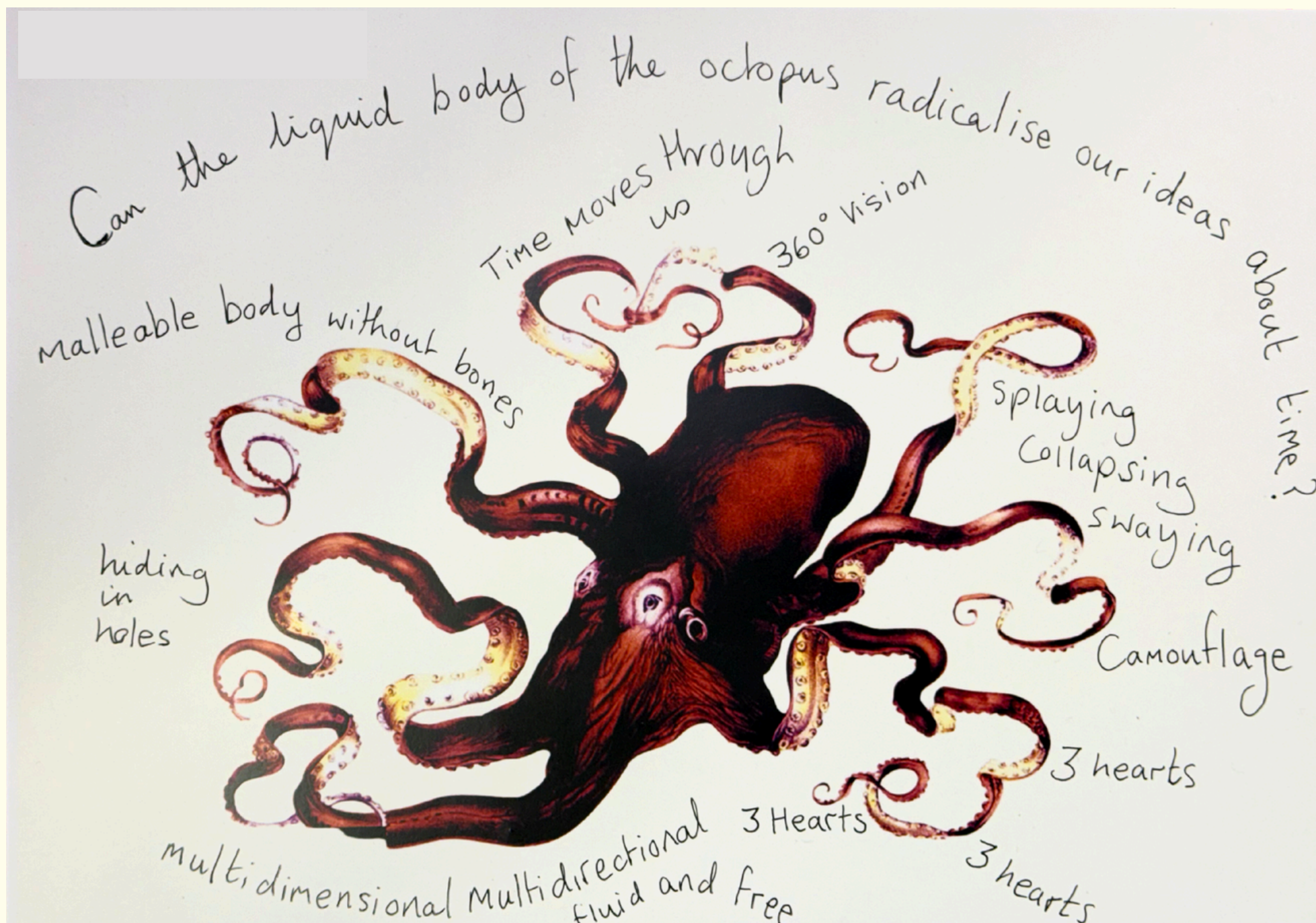


Octopus Time

“Because the good news is, we’ve entirely made time up. So we can re-imagine it. Time as we experience it is a technology rather than a fundamental part of the Universe.” Anna Starkey 2024

“This phrase makes me want to jump into slow action” Anna Starkey 2024



Be super vigorous for 3 minutes

Run up and down the stairs/jump up and down/shake the flesh

After 3 minutes

Notice the buzz, the chemistry in the body, the tingle of the finger tips, the skin's alertness

Lets call this the buzz

Move/be with this buzz - the afterglow in Octopus Time.