

InnerRhythms

(EN)

MANUAL

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A) INNERRHYTHMS

A1) WHAT ARE INNERRHYTHMS

InnerRhythms: A pataphysical invention for describing and visualising everyday unconscious rhythms of the inner by means of contemporary readymades.

E.g. to get hold of *InnerRhythms* – the research of the digestive system through a bluetooth phone call – a handsfree Bluetooth®-headset is required (see chapter C)

Inner: the inner, the sincere, the centre, the soul, the heart.

A rhythm: everything that changes over time and where the time changes, a continuation, flow or feeling of movement constructed by a repetition of unlimited patterns, gives a feeling of being in space, where time disappears, changes the sense of time.

A2) SYMPTONES & FEATURES

By going a step further in the trend of trying to distance us from our own body, you try to extend the machine thinking in a primitive way, in cooperation with your body. Doing so, you regard life in a pataphysical way in which humour is key.

Primitivism: (Latin: primus = first) the desire to unite with the origin of life and art.

Pataphysica is an absurdist parody on modern science, which philosophizes about what is behind metaphysics with nonsense arguments. Nonsense usually produces remarkable connections. A French wordplay goes: Pas ta physique = not your physique! (See: *the Poetical machine* by Jerry Galle)

A3) WHEN TO USE

- **Use as placebo:**

Getting hold of *InnerRhythms* is contradictory since inner rhythms manifest themselves in the subconscious. Therefore it is important to be the least possible aware of carrying a bluetooth in your body.

- **As meditation:**
By becoming conscious of *InnerRhythms* you will note a feeling of being in the world. This thought will be examined physically.

- **Homeopathic effect:**
This pill is an utopic attempt to externalize something that stays unconscious. The existence of *InnerRhythms* cannot be proved. There is only the thought that *InnerRhythms* can exist.

B) BLUETOOTH

B1) WHAT IS A BLUETOOTH

A bluetooth or a handsfree Bluetooth® headset is a compact device that allows you to communicate without using your hands. The device is wirelessly connected to a mobile phone, smartphone or laptop (see C1.7). You can transmit and receive sounds through a small microphone and earbud (mono headphone). You put the earbud inside your ear and direct the microphone towards your mouth.

C) EXPLORING THE STOMACH WITH A BLUETOOTH-CALL

C1) PREPARATIONS

C1.1) Buy a bluetooth

LG Electronics BLUETOOTH® Mono Headset HBM-235
The specifications of this bluetooth are suitable for observing *InnerRhythms*.

ITEM	Description
Bluetooth® specification	V3.0 (Headset / Hands-Free Profiles)
Battery	3.7V, Li- Polymer, 110mAh

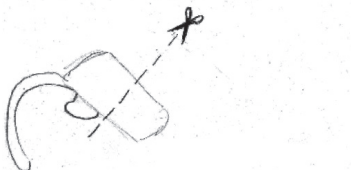
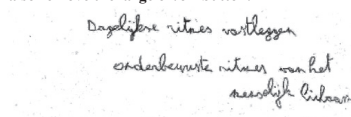
Talk time **Up to 13 Hrs**

Standby time	Up to 430 Hrs
Charging time	< 2 hours
Operation temperature	-10°C ~ 60°C
Dimension	18.2mm(W) X 48mm(L) X 10mm(H)
Weight	9.8g

C1.2) Transforming the bluetooth in a missile casing to swallow:

Because you will only use the bluetooth for sending *InnerRhythms* to the outer world, receiving sounds is unnecessary. Luckily, the earbud can be removed, because it otherwise would form an obstacle possibly getting the L-shaped bluetooth stuck somewhere in your body.

Cut the earbud off. Polish the sharp edges. Try to make the device as compact as possible. You can also remove the large on/off button.



C1.3) Expanding the bluetooth range

After turning on the bluetooth, the connection between the bluetooth and base station (mobile phone, smartphone, laptop) will sometimes fail. In the end, the signal will fully disappear because of the isolating mass and layers in the body. By placing an antenna, you have a stronger and more stable connectivity between the bluetooth and the base station, which will most likely fail no longer.

Solder a thin, plasticized copper thread to the negative port of the earbud that you have cut off. This is the black thread. Wrap the antenna around the bluetooth and tape in place.

C1.4) Charging the battery

Before taking in your bluetooth, it is very important to fully charge the battery. The battery charges in less than two hours. When fully charged, it will be able to transmit sounds for at least 13 hours.

Always first fully charge the battery of the bluetooth.

C1.5) Turning on the bluetooth

The on/off button has been removed together with the earbud in order to make the bluetooth as compact as possible. What remains are two different conducting points.

To turn the bluetooth on, use something conducting, like a key, to connect the two conducting points for three seconds. You will see a flashing light when the bluetooth turns on.

C1.6) Connect the bluetooth to the receiver

Your body freely moves through the cosmos, even though a bluetooth is travelling through your body. This is because you are connected to a receiver outside your body, which is able to send the signal even further. Because you can go everywhere you want to, fully wireless, the *InnerRhythms* will be pure.



Be sure that the bluetooth function is turned ON on your receiver: choose to connect the HBM-235 bluetooth to your device.

C1.7) Base stations/ receivers

You will hear the sounds of the body by connecting contemporary technologies to the base station that is linked to the bluetooth.

With a mobile phone (with bluetooth function on it) call another phone or Skype if your mobile Call another phone from your mobile phone (with bluetooth function) / Skype on your internet-connected smartphone with whomever you'd like to receive / Listen to and record your self directly through a laptop.

C1.8) Safety instructions

The battery may not be exposed to bodily fluids. Preferably use a condom, since the body will not digest this material.

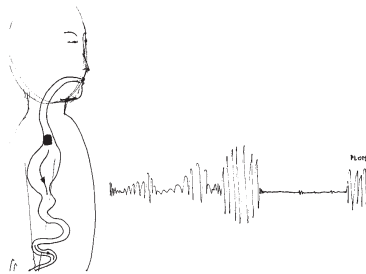
Put a finger condom around the bluetooth and tie it at the top. Make sure the condom fits tightly around the bluetooth. Cut off any excess material. For extra security, wrap the package in a second condom.

C2) LAUNCH

You can proceed to taking in the bluetooth when all preceding tasks have been fulfilled properly (see C1). In this order: cut off earbud, polish, charge, turn on and connect to receiver, wrap in two finger condoms. Only then you can pass on to taking it in. **Get a glass of water, put the bluetooth in your mouth and take big sips of water. The bluetooth will disappear into your body.**

C3) THE JOURNEY/ VOYAGE / EXPEDITION

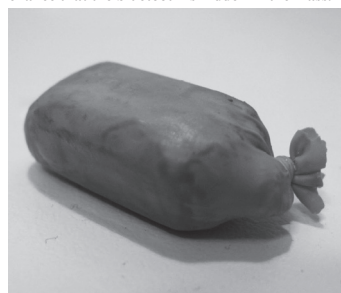
The journey is a plan that can only be speculated about. Only the sound that the bluetooth transmits during its trip down the body, is what you can experience live as *InnerRhythms*. **The journey / voyage / expedition of the bluetooth – for collecting *InnerRhythms* – can be followed live.**



C3.1) The light at the end of the tunnel

When the bluetooth has almost completed its trip, it will be stuck in the dark large intestine. But every time the body needs to visit the toilet, there is a chance of the bluetooth reaching Earth again. When faeces exit via the anus, it is necessary to search them for the bluetooth. You can choose to do this with or without plastic gloves.

Because the body usually won't notice it when the bluetooth comes out of the anus, you should not flush the toilet immediately. There is a significant chance that the bluetooth is hidden in the mass.

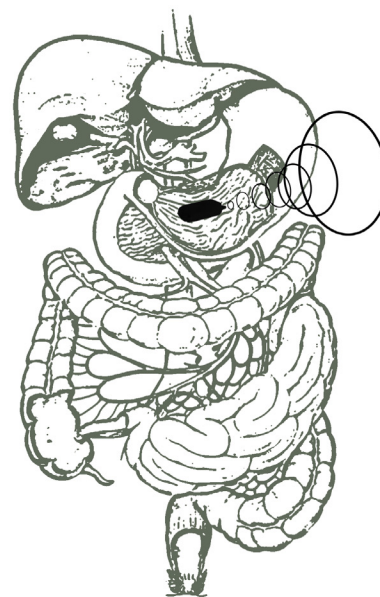


D) THE DIGESTIVE SYSTEM

D1) MAP OF THE BLUETOOTH'S EXPEDITION

The body with all its spaces, the bluetooth as spaceship.

In this drawing the bluetooth has just been launched (about 1 minute), passing through the stomach. The expedition of the bluetooth will proceed in the spaces of the body for a while. The data, the pure *InnerRhythms*, will be sent to the base station directly.



D2) WHAT TO EAT

The distance of the expedition – from launch to when the battery fails – depends on what you eat. The battery of the bluetooth will last approximately 13 hours. Here's a list of foods that have a laxative effect:

Alcohol	Almonds	Aloe Vera
Apricots	Apple juice	Asparagus
Avocado	Cabbage	Chewing gum
Chicory	Chocolate	Coconut
Dandelion	Endive	Figs
Flax seed	Grapes	Hot tea
Liquorice	Mangos	Olives
Papaya	Parsley	Peach
Pear	Pineapple	Plum
Rhubarb	Soy beans	Spicy food
Treacle	Walnuts	Watercress

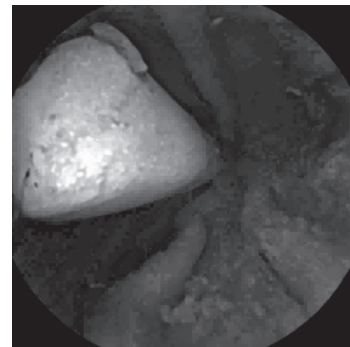
D3) WHAT TO DO WHEN SOMETHING GOES WRONG

Let your body get rid of it in a natural way. The bluetooth will leave the body through the exit as soon as possible.

E) THE DOCUMENTARY OF THE BLUETOOTH

For the research of the digestive system by documenting a bluetooth phone call, the body can take in a pill-sized camera, after it has swallowed the bluetooth. This should happen under supervision of a professor in Endoscopy and the nurses of a clinic or hospital. The body can function normally during the day.

Hopefully the pill-camera will spot the bluetooth on their way down and they will meet each other on their journeys.



E1) PREPARATIONS

E1.1) Costs:

Make sure you receive a refund from your health insurance, by telling a professor in Endoscopy that this is about an art project. When he is convinced, he will write down 'anaemia' on the declaration form.

E1.2) Make an appointment with a doctor

E1.3) The day before the research
The day before you will go to the clinic you need to dissolve three sachets of laxative powder in water and drink all of it. The recordings of the camera would otherwise be too blurred because of the fermenting material in the body.

E1.4) Preparing the bluetooth: See C1

E2) LAUNCH

Swallow the bluetooth, quickly followed by the pill-sized camera.



F) USB-PILL

The *InnerRhythms* of Jo Caimo documented and saved on a USB-stick shaped like a pill.

F1) LAUNCH

It's recommended to connect the usb-stick to an audio-visual device with a USB-port.



F2) DATA:

After swallowing a handsfree bluetooth-headset I swallowed a pill-camera to make the documentary of the bluetooth.

Video: The documentary of the bluetooth : 08:31:14 compressed into 01:06:25

Audio: Exploring the stomach with a bluetooth-call : 13 minutes 22 seconds



Realized by Jo Caimo: jocaimo.blogspot.com
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