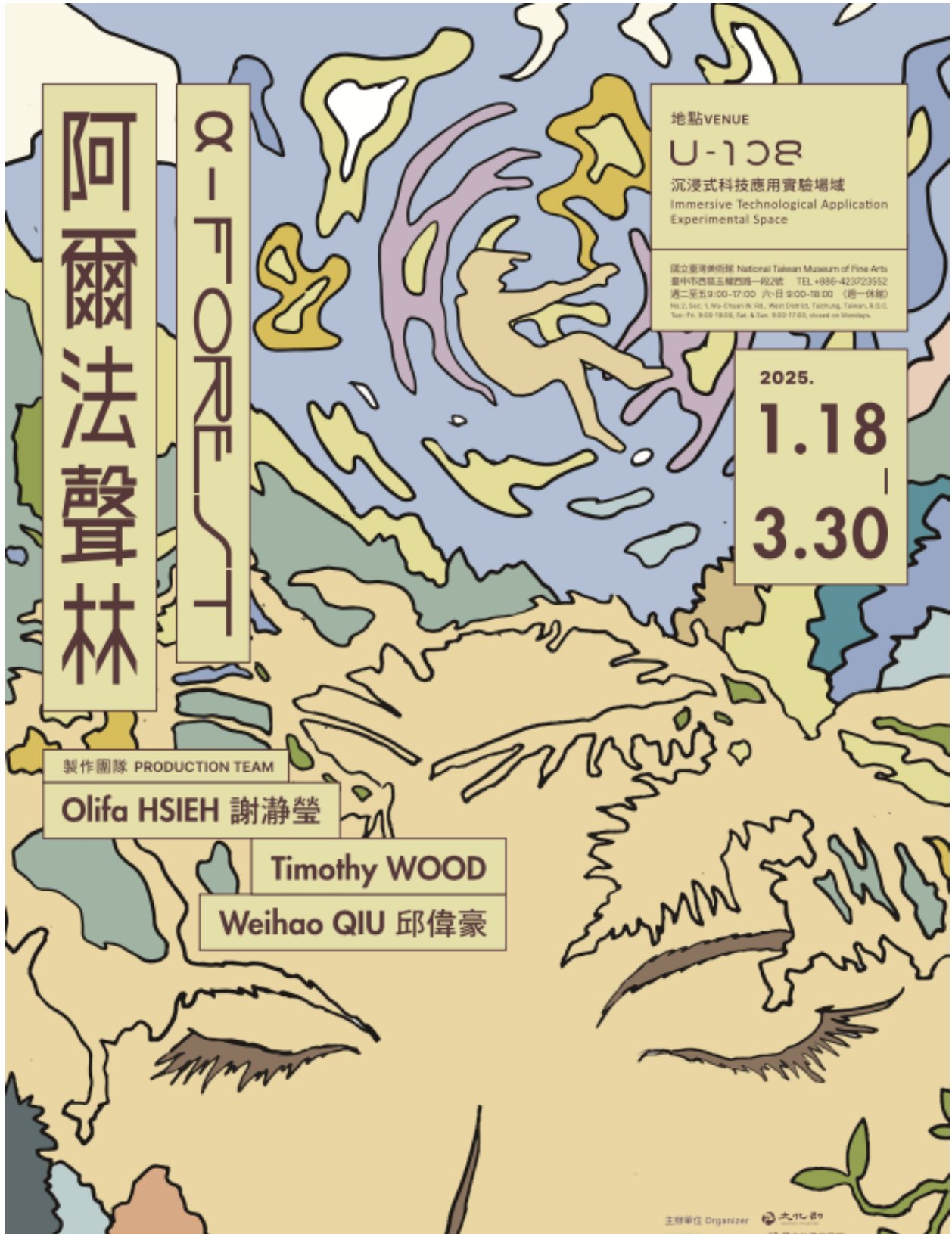


2025 U-108 SPACE Project



阿爾法聲林

ALFAFOREST

地點VENUE
U-108
沉浸式科技應用實驗場域
Immersive Technological Application
Experimental Space

國立臺灣美術館 National Taiwan Museum of Fine Arts
臺中市西區五權西路一段2號 TEL +886-423723552
週二至五9:00-17:00 六、日9:00-18:00 (週一休館)
No. 2, Sec. 1, Wu-Chuan N. Rd., West District, Taichung, Taiwan, R.O.C.
Tue-Fri: 9:00-18:00, Sat. & Sun: 9:00-17:00, closed on Mondays.


2025.
1.18
-
3.30

製作團隊 PRODUCTION TEAM

Olifa Hsiah 謝滢瑩

Timothy WOOD

Weihao Qiu 邱偉豪

主辦單位 Organizer 

Date : 2025.01.18-3.30

Opening : 2025.01.18 (SAT.)

Venue : 國立臺灣美術館 U-108 SPACE (U-108 SPACE, National Taiwan Museum of Fine Arts)

Production Team: Olifa Ching-Ying HSIEH x Timothy WOOD x Weihao QIU

About the Exhibition

α-Forest: An Immersive Sound and Light Journey Through Inner-consciousness Exploration

The subconscious is where your intrinsic qualities thrive; where seeds of inspiration reside; and where many impulses, emotions, and thoughts are hidden and never expressed. Sometimes they only appear in dreams.

α-Forest is a participatory immersive theater with healing qualities, created by the following three artists: Olifa Ching-Ying Hsieh, Timothy Wood, and Weihao Qiu. The work integrates electronic sound, interactive design, and AI algorithmic imaging technology to capture the audience's brainwaves (Electroencephalography, EEG) and collect data on their physical movements, resulting in real-time co-created content. At a residency base offered by the Experimental Forest of National Taiwan University, the artists collected unique forest sounds from a mountainous area in central Taiwan, Nantou. They also visited the region's indigenous tribe and learned about their culture.

During a residency in a mountainous region in Xinyi Township of Nantou County, Taiwan, the team members were immersed in the natural energy emanating from Taiwan's mountains and trees, and were also deeply inspired by the indigenous Bunun culture. The Bunun people believe in living in harmony with nature; their everyday life and farming activities are conducted according to the lunar cycle. Through "dream reading" (Taisah in the Bunun language), they explore various signs that connect their dreams to reality. To them, "dreams" are like a bridge that connects one's inner consciousness to the outside world. The Bunun's unique "eight-part harmony" is performed by several men huddling in a circle, singing deep sounds that slowly build up, creating a unique sound field with rich vibrations and resonance. This group chanting is a meditative prayer ritual that uses vocal sounds to send spiritual thoughts to the heavens.

This project's concept and healing experiential design are inspired by this unique cultural experience. By using the immersive technology of U-108 SPACE, it constructs a multi-sensory healing experience with synchronized resonance with the audio-optical frequencies, modulating one's mind and body with natural energy, and embarking on a journey of self-exploration into inner consciousness.

Members of the audience are invited to put on a brainwave monitor, or the "Conscious-seed," and,

following audio instructions, they are guided to enter the first scene, “Dream Immersion.” Close your eyes and open the portal to your inner consciousness. The sound field in the space is composed of natural soundscapes, dynamic electroacoustics, and deep monaural beats that are synchronized with light and color frequencies. Connected to the brainwave data from the “Conscious-seed,” an audio-visual healing program is generated in real-time. Deep inner feelings are induced through associations prompted by both auditory and tactile perceptions. This scene features a collectively created audio-visual meditation ritual that guides the audience on a slow descent into their subconscious.

In the second scene, “Dream Exploration,” the audience is awakened and guided to physically and mentally open up and interact. The immersive visual content presents a forest constructed from elements of Taiwan’s mountains and trees. Brainwave data is applied in AI algorithms to further externally visualize the state of inner consciousness, generating in real-time a hyper-realistic scene co-constructed with the virtual (stream of consciousness) and the real (mountain and forest landscapes), with a game-like interactive content developed from the data collected on the audience’s physical movements. In this scene, the audience is invited to immerse themselves in the human-machine co-created techno-dream forest, where they can roam freely, shake, dance, explore, and stroll through this hypernatural dreamscape, reaching their own enlightenment through this special experience that incorporates the virtual and the real.

Artists

Olifa Ching-Ying HSIEH

Program Coordinator / Interactive Electroacoustic Composer

Olifa Hsieh specializes in electroacoustic composition, sound installation, theater, and new media performance. Hsieh connects her musical experiences to multimedia platforms, often utilizing immersive audio technology to create multidimensional auditory experiences. Through technology, she constructs participatory digital mind-body consciousness. Hsieh has presented her works and research at events such as the Taipei Digital Arts Festival, the New Music Art Festival in Oldenburg Germany, the National Taichung Theater, the Taipei Biennial of Contemporary Arts, the International Computer Music Conference (ICMA, ICMC), and the International Women in Technology and Art Symposium (AWMAS). Her research project, "Infinity: Sound-Body in Virtual Reality," was selected for the 2019 Technology Art Experimental Guidance Program, and "(Aural)Embodiment" was selected for the 2023 Industrial Technology Research Institute (ITRI) Art Residency Program. Hsieh is currently a doctoral candidate in the Department of Architecture at National Yang Ming Chiao Tung University and a visiting scholar at the Department of Media Arts and Technology at the University of California, Santa Barbara, supported by a research grant provided by the Ministry of Science and Technology in 2023

Timothy WOOD

Image Director / Audiovisual & Embodiment Interaction Design

Timothy Wood is a dancer and new media artist based in California. As a research engineer specializing in human-computer interaction at the AlloSphere Research Facility at the University of California, Santa Barbara, Timothy focuses on creating immersive spaces for scientific research, improvisational performance, and play. Wood explores the use of natural simulations and artistic narratives drawn from the land to empower the body and create healing experiences. Combining physical movement with immersive technology, Wood constructs interactive, bio-inspired digital environments that encourage participants to freely explore and interact. The works aim to inspire audiences to appreciate, respect, and care for themselves and the interconnected Earth ecosystem. Wood's creations have been exhibited internationally at museums and conferences, including the Museum of Exploration and Innovation in Santa Barbara, Goldsmiths University of London, McMaster University in Ontario, and the TED conference in Vancouver.

Weihao QIU

Technical Director / Interactive AI Visual Design

Weihao Qiu, originally from Wuhan, China, is a new media artist currently based in California. He is a Ph.D. candidate in Technology and New Media Art at the University of California, Santa Barbara. With a background in information technology and new media art, he specializes in interdisciplinary creative practices such as interactive art design and generative image creation using algorithms and photography. His work explores the transition and development of AI-generated creative techniques, questioning the essential nature of constantly evolving images, particularly in relation to the advancement or potential deprivation of human consciousness. Qiu integrates various media, including photography, sensors, algorithmic programs, neural networks, and artificial intelligence training datasets, to create indeterminate images and interactive experiences that provoke audience reflection on emerging technologies through visual technological aesthetics. His works have been exhibited publicly at venues such as the Beijing Times Art Museum, FeraFile, the Museum of Exploration and Innovation (MOXI), and the UCSB MAT Annual Exhibition.

Further reading

Frequencies and Healing

Before the advent of modern medicine, traditional shamanism extensively used herbs, drumming, chanting, and physical gestures to create communal healing fields for people's bodies and minds.

During the ritual performance, the participating subjects would enter into a subconscious state, seemingly hypnotized. They would then project their inner states through words and behaviors and embark on a spiritual journey of self-exploration. Modern scientific studies have further proven that through receiving specific frequencies of sound, light, and color, the recipient's brainwave and state of consciousness can be effectively transformed, which would result in the reduction of physical and mental stress, and examples of such include the Schumann resonance (7.83Hz), white noise, light flashes, and monaural and binaural beats; all of them can effectively modulate the body's energy to relieve physical and mental stress, and the scientific world refers to this kind of gentle and non-invasive sound, light, and color healing frequencies as "brainwave entrainment." This work seeks to combine the immersive technological art space with scientific applications to create a performative and ritualized art healing field. With Prof. Philip Tseng from the Department of Psychology at the National Taiwan University invited to act as the project's professional consultant on the field of mental science, the objective is to apply scientific results to develop the project's art content, in order to effectively integrate technological art and science.

Alpha Waves

Electroencephalography (EEG) is a composite frequency band composed of different frequencies, and when the human body is half asleep or in a state of hypnosis or meditation, the person will release more alpha brainwaves (8 to 12 Hz). Observing the energy state of the alpha-frequency band can serve as a basic indicator of whether the person's consciousness is gradually relaxing and entering the subconscious state.

Production Team

Project Director/Interactive Sound Composition: Olifa Ching-Ying HSIEH

Image Director/Audiovisual & Embodiment Interaction Design: Timothy WOOD

Technical Director/Interactive AI Visual Design: Weihao QIU

Interactive Audio Techniques: Yuju CHEN

Narrator : Avali Ispalidav (Chinese) 、 Timothy WOOD (English)

Research Assistance: Yi-Hua HUNG

Research Consultant: Philip TSENG (Professor of Department of Psychology, National Taiwan University)

Sponsors

The Experimental Forest, College of Bio-Resources and Agriculture, National Taiwan University
University of California, Santa Barbara, Media Arts & Technology Program (MAT)

Special Thanks

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