Breathing Room

We a part of this planet, as it is a part of us.

In order to experience this connection as a profound, almost spiritual experience,

we have created the **Breathing Room**.

This piece is essentially composed of two major parts : The outside and the inside.

From within, the Breathing Room consists of a sonar sensor at it’s suspended heart to detect micro-movements that light up a hexagonal constellation of light- this means that with no forced interaction whatsoever, a human will be completely in sync with the dramatic light within.

Micro movements imply that if a person is calm - breath alone will control the light.

The Sensor works from upto 8 feet away from them, and so we intend to drop it down as a light installation in the center of the dome.

Whether she is standing or supine, **the lights rise and dim completely in sync with the user**- reflective of the life force within.

 The lights above the individual are **three dimensionally arranged in a floral hexa-architectural pattern mimicking the form of the dome** within which it is housed.

 We have developed the breathing system using X-thru second generation baby breath monitor sensors and created our own code to support this robust, plug and play, entirely original application that can be powered by solar energy alone. This technology has been tested over 6 months this year and we have worked and reworked it to be pretty fool-proof, including a programmed lag because - well, your body breathes a moment before you realise it does.

The experience of meditating in such a space is quite surreal - at first, the participant is unsure - they begin

to play with their breath just to see if it works. Over a moment or two, though, one realises that it works best with a natural-ness, a calmness of being, for every nuance is directly reflected in the light.

 You are thus forced to be present, and, even if just for a brief while, escape the cacophony of the mind.

 The sense of one-ness with self and nature additionally is accentuated from the fact that **one is literally housed within a living form**. This entire dome includes the growing of shrubs in each of it’s hexagonal bricks - visually giving the participant the sense of being within a breathing entity.

 Externally, depending on the choice of plant used, these structures could completely disappear into the environment, or even create larger than life organic forms. For the initial prototype, the intention is to use a kind of sedge or shrub that allows for hardy-ness, height, longevity as well as speed of growth. There are

several suitable shrubs at Fly ranch, we would like to choose the correct ones in consultation with the stakeholders, depending on the location of the piece.

If one is to choose a wispy sedge, for example, almost like a giant troll doll head of hair, this will wave gently in the wind as a larger than life organic form.

Internally, this allows for a certain cutting of light that is necessary for the drama of the light installation and it allows for insulation and strength.

With a simple hexagonal steel or aluminium structure, pot-flap made of burlap and brushed steel that pops open, plug-in inter-connected pipe and sprinkle system, the intention is to make the external structure as modular and flat pack-able as possible. This allows for portability of construction units and can also act as a base unit of simple housing structure, integrating the growth of a plant into a less complex system, so that it may be replicated in a variety of different ways, with or without the internal breathing technology.

One wants to work on simple **“Bricks” or individual plug and play units that allow plants to grow diagonally** - much like a scaled up version of a vertical garden pot- eventually allowing the development of a setup that allows for trees to be either planted or re-planted with a vertical stacking system. This may prove crucial in the larger world as a solution to felling of trees in order to clear space- if there’s an easy way for a developer to replant vertically.

We are very keen to develop different “Bricks” that are stackable and modular for future applications. While we have included the shrub flap in this design, a diagonal tree planter is also something we are currently working on.

**This entire system is self contained in it’s energy requirements** - through installing a minimum of 10 solar panels of 200 watts each, with the right inverter and battery, the 2000 watt generation is adequate to run the lights, computer system, sensors and water pump for a simple drip irrigation setup.

The sensors and breathing system has been tried and tested and works - for the prototype one would like to build either a single set of bricks or even one stand alone scaled down shelter including the breathing system.

By our calculations, around 12000$ would cover 4 “bricks” as well as test Breathing system including a partial lighting setup. Alternatively, one could build only the outer shell or only the Breathing system.

The biggest impact environmentally will be to transport the structure in parts to the location and this is why

modularity and flat-pack-ability play a huge factor in the design of the form of the piece. With system that uses minimal soil, water and power, this piece is designed to have a lifecycle of 15 years - the lifespan of the shrub- and is still functional post that with a replanting plan.

We have essentially chosen basic usable technology that have been proven to work - it is in the combination of these that we hope to create magic.

The future of our species lies in integration with nature and healing.

We are, as a race, spiritually collectively traumatised.

 As artists, we hope that **art can heal us.**

**Connection can heal us**.

This is our attempt to bridge that gap and perhaps give us just a moment to breathe.

Thank you.