



INTERNAL GARDEN

ACCESS AND HERITAGE



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Internal Garden is an immersive sound art project exploring of the themes of plant energy and human connection and consciousness.

Its aim is to offer a new experience of sound and nature and how it can help build resilience and wellbeing by use of the technology.

Justin explores the bio-signals from plants and trees with the use of a specialist equipment and a MIDI interface to read the changes in electrical impulses which turns into sounds, giving a voice to plant.

To create a deeper connection to nature not only do you hear sounds produced by plants, flowers, seeds and trees but Justin also sends the signals from the device into your body as an immersive physical experience.

This is achieved by connection to a Subpac, a wearable vest that pulses sound through the body as vibrations on surface on skin.

Plant and person become one.

Internal Garden has shown to have a positive impact on health and awareness about the consciousness of nature.

It is a fresh and unique way to experience sound art as a physical experience which combines humans, nature, technologies through the unique songs generated by plants.



The Film

In this short film Justin explains the Internal Garden process , how the equipment works and it is set up. Justin also explains how the project is vital for our well-being and have a direct positive effect on our mental health today.

The film also describes how internal garden is also about widening access to heritage and how it allows and engagement with engage diverse voices, creating an immediate embodied connection between disabled people , plants and heritage.

Internal Garden allows us to see plants from a disabled-first perspective and puts the power of interpretation into the hands of disabled people who are experts in experiencing the world in a non-verbal and tactile way. People with complex disabilities are able to create deeper and more immediate connections with plant-life and nature in a way that wouldn't otherwise be possible. This opens up new conversations and has enables people from diverse backgrounds to come together to share new experiences.

Justin is one of the most important artists working across arts and health right now, his ground-breaking work has huge potential for impact across life sciences, a testament to the power of creativity in health and wellbeing.

KAREN NEWMAN , DIRECTOR OF BOM

For more information contact Justin Wiggan by email:
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Filmed on location at The Lost Gardens Of Heligan.

Audio descriptive and captioned versions of the film are available to watch at:

www.internalgarden.info/accessibilityandheritage