

RESONANCE

(n)

An installation that translates moments of cardiac synchrony into visible and ephemeral forms, revealing the trace of a human connection that is normally imperceptible, yet deeply meaningful.

Many times, it is in the presence of others that we feel most alive.



It may happen during a conversation that flows effortlessly. While walking beside someone and finding the same rhythm in our steps. In a hug that lasts exactly as needed. In a shared laugh. Or simply by existing next to another person.

These are moments in which we feel close to someone. Moments in which something between us seems to align.

What we rarely perceive is that, even before we become aware of it, our bodies have already begun responding to one another.



Synchrony

When we share time, attention or affection, our bodies start to adjust. Heart rates shift. Breathing finds a common tempo. Neural activity can begin to converge. Without intention, our physiological rhythms start adjusting to each other.

This phenomenon is known as synchrony.

It does not happen because we consciously seek it. It happens because human beings are made to connect.



Connection is often perceived as something purely emotional.





But it is also physical.

Human beings are inherently social.

Our survival has always depended on our ability to understand, respond to and connect with others.

Long before language, our bodies developed ways of communicating through rhythm, movement and attention.

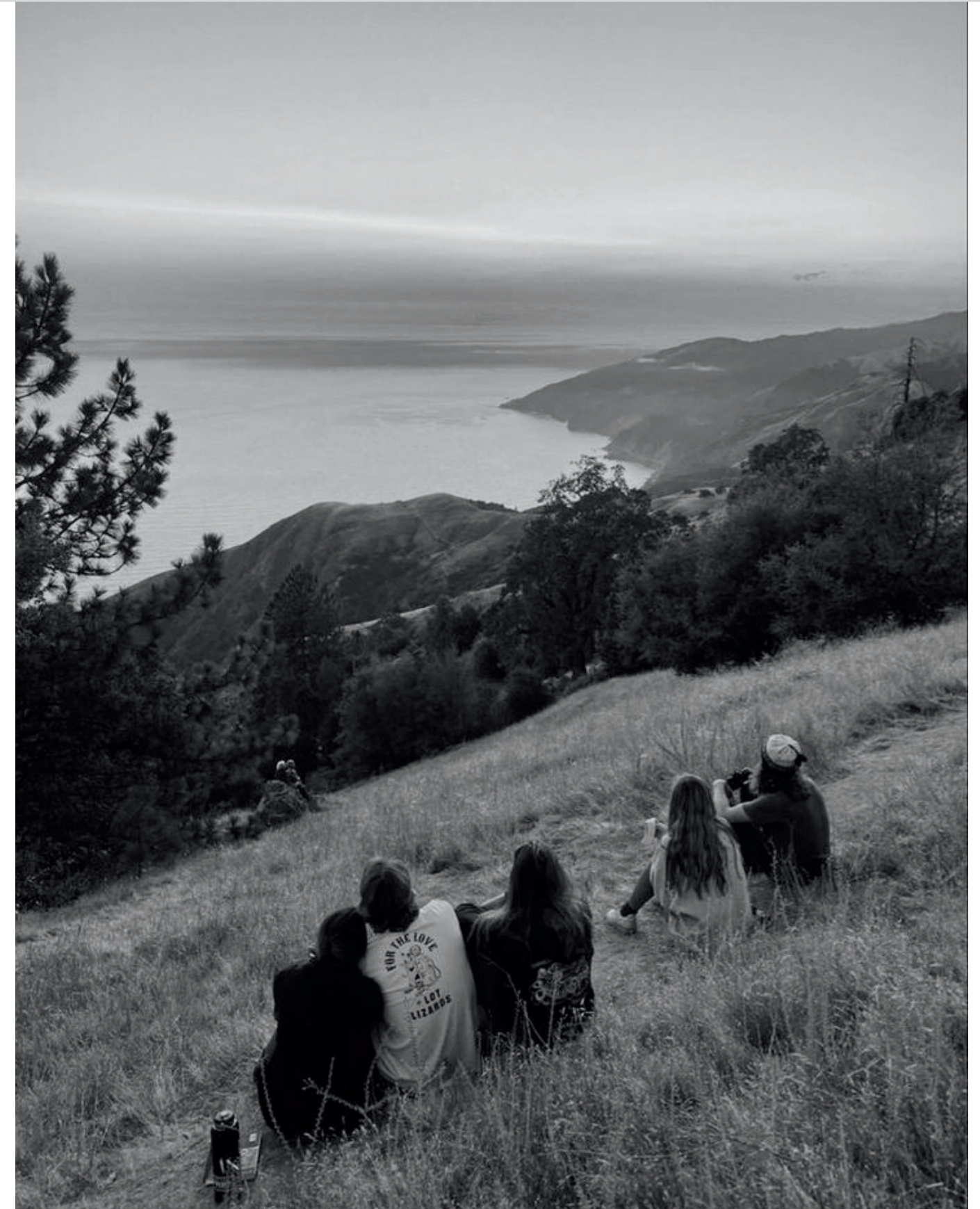
Synchrony may be one of the oldest expressions of empathy and interpersonal connection.

A reminder that we are not isolated individuals moving through the world alone, but we are meant to move together.

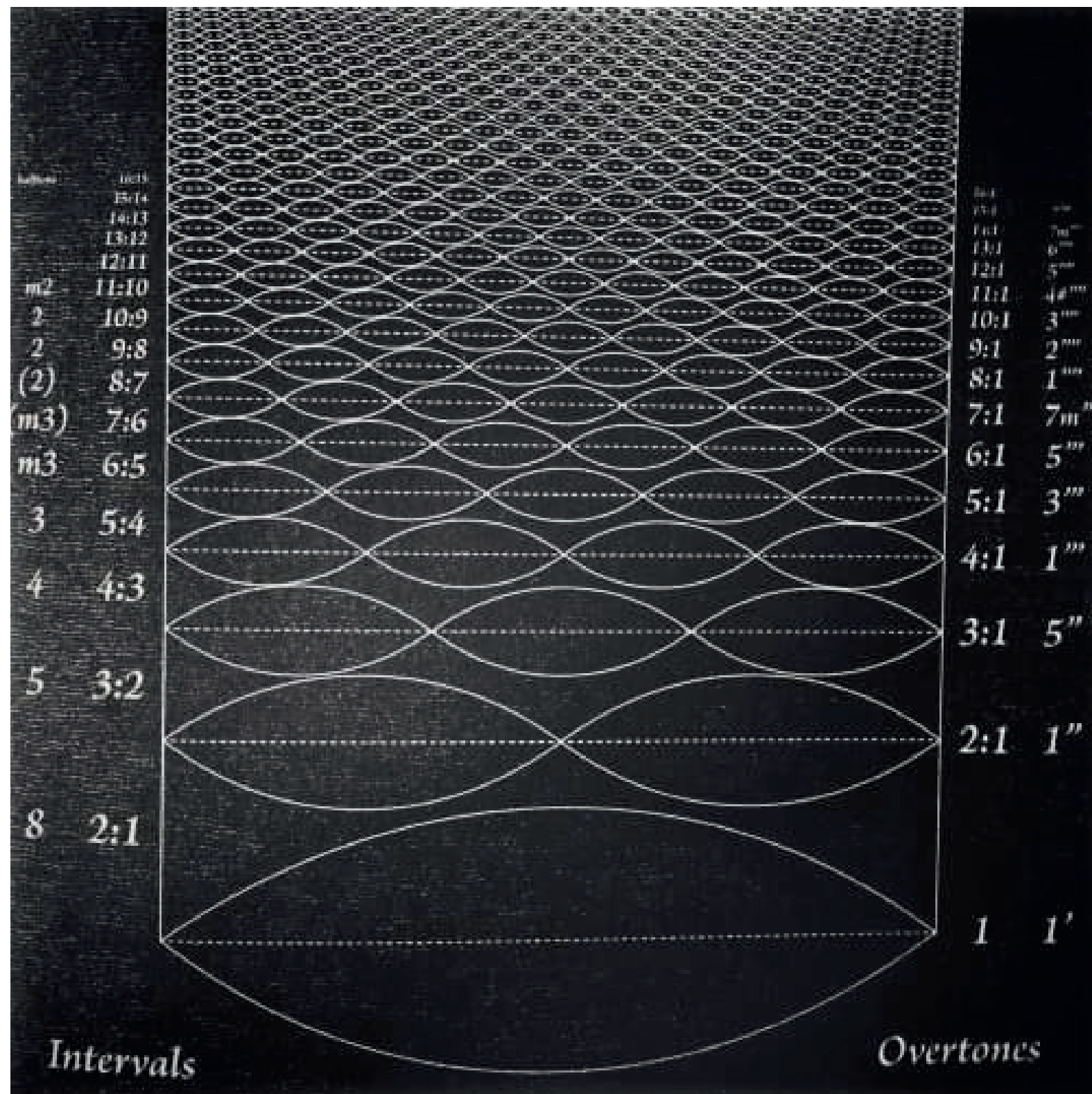
Yet synchrony remains invisible.

We can feel its effects but rarely notice it.

Let alone have the opportunity to see it.



So what if we
could?



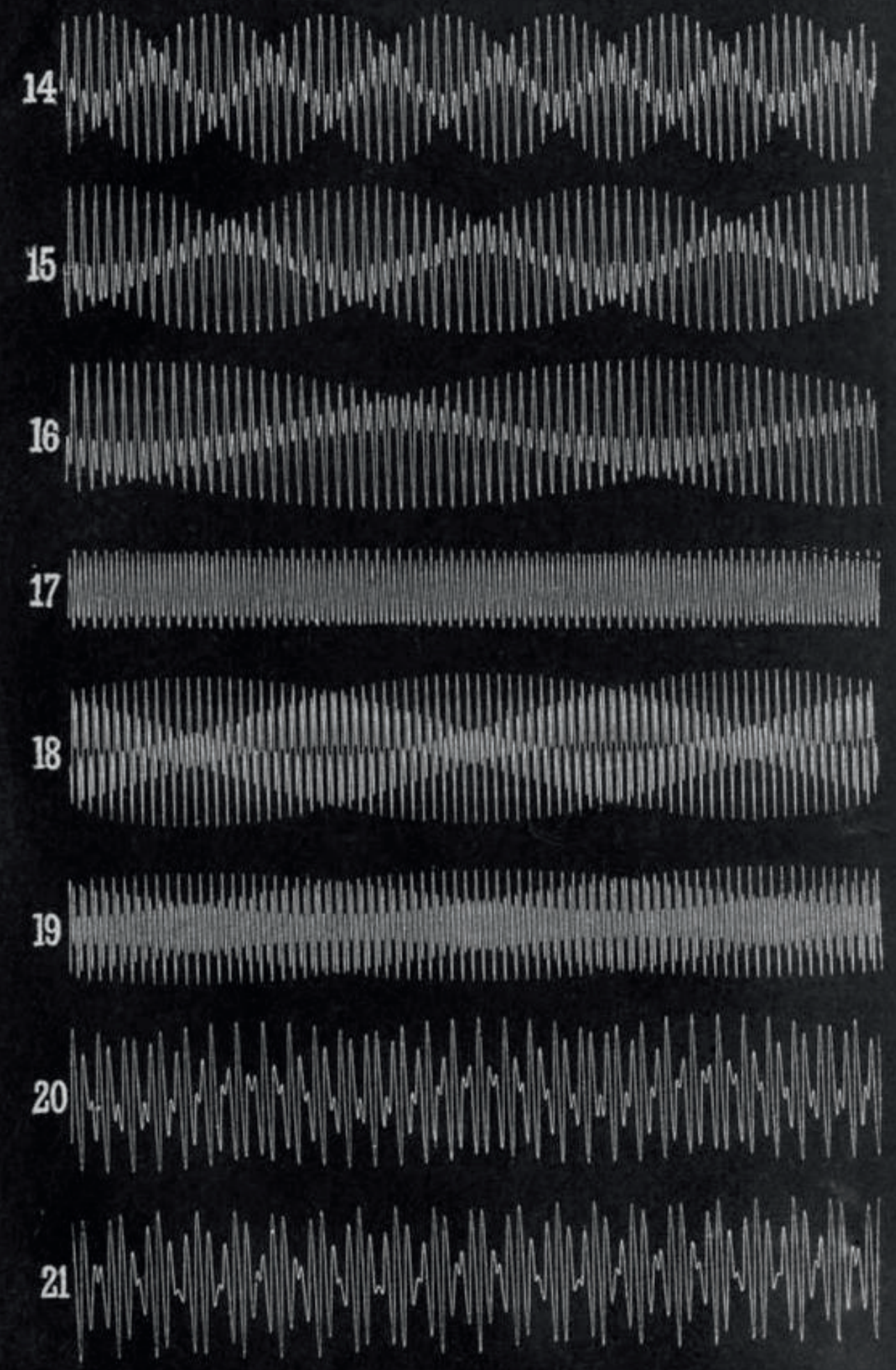
The challenge was not simply to make synchrony visible. It was to find a language capable of expressing it.

A graph could measure it.

A screen could display it.

But neither could communicate what synchrony feels like.

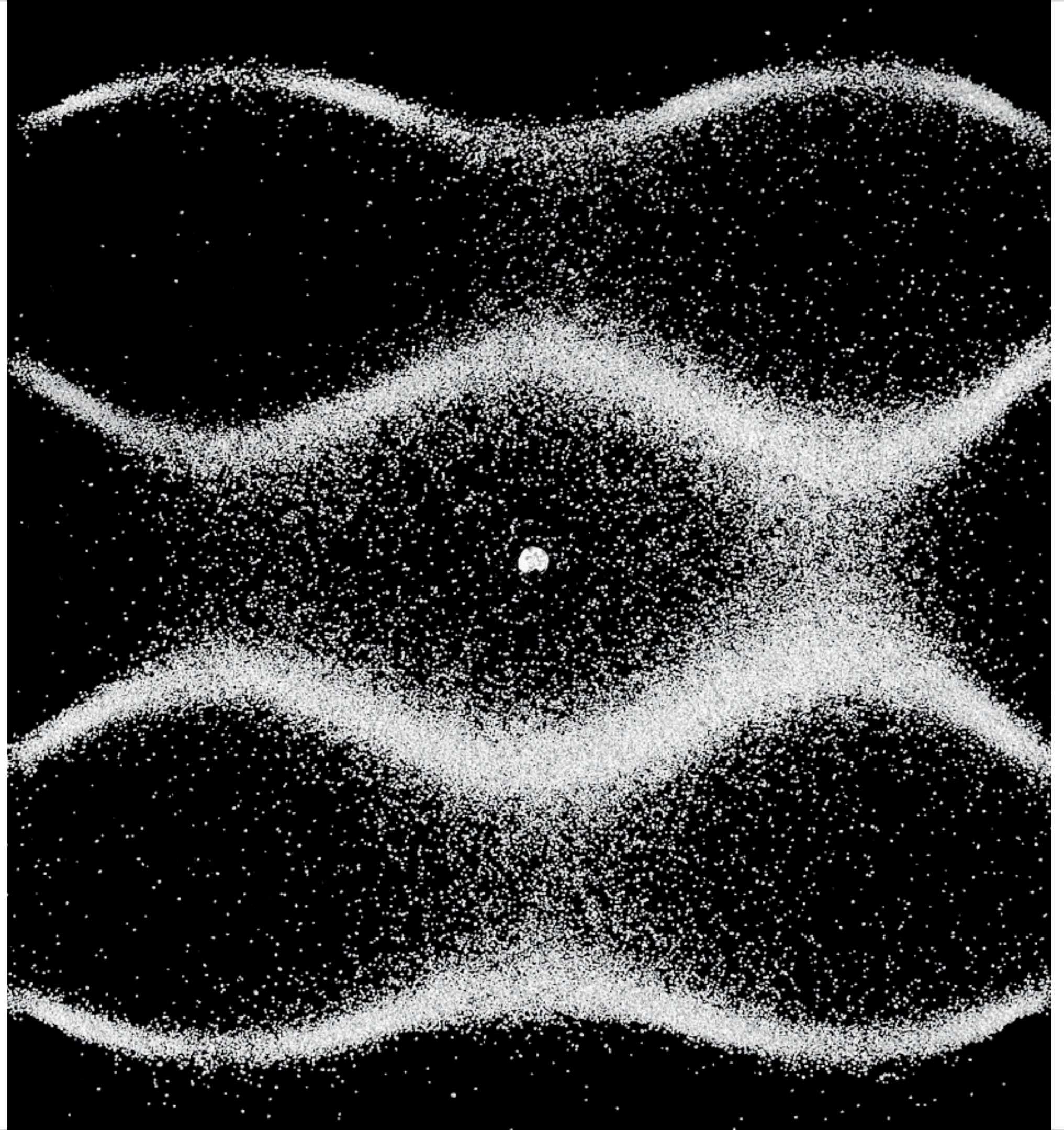
The medium itself needed to embody the phenomenon.

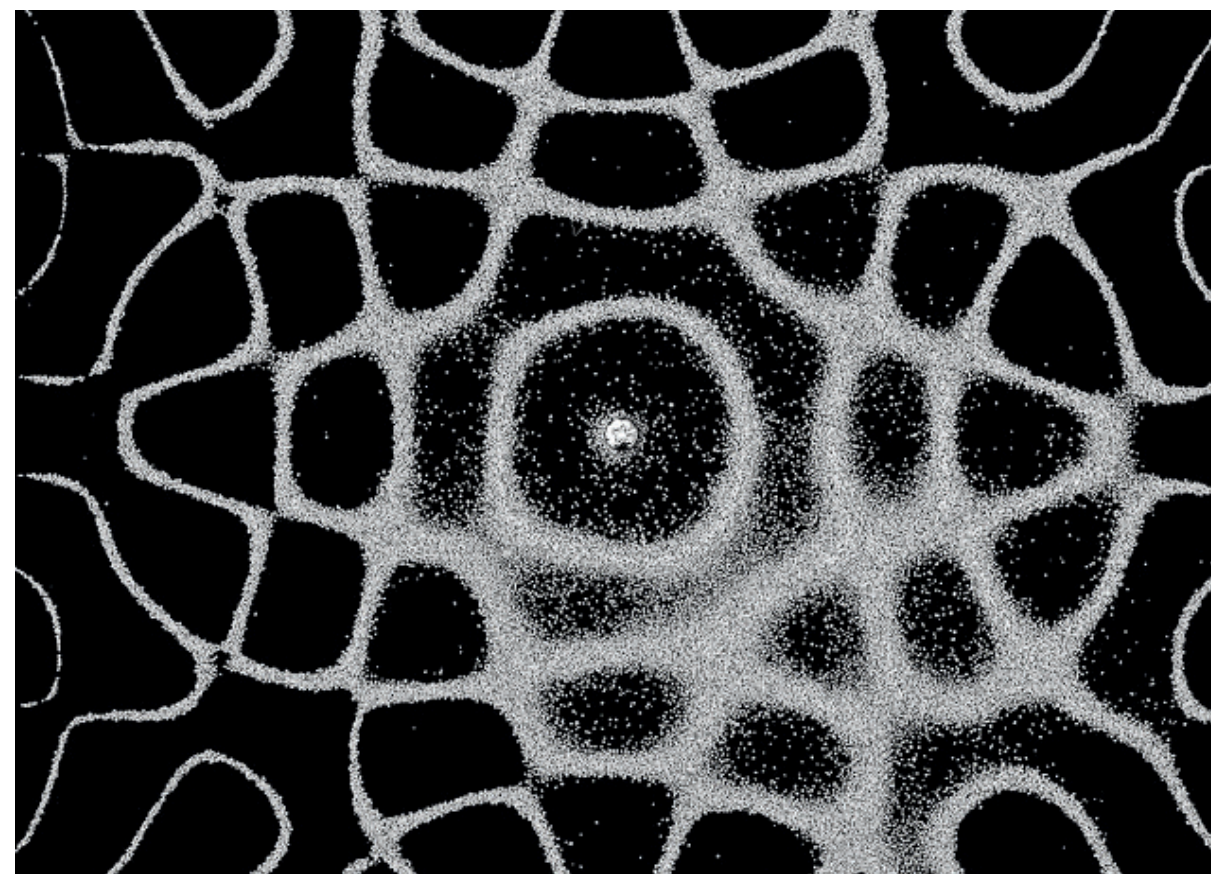
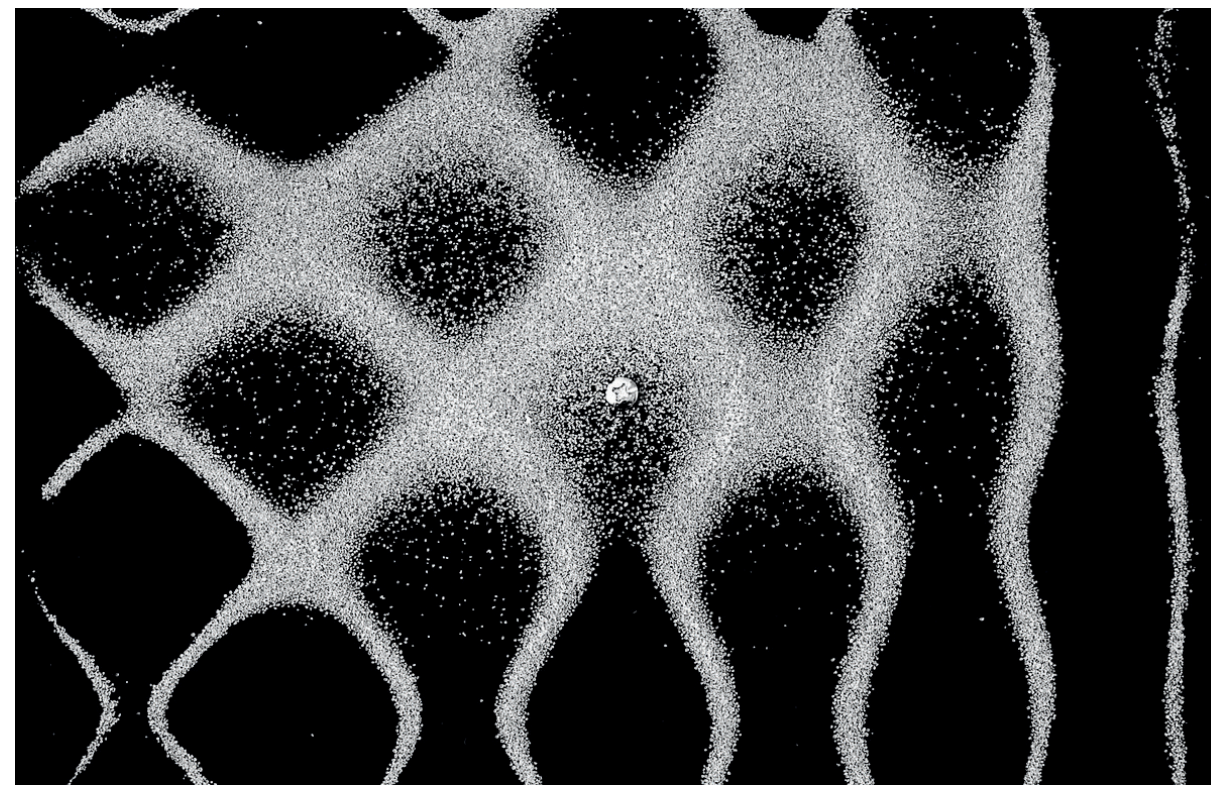
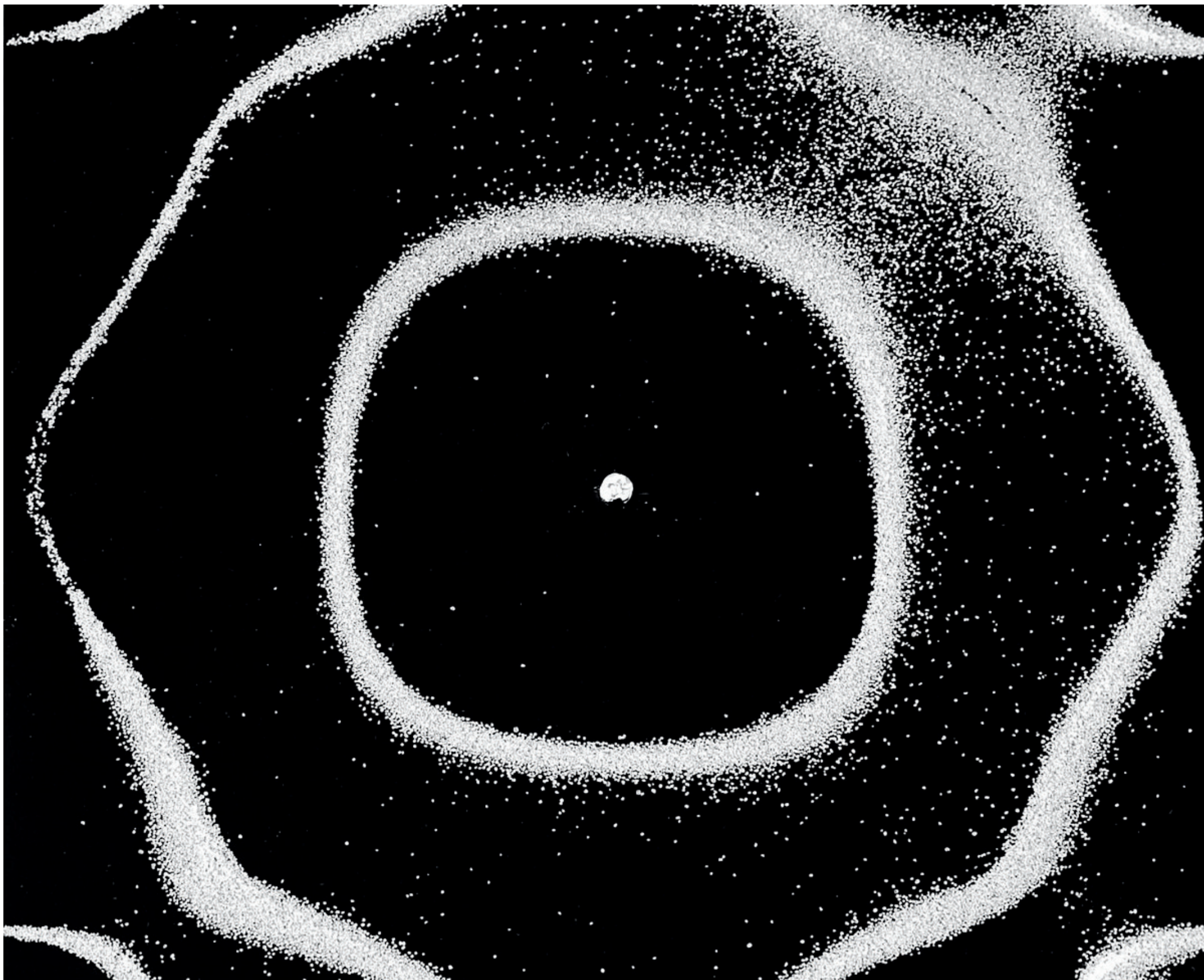


When frequencies travel through matter, they organize particles into patterns. What appears chaotic at first, begins to reveal structure. An invisible rhythm becomes visible.

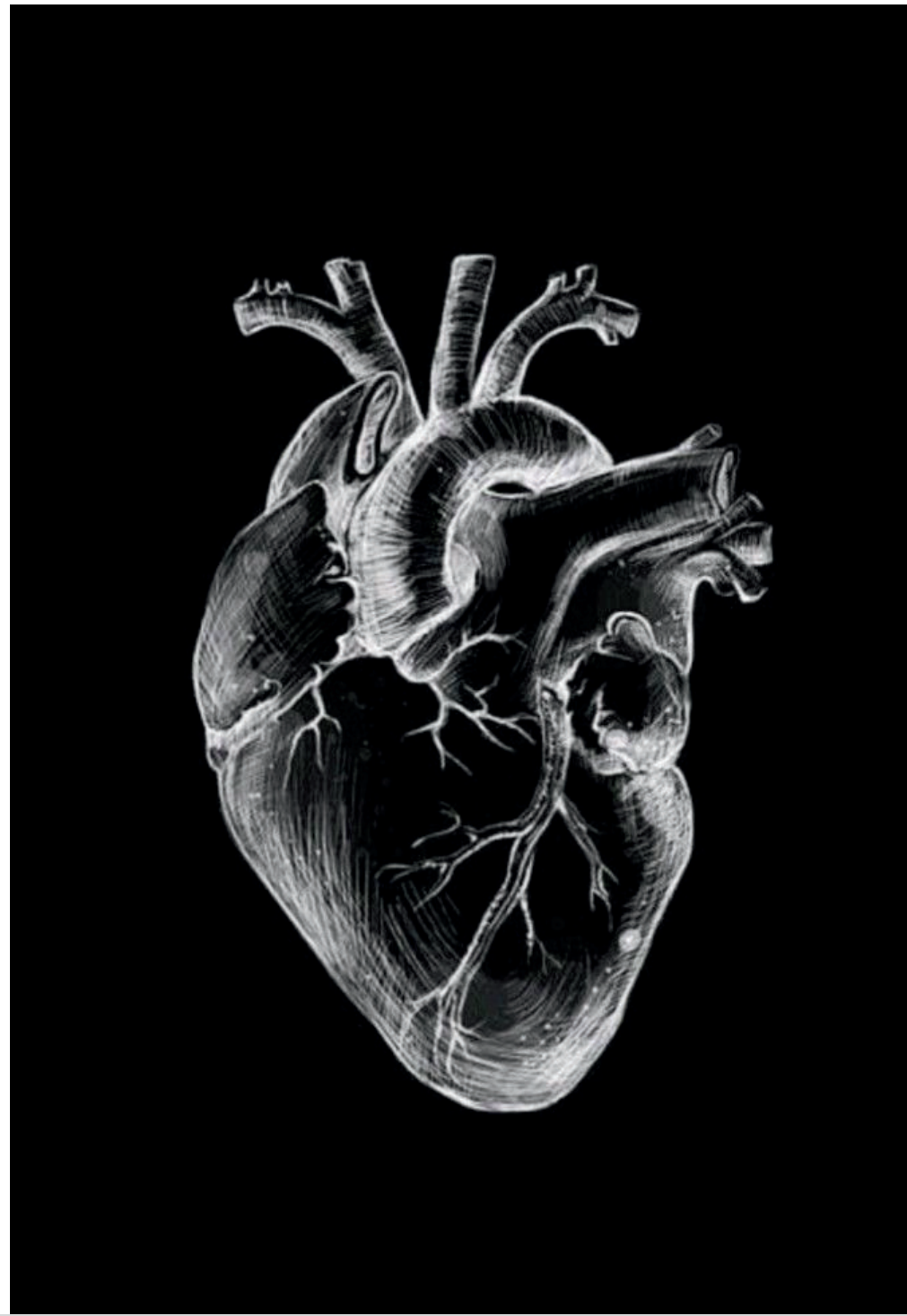
This phenomenon suggested a possibility. If vibration can reveal the shape of a frequency, perhaps I could find a frequency to reveal the shape of synchrony.

Resonance





Synchrony can take many forms. It can emerge through breathing, movement, attention, conversation, or behavior. Which rhythm could best represent human connection?



The heart stood apart.

Unlike our voice, our gestures or our actions, the heartbeat exists largely beyond conscious control. It is one of the body's most fundamental and involuntary rhythms and a constant reminder of life itself.

Each heartbeat produces a rhythm. Each rhythm carries a frequency.

And every frequency has the potential to generate a form. If two heart rhythms begin to align, a shared frequency emerges between them.

This became the foundation of the project.



Rather than representing synchrony through images, symbols, or data, Resonance materializes it through vibration.

As two participants reach moments of cardiac synchrony, their shared rhythm is translated into vibrations that align as a frequency, producing patterns that would not exist otherwise.

The resulting form does not belong to either participant individually.

It is the physical manifestation of a moment that exists between them.

The final installation invites two participants to engage simultaneously.

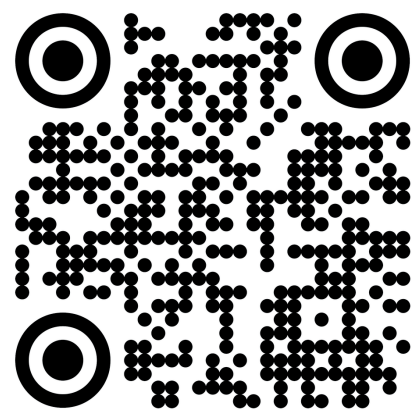
As their cardiac rhythms become synchronized, they produce vibrations that create their own shared frequency.

Then it translates it into a pattern on the surface.

Not as a representation of either individual,

but as the physical manifestation of *something* that exists between them.

The visible trace of an
invisible connection.



Referenced Images

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Made by two, owned by neither.