



THE ARCHIVE OF EMOTIONS

A snapshot of humanity

Ola Muhanna



What Are Emotions?

“Emotions are not reactions to the world;
they are your constructions of the world.”

— Lisa Feldman Barrett, *How Emotions Are Made*

Introduction: Buried Emotions

Human emotions are powerful yet intangible forces that shape our decisions, relationships, and identity. Often ambiguous and misunderstood, emotions affect us in ways we rarely notice. The Archive of Emotion seeks to make these unseen feelings visible by transforming them into wearable art. Using digital fabrication, fashion, and technology, this project creates a tangible map of our emotional landscape, offering a unique perspective on our inner world.



WHAT IS THE ARCHIVE OF EMOTIONS?



WEARABLE ART GARMENT THROUGH
TEXTILE STORYTELLING

a collection of clashing emotions

This project is an attempt to visualize emotion to give form to what's usually invisible.

Using parametric design and textile storytelling, The Archive of Emotions explores how deeply buried feelings influence our decisions, mental health, and the way we move through the world—often without us even realizing it.

It's about finally addressing the elephant in the room.



INSPIRED BY THE SUFFERING

The struggle of understanding emotion

This project is deeply personal, inspired by my struggles with understanding emotions and the journey toward self-awareness. I realized that self-awareness is essential for emotional maturity and navigating our inner worlds. The concept is to visualize how emotions fluctuate and accumulate over time by transforming them into wearable garments. These tangible representations of emotional complexity aim to help people embrace and better understand their feelings.



Research & Methodology

BRAIN WAVES

Gamma
35+ Hz

Heightened Awareness

Emotions live in our bodies—they travel from the brain to all of our body parts, and back again. Each emotion carries its own unique frequency. In other words, our brains and emotions are deeply intertwined, even though we still don't fully understand which influences the other first.

Theta
4-8 Hz

Meditation & Creativity

Delta
0.5-4 Hz

Deep Sleep

BRAIN WAVES

Gamma
35+ Hz



Heightened Awareness

Beta
13 - 35 Hz



Problem-Solving

Alpha
8 - 13 Hz



Relaxed Reflection

Theta
4 - 8 Hz




Meditation & Creativity

Delta
0.5 - 4 Hz



Deep Sleep



Everything is connected

I started to research the connection between waves in nature.

Everything is connected, right?

Physical cues of emotions on humans,

body language,

brain waves,

sound,

sound waves,

music,

and the effect of music on our brain waves...

“Music can alter brain structure and function, both after immediate and repeated exposure.”

— Harvard Medical School

While diving deeper into this subject, I came across several studies that argue music can alter brainwaves. And since brainwaves are directly linked to our emotional states, this means that music can modify how we feel.

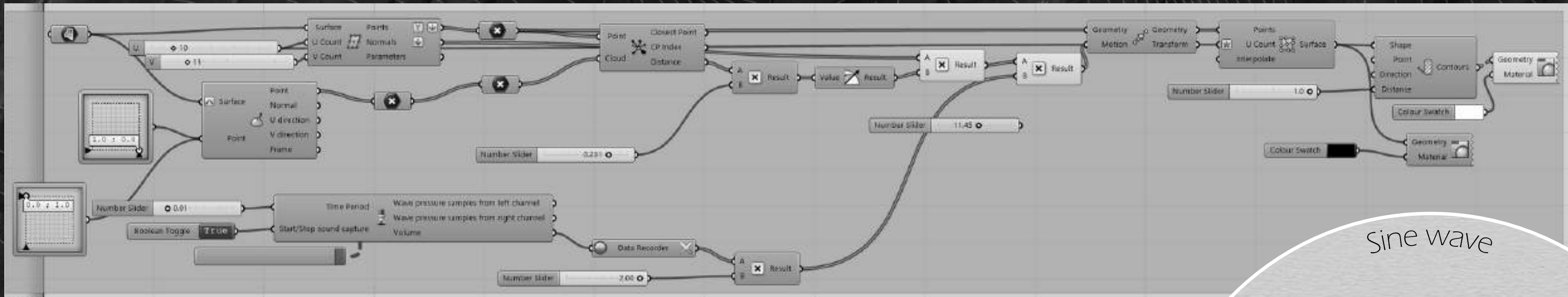
CHLANDI FIGURES



The significance of these figures lies in their ability to visually demonstrate the invisible vibrations of sound. Chladni's work paved the way for further studies in acoustics, influencing how scientists visualize and understand sound waves. His techniques showed that sound affects physical matter and that vibrations can be controlled and predicted, leading to the development of acoustical engineering and the study of vibrational patterns in materials.

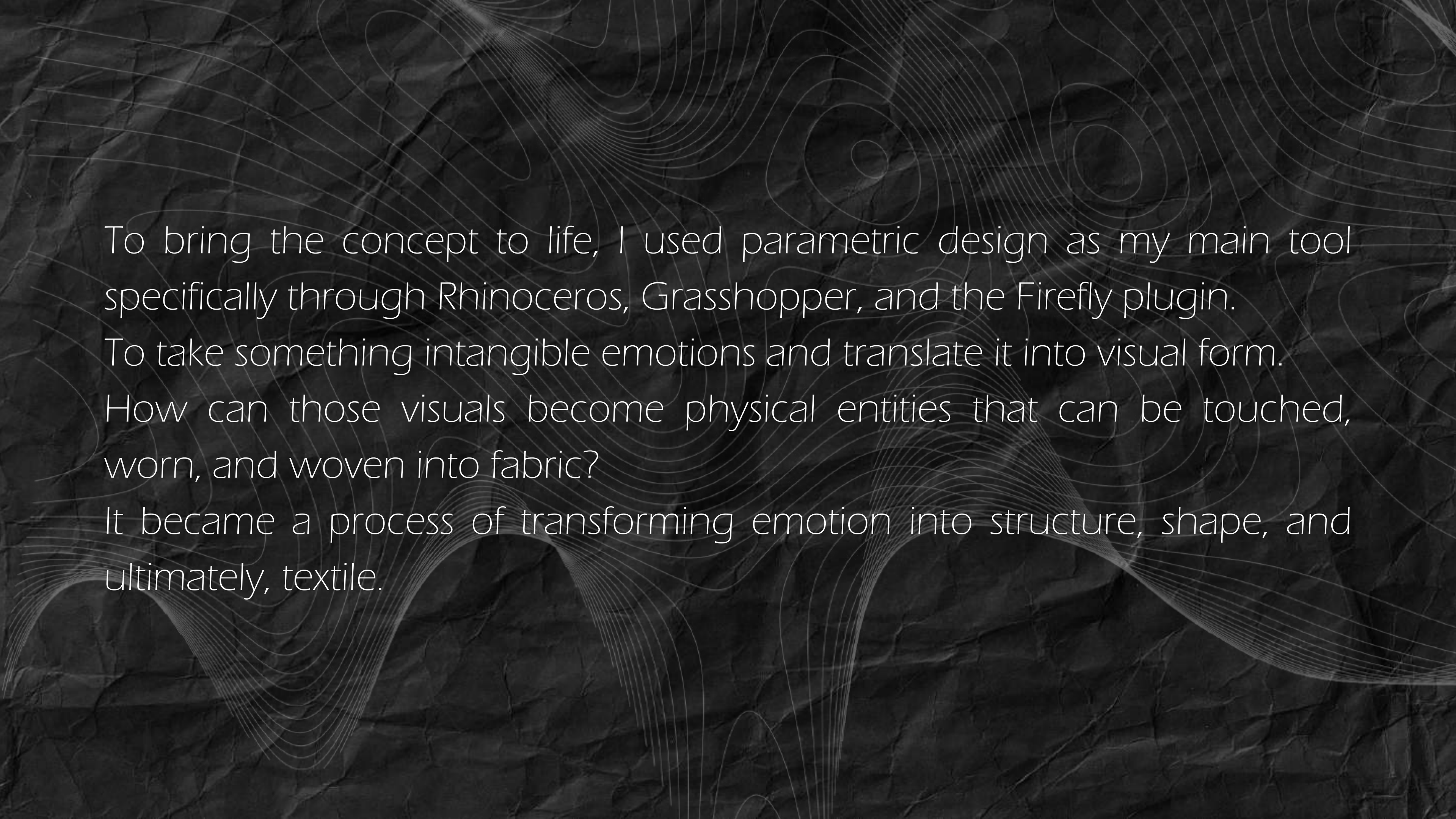


Grasshopper exploration



Using firefly plugin





To bring the concept to life, I used parametric design as my main tool specifically through Rhinoceros, Grasshopper, and the Firefly plugin. To take something intangible emotions and translate it into visual form. How can those visuals become physical entities that can be touched, worn, and woven into fabric? It became a process of transforming emotion into structure, shape, and ultimately, textile.



Ominous music



Dramatic music

IF EMOTIONS WERE PHYSICAL ENTITIES
WHAT WOULD THEY LOOK LIKE?

I invited a group of talented individuals to explore emotions through abstract art. Each of us chose two to three emotions and created visual representations of how we perceive them. The results were strikingly diverse, showcasing the deeply personal and subjective nature of emotions.

Anxiety

love

emptiness

gratitude

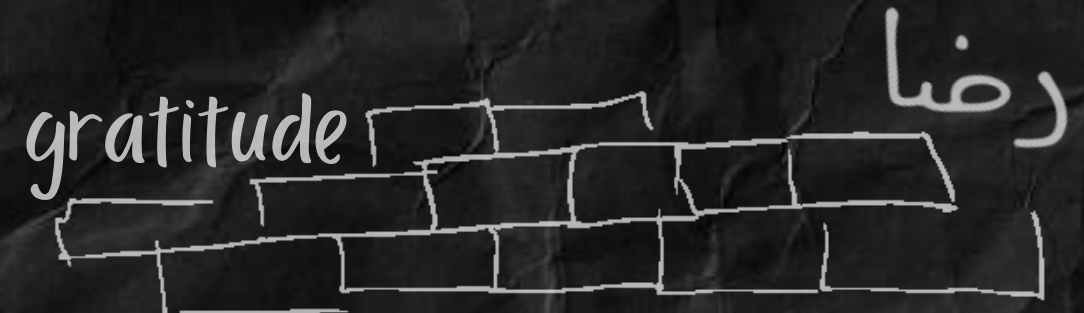
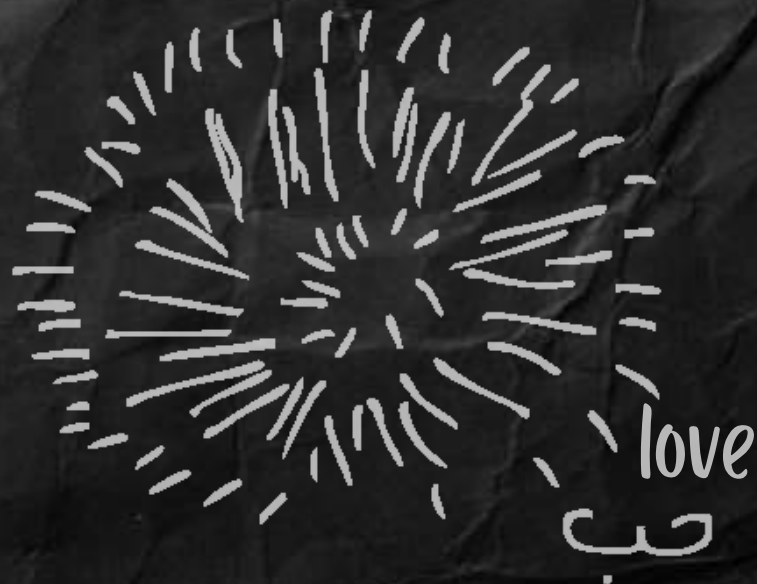
loneliness

anger

sadness

Happiness

attraction



Loss

Grief

Shame

Gratitude

I then repeated the same exercise, but this time using my own interpretation of how emotions look developed through my Grasshopper exploration.

Another love

Love

Your Power

Nostalgia

Wildflower

Majesty

Merry Go Round

Resilience

Ma Betmanalak

Questions on my mind

Swan Lake

Ya Tal'een

Loss



Another love

Love



Ma Betmanalak

Grief



Your Power

Nostalgia



Questions on my mind

Shame



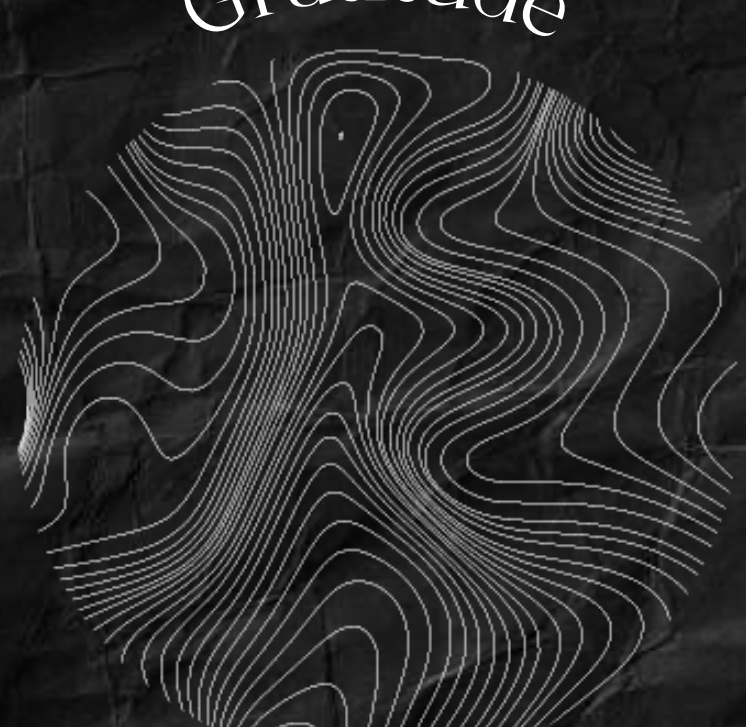
Wildflower

Majesty



Swan Lake

Gratitude



Merry Go Round

Resilience



Ya Tal'een

Loss

Grief

Shame

Gratitude

These results are unique to me shaped by my environment and the music I selected but the beauty of this system is that every time you play a track in the same genre or emotional tone, the algorithm will generate new waves. It's never the same twice just like emotions.

Another love
Love

Your Power
Nostalgia

Wildflower
Majesty

May Go Round
Resilience

Ma Betmanalak

Questions on my mind

Swan Lake

Ya Tal'een



THE LAYERS OF THE ARCHIVE OF EMOTIONS

Self-

My goal was to inspire others to reflect on their own emotional growth and realize that emotions, while unseen, hold immense power when acknowledged and transformed.

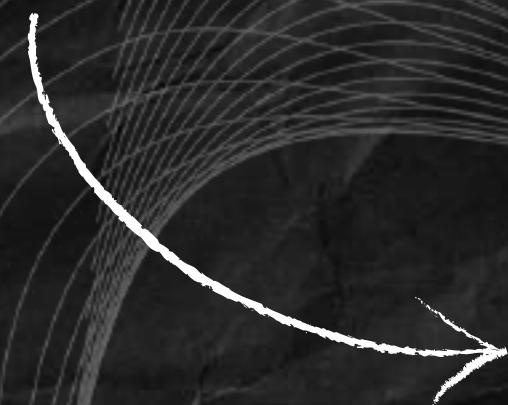
I began with self-awareness, recognizing and naming my emotions without judgment. From there, I moved into self-reflection, exploring where those feelings came from and how they shaped my choices. Finally, I reached a place of emotional maturity where I learned to sit with my emotions, understand them, and use them as a strength rather than a burden.

maturity

Self-
awareness



Self-
reflection



Emotional
maturity

A woman with shoulder-length hair, wearing a dark, ruffled dress, is shown from the chest up. She is looking slightly to her left. The background is a dark, crumpled paper texture. The text "The Heavy" is overlaid in the center in a white, serif font.

The Heavy



Heavy

Loss

Humans are like onions—cool, right?

We have many folds, layers, and buried depths. We hide emotions deep within, but we also shed them over time.

This layer dives into:

- Heavy emotions
- The burdens and accumulation of buried memories
- Confusion and internal tension

Grief

Ruining

Shame

Heavy



EMILY HILLER

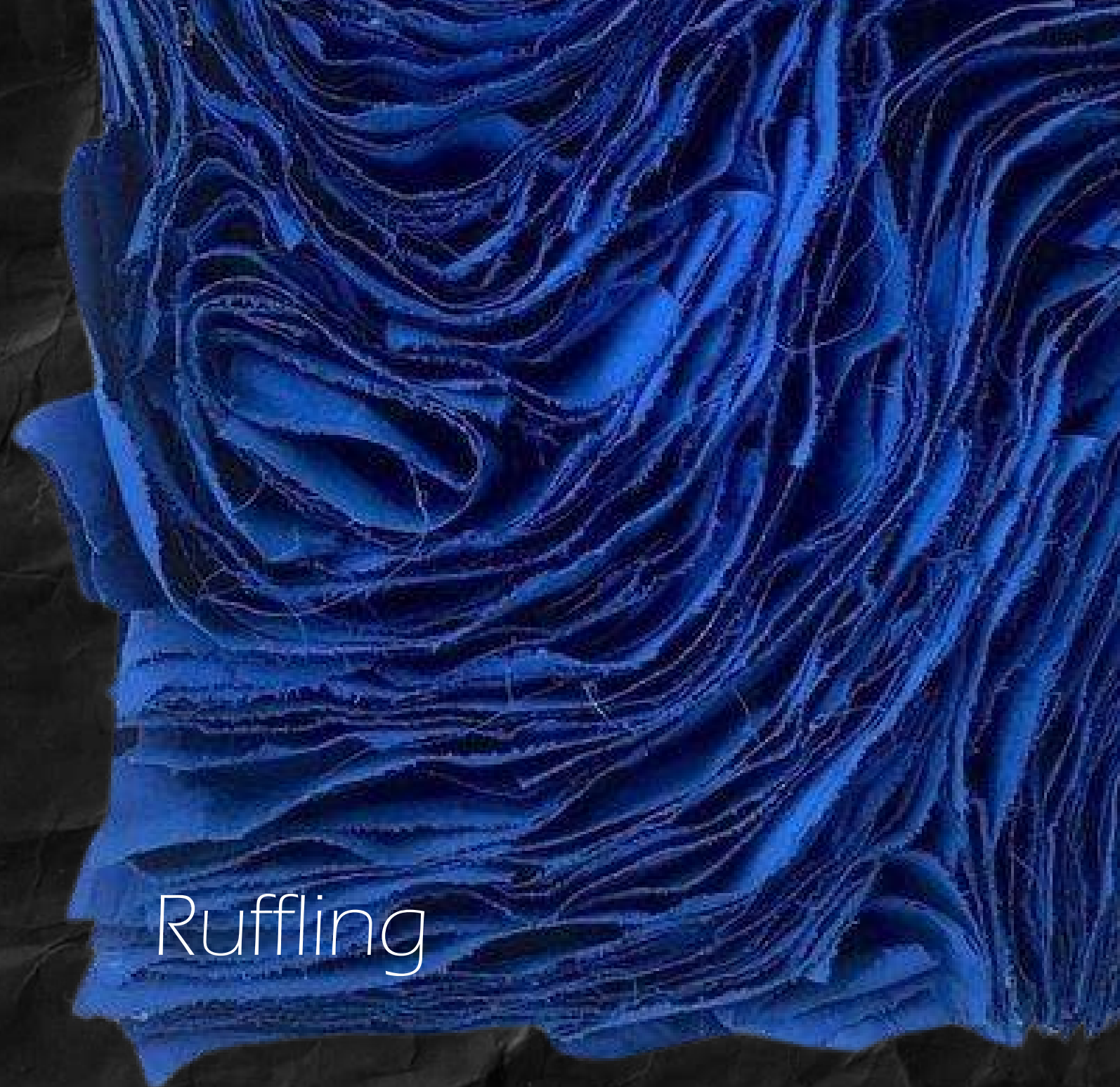
Loss



Grief



Shame



Ruffling



back



front



mini mockup



Marked the contours of the waves that were developed in GH



Laser cutting, Marking and Engraving



cut spirals for the ruffles, with marking of the same waves



Fabric manipulation

3D Printed buttons











The Light



Gratitude

When you begin to address your emotions—naming them, holding them, instead of suppressing them—something shifts.

Things start to feel lighter, airier. The weight lifts from your shoulders, and your true self begins to shine through.

This layer is about transformation and freedom. It's where you let go and allow softness to guide you.

This part of the project explores:

- Lighter emotional states
- Shedding emotional weight and finding freedom
- Embracing all parts of yourself, turning even your most feared emotions into companions

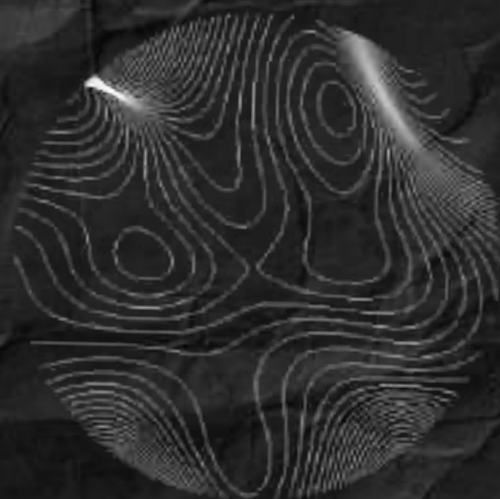
Gratitude



Nostalgia



Love

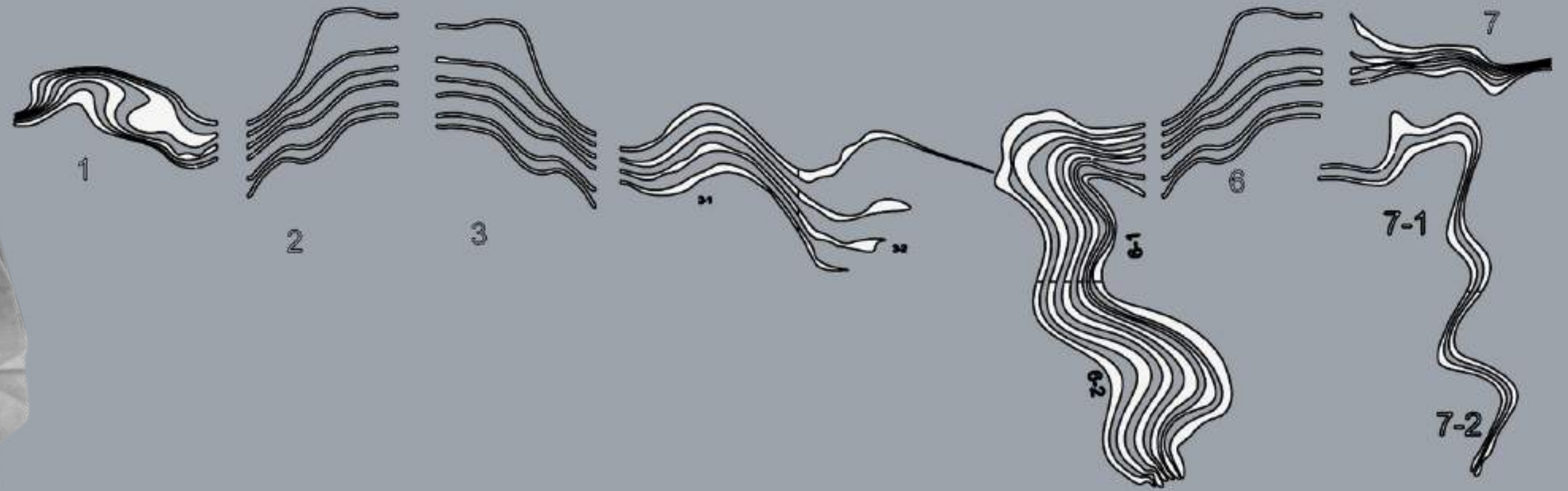


Light





Prepared the waves for 3D printing in a way that fits the 3D printer



Draped the 3D printed pieces on the cape

Hand Sewing the 3D Printed Parts



3D Printing













A black and white photograph of a woman's face, partially obscured by crumpled paper. The text "The Naked" is overlaid in the center.

The Naked



Naked

Majesty

You get naked emotionally.

You set yourself free from all the burdens.

You reach emotional maturity.

You let yourself flow, dance, and be vulnerable with your soul.

Now, it's you facing you—loving yourself, accepting, appreciating, embracing all your flaws, mistakes, emotions, past, present, and now.

Franck Sobier

Naked

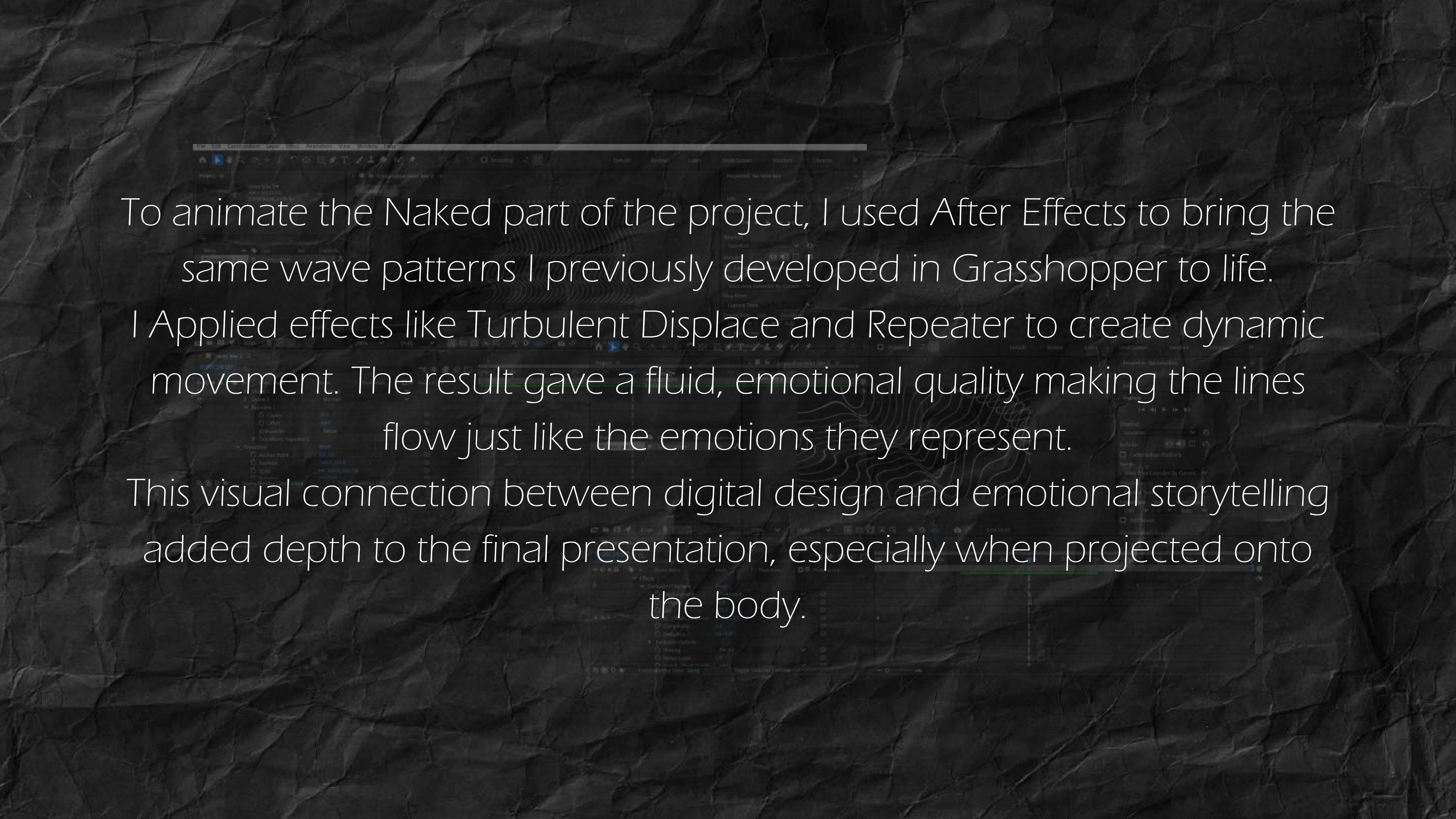


Franck Sorbier

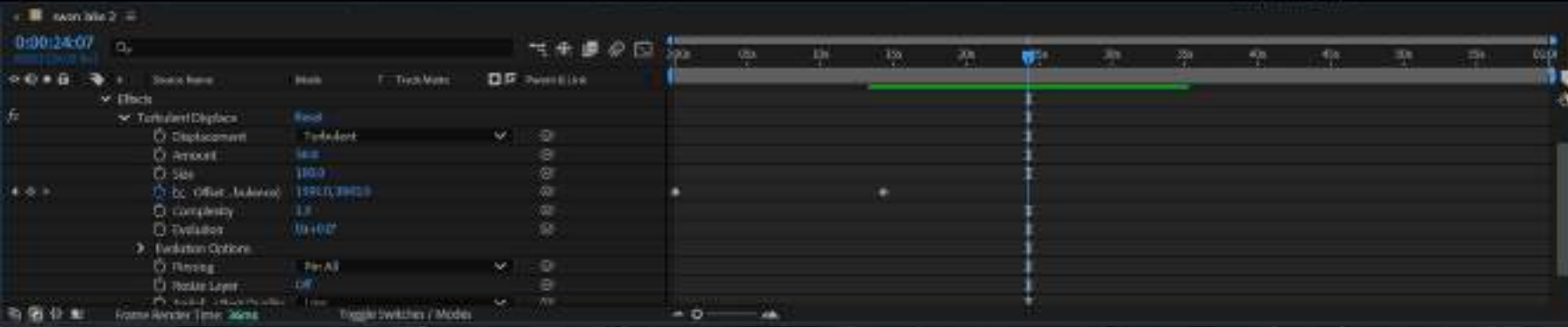
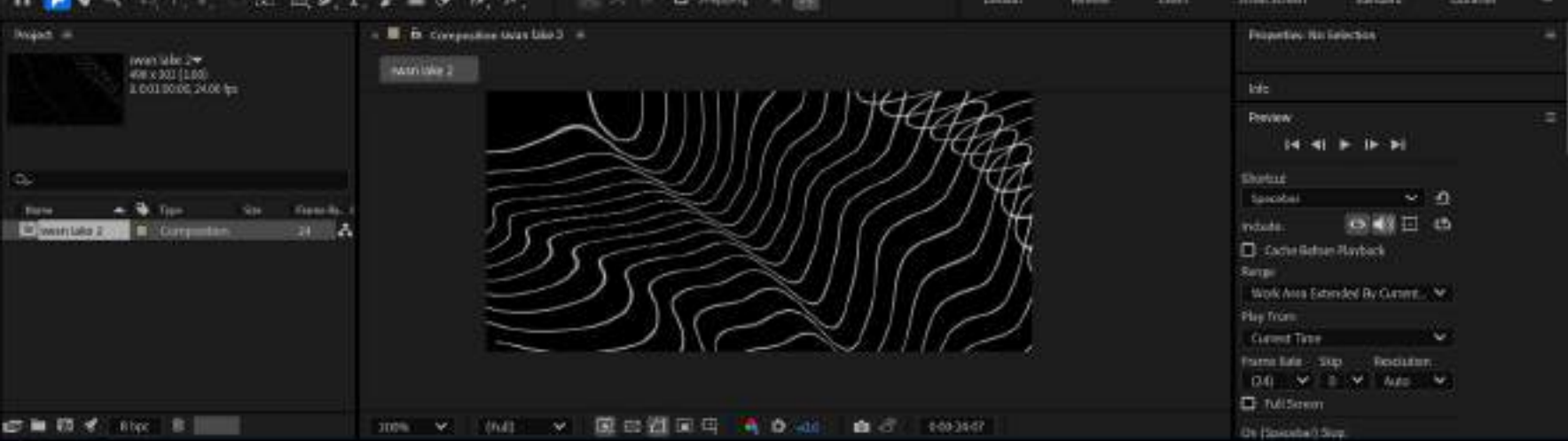
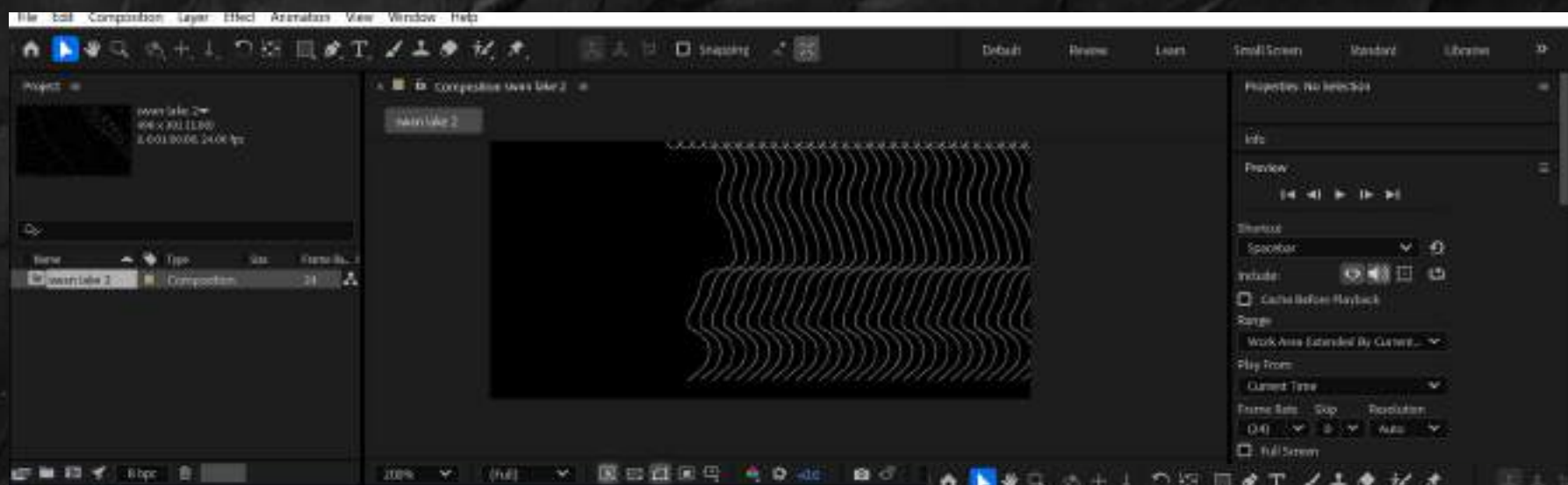


Majesty





To animate the Naked part of the project, I used After Effects to bring the same wave patterns I previously developed in Grasshopper to life. I Applied effects like Turbulent Displace and Repeater to create dynamic movement. The result gave a fluid, emotional quality making the lines flow just like the emotions they represent. This visual connection between digital design and emotional storytelling added depth to the final presentation, especially when projected onto the body.











 **zain** **zinc**


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مساحة الصانع
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THE ARCHIVE OF EMOTIONS