Anish Kapoor, *Into Yourself, Fall*, 2018

Anish Kapoor's first virtual reality work*, Into Yourself, Fall*, takes users on a journey through the human body, experiencing the sensation of falling into yourself. The work seeks to simulate vertigo, depicting a labyrinth of the inner workings of the self.

Starting the journey in a forest scene, in a clearing surrounded by trees, users encounter a large black void in the ground. Users then travel through a complex series of tunnels with walls that appear to be made of sinewy flesh and muscle. With this work, Kapoor invites users to experience a surreal sensation of exploring the unknown, with viewers losing themselves in another realm.

Working with Acute Art to design this custom made virtual space, Kapoor's piece was developed around the idea of creating a physical experience via a virtual journey, testing the limits of what is possible with technology. *Into Yourself, Fall* plays with the introspective experience of wearing the headset, creating a disorientating sensation that is experienced physically by the viewer.

Kapoor's use of virtual reality enables him to explore materiality in a virtual realm, drawing on his highly influential sculptural practice to evoke both tactility and transcendence. With a soundtrack created by the artist's son Ishan Kapoor*, Into Yourself, Fall* directly transports the viewer into the artist's own visceral virtual reality.
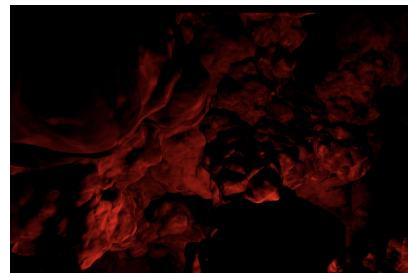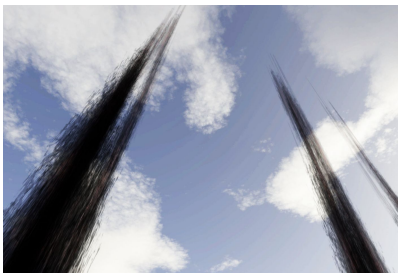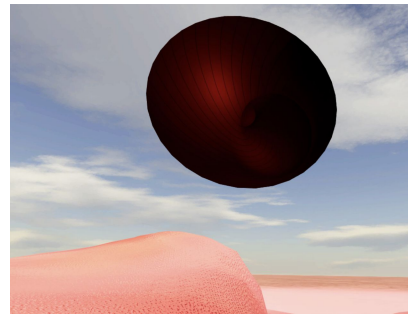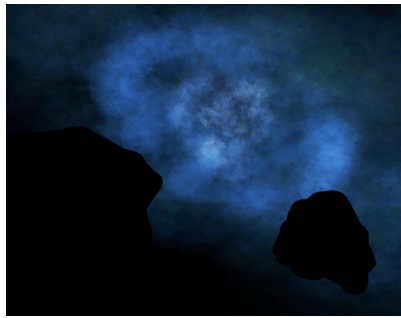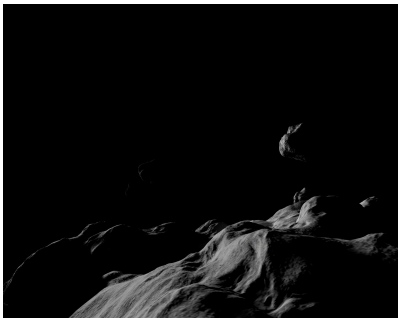
Anish Kapoor, still(s) from *Into Yourself, Fall*, 2018. Courtesy of Anish Kapoor and Acute Art
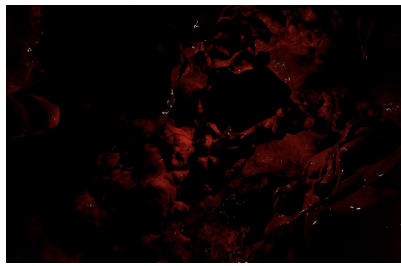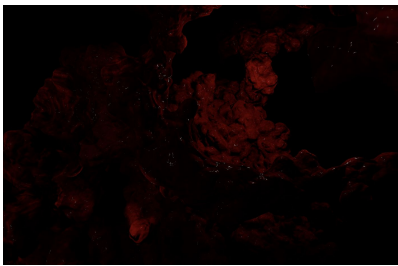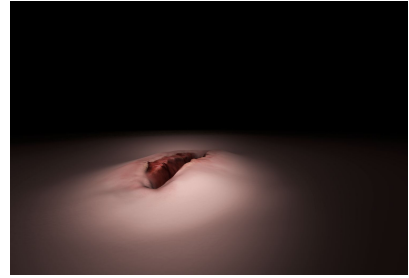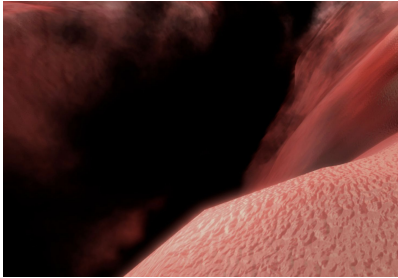
Anish Kapoor, still(s) from *Into Yourself, Fall*, 2018. Courtesy of Anish Kapoor and Acute Art

Anish Kapoor, film of the behind the scenes of *Into Yourself, Fall*, 2018. 2:00min. Courtesy of Anish Kapoor and Acute Art