

What Remains

Gauri Bahuguna

Abstract

The second thing they tell you at a vicarious trauma workshop is to turn the audio off while watching the videos. The first thing is to not try to be a hero, and the more content you stoically expose yourself to the more insidiously it will take root. Of course I was too arrogant to listen. Spent hours at work combing through graphic material, listening to every gunshot and scream. Over and over again. I became more withdrawn, cried privately. Over and over again. The visuals are haunting, but they fade eventually. The sounds are ghosts that still live with me.

I used science to intellectualize my troubles. I researched the relationship between sound and memory, a lot of papers about remembering patterns. I researched the relationship between sound and violence, a lot of papers about vets and PTSD. I researched the relationship between violence and memory, a lot of papers about mice and their cortisol levels. And while I now understand why I get auditory hallucinations, I don't know how to get rid of them.

So now, I use art to romanticize my deteriorating mental health. I journaled to log my thoughts, nagging daydreams, and irrepressible emotions. I want to share a translation of these ramblings, three poems expressed in video. The result is a collage of open-source video, 3D models, and diegetic sound; a quick peek into my quotidian, a chaotic tour through the real, unreal, and ultrareal.

Keywords: Memory, Trauma, Synthesis

Video

<https://vimeo.com/1077750941/89a03ff33c>

Permissions and Attributions

107 BPM Industrial Drum Loop #398 (WAV)

by looplicator

<https://freesound.org/s/736246/>

License: Attribution 4.0

EXPLDsgn_Huge Explosions.Mid Distance.Wide.Sharper attack x5_EM.mp3

by newlocknew

<https://freesound.org/s/702285/>

License: Attribution NonCommercial 4.0

Crickets chirping in the break of dawn

by Demigodgod1604 -- <https://freesound.org/s/735001/>

License: Attribution 4.0

MUSCPerc_Big drums.Artificial.Enhanced.Dynamic patch.Close.More Drive.Wide x30_EM

by newlocknew

<https://freesound.org/s/735493/>

License: Attribution NonCommercial 4.0

M248 Saw Fire.mp3

by SpartanX109

<https://freesound.org/s/89148/>

License: Sampling+

10835 big fire loop.wav

by Robinhood76

<https://freesound.org/s/612277/>

License: Attribution NonCommercial 4.0