

WHIRLING EXCERCISE_FORGOcollective

This practice aims to sharpen and alter our perception of time by entering a whirling state for an extended time period.

Spatial requirements: Ideally a minimum 15m2 empty space is needed but it can be tried in a smaller room too. You can also try it outdoors but be careful of the surface and surrounding objects. Choose whether you would like to do it in shoes, socks or barefoot based on which slides the best on your ground.

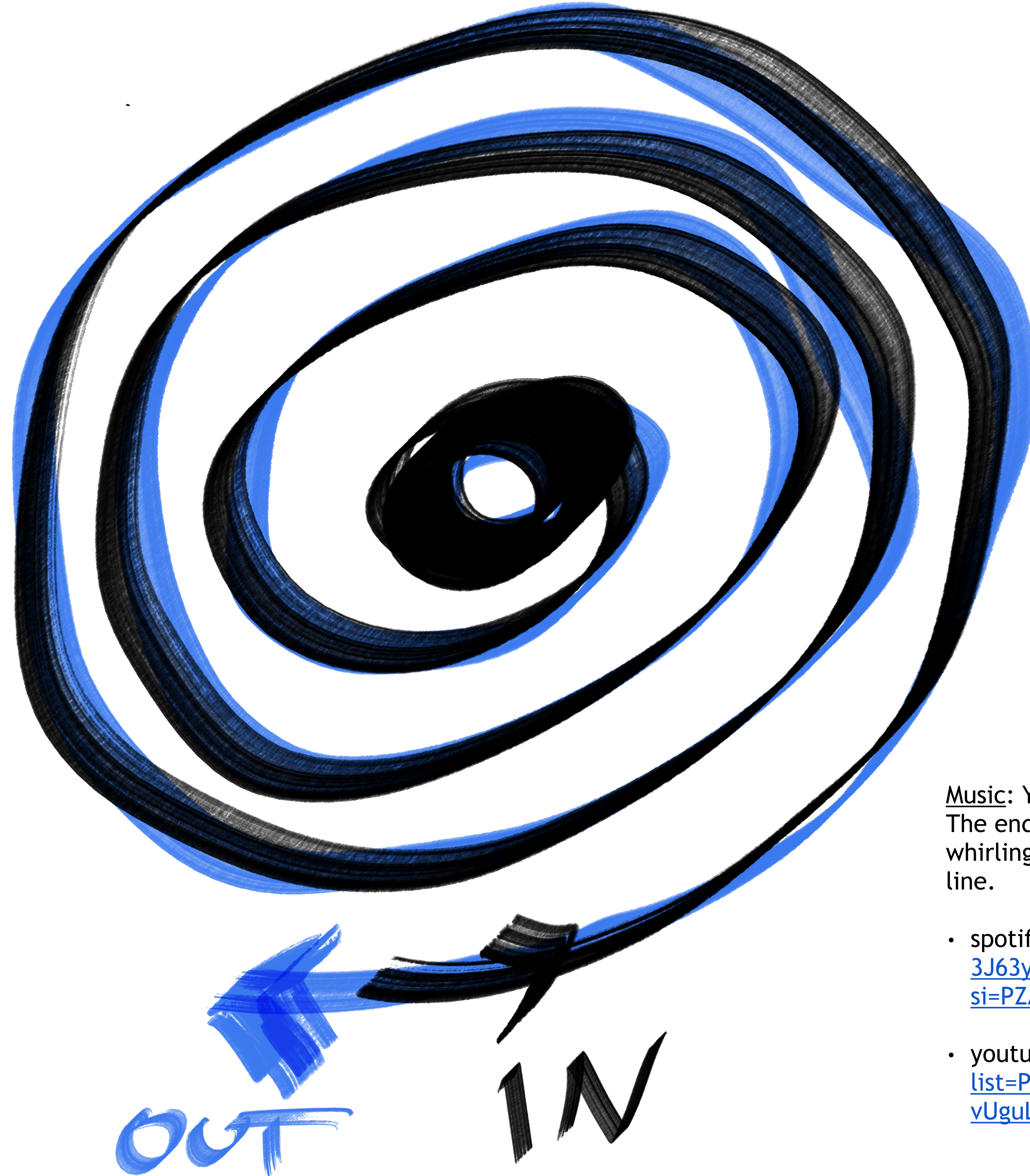
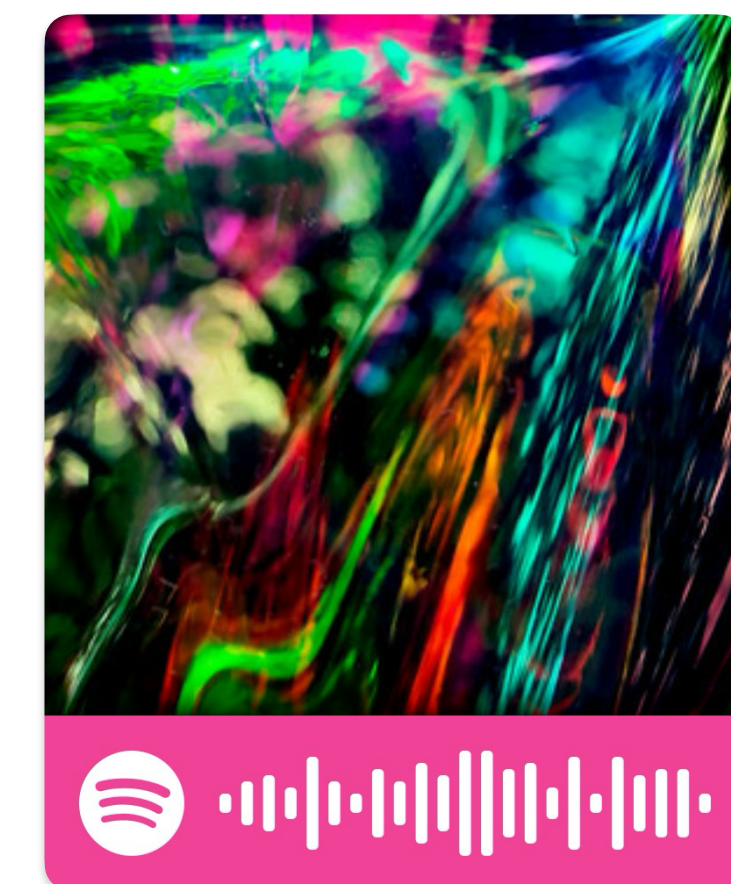
Instructions: Start walking inwards on a circular spiral line and make the circles gradually smaller and smaller until it shifts into a whirling around yourself. Whirl by leaving the supporting leg on the ground and use the working leg to generate momentum. In case it's more comfortable, step around your axis with tiny equal steps. Don't spot, don't move your head and do not focus your gaze or anything just let the world pass by. Whirl for 15 minutes until you hear the music then use the rest of the time to expand the whirling into smaller than gradually bigger circles again and walk out on the same spiral line where you started. We suggest not to slow down, just exit the whirl into the circular walk again and enlarge the circles. The last minutes in silence are there for you to keep walking at a desired pace or use this experience and see what movements come out of it or how it altered your perception of time.

Suggestions to try out while whirling to enrich the experience.
Try these only if you are already experienced in simple whirling and do not feel dizzy:

- Slowly lift up your palm in front of your eyes and focus on the palm
- Close your eyes for a few seconds.
- Use your arms to generate momentum or counter the movement of the legs.
- Move around in space or add circular walk while still simultaneously whirling.

Music: You can access the 15 minute playlist here.
The end signifies that you should conclude the whirling and start walking outwards on the spiral line.

- spotify: https://open.spotify.com/playlist/3J63yWxXyj7xVHojtZhk4X?si=PZAZC2nKRVCZdoZlrJsMgg&pi=EKdlyCh_RWy9U
- youtube: <https://youtube.com/playlist?list=PL3IMnAHo2NQY4nogvGiPFHuzV0n4jreF&si=-vUguLUaAyyvVi66>



Disclaimer: The practice is built in a way that it should not cause dizziness, however, it might happen due to the lack of practice. Feel free to transform the whirling into slowly walking outwards on the spiral line anytime you might feel dizzy. We do not recommend abruptly stopping the motion as that is the main cause of dizziness.