again my favorite part** and it was that...that sort of **unexpected award for finding the secret to this phase**. Um...so yeah.

*I: Um...for the first one, I understand was, the first one was immersive and you know, like you beginning with uncomfortable, disoriented feeling then to the calm kind of state and then playful state and then this one...you immediately engage with it...and...then...can you describe more about that?*

**P6:** It was, as though **it was just playful throughout**. From go to end. And um...and so that the...**there's so many different attributes to this space than there was the first one**. And **that's why I think it was immediately, playful and engaging**. Without there being any kind of um...you know...anticipation or—it's not, I was anticipating this one as well because I wanted to know what was going to happen but it was more of a...I'm not sure so um...I, what was I going to say...

I think also the light, because...**I think a lot of people associate light with safety, and being okay**. That also was why, it felt different.

**P6:** **The first one um...the first one was an adjustment, like just a continual adjustment for me in order to feel comfortable.**

And **this second space, immediately felt...I just felt happy being in it**. And um...you know, as well as...**feeling hyper-mediated in different ways**. So what was the hyper-mediacy of this space was brought on by, just the movement of the colors of the light and the beauty of them and the second one was beautiful in its own way in that the light was so subtle and it created an entirely different optical illusion um...but because this one had **it's own sense of it's own character, for me it just felt immediately welcoming** and...

*I: So what I wanna try to ask is...um...you perceived the second one was a being like create some kind of relationship with you, but I was wondering...how do you describe as a **space**? Or you didn't really think about that way*

**P6:** I did...It was really odd. The blue lights felt like space to me because they never react to me. They reacted to me but they never followed me or you know, felt like they wanted to be with me. Whereas the green lights, if were to really think about it, those felt like they were a character.

So they are both things to me. but they nature of the two different lights gave them their own personality of their own. And the blue lights really felt like the space itself and when they came alive, when I started to [hands swiftly open wide]...then they themselves became something else and then the green lights were gone haha so.

*I: Uh okay do you want to add anything more? About this one or different experience?*

**P6:** No, but to tell to you that **it's so beautiful**. Haha **Just love it**.

### Session 3 (Both)

*I: How was your experience this time?*

**P6:** **It was different!** It was and I wrote in there, **it felt like more this time an environment than it did an actual thing**. And it really is attributed to the sound this time. I think because inherently the sounds are...environmental. They yeah, **it felt more like a space**.

*I: So what did you do?*

**P6:** This time, like it, uh, **I can't discount the previous experience because I felt already familiar with the space** um...it's kind of jumped in where I left of and kind of went through the same movements, tried to see if it would be different and I didn't find it to be that different.

I felt the green lights, for whatever reason, weren't as responsive, that was my perception. But the blue lights reacted similarly, and **this time it was more my sense of hearing was more engaged this time just because the interaction seemed to be the same with the lights.**

*I: So your **attention**, kind of shifted to the sound.*

**P6: Shifted to the sound.**

*I: Hm..okay, um...so then was it **different from the first session**? Like the experience.*

**P6:** From the first? I think so. Uh. Yeah definitely, definitely. Um...**there was a mixture of all feelings this time.** Of both the sessions um....and how would I describe it? It's...this time I felt like unlike the first session, **I didn't feel as though the sound actually responded to me in any way and this time it did.** Um...

*I: How did they **respond**?*

**P6:** It responded I think in one regard, as I was walking along the periphery with the green light um...there's like three distinct kind of sounds I could decipher: the wind, that sort of echoed drop, and then there's the little '**tick.**' And um...the little 'tick' is what responds to the movement of the fiber optics. Um...and so that, I tried to experiment with that a little bit more and like I stood still at some points to see if those little ticks would go away. Sometimes they would but again like nothing is really still in this space so I thought "maybe okay it is still responding a little bit." But as I moved, of course, it became more prominent. And **then the center, because it is so contrasted and different from the green and the rest of the space, compels certain kind of movement.** And then I realized that **movement reacts with the wind** and so I felt the wind get stronger as I played with that center part a little more.

*I: Did you feel anything um...differently from the first and second?*

**P6:** The only difference I would say would be the, the **lack of certainty and reservation from the first session.** There was no reservation this time and I think it's because at this point I had become just so familiar with the space and comfortable. And I think that's yeah.

*I: what about your inner experience or your emotional experience in this session?*

**P6:** I, it...it didn't feel different from the first or the second. It still felt like **I was in a state of...happiness and meditation.** Um...**it felt calm...and then yet again playful.** It was still um...it was still **hyper-mediating** me in the same way.

Though this time, I felt, i...looked up more and um...the actual **mechanics of the environment are visible and that's you know, part of its beauty.** The same effect that happened in the first one, where the light just kind of hit the mid-way point of the optic fiber, fiber optics. Giving a similar **optical illusion** when you look up and so there was that haze that was given off as well from the lights running through them. So **it was an entirely different experience when you looked up and when you look down.**

*I: I think you keep talking about calm and playful, those kind of qualities, can you describe more about those kind of **qualities through this session**? I think there must be, some difference even though we used the same words...*

**P6:** there is. There is **a difference in the qualities of the calm, calmness and the peacefulness**. The one that had the most impact for me, that was super...like **prominent was the second session** and **that was probably because of the introduction of the lights** for the first time and that feeling of, I would have to say, **joy and happiness was most prominent**.

I was,...I really felt it, that time. The first and the third time was...for me felt, they're different from each other um...like **the first one was still like a ...I was unfamiliar with the space so there was this curiosity and sense of reservation**. Um...but at the same time along with that was the calmness. **So it feels like a different kind of calm in that way**.

And when you get to the **third session**, it's so familiar that, you're just..you're just okay. **I wasn't expecting anything new but it was still like I was immersed in the space and I felt the calmness and the happiness but not as much as the impact that the second session had**.

*I: So when you had kind of different feeling, your body kind of noticed anything? Did you notice anything with your **body**? Inside of your body?*

**P6:** Yeah, it radiates from my...face. I feel that mostly in my...mind and in my head. And so that feeling comes from here, for whatever reason. It just...like things relax and um...things feel flowy and there's not points of friction whatsoever.

*I: So when you feel comfortable, I mean...happy, um...you feel that from your face, **any other parts of your body or as a whole body**?*

**P6:** It might sound...maybe obvious and little weird. **It feels like it comes from my hands and my feet**. Um..and it's I think because it's so soft for my feet that radiates to how I feel up here. Without becoming too dramatic, it feels, **it just feels nice internally** and I can't really pinpoint that part but I feel because I smile sometimes that smiling is, is just felt with the fiber on your face and you're hyper aware of that just because you could feel it. And the hands is the same thing.

*I: So you mean kind of, end part of your body kind of your skins, actually contacted the environment.*

**P6:** That's right. **The places of contact are probably where I felt...sorry**.

*I: So you get the sense and then actually creates kind of emotion and then you have smile.*

**P6:** Yes. Precisely.

*I: Hm, yes that's very interesting. Okay let me see if I missed anything. I think that's almost it. Do you have anymore?*

**P6:** Yeah, I really only have questions if I'm allowed to ask. I'm very curious what it is...I know you mentioned it in previous, prior to the actual study, what is it that you're actually interested in exploring.....CONVERSATION CONTINUES....