

Hoopmunication



**A Visual
Communication
System**

**Margarita Navarrete-Hutchinson
LMT, LMTI**

*With increased Self-Awareness, may
Alloved communicate with greater
ease...reducing friction, and increasing
flow...within & without.*

**Other books by the author, available through
blurb.com:**

The Pressure Rainbow
Sensation Communication from
One Body to Another

Your Body is a Spaceship!
A Navigational & Maintenance Manual

Exploring Movement Through Hoopment

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Hoopmunication

A Visual Communication System

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Mini-Hoops are inexpensive tools that are easily made at home; and can be a fun project for all ages.



The process of making them may serve as a meditative practice; that also engages fine motor skills when wrapping the hoop with colorful duct tape, and electrical tape for the trim.

Hoopmunication uses mini-hoops, combined with colors (The Pressure Rainbow), to quickly communicate:

- Perceived pressure
- Emotional states
- Need for space/proximity/closeness

The Pressure Rainbow is a gage that expresses perceived pressure via colors & numbers. Our various emotional states are "located" in the different color zones.

Hoop size (4 diameters) expresses an individual's bandwidth/capacity for human interaction/contact.

This communication system allows individuals who are non-verbal to clearly express their needs for space, or interaction; at what level of interaction; and what state to "meet" them in.

It helps the individuals who provide support for the non-verbal person to provide better support, especially when intense pressure is being communicated (**Yellow/Orange/Red**).

They then know to "hold space" for the individual experiencing high levels of pressure via their nervous systems, by consciously remaining calm (**Blue**).

There is slack in all the colors.

The Pressure Rainbow uses colors (**Blue, Green, Gold, Yellow, Orange, Red**) to express perceived pressure; and numbers (1-10) that measure how much slack remains before our nervous systems protectively "pull" us into increasingly heightened states of awareness.

We envision the "slack" as lengths of rope.

We see "1" as ten times longer than "10," which means that "5" appears to be closer to "10" than to "1"--which exemplifies how our nervous systems protect us: engaging in ever-more heightened states, until we potentially reach a state of emergency (**Red**).

As we progress from a calm/relaxed state (**Blue**), to a happy/content state (**Green**), our heart rates and breath rates increase; as well as our blood pressures.

As our excitement increases, we enter the **Gold** zone--which is a "chosen challenge" state, that engages our reward systems--despite perceived discomfort.

As the pressure increases, we get to the **Yellow** zone; at this state, our nervous systems are determining that something needs to change--pressure needs to be reduced, to avoid escalating into a state of caution (**Orange**), then emergency (**Red**). *Become familiar with "Yellow-3," and make a change: albeit taking a few conscious breaths.*

Mini-hoop diameter expresses the need for space/ interaction/closeness, and at what level.

One-hundred feet of HDPE tubing yields 8 sets of hoops, in 4 diameters; forming the basis of a full "hoop set."

X-Large....."Leave me alone; I do not have the bandwidth for human interaction. Thank you!"

Large....."I'm up for interacting, but I need more space; let's keep it no closer than sphere to sphere."

Medium....."You are welcome within my sphere, but please don't touch me. Thank you!"

Small....."You are welcome to touch/hug me; my nervous system the capacity/bandwidth to allow you close."

It's nearly impossible to hug someone with an XL hoop around them, especially when accompanied by a Large.

Our hoops may serve as our "shields;" and if we need more space, we may fidget/play with a smaller hoop in a respectful way--that tends to create the space we need, to feel comfortable within our spheres, in our currently experienced (and shared) environments.

They can also serve as links of connection: ice-breakers/ conversation starters, that facilitate communication through giving us something neutral to talk about (that is not necessarily regarding ourselves).

And, they are "fidget toys" with which to play & share!

Combining the hoops with the Pressure

Rainbow is a practice in self-awareness.

To clearly communicate the state we are in to the people around us, we need to know where we are.

--**Do I need space?** How much?

--**Do I feel like interacting?** How much?

--**Do I feel like I can accept physical contact?**

--**How much pressure am I feeling?**

*Am I calm/low pressure? (**Blue**)

*Am I happy/content? (**Green**)

*Am I in the "hurts so good" state of chosen challenge, and really excited? (**Gold**)

*Am I a bit stressed out/anxious? (**Yellow**)

*Do I feel on edge, like I am no longer in a safe place, and feel tension? (**Orange**)

*Do I feel like I want to explode/burst/cry/melt-down/run and am in a state of emergency? (**Red**)

For example: an **X-Large Blue** hoop expresses that our nervous systems are calm, and we feel low pressure, but we prefer to not interact with other people. So they know that we're okay--*super chill, actually*--and to give us space.

An **X-Large Red** hoop expresses that we are experiencing extreme/intense pressure loads, and need space to process. A **Small Red** hoop indicates a desire for assistance/nurturing, through physical contact.

A few more examples: a **Large, Medium,** or **Small Blue** hoop expresses the levels of interaction we are comfortable with, as well as what "state" to meet us in. "Meet me in the **Blue State**, and be mellow with me."

Or **Green:** "Meet me in the **Green State**, and let's be happy together! I feel so great!! Feel good with me!"

The **Gold** hoop (black duct tape with gold trim) lets folks around us know that we are getting stuff done, and we are focused; and since what we are doing is challenging, may appear uncomfortable to someone peering into our spheres...but we're fine. *We chose this.*

When we do need some help, our hoop size communicates when assistance/participation is welcome.

As we progress into the zones that communicate we are experiencing/perceiving more intense levels of pressure (**Yellow, Orange, Red**) hoop color and size communicates to others:

1. That our nervous systems are moving into heightened states of alarm
2. That when we need space to process (**X-Large**), their holding space in the **Blue** zone may help assist in our returning to **Blue**
3. If we need assistance, how much space to provide us--to prevent inadvertently increasing our perceived pressure load

This helps any supporting team/family member to provide better assistance, because they more clearly understand the needs of the non-verbal individual, and where to meet them.

On the subject of Spheres: We have a variety of spheres that may be perceived: our sphere of consciousness; our body sphere; our environmental sphere...to name a few.

The **Body Sphere** may be physically observed, with the use of 2 equally sized mini-hoops. Our size choice is based on our need for space.

Our spheres extend to the far ends of the hoops, with our arms extended; in every direction.

With a visual understanding of our **Body Sphere** size, we can better communicate our need for space to individuals who are familiar with Hoopmunication.

"**Distant Sphere**" interaction can be distinguished from "**Sphere-to-Sphere**" interaction/communication;

"**Intersecting Spheres**" happens whenever we are in close proximity to others; like Venn diagrams, or clusters of bubbles.

We become "**Merging Spheres**" when we connect on the level of physical human contact, whether a handshake or a hug.

Our **Sphere of Consciousness** refers to how our perception interprets the data that is collected via our nervous systems.

*How the incoming data is interpreted is affected by
the filters that are in place--
based on current state/past conditioning.*

The information that is taken in is processed as a **narrative**, that is colored by our conditioning/social programming and opinions about the observed data.

When we "see" the world, what we **perceive** gains meaning through the "story" that we tell ourselves, about what we are seeing.

Change the story, and how the data is perceived may also change.

Our **Environmental Sphere** is that which extends beyond our **Body Sphere**.

It includes the surrounding flora and fauna; earth, sky, water; the manufactured things; and the people just beyond our immediate sphere.

How much we can take in/perceive from our **Environmental Spheres** is directly related to our **Spheres of Consciousness**.

What's going on in our **Body Spheres** (pain/discomfort) has a direct effect on our **Spheres of Consciousness**.

Our feelings and reactions in response to incoming stimuli are deeply intermingled with our physical/emotional states.

Making Our Hoopmunication Hoop Set

- 100 feet of HDPE tubing @ 1/2 inch
- 15 feet of HDPE tubing @ 3/8 inch
- PVC pipe cutters
- Duct tape in Pressure Rainbow colors
- Duct tape for Casual Hoops (4)
- Duct tape for Formal Hoops (4)
- Electrical (or other) tape for trim

The diameter of each hoop, from outer edge to outer edge:

- X-Large: 16-17 inches
- Large: 13-14 inches
- Medium: 10.5-11.5 inches
- Small: 8.5-9 inches

*Cut 8 lengths in each size; *there may be enough tubing left for 1 or 2 hoops.* 1/2 inch

*Cut 32 pieces of 3/8 in HDPE tubing, 2-4 inches; *due to variations in tubing size, less connector tubing may be needed.* Then place in freezer/cooler.

*Heat the ends of hoop tubing, via various methods

Here comes an opportunity for Science:

Hoop-making is an excellent opportunity to engage in scientific inquiry, when working with children.

Expansion and contraction are necessary, for the hoop tubing to be joined with the connector tubing.

Which one needs to expand?

Which one needs to contract?

How do we make them do that?

Expansion may be attained through using an electric heating pad; hot water; blow dryer/heat gun; placing tubing in a hot vehicle for a few hours; placing tubing in a black garbage bag in the sun for a few hours (compare to a white bag for added Science)....

Contraction may be attained through placing in freezer; cooler; ice-water; bowl of ice...maybe compare ice water to ice alone....(is there a difference?)

Once the tubing is connected, we have our hoops!

Next, we tape.

Six of each set of 4, assigned a solid color:

Blue, Green, Gold, Yellow, Orange, Red

The two remaining sets: choose tape for Casual & Formal

Our Solid Color Set becomes our "home set."

Maybe more people in the household would like to communicate the same way: buy more tubing, and make more hoops!

The **Casual Set** we decorate with colorful tape that we enjoy; it is playful and fun.

The **Formal Set** we decorate with whatever tape we consider "formal." Whether it's black tie, or sparkly bling.

The **Casual & Formal** sets are what we take with us when we leave the house.

While they don't communicate emotional states, they do serve as visual aides that help establish boundaries.

Don't want to be hugged? Wear the **XL** hoop across the chest; over one shoulder/arm. ***It may help deter unwanted squeezes!*** *We can always remove it, if we feel comfortable merging spheres with another.*

Hoopment is the practice of allowing mini-hoops to guide our bodies through space, for self-care/mobilization.

It's also an excellent way to process nervous energy.

When we are in unfamiliar environments, surrounded by people we do not know, our nervous systems are more engaged...and may sometimes become over-stimulated by so much new sensory information coming into our vessels.

When that nervous energy increases enough to press us into **Yellow/Orange/Red**, it may be helpful to engage in a physical activity, to channel the nervous energy out of our bodies in a safe way, and thus reduce the perceived pressure on our nervous systems.

*Hoopment is a safe, non-threatening way to **Find Our Centers**, and practice feeling comfortable enough to **Expand Into Our Spheres**, regardless of wherever we may be.*

The more we practice Hoopment at home, and become comfortable with allowing the hoops to guide us through space, the easier it becomes to engage in Hoopment in public. *Because it can serve as a moving meditation, it may help calm us; and help us focus on our breathing.*

By the time we're practicing **Moving Through Space Within Our Spheres**, we are juggling the Spheres: Body, Consciousness, & Environment--*practicing staying present while we maintain awareness of our Centers, our Spheres, and our Environments.*

The mindfulness practice provided by Hoopment, increases our awareness in most times and places, with or without hoops.

Additional Uses for Hoops

--Hoops float! They make great aquatic implements; Aqua-Hoopment in a pool helps us get a better grasp on how the hoops like to move through space.

--Hoops may be used as self-massage tools; and can be used to massage other people, without involving direct human touch.

--Lightly scraping ourselves with the hoops may help assist with sensory processing/sensitization.

--Hoops may be used to illustrate ideas that are connected (like a Venn diagram).

--Hoops may be used to assist us as we stretch our bodies; and increase our self-awareness regarding what we are feeling in our bodies (so we can ask for help sooner, when we need it).

--Community Volunteer opportunity: facilitate group Hoopment, either on our own; or via an organization.

--Youth Entrepreneurship: sell hoops @ \$10/1; \$15/2; \$20/3; \$25/4, to encourage folks work with different diameters, since they move our bodies in different ways.

Hoops-4-All by Allovus

Another way to choose to volunteer in your community is through gifting hoops.

Making hoops to give away to strangers, without any expectation of return, stimulates our reward centers.

It feels good to give to others. By sharing self-care with others, through bestowing a hoop, we support our own wellness. Especially when they ask for a demonstration!

When we model the process of allowing the hoops to move us, we are practicing the process, ourselves.

Facilitating group Hoopment is another aspect of sharing Hoopment & self-care with others, while supporting our own wellness practice.

If we decide to make and sell hoops, and give away every 5th hoop (gifting 1 for every 4 sold), then we are contributing to Hoops-4-All by Allovus.

TheHoopment.Us lists the folks who choose to contribute to H4A, as mini-hoop sellers.

Since Margarita doesn't sell hoops (she makes them to give away), she prefers to encourage & promote youth to engage in the practice; and provide them a space to promote their mini-hoop entrepreneurial enterprises.

Family Hoopmentation is an opportunity to practice self-care & wellness together, as a family.

When we make self-care a part of our every day experience, we feel well; and create a healthy habit.

When our bodies and minds enjoy wellness, we tend to communicate better with others; since we are less likely to interpret other bodies as "potential enemy vessels," as we navigate through shared space...

Hoopment is an intuitive exercise; that clears the mind as it stretches & opens the body; increases mindfulness while providing a moving meditation; and the hoops serve as training wheels that teach us intuitive, ergonomic movement.

Practiced together, as a family, reinforces the health benefits of **Hoopment**, while providing a fun activity to share with family & friends.

Playing together is excellent therapy, no matter how old we may be.

Playing helps support a healthy mind and heart.

*When our spheres are well-maintained,
the incoming informations may be seen more clearly.*

*The data entering our systems may be perceived in ways
that support a narrative of "collaborative integration,"
and we recognize that we are connected.*

*Hoops linking us, create a grid: a pliable sphere that has
enough slack from hoop to hoop, to expand and contract as
needed; when necessary.*

*We are aware that our spheres affect those around us; and
that the surrounding spheres affect us as well.*

*We recognize who we are Intersecting with, and with
whom we are merging; and recognize that the depth of
immersion correlates with the strength of emotions
experienced in relation to those spheres..and choose to
intersect and merge with spheres who nourish & support
us (and we return the gift to them...
resonating reflections).*

*We acknowledge that we are all here, together,
voluntarily-- all of us, *Allovus*--
and that when we share, there is enough.*

There is Slack in all the colors...in all directions.

Learn more:

www.TheHoopment.Us

www.TeachingFamilyMassage.com

www.ThePressureRainbow.com

Other books by the author available for purchase through blurb.com:

The Pressure Rainbow

Your Body is a Spaceship!

Exploring Movement Through Hoopment

I hope this book serves you as a useful tool, that increases communication & mindfulness; and reduces the friction that may occur when humans interact.

Thanks for choosing to share.

Thanks for choosing to choose.

Thanks for perceiving you have a choice.

About the Author



There is Slack in all the colors...

Margarita Navarrete-Hutchinson, LMT, LMTI, Massage CE Provider

A Licensed Massage Therapist in Texas, practicing since 2003. Margarita has practiced "Flow Arts" since 2005; starting with a very large diameter hula-hoop.

In 2014, she published the "Pressure Rainbow," which helped her better understand herself; it still serves as an excellent verbal tool that allows clients to vocalize as needed during sessions.

Over a decade later, the hoop shrank; and she established "Hoopment," in 2017, as "the practice of allowing mini-hoops to gently guide our bodies through space."

In 2018, Margarita combined the Pressure Rainbow with the mini-hoops, recognizing that the merging of the two creates a useful, easily recognized (once familiar with) non-verbal communication system, that could potentially assist folks in a variety of arenas.

She welcomes feedback, especially regarding the application of any of the tools she has shared via blurb.com & her sites.

Margarita is an approved CE provider in the State of Texas.

You may e-mail her: PhatKatChao@gmail.com.

Reducing Interpersonal Friction Through Non-Verbal Communication

Using inexpensive materials, we craft our mini-hoops in 4 different diameters: to communicate a quantifiable need for space; paired with colors: to express emotional/ environmental pressure sensitivity.

This facilitates the process of providing support; as well as empowers the non-verbal individual to clearly express their need for space-- or alternatively, their need for nurturing, human contact-- quickly and directly.

The applied use of this communication system may help support increased self-awareness.