



EXPLORING
RIGHT BRAIN
LEFT BRAIN
SYMBIOSIS

Sound of Mind and Body

A Film By Bill Coleman
and Gordon Monahan
(2025)

Interactive brainwaves
sculpting sound, light,
and kinetic actions

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Directed by Gordon Monahan & Bill Coleman

Using the cinematic language to explore the connection between logic and emotion, technology and the organic, *Sound of Mind and Body* presents a unique film experience. Mind-controlled software harnesses a performer's brainwaves to sculpt sound, light, kinetic actions, and musical composition while they move and dance. The film captures a unique brainwave-influenced improvisation, where neural impulses trigger chance-based algorithms, which then determine patterns and combinations of sounds, musical notes, and light pulsations.

Format: UHD, 16:9, colour
Production year: 2025
Duration: 15:27
Sound: 5.1, stereo
www.gordonmonahan.com
www.bill-coleman.com



Concept and Creation

Bill Coleman &
Gordon Monahan

Directed by

Gordon Monahan
Bill Coleman

Assistant Director

Nika Belianina



Choreography

Bill Coleman

**Brainwave interface &
Computer Programming**

Gordon Monahan



Cinematography

Nika Belianina
Aleksandr Efremov

Additional Camera

David Chevalier





Production Assistants

James Harris
Vira Solovyova
Zoe Thurling

Edited by

Gordon Monahan
Nika Belianina

Musical Composition

Gordon Monahan and
Bill Coleman



Video Processing

David Chevalier
Zoe Thurling

Colourist

Ewan Stringer

Sound recording and mixing

Gordon Monahan

5.1 Post Audio Mixing

Chandra Bulucon

Mixing Facilities

Kuhl Muzik, Toronto

Thanks To

Avatar
Laura Kikauka
Catherine Reyto
Aya Sato
Tom Third
Robert Tombs
Ontario Camera
William F White
Yamaha Canada Music



Director's Statement



Our research into music, movement, and brainwaves began with defining how we perceive and interact with our environment, exploring the relationship between the body and the mind, combining the physicality of sound with visual and architectural space, and bringing these elements together on the cinematic screen. We've spent decades collaborating in dance, movement, sound, music, visuals, and multimedia. Our projects have taken place on prairie landscapes, remote mountain tops, and in museums and concert halls worldwide. We experiment with the elemental human experiences of sound and movement to create immersive manifestations of the visual and sonic, as we craft and develop a cohesive cinematic language.

Coleman's process of creation involves applying subtle skills of proprioception, which embodies a rethinking of how movement affects our perception of, and interaction with, our physical environment. His experimentations with cognitive and communicative development align with Monahan's long-term focus on visualizing sound as image, investigating the predominance of physical gesture as a fundamental element in the production of music, and exploring the physicality of sound and how it occupies space. We layer and mix these various practices to form atmospheres of cinematic experiences that combine in the creation of our film.

Traditional brainwave performances since the 1960s have typically involved meditative approaches, since the production of alpha brainwaves is dependent on controlling and concentrating the mind, a state most easily achieved through stillness and meditation. In a departure from this traditional approach, Coleman has developed the ability to produce and control the intensity of alpha waves while moving, thus introducing dance and physical gesture into the predominantly stationary approach to brainwave music, performance, and film.





SOUND OF MIND AND BODY



Gordon Monahan's

works for piano, loudspeakers, video, kinetic sculpture, and computer-controlled sound environments span various genres from avant-garde concert music to multi-media installation and sound art. Since 1978, he has performed and exhibited at the Hamburger Bahnhof (Berlin), the Venice Biennale, the Secession (Vienna), Haus der Kunst (Munich), MAK Museum (Vienna), The Kitchen (NY), the Walker Art Center (Minneapolis), Merkin Hall (NY), and Massey Hall (Toronto). Monahan is the recipient of a 2013 Governor- General's Award in Visual and Media Arts. The renowned composer John Cage once said, "At the piano, Gordon Monahan produces sounds we haven't heard before."

Bill Coleman

is a choreographer and performer. His choreographic work has been presented at the Tramway in Glasgow, New York's Dance Theatre Workshop, Place Des Arts, Montreal, Alexandrinsky Theatre, St. Petersburg, Russia and the Edinburgh Fringe Festival. Coleman's work has transcended traditional theatrical settings to include mountain tops, rainforests, prairies and urban construction sites. He has created a bold collection of large-scale, site-specific works, collaborating with diverse groups including WWII veterans, Aboriginal communities, fishing villages, ranching towns and urban neighbourhoods. In 2018 he was awarded the Walter Carsen Award for Artistic Achievement from the Canada Council.

Filmed on location in Toronto & Meaford, Ontario, Canada

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