



Sight Sound Soul

Kawisara ANANSARINGKARN,
Chalermkiat SOMDULYAWAT,
Thailand

Honourable Mention

Sight Sound Soul is an atmosphere creating object that gets users into the mindset for the basic principles of meditation. By adding natural sight and the sound of water, a space of peace and calm is created within the user's soul.



Meditation is a mental practice that allows oneself to see the present moment clearly by reconnecting with the body and the sensations experienced. This means waking up to the sight, sound, smell and taste of the present moment to keep one's mind at peace, and building resilience in physical wellness – an important element for sustainable relaxation. However, most people with a hectic lifestyle view this treatment as a time-consuming and complex one.



The *Sight Sound Soul* tool simulates an environment that can be perceived in a mental and spiritual manner. It designed for a meditation experience by occupying the space and playing on two human perceptions: sight and sound. Sight is the best perceptive function on a conscious level, while sound can create audible perception, which exists almost entirely on the subconscious level. This design combines both functions in order to touch the soul more deeply.

