

Interowriting

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Interowriting is an interdisciplinary research project and artistic practice that explores writing as a process entangled with the world, not merely with the writer's cognitive state. Rooted in the theory of interoception—the perception and interpretation of signals arising from both inside and outside the body—*Interowriting* approaches writing as a dynamic extension of the body's rhythms, movements, and sensations, situating the writer in relation to the world.

Positioned at the intersection of neuroscience, philosophy, and the arts, *Interowriting* challenges the Western conception of writing as a disembodied tool of transcription of spoken language.

This approach takes form through performative and participatory methods. *Jamigraphy* is a practice of rhythmic writing guided by music and improvisation. It can take the shape of a performance or a workshop, where the artist and participants engage in large-scale gestural mark-making in response to sound stimuli. *The Walking Wall* is an artistic performance that transforms the concept of writing into a collective, embodied experience. In this piece, the artist wears a white gown and steps into the world, becoming a living, mobile wall — a moving surface that invites interaction, engagement, and spontaneous expression. Both practices highlight writing as an embodied and social process, rather than a purely linguistic or cognitive one.

Interowriting also critically addresses the symbolic erasure of handwriting in the digital era, advocating for writing as a site of resistance, presence, and human connection. It seeks to reframe handwriting not as a vanishing technical skill but as a vital and evolving mode of expression, interwoven with perception, memory, and identity.

By collapsing the boundaries between language, movement, and relation, *Interowriting* opens new ways of understanding writing as a practice that lives through the body, in time, and in space.