

INSTRUCTIONS FOR OPERATION OF PSI-HOOP

Jan 2010

FAILURE TO FOLLOW THESE INSTRUCTIONS WILL VOID THE WARRANTY

TAPING THE HOOP

Your hoop should arrive coiled in its box. It may be taped at its full diameter or it may be disconnected and curled into itself to make it easier for transporting and mailing. The decorative tape might be crinkled because it is new and the hoop has been curled tight. **Please smooth it down carefully and thoroughly with your hand or a cloth.** If you don't do this well, the tape will lift off the hoop and be rough and annoying.

Included in the purple bag is a bit of tubing with some tape around it. This tape is for your first use, taping the connector closed BEFORE you try out your hoop. You can easily break the tubing if you don't tape the connector.

This strapping tape is very strong and you must get something similar. Tape the connector closed again before use, if you ever take the hoop apart for travel. To fasten the hoop, you can use the strongest 1" or 2" tape that doesn't stretch. I recommend Scotch Extreme Packaging tape, which I get at Office Depot. It has fibers that criss-cross, and, unlike normal strapping tape, won't easily tear in one direction. **You may need to make more than one turn (layer) of this tape.** ... smooth it down well. Please check the tape regularly, especially if it ever gets wet, and replace it as necessary. Note that the end of the hoop tubing which slides in and out for transport etc is the end furthest from the jack and switch...this is good to know when you are pulling the hoop apart. The join is tight, and you may need to wiggle the tubing as you push or pull the tube to close or open it. You could also warm the tube with a hairdryer for 10-20 seconds to make it easier to open or close the tube. You can permanently tape the hoop closed. If you want to take it as carry-on on a plane you may need to undo it, to make it smaller. **DON'T FOLD THE HOOP IN HALF** (by twisting it) - the insides don't like it, and that may be the end of your psihoop.

The hoop itself will regain its round shape quite easily provided it is not bent too far. If it is not perfectly round it will still hoop fine, but you can bend it back into shape with your hands. Usually the more skin it contacts the easier it will hoop. (So hoop naked !)

If the ends of the hoop are not well fastened together the hoop could fly apart, hitting someone. This is counter to the intention of whirled peace.

CHARGING THE HOOP

Note for International users – the charger and hoop are set for American voltage which is 110-120 and NOT for 240 Volts (England and Australia and others)...

if you have 240 Volts you will destroy the charger and possibly the hoop unless you put the voltage through a transformer to change it to 120 and then use an adaptor to get the right plug.

The hoop should have a full charge when it arrives. The first charge of the batteries may last for slightly less time than subsequent charges. The hoop comes with a little socket (in between the switch and where the hoop is joined. It is just a tiny hole about an inch from the switch). This is where you plug in the adaptor. Included with the hoop is an adaptor to recharge the hoop. The psihoop plug goes into the socket in the hoop **GENTLY!**. If you ram it in, it could push the socket into the hoop and you will lose it in there and then it wont work....

Depending on the number and type of LEDs in the hoop you will get varying extent of lit operation. When the LEDs start to go softer colors and then mostly red it is a sign that the batteries are running down. If you turn off the hoop when the LEDs are all going red, and leave it unlit for a few minutes, it will recover some charge and work for a little while longer...you can still get twenty minutes or more of lit time when it starts to go red, but you wont get the brightness or as much color. It is like an early warning signal of impending darkness. With the AAs (in most hoop styles but not the very thin and light tubing for juggling etc, which will have AAAs) you should get at least 4 hours (up to 5 hours) of lit time with a full charge. With the AAAs (lightest weight) you will get around one hour (1 - 1 1/2) lit time, depending on number of LEDs. And if you turn the hoop off when you aren't spinning it or admiring it, then that will last a whole night, or even a month between charges, if you perform for 10 minutes a day. To make sure that the hoop is charging, you will need to let the lights run down till they are all red and then plug the charger in, with the lights turned on and see that the LEDs go multicolored again. Then turn the hoop lights off and let the hoop charge.

It is possible to power the lights from the mains through the charger. The batteries wont charge, but you can get some cool room illumination. I would say its fine to do this for several hours occasionally. If you do this too much you may shorten the overall battery life. Be careful to position the hoop out of the way when its charging. If you trip over the wire and yank the plug out you could break it. These kind of things are not covered by the warranty.

Please also see the section on 'Batteries' below.

CARE OF THE HOOP

The hoops will withstand a lot of hoopla. They are OK to roll and hoop frenetically, and drop and bounce (though not with excessive force or from any height above 8 feet) and survive hits with other hoops and walls, and so forth. They are not meant to be pulled on by two or more people, or twisted severely. The hoops are NOT strong (rigid) enough, to

lean much weight on when they are standing up. STORE THE HOOP OUT OF THE SUN AND LIGHT. The plastic gets harder and more brittle and less transparent otherwise. **Attention, Burners and outdoor revolutionaries.** I have been experimenting to see how much dirt and sand these hoops can take. Sand and dirt can get inside, through the switch, the charger port and the holes that are made to help keep the hoop together. So tape over the hole for the charger and any other holes, and try to cover the switch with some tape that still allows you to slide the switch on and off, or use bandaids or vinyl tape that you can keep replacing. **Note that the cloth, glitter and metal tape used to decorate and give traction to the hoop definitely doesn't like getting wet** or even damp...so if you play with the hoop at sunset and leave it lying on the lawn you will have to replace some or all of the tape. If the ends of the tape are peeling back, try gluing them down with some hobby type glue, such as Goop. Use a very small amount. The intricate tape work that I do on some hoops adds visual interest to the hoop and its trails, but is a bit fragile, so I cover it with transparent tape...you can re-cover it when this tape starts to fray. You can also sand the inner surface of the hoop to improve traction. You can use coarse sandpaper and rough it up, you may have to repeat this in a month or so cos it gets smoothed down.

You can remove the decorative tape that is on the hoop or add to it. There are semi transparent tapes that let some of the light through in interesting ways. Breaking up the light patterns with 1/2" cloth tape (fluorescent or regular) or even 1" vinyl, metallic, cloth or holographic tape etc, produces interesting psychedelic trails and gives you the feeling of having a new hoop. There are some pictures on the website that may give you some idea. Its amazing how much tape you can put on the hoop. .

BATTERIES

Originally I made the hoops with regular batteries, but all the batteries had to be in one place in the hoop, and that unbalanced the hoop. The hoop then had a tendency to wobble and act eccentric. The battery compartment was also a weak point structurally in the hoop, and several hoops had to be repaired. There was also the consideration of waste and environmental pollution. So I started using rechargeable batteries in the latter part of 2005.

The hoop has three NIMH batteries in it, and sometimes another weight, all evenly distributed around the hoop to make it spin true and easy.

The main concern with using rechargeables in the hoops is that it is hard (difficult to impossible) to change them when their life is up. They are supposed to have about 800 charges in them, according to the manufacturer, but as we know "Your mileage can vary.... In order to increase your chances of getting anywhere near 800 fully lit nights of hooping you need to treat the batteries a certain way... .Charge them regularly, don't

overcharge them. Each charge will take about 6 - 10 hours but you can leave them on the charger for several hours longer without hurting them. Don't leave them on charge for more than that though as you will shorten battery life and may burn out the hoop. Please also unplug the charger when not in use because if you just leave it on all the time it will consume power and may burn out after a while. Also don't let the hoops go for months and months without a charge, as that will also shorten battery life. The motto is "Hoop regularly!".

Rechargeable batteries can be made from different chemicals. The NiMH (Nickel Metal Hydride) batteries (the ones currently in Psihoops) have certain advantages and disadvantages. The disadvantage is that they slowly lose their charge. If you charge them fully one week and don't use the hoop for a couple months you may only get a few minutes of fully lit time out of it. The advantages of these batteries are that they are more environmentally friendly, less toxic (than NiCads), and that they don't have 'memory'...ie you can recharge them no matter how charged they are already, and they won't end up losing power.

I make the hoops in a way that allows the batteries to be taken out and replaced when they start to not hold a charge. Changing batteries will still be a time consuming operation, but I won't have to break the tubing. I will have to take the hoop apart and rebuild it. The cost for replacing the rechargeable batteries will depend on the hours it takes me, and the cost of materials and new batteries etc, so it will probably be around \$60 - \$100. Batteries are not covered by the warranty, unless defective on arrival or during the first 6 months. Please try to extend battery life by charging with the correct settings and following the above guidelines.

WARRANTY

I am offering a 6 month warranty with the hoop from the date of purchase. The hoops are tested thoroughly before shipping. If there is obvious damage to the hoop when it arrives please immediately notify me at merlin@psihoops.com or 619 921 3544 and we will sort it out with the mail carrier. For other problems, you should keep your receipt and it will be easier if you have the original box. You will have to pay the shipping back to me, but I will repair the hoop for free provided that you:

- a/ haven't obviously abused the hoop by bending it too far, twisting it in half or squashing it with something, stepping on it with shoes, immersing it in water, leaving it in a sun-baked car and so forth
- b/ haven't opened the hoop itself or snapped off the charging port, etc.
- c/ haven't used the wrong charger or one intended for a different voltage, or used the charger with the wrong settings (e.g.voltage set above 7.5V)
- d/ haven't curled the hoop up too tight for transport/mailling etc...(below 26" diameter for 1" tubing and 22" diameter for _" tubing)

e/ have followed the instructions for taping the connector at all times, with strapping tape.....

i.e I will repair or replace it for six months if it fails under "normal use" ...what the hoopsters – huligans - of the world would consider normal anyway!

Note that the thin 5/8 ID PP tubing is only covered under warranty if it has the smaller/thinner AAA batteries. If you have the larger AA batteries in that tube and you use the hoop in cold weather and eg hit the tube on concrete, it can crack, and those cracks I cant cover under warranty, though I will replace the tube for \$40.

After the six month period I will look at it and give you an estimate for repairs.

Upgrades will be happening periodically, (mostly to increase the interactivity) and you can info on those through the web site. You pay for the postage and I can upgrade the hoop for a custom price.

Please be advised that I have a patent pending on these hoops.

December 2006

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MEDITATIONS WITH THE HOOP

The hoop is basically a circle and carries the symbolism of that. The circle evokes meaning that spans the entirety of human experience. From the individual to the group, the family of man, the earth, the universe – the circle represents them all. It represents wholeness, unity, healing, peace. Man in all cultures has used sacred circles for ritual, prayer, healing, trance, spiritual and psychotropic journeys and so forth. The hoop is also a wheel. Our civilization could not exist without the wheel.

Take some time to feel the symbolism of the hoop and explore it in your dance and workouts with the hoop. Just spinning the hoop with the right attitude and intention is a meditation in itself.

Essentially the hoop is a tool - a tool for amusement, exercise, entertainment, communication and play. It is also a toy. As with all good toys, it provides opportunities for growth and development. I notice that it informs my dancing. The study in momentum transfers some quality to the movement of my limbs and torso. It is a revolutionary dance partner! The hoop is not just an object that you whirl around your body. It has a rhythm of its own. It is an instrument Do with it as you will. It can evoke

an emotional, energetic, social, soulful quality. You could put some affirmations or prayers or mantras in it written on paper, then it becomes a prayer wheel as well, working with your love and intention....

It can also be obnoxious, making people cower or flinch or become distracted. So it's a good thing to learn some floor etiquette when you are at a jam, rave, party, dance or event. Notice how people respond, get used to including those around you in your vision and awareness, invite people in. Share your toys. Put them away when its time for some other community action.

As well as spinning the hoops around the body and twirling them in the air, you can play all sorts of games with them. I like to use an exercise ball and a hoop, moving the ball with the hoop. Or standing on the exercise ball and hooping... You can throw these hoops in different ways. You can play with the different colors of the hoop, using different colors to mean different things. The trails of a psihoop give you all sorts of useful feedback when you hoop in front of a mirror.

If you have access to 2 psi-hoops, and I know some of you do, there are many enlightened games to play, and effects to create, either solo or with a partner. One game is for two or more people to hold a different hoop in each hand, and move slowly at first.... You can both end up outside the hoops, you can start whirling them around and spinning etc, it is an interesting dance...to feel the give and take and the synergy of the connection. It has a definite feel of contact improv dance. I think it's the ideal tool for processing in relationship! You will see where you are trying to control, where you are blocked, where you are not listening, where you are cooperating, where the magic is...

Another 'relationship' dance that I do is an extension of "push hands" from Tai chi...this time two people use just one hoop Here you each use just one finger on the outside of the hoop, and press together a little to keep the hoop in the air. You can use your whole hand to start with, but the aim is to use just one finger. That way you have to listen to your partner and flow with the movement of the hoop. I try to feel through the hoop into the center of my partner's body and have them do the same with me. Pretty soon you will be doing all sorts of crazy movements and keeping the hoop up in the air.

These are of course only a brief start of all the mischief you can get up to with a hoop. It will show you a thousand things, carry you to new places, guide you, guard you, challenge and provoke you. It may even bring you love, light, health and happiness.

I have put my lighted hoops up on the wall, or at the altar in a dance etc. The hoops with the slow changing lights work well for this. Perhaps paradoxically, a blindfold is sometimes useful, to put you more in touch with the kinesthetic element.

See also this site and its links and many many more on the web.....

<http://www.hooping.org>

Love, Patrick.