

Physical manifesto,

A cyborg is still a physical being

Designing for the human body, and against it, taking the human body as a data source, and reloading our mind to reconnect it to our feelings and ultimately to nature.

As full of technology as our body can be, even thoroughly linked to a computer or having an inner one, it will always be physical and has to be addressed as such. Our relationship to technology glorifies the screen and forgets about the human. In our era of virtual world physicality is an asset to really interact with our environment. Physicality is the only real source of meaning. The way we experience virtual environments today is using an always changing programmed avatar to represent ourselves in an always changing virtual environment nothing is really representative of our selves nor is it related to our identity our history or our physicality in a irreversible manner with the constraints that those factors impose on our perception of experiences. Therefore we won't intimately experience the virtual world, and it's fake identities the distanced satisfaction we find through the ephemeral of the screen is only an escape from reality that doesn't implicate us. Pure virtual is really a lure, it will never be part of ourselves since it has never been experienced by a construction of our imagination whose actions are of no real consequence. Accessing the virtual world through a physical interface can add a lot of consistency to the experience.

As Donna Haraway notes we escaped our primal self thanks to the communication revolution, from speech to writing and finally virtual doubles of our self. It sometimes seems that the whole history of civilization has been a negation of the body; we have been valorizing pure intellectual abilities, have denied our senses according to puritan principles have imposed on our bodies too hard physical work and finally our contemporary society 100% medical society looking for cleanliness and appearance and relying on drugs to hide any problems. It is just as if human denied his natural origins, has anyone ever wanted to be a monkey????

The only way to reach man's oldest dream of becoming a pure spirit is by acknowledging our bodies and certainly not denying them.

Our body is an intimate source for any sensation it reacts more coherently and in a more refined way than our mind never will; since our infancy we learned more through our body than intellectually although somehow we do not want to acknowledge it and always try to deny it instead of transcending it.

Fortunately, along with innovations on the virtual scene, technology developed several techniques to connect to our bodies; accessible to designers. The virtual scene is invading our lives and we forget that technology can only be used by humans with a body.

The next step for technology is to be implemented in every aspect of our lives as we call ubiquitous computing. We now carry our computers with us as objects (from cell phones to palm pilots) and soon our whole environment will become one sensory computer with sensing devices embedded in our cloth our furniture car etc... The perfect invisible technology being absolutely wireless it is able to consider us in our changing environment; also it is ergonomic transportable or even included in ourselves meaning it has to be linked to our actions and particularly our movements, it will speak about our body whether we want it or not. This new concern will lead us to access content as well by our gesture than by our thoughts. Each interface will be adaptable to every one and address the person as a whole, the content will then be as much in the interface than on the screen.

The new era will then be one of physicality.

Therefore technology can be used with our natural physical status in mind and a mediated relationship can fold back on one self and speak up about what we are.

Our body is our real strength the source of our relationship to the world. The work of a designer consists in mediating this relationship therefore it is his duty to do it in a meaningful way. All the new interest taken in sensors and theorisation on interactivity are part on this renewed interest on the body. Interactivity doesn't takes place only on a screen, it creates a direct link from the user to the result. The interface has to be studied as a product it can even be considered as a result in itself.

Physical interfaces have a playful quality that makes them addressable to anyone and as soon as you put something in direct physical interaction with someone you enter his intimacy and can catch your public better than in a game.

We do not get true sensations from the virtual scene we instead want to create a visual or virtual product from our sensations and not the

contrary. An interface is source of content in itself. Since most object's designs follow ergonomic principles in order to interact with a body this faculty can be considered as a reusable power to transform the energy of our actions and reconnect them to the body itself. This can be done through the use of those familiar objects as interfaces. Clothing is obviously the closer you can get to one person and wearable technologies can be the support of new interfaces that have a real physical impact particularly if by being soft they are integrated. An interface can be conceived as for an everyday or occasional use it can be made to follow harmoniously the body or limit its actions. Each ergonomic object or piece of clothing has been designed and is full of meanings, the content ranges from conveying identity or state of mind to personal history or physical history as objects and clothes also modify our physical relationship to the outside world; however this meaning is not acknowledged. A slight distortion in the design can put an emphasis on the user and recall him to real world.

Interactive installations, whose user interface is a physical element can carry surrealist or sensory poetic contents, they implicate the participant closely. They can be often fantasized extensions of the body materializing a relationship to the body this familiar universe. The user is included as much mentally as physically in the actions. Also the ludic aspect of interaction brings him without him knowing towards archaic contents. This type of interaction can transmit a knowledge adapted to each individual since it doesn't use words but sensations that are absolutely subjective.

The uniqueness of physicality contrasts with the standardisation of the intellectual. Although the trend tends to present us a fashionable body no one really fits this image and on the contrary we all sense the world in a very individual way senses is one of the last non-marketed space it is hard to tell us if it is soft or what is heavy it really depends on the individual. On the other hand lots of our thoughts and intellectual models are dictated by the time and place when it is not by advertising or T.V. news and virtual world. Considering living with the totality of ourselves using our sensitivity our feelings as well as our intellect would transform us into grounded free powerful beings. According more importance to our sensations would make our lives an enriching experience through the diversity of the encounters. The connections with archaic and primal realities would solve lots of problems

The technology lets us use our body and still be connected to a computer, what more do we want.....

It is now time to go back to ourselves acknowledge our primal instincts and sensations capture their meaning and transcend them to use them as the source of a balanced content. Let's never forget we are also monkeys. And reconnecting to this part of ourselves will link us back to our planet its richness and its life, we will understand how much we are part of the world we live in therefore we aren't pure spirits

By acknowledging our uniqueness as physical beings, The new techno world can make us experience what our civilisation has never previously let us develop, it can let us be entire human beings for the sake of our minds.

As it is true we have entered a new era of total communication and virtual content that concerns as much everyday life as our socio political economic or cultural world this does not mean that we will lose our physicality and the great revolution would be this new encounter with ourselves, and the world we live in.