## **Interowriting**

## Alice Mazzilli | Independent artist and researcher

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.