

# Learn to Whirl

## **Transformative Whirling** **An Experience in Ecstasy**

### **Shiva's Unique Four-Step Method.**

Do you want to learn to whirl? Did you as a child use to spin real fast till you could hold yourself up no longer, drop to the floor and watch the world turn around you? You are not alone. Most people love to whirl, they just don't know how to maintain balance.

Whirling is for all of humanity and does not belong to any one part of the world, or a certain religion or spiritual sect. People from all countries and all faiths have been turning, spinning or whirling since the beginning of time. When you watch children spin don't you envy their fun? Children everywhere love the freeing sense of spinning, and it doesn't matter what continent they are twirling on.

Shahram Shiva has devised a unique new breakthrough technique that makes it possible for all of us to turn comfortably, competently, without any dizziness or discomfort. The beauty of Mr. Shiva's system is in its simplicity.

### **Tapping into the core of the universe:**

All things in this universe are in a constant state of spinning, from subatomic particles to solar systems and galaxies. Every particle in our body and all that is around us are already spinning. Actually the Milky Way galaxy

that our solar system is a part of, is spinning in a spiral fashion as you read this.

Shiva's method is based on basic laws of physics and the common thread between all physical manifestation.

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*"The wind is mightiest when it whirls"*

This easy-to-follow four-step system is designed and developed exclusively by Mr. Shiva in 1995, and is non-ritualistic. Students by following this proven method without any prior training can begin whirling immediately.

Shiva has helped thousands of people whirl comfortably and competently. Some of his students, including Deepak Chopra, teach his method in their workshops regularly. Shiva's guided group whirling has been featured on CNN. He has worked with choreographers and theater directors. He has performed and has trained dancers to whirl at New York's Joyce and LaMama Theaters. He has also trained actor Robert Downey Jr. to whirl in the movie *Game 6* (2006).

"Shiva's Four-Step Method to Whirling" is published in his book of Rumi poems ["Hush Don't Say Anything to God: Passionate Poems of Rumi"](#) and is taught in group workshops. Mr. Shiva conducts whirling workshops on regular basis and has so far successfully worked with groups as large as 350, although larger groups can easily be guided.

## **Why Whirl:**

Whirling is as natural to us as walking. The source of this universe manifests its energy through the spiral, hence as we whirl we harmonize with this energy; we tap into the core of our universe.

Whirling affects you on physical, mental, spiritual and psychological levels. Whirling can instantly change your mood. It can instantly bring a smile to your face. Whirling is a form of meditation. The actual practice of whirling brings about a state of meditation. Mr. Shiva calls it "active meditation" vs. the classic Buddha posture which he calls passive meditation. This active form of meditation helps center the body and the mind within a short few minutes. Whirling is also a wonderful form of zero to low impact exercise. Practicing whirling on regular basis can help keep you lean and full of energy.