

## PROJECT OVERVIEW

How do we more concretely define and manifest our higher self? What methods can be used to expedite our journey to actualize our highest human potential? How do we regain our status as a "sane society" (ref. Eric Fromm).

Dr. Iain McGilchrist believes the West has gone awry due to the fact that our left brain hemisphere (primarily in charge of reason and logic), has become collectively dominant over our right hemisphere (intuition, feeling, spirituality, connection with nature and God).

Dr. McGilchrist suggests that western culture achieved a balanced hemisphere state during several periods; the Augustan period in the 6th century B.C., and in Europe during the 15th and 16th century. But since that time western culture has become dangerously unbalanced. This imbalance has resulted in our current global crises. This trend MUST be reversed and our cultural balance restored or the human race faces the very real prospect of mass extinction through ecocide, nuclear annihilation, or both.

A visual device called "The Adagio Flow Machine" was used in a study at the Nova U. Biofeedback Lab to stimulate the right brain hemisphere. It was shown to effectively do so. This device is no longer exists. A new model must be built for further experimentation and confirmation.

## PROJECT DESCRIPTION

Our intent is to build on our research and years of experience working the Adagio Flow Machine (AFM). The original AFM (figure 1.) was used in [a biofeedback study conducted at the Nova U. Biofeedback Lab](#).

This study was designed for the following purpose:

The purpose of the study was to compare the ability of the left and right hemispheres of the human brain to control autonomic variables. The variable of interest was the amounts of time to recover from startle induced elevation in bilateral skin conductance levels and heart rate. The methodology used, called Unilateral Repetitive Activation, is based on a hypothesis which suggests a decrease in contralateral interference when one hemisphere is repeatedly presented with information known to be processed more efficiently in that hemisphere.



**Figure 1: Original AFM used in the Nova U. Biofeedback Study.**

In other words, the AFM was used to activate the right brain hemisphere, and the statistical analyses performed concluded this hypothesis to be valid.

Our goal is to reconstruct the AFM in a larger and more durable incarnation for use in further experimentation, to invoke community awareness of [a new dimension in music \("flow"\)](#), and for use in music therapy and other psychologically oriented organizations to reactivate our right brain hemisphere. [Dr. Iain McGilchrist hypothesizes that reinstating our right brain hemisphere to at least an equal status with the left](#) will increase our experience and awareness of our divine nature.

The "Next Gen" AFM is envisioned to be roughly 2 feet wide x 3 feet tall, with industrial strength construction as a design goal so that it will endure shipping to various locations such as research centers, art galleries, art museums (such as MOCA), public spaces, and others. An artist's rendition of the NextGEN AFM can be seen [HERE](#). It is our intent to make this next incarnation artistically attractive so as to be considered a piece of "functional art" visually acceptable as such in various art oriented venues.

At this time the AFM build will be conducted at the [Dirtbound fabrication facilities](#) located in Chisago City, MN. It has 13,000 sq. ft. of commercial space. Owner Max Wilson is the inventor's son, and is willing to donate construction space at no cost and use of fabricating equipment (CNC laser cutter, CNC router, welding equipment, etc.) at cost. The build will be under the auspices of, and participation by the inventor of the AFM, James Wilson.



Figure 2: The Dirtbound Fabrication Facilities in Chisago City, MN.

Once completed, the AFM will be shipped to the [International Opera Theater](#) (IOT) in Philadelphia, PA. IOT is designated as a nonprofit organization. However, IOT does not have any public space available, so we envision locating the AFM at a popular music venue in Philadelphia, [THE FIRE](#). Venue owner Karen Saillant is also the originator and Creative Director of IOT. Once installed, Karen envisions sponsoring a “Flow Night” at The Fire every several weeks where local musicians and artists can come and learn about flow in music, and play along with the AFM in action. The intent is to gauge interest and reactions to the AFM to help with targeting future installations.

Future installations may include research centers, art galleries, art museums (such as MOCA), public spaces, and others as noted. Artist/inventor James Wilson and/or Creative Director Karen Saillant will be available to oversee, shipping, installation, and AFM use training as needed and upon request.

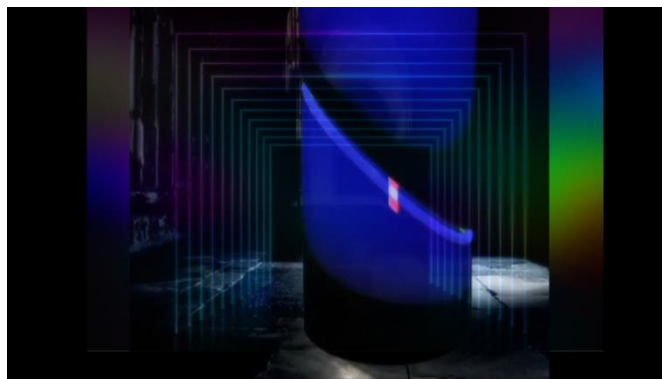


Figure 3: DELIVERABLE: [New AFM - artist's rendition](#)

## STATEMENT OF SIGNIFICANCE

Describe the current conditions in the field(s) relevant to the project, identify the problems that the project will address, and articulate the specific opportunity that your project presents

*“Human history can’t change until human nature changes.”*

– Dante Alighieri

How do we more concretely define and manifest our higher self? What methods can be used to expedite our journey to actualize our highest human potential, and reinstate our "sane society"?

Internationally recognized psychiatrist Iain McGilchrist believes our society has gone awry due to the fact that our left brain hemisphere (primarily in charge of reason and logic), has become collectively dominant over our right hemisphere (intuition, feeling, interconnectivity, connection with nature).

Dr. McGilchrist suggests that western culture achieved a balanced hemisphere state during several periods; the Augustan period in the 6th century B.C., and in Europe during the 15th and 16th century. But since that time western culture has become dangerously unbalanced. This imbalance has resulted in our current global crisis; perpetual war, rising poverty and inequality, corruption in politics and our institutions, the climate crisis, alienation from self and others, alienation from nature, and alienation from our spiritual connection. This has resulted in near social collapse, a globally pervasive sense of meaninglessness, increasing suicide rates, the rise of our surveillance state, human despair, increasing civil disobedience, just to name a few! This trend MUST be reversed and our cultural balance restored or the human race faces the very real prospect of mass extinction through ecocide, nuclear annihilation, or both. The right brain hemisphere must be restored to balance with the left.

Outputs (1,300 Character Limit including spaces and punctuation): \*

Outputs (sometimes called "deliverables") are important events and work products that your Project activities (described in #3, above) will lead to, and which are necessary in order for you to make progress towards your proposed Outcomes (#6 below). Please provide a list of the outputs you intend to produce.

## OUTPUTS

The final output will consist of a new, functioning, and well-built AFM with design elements consistent with "functional art". Functional art often refers to aesthetic objects that serve utilitarian purposes. Function art works typically apply to works that carry an intellectual and emotional sensibility alongside a dose of old-fashioned beauty, functional art infuses these aesthetic ideals into things that you might never have expected to view as art! Our team hopes to achieve this designation.

Sub-deliverables will be defined as the construction of AFM subcomponents. These are delineated as follows:

1. The lighting sub-component. This will be constructed using neon light tubes with red as the forefront color, and blue as the background color. Other colors, such as amber, may be included.
2. The mechanical sub-component. This component includes the low-gear electric motor, the rotation speed control (rheostat), and the slew ring ball-bearing hardware (pictured in figure 4).
3. The cylinder sub-component. This component is comprised of 3 acrylic cylinders approximately 18" in diameter. This includes the inside film that produces the visual ellipse.
4. Foot, cap, and mounting platform. This component will be built of metal material requiring precision CNC cutting and welding.



**Slew Ring**



**Acrylic cylinders**



**Metal  
fabrication/welding**

Progress reports will be sent to foundation personnel along with snapshots and/or videos of each sub-component in-action (where appropriate).

Outcomes (1,300 Character Limit including spaces and punctuation): \*

Outcomes (sometimes called goals, results, or impacts) are the specific and identifiable changes that you expect your Outputs will bring about (or contribute to bringing about) within 5 years of your project's end date. These should describe what the success of your project would look like. Please provide a list of the outcomes you expect to come about as a result of your outputs.

## OUTCOMES

1. A working solidly built AFM for further use in research and the perpetuation and understanding of flow in human experience.
2. Use of the AFM to expose musicians, dancers, and other artists to the benefits of using flow as an underlying construct for performance, composition, multi-media and other art forms where movement is a key component.
3. Use of the AFM to build on existing biofeedback research that showed the AFM along with music reduced stress in the right hemisphere activation group. Further research might include additional research using EEG technology to measure brain wave patterns in the experimental subjects. It is hypothesized that the AFM induces the alpha state.
4. Use of the AFM in the field of meditation and/or music therapy
5. Explore the use of the new AFM for treatment of stress related diseases. These include:
  - Heart disease
  - Asthma
  - Obesity
  - Diabetes
  - Depression and anxiety
  - Gastrointestinal problems
  - Alzheimer's disease
  - Accelerated aging
  - Premature death
6. Explore the use of the new AFM to enhance creativity
7. Explore the use of the new AFM to enhance the human capacity for empathy
8. Make the AFM available in various public spaces. Not only does it produce a calming effect, it is hypothesized that even a few minutes of exposure can activate the viewer's right hemisphere, perhaps igniting a journey into spiritual connection and other right hemisphere attributes.

Capacity for Success (1,300 Character Limit including spaces and punctuation): \*  
Explain why your team and/or organization is positioned to be successful in this project.

## **CAPACITY FOR SUCCESS**

Inventor and musician James Wilson has had many years working with prototypes of the AFM. He was intimately involved in the Nova U. biofeedback study, not only as the inventor of the AFM used in the experiment, but also helped with compiling and interpreting the immense set of data gathered from the biofeedback measures of skin conductance level, and heart rate.

He is uniquely positioned to assist others in understanding the underlying concept of “flow”, and its use in music theory applications, musical applications, dance applications, and theatrical applications.

Team member Karen Saillant is also similarly qualified. She has been using the AFM and associated concepts in her work as Creative Director at the International Opera Theater (IOT) in Philadelphia. She is particularly outstanding in the use of the AFM in theatrical and/or musical applications. Karen also brings to the table a lifetime of experience working with humanitarian organizations and foundations throughout the world.

AFM inventor James Wilson’s son Max, owner of the Dirtbound Inc. fabrication facilities, has successfully built his business for over 10 years. He is an expert and CNC/CAD programming, welding, and other high-technology fabrication techniques.

We propose that grant funding is provided to Karen’s non-profit organization, IOT. This organization has been active for over 16 years producing opera productions in the U.S. and in Italy. It is well respected internationally and can help build public awareness of the goals stated above.