

**Interviewer: Sofia Digeni**  
*Journalist*

## **An artist from the future**

Sofia Paraskeva is not an ordinary artist. She creates by synthesizing mathematics, music and color for her leading visual and interactive designs. She makes technology art and proves that in our times creativity knows no bounds.... Born on the island of Aphrodite, in beautiful Larnaca, she lives in New York and has been recognized repeatedly for her creations and in 2009 she won a Lower Manhattan Cultural Council Creative Communities Artist Award. Sofia Paraskeva speaks exclusively to “Espresso of Sunday” about her dreams and art.

“My path in art started from a young age, with drawing in school, design, music and writing. I always admired and sought creative expression through all means of media and technology” she tells us. “I became preoccupied with the themes of rhythm, movement, symbolism and narrative story, which lead me to be drawn to film and video. After graduating from my first degree I worked for a period of time at a TV production house, and after that I continued with my studies in Media Communication. I worked in Boston as a Visual Effects Specialist, where I used to create hundreds of effects, for TV, film and video. Later on I returned to Cyprus, where I worked as a freelance graphic and web designer, and soon after that I was appointed by CYBC. A year and a half later I was seeking something new. I left again for the United States and was accepted at New York University from where I graduated two years later”.

She dreams of combining her professional advancement with artistic creation.

“I am especially interested in the creation of pieces which synthesize visual and musical interfaces through a human-centered experience, where technology is used to enhance human expression. This includes taking input from human generated data such as through dance, movement, or any action that may be transformed into a synaesthetic experience of sound and vision through technology” she explains.

### **How do you accomplish to transform technology into art?**

Technology is a medium of expression that evolves through time. One can say that technology is the paint of the painter, or the camera of the photographer, the video-camera of the director. Today we have reached a time where technology as a medium of expression includes the computer. It is now almost impossible to clearly distinguish between art and science, perhaps this is a special characteristic of today’s art.

**You recently created “Rainbow Resonance”. What exactly is it and where did your inspiration come from?**

Resonance is a computer vision installation that generates colors and musical sounds of the equivalent sound frequencies in the electromagnetic spectrum, according to the motion of the participator. A central aspect of this piece is audience participation. The audience becomes the creator of the piece through movement, gestures or dance. The body is engaged in a performance that produces a personalized experience of colorful images and sound resonances. My inspiration for this piece came from a desire to visualize the human aura, the invisible aspect of human existence, or if you like the soul. I was also inspired by Pythagoras, who was the first to state that mathematics is the bridge between the tangible and intangible worlds. I used this idea to visualize and sonify colors through mathematics.

**What plans do you have for your project and how are you thinking to implement them?**

First of all I want to test the musical compositions associated with the specific frequencies and colors with individuals who exercise meditation and martial arts, like Tai Chi and Chi Kung. I would like to test experientially whether these frequencies trigger the associated body energy centers. In order to measure movement I have created a musical costume with sensors. I want to recreate this prototype in a new version. If one believes that health is based not only on the physical body but also on the interior mood of an individual, then triggering the energy centers through exercise should likely have a positive result. The idea of combining color, sound and meditation exercises which trigger the corresponding energy centers, could perhaps one day be used for healing purposes.

Sofia Paraskeva loves Greece, where she has come many times for vacation since her childhood. She wants to present her work here with the first opportunity. “I don’t have anything planned for Greece yet, but this is something I think about with great anticipation” she states.