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Unsere Zeichen

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### **Study »INTO THE LIGHT, Creativity through Psychedelic Light Travel «**

As part of a project seminar in the working field »Research and Experiment« at the School of Design, students investigated through individual design projects in fields of illustration, photography, character design, environmental design, and transportation design possibilities with inspiration from the light experience with Lucia N°03.

Additionally, an attempt was made to make the inner visual psychedelic experience digitally or analogically visible.

Creativity research shows, that with the help of extraordinary states of consciousness one can leave old thought patterns and be open to a new approach. Even after the first sessions new creative solutions through light experience seemed possible: »After the session, in only a few minutes I drew three pages of character-sketches.« a character design-student said. An industrial-design student discovered that he was able to see the topics he was working on from a different perspective. And an illustration-student remarked: »I was free for something new, had a creative boost, and was drawing the entire afternoon after the Lucia session.«

To capture the influence more closely of the neurostimulator Lucia N°03, the student participating in the seminar traveled with the light using a different duration, different characters and various intensities. They kept a light travel diary, documenting their ideas and experiences in word and sketch, to develop free works or goal-oriented designs. Regular discussions were held, in which experiences and ideas were exchanged. The group was offered new design-ideas during presentations. The students gained clarity about their own work and received feedback from the group.

Next to the practical use for their creative works, the students also profited from the theoretical analysis of the topic »Perception«.

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After the light travel, a lot of new questions emerged: What do we perceive? What does perception mean in the first place? What is consciousness, what is unconsciousness? To find answers, the students engaged themselves with background topics like the history of dream interpretation, brain research, the archetypes of C.G.Jung, Non-dualism, the artwork of schizophrenics, and indian mythology. Through lectures they processed their findings for the group and discussed different approaches regarding perception, transcendence, the concept of humankind and world view. Through the radical subjective approach of artistic research, some kind of consciousness research was performed in addition.

With the help of electroencephalography reading, Dr. Proeckl and Dr. Winkler found out that during light travel the brain can experience similar stimulations like the brain of people during deep meditation. Through the phenomena “paradoxical arousal” one can be deeply relaxed during the session and wide awake at the same time. Just like a real journey, one leaves a session relaxed, yet full of inspirations due to the multifaceted psychedelic experiences. Afterwards one will see the world with a fresh eye, and has broadened their focus. This particular stimulation enables creative solutions.

The seminar was not laid out to generate before and after comparisons regarding creative achievements. However, during my 15 year teaching practice I have never lead a seminar with comparable results, in quantitative as well as in qualitative respect. Never before were students constructing with such excitement and continuity throughout the entire semester.

Exemplary are these three statements from students regarding their design process:

**Susanne Arndt, 22, communications-design, 6th semester:**

»After a short test-session I was so impressed by the shapes and colors, that I wanted to continue at all cost. During the second session with Lucia, I visualized a being with five eyes - I immediately came up with the idea for my project: I combined photography with various mythologic illustrations. Admittedly there are similar motives already in existence, but the approach was completely new for me. After a 30 minute light session I could sit down and illustrate my ideas without reflecting much about it - that has never happened before.«

**Amelie Heirichmeyer, 23, communications-design, 6th semester:**

»Since I have sat in front of Lucia several times, all of a sudden I am interested in topics like psychology and quantum physics. Generally I have the feeling that I approach not only drawing and brainstorming more open-mindedly, but my entire thought process. With my illustrations I have addressed the light goddesses of different cultures. The color combinations and ornaments that I saw during the light experiments, were always the starting points for my images. I simply sat down and drew, it has developed an astounding dynamic.«



**Caroline Hagenau, 23, Communications-Design, 6th Semester:**

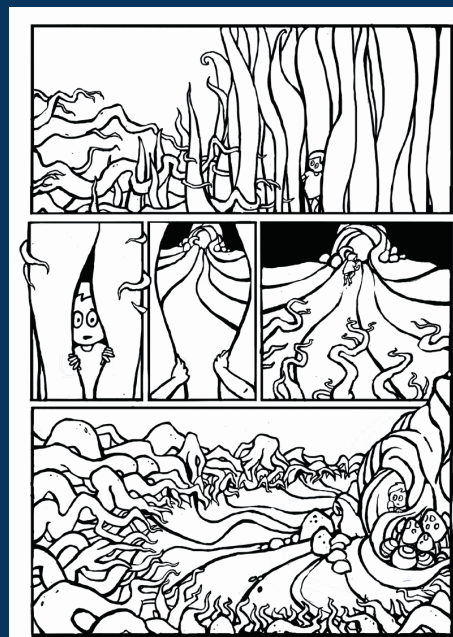
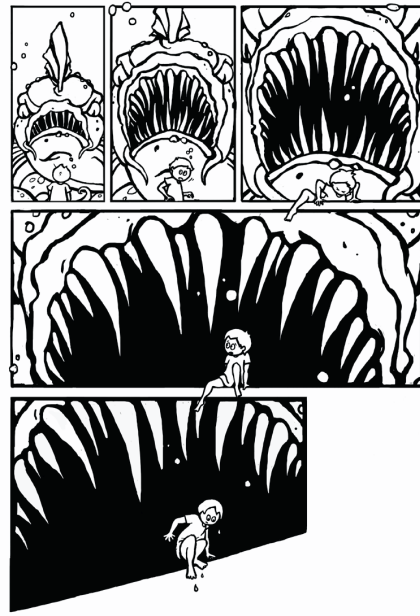
»When you talk about the experiences you have had with Lucia, people often assume that you are an esoteric nutcase. To be honest, before this project I could not really imagine how this lamp is supposed to work. I was overwhelmed by the imagery that I've seen. While drawing, I started with very abstract shapes in black and white, which then became very organic and colorful pictures. I was especially impressed that you no longer need the machine after a few sessions in order to come up with new ideas. It feels a bit as if a blockade has dissolved in my mind.«

The following pages show working examples of participating students:

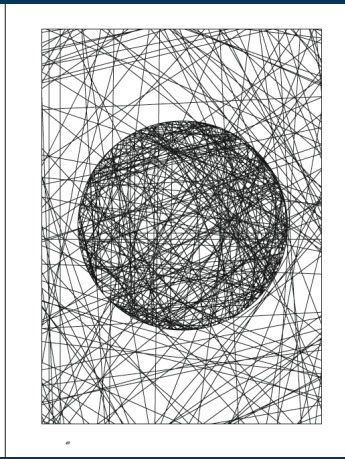
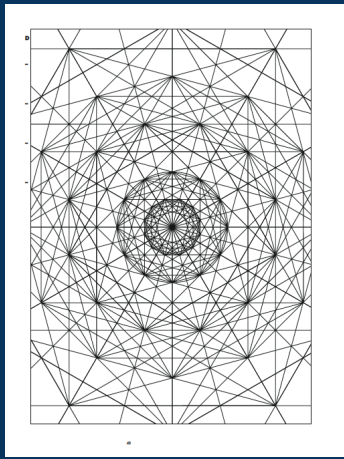
Nikolas fantastische  
**TRAUMREISEN**



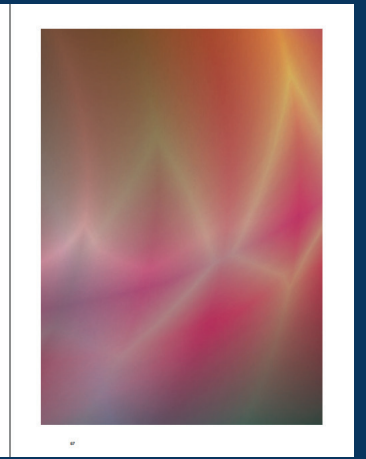
von CAROLINE HAGENAU



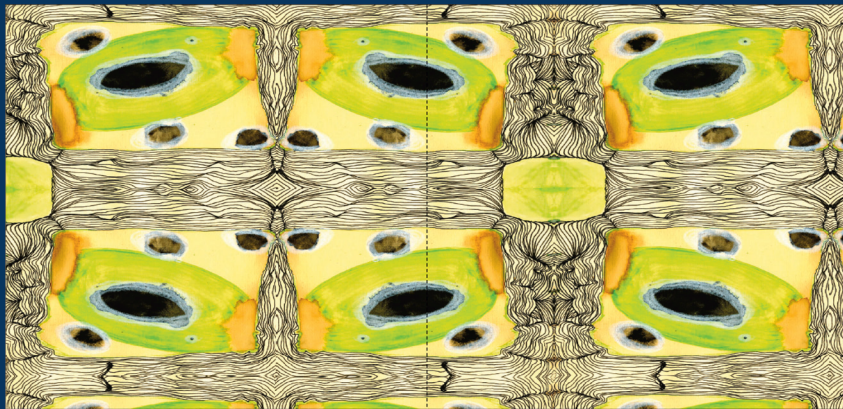




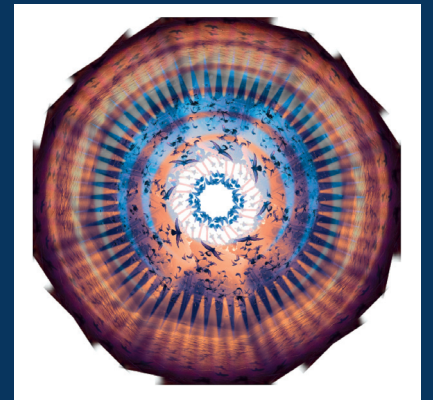
Florian Rainer



Florian Rainer



Rita Kocherscheidt



Nadya Mair



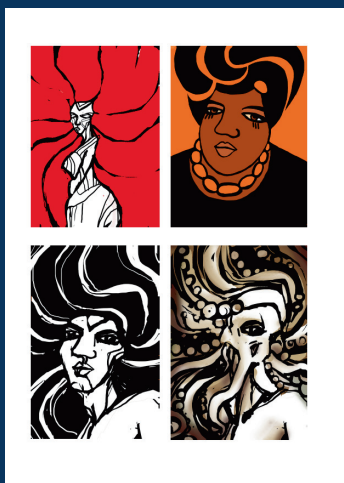
Amelie Heirichmeyer



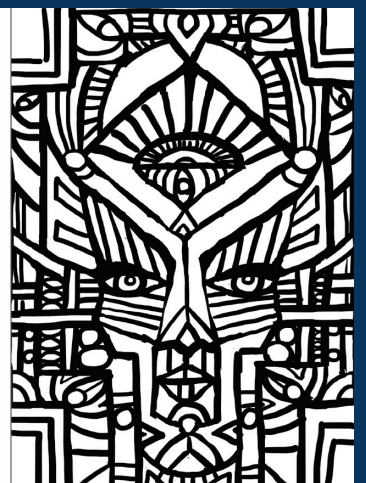
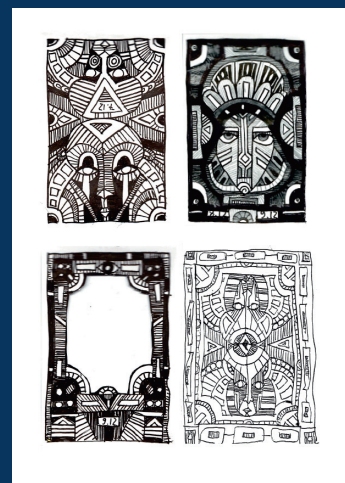
Susanne Arndt



Oliver Hoffmann



Caroline Hagenau



Caroline Hagenau





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