

Running Position and Sitting Position

The path from unconscious to consciousness

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Submitted by: Golnaz Bashiri

Program Number: S 066776
Student Number: s1646673

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Supervisor: Virgil Widrich

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Georg Glaeser
Hans Christian Bankl
Eva Kernbauer
Elizabeth Oberzaucher

Abstract

This diploma thesis investigates the 'Running' position as a state of physical movement and the 'Sitting' position as a state of rest.

The research focuses on the question of 'how two different actions or situations like 'Running' and 'Sitting', which seemingly cannot occur simultaneously, can be considered a unified process'. The aim of this study is to reflect the progressive process, in which the existence of one action, affects the evolution of the other action.

The theoretical aspects of the subject 'Running' is narrated in parallel with socio-political documentation about the Iranian Green Movements 2009, next to the analysis of the pragmatic methods.

This narrative method attempts to enable the reader to follow the research with the perspective on the socio-political events, to find the connection between contents, and in the end, as an observer judges the dichotomous relations between these two states.

The result indicates that the 'Sitting' position is a relative component concerning 'Running'. On this basis, cognition or knowledge about the outside world could be re-structured or re-established by the individual practice like the 'Running'.

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1 Introduction

In this thesis, I try to direct the attention of the viewer to the duality and relative relationship between two positions, the ‘Running position’ and the ‘Sitting position’. In other words, I attempt to produce a frame of a developed unified process, which contains these two different states and the relation between them.

For this purpose, basic definitions of the used keywords are required:

Running: An action that is taken by the Runner.

Runner: A person who decides to do an action.

Run(s): A verb in present simple tense which implies doing an action as a permanent task.

Environment or Outside World: The place or location which gives information about the atmosphere in which the Runner lives and does the action.

Sitting: A static action that happens by the Runner in the recovery phase.

Sit(s): A verb which is in present simple tense, implies not doing an action, but resting instead.

It should be noted that these keywords appear in the title of each section to make the concept more understandable.

- Black/**Bold** indicates their presence or the active state
- Grey indicates that they are inactive

In this narrative method, different materials come next to each other. Socio-political evidences from the BBC World News, next to the analysis of my practices and theories which were collected.

This thesis is organized as follows: Section 2 provides an overview of ‘Running Position’. Section 3 focuses on the ‘Sitting Position’. Finally, Section 4 gives conclusive remarks for the thesis along with recommendations for further research.

2 Running position

2.1 Running - Runner - runs - Environment or Outside World

‘Tying the shoelaces’ is a literary expression in Persian culture. The metaphoric meaning of this expression decodes the cause-effect relationship, which contains ‘preparation to do an action’ and ‘taking the action’ as cause and effect respectively. Thus, ‘tightly tying the shoelaces’ is a cause that leads to ‘starting an activity’ as the effect.

In some situations, ‘tying the shoelaces’ is the prerequisite for the next stage which could be the most important part of decision-making.

In the modern world, humankind is inevitably surrounded by various news. The headlines of the news are constantly changing every second. Nevertheless, identical incidents, phrases or statements are spreading through different social media.

Date: 15. June. 2009

Place: North Karezar Street, Azizi (14th) Street, No. 72, Tehran, Iran

The music bed in the intro of BBC World news:

*“It starts with a heavy drum hit, like a door slam, with added reverb and delay effects, followed by an agitated, syncopated synthesizer loop. In the end, the music becomes louder, dramatic strings come in, as well as an ostinato beeping similar to heart tones from an Electrocardiogram (ECG) device”.*¹

News Headlines, World News, Breaking News, and Live News regularly have deep mental effects on humans which can lead to mental pressure. News is like beats, hitting on both sides of one’s head continually. As always, humankind is the center of the news, either as the main or secondary subject.

Date: 15. June. 2009

Place: North Karezar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

Headlines:

Demonstrations and protests of Iranian students at student dormitories University of Tehran, to dispute the result of the Iran presidential election 1388 (2009).

The voice of moderator: “This is BBC Persian News, I am Farnaz Ghazizadeh, with the latest News. Today, 15. June. 2009 - at 18:00”

The window is open and my mother stands by the window and looks outside.

Our house is located on the second floor of a residential building, with windows overlooking the street. That street being one of the side streets to the main North Karezar Street. The

¹ Described by Gregor Schwellenbach, is a composer, arranger and performer. lecturer for pop composition at Folkwang University of the Arts, Essen, Germany

distance of our home location to the student dormitories is around 500 meters or approximately 0.310 miles. Like the distance from Schönbrunn Palace to Neptune Fountain in Vienna, allowing for an effortless view of the street and dormitories.

In this regard, the situation becomes much more stressful when the person tries to reach the correct news. On the one hand, the person encounters various sources of news, whether from the social media of the state, which pretends to reflect reality or from so-called foreign media. This attempt to access the truth of the events is like the feeling of hovering in the air between two sides, left and right. On the other hand, accurate knowledge of the news needs a process that consists of understanding, analysing the news and cognition about the subject. This periodic process is time-consuming and demands a lot of energy.

Date: 15. June.2009

Place: North Karezar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

Headline:

Eyewitnesses in North Karezar St., in front of the student dormitories of the University of Tehran.

It's 21:00, the sky is getting dark.

"What has happened during the day?", "what is happening now?", and many other questions are the reason that my mother stands by the window's frame and follows the news from there.

She puts herself in the space between the auditory news from (so-called foreign) media and the observation of the outside reality simultaneously. She has never been uninterested with political and social events. Although she has a social-cultural position in society, she follows various news.

There is a clear image of her in my mind, buying two different newspapers from a newspaper stand near her work every single day. The hill of newspapers, newspaper clippings on the table or around the house that were collected from past days, weeks, months and even years, shows her interest and attention to the current political and social atmosphere. She always collects the cultural, social, psychological sections from newspapers to share with children's parents in her kindergarten.

SHARGH newspaper: belongs to the Iranian reformist party.

HAMSHAHRI newspaper: belongs to the Iranian moderate party.

The differences in both newspapers are visible in all aspects such as titles, headlines, colors, images to name but a few, even though they report on similar news. Thus, sometimes these two newspapers are not enough for her and she may need three or even four different newspapers such as Neshat, Sobh-e Emrooz, Bahar based on the socio-political situations of the day.

Today, 20. March 2020 I can confidently express that she is a true researcher and has for long been searching for the truth. Now, my viewpoint is completely different from the time I was only 20 years old.

Struggling to find the right information between different media makes the situation more hectic while the social state reports that everything is normal. The reality seems to be different

from the one reported by the state media. The authorities use the filtering system to restrict the access to information. This situation makes people unable to maintain the cyclic pattern of the life, instead there is a continuous effort to investigate the truth amongst the masses of blocked websites such as Google, Facebook, Flicker, YouTube, and finally access fragmentary news under the noises of satellite jamming. In other words, a person in this intense situation might lose their physical or emotional abilities. In the literal concept, it can cause permanent paralysis for both action and thinking process.

Date: 20. June. 2009

Place: North Karezgar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

The music bed in the intro of BBC World news 2

Headlines:

One of the participants in the protest to the result of the 2009 presidential election was shot in the chest.

The event occurred 1.3 km away from our home. This distance is approximately the same as the distance from Schönbrunn Palace to Gloriette Palace in Vienna.

Generally, in this kind of circumstance, a person reacts in two different ways:

The first way is to remain in the current passive situation and adapt to the stressful atmosphere.

The second is a process that contains the following steps (the order of steps is important):

- 1- Feeling the need for change
- 2- Thinking about the new ways or alternatives
- 3- Taking a risk
- 4- Leaving the passive current situation
- 5- Finally moving on to the next stage

Date: 20. June. 2009

Place: North Karezgar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

Detailed news:

One of the participants in the Iranian election protest was shot and killed by Basij, an eyewitness sent this documentary video from the location of this event to the BBC Persian News.

This is the first time I had witnessed the scene of a young woman's dead body fall upon asphalt. The cameraman seems to be in a state of anxiety and tension in response to the event that is happening, as he often loses his control on video recording.

As a result, the blurry and shocking images of the scene, the street, cars, her jeans, and finally her face finds its way onto screen. It immediately reminds me of some similar scenes from the last few days; the blood on the walls inside the student's dormitories. Blood can instantly induce images and memories, as the shocking scenes and moving images from the cameraman's inner anxiety put themselves on display in my mind. It looks like anger and violence are categorized in one species which are wild and far from human behaviour.

² The music bed in the intro of BBC World News: with the same characteristics explained before, having the same effects on my feeling (on my mind and soul)

2.2 Running - Runner - runs - Environment or Outside World

‘Decision to change has its own challenges’.³ Staying in the current situation would be always easier, better, safer and more comfortable.⁴ In other words, ‘tying the shoelaces’ could be the most significant decision in some cases. Moving from the initial position, a stressful but familiar zone, to a new, unknown position requires courage. This decision happens while the person feels the need for change and strives to improve their situation.

“The definition of a problem and the action taken to solve it largely depends on the view which the individuals or groups that discovered the problem have of the system to which it refers. A problem may thus find itself defined as a badly interpreted output, or as a faulty output of a faulty output device, or as a faulty output due to a malfunction in an otherwise faultless system, or as a correct but undesired output from a faultless and thus undesirable system. All definitions but the last suggest corrective action; only the last definition suggests change, and so presents an unsolvable problem to anyone opposed to change” — Herbert Brün, 1971.⁵

Attention to the problem, acceptance of it could be considered as preliminary phase of the decision to change. Understanding of the problem requires the process of identifying the problem, differentiating it from others, observing it from different perspectives, exploring various information related to the topic, and negotiating about it in a group. All the mentioned items lead to the preparation of the new solution by estimating the possible results. This complementary process could be considered as an effort to change.

Therefore, when an individual or a group of people recognize the problem and want to solve it, they need a basic ground for their negotiations and interactions. This space provides the participants an environment in which they are able to work together and accomplish their common goal.

The Iranian Green Movement is a political movement that started in June 2009 from the student dormitories in the University of Tehran.

These movements formed exactly one day after the announcement of the result of the Iranian presidential election in 2009. In these movements, millions of Iranians came to the streets of Tehran and other major cities voluntarily, asking for change with the slogan “Where is my vote?”

I would like to highlight the article ‘Perception of the Future and the Future of Perception’ by Heinz Von Foerster,⁶ which draws my attention to two different time frames, current time

³ Ruth Chang, Chair and Professor of Jurisprudence at the University of Oxford, focus on Choice and “Decision Making” in her studies.

⁴ Ruth Chang, *How to make hard choices?*, Online video, TED Talk, May 2014, <https://www.ted.com/talks/ruth_chang_how_to_make_hard_choices> [accessed 22 December 2019]

⁵ Herbert Brün, “Technology and the Composer”, in Von Foerster, H., ed., *Interpersonal Relational Networks*. Pp.1-10. Cuernavaca: Centro Intercultural de Documentacion.

⁶ Heinz Von Foerster, ‘Perception of the Future and the Future of Perception’, *Understanding Understanding: Essay on Cybernetics and Cognition*, Springer Verlag, 2003, P.199 [accessed 17 January 2017]

and future time. He believes that the future is not like the past. This idea causes 'past time' to be highlighted for me, as the third different time frame.

I perceive that the distance and suspension between the future and the past, make the dynamic energetic atmosphere for action in the present time and make the change. Then, "If we don't act ourselves, we shall be acted upon", the famous theory of Foerster. The motivation to act effectively, by an individual protester or by a group of protesters, whether in a public place or with individual manifest and theories, reveals the prospect or horizon to the potential events and modifications in the future.

In other words, the subject decides to act, rather than becoming an object by the situation or environment. The 'Runner' decides to move and overcome stress instead of staying to be stressed or distressed by the environment.

Protestors and political activists of the Iranian Green Movement demanded the removal of Mahmoud Ahmadinejad the previous presidency 2005 which was elected again by the government.

The movements faced serious opposition from the government. Hundreds of protestors, journalists, and activists were arrested, moreover, many protestors were killed, some were lost and thousands left the country.

This conflict could be considered as the space for an opposing interaction between forces. It may also be noted as a center of paradoxical opinions from which came interventions and negotiations that lead to collaboration.

From my point of view, any kind of conflict creates the space (context) for such transformation. This is displayed in the opposing forces in the law of Action-Reaction in physics. In the large scale of society, participatory democracy is needed as the condition in which the participant or citizen has the right to speak freely and their individual value is used effectively to make decisions. Chantal Mouffe, Professor of Political theory, in her manifest refers to this situation and says: 'Conflict is the driving force of democracy'.⁷

Otherwise, the nature of conflict changes to invasion, violence, and terror.

The Green was the identified color of Mirhossein Mousavi campaign, one of the leading candidates of the presidential election in 2009, who has been arrested with his wife. They have been under house arrest for more than eleven years since then, and yet, the Green color is still a symbol of hope, growth, and change.

In my study, the decision to change and liberation from the suppressed, passive situation to an on-going developmental state, and overcoming the stressful environment are the main factors for individual decision-making, when a person decides to 'ty their shoelaces', they consciously choose the 'Running' action, as a way to increase resilience, as well as provide a coping mechanism to overcome anxiety.

⁷ Chantal Mouffe, *defiant political thinker. "Don't simply dismiss populism"*, KU LEUVEN NEWS, 31Jan 2019, <<https://nieuws.kuleuven.be/en/content/2019/patronsaintsday-chantal-mouffe/view>> [accessed 5 August 2019]

2.3 Running - Runner - runs - Environment or Outside World

'Running' is a natural skill that is obtained at a very young age. During the toddler stage, the child feels more independent in comparison with the infant stage. An infant is dependent on their parents for their vital primary needs.

Through the process of emotional development, the child tends to communicate with the objects and his surroundings curiously. Gradually, the child's physical abilities are extended based on his current actual needs to discover the world around.

During the period of physical growth, the child starts his early movements by crawling, then he learns how to balance on his feet and stand up. Next, he tries to walk slowly and step by step, then he climbs the stairs and finally, he adds speed to his walking style, in the other words - he starts running.

Date: 20. March .2020

Place: Hernals – 1170 - Vienna- Austria

A series of scenes come to my mind in a reverse chronology:

In the beginning, a man is running very fast, but is then taken by the security guards in black-green army clothes with the black gloves. The running becomes slow and slower, to the point of his speed changing so drastically that it is more like walking.

Afterwards, the person is hit by batons on the head and feet. The head (brain) is a body's controller (commander) and the feet are organs responsible for the body's movements like the automobile's wheels. The protester is trying to escape quickly and sometimes he (the subject) is able to do so with the help of the crowd. Otherwise, the person (the subject) stops, trying to maintain balance and stand on his feet. Eventually, movements increase in the hands and his stance changes to crawling, then lying on the asphalt.

Running brings joy and excitement, to the child's personal experiences when communicating with their surroundings. Researchers, psychologists, and specialists in the realm of child development and education have done many studies about the importance of a child's physical movements during the pre-school years. They advise parents and teachers that children need to play regularly, every single day in the playground either in a group in the kindergarten or alone in the park. Furthermore, they emphasize that children need to spend time doing some physical activities under the natural sun-light in outdoors. They point out that these physical movements have a direct impact to increase and improve children's cognitive and social skills.

Date: 14. Feb.2010

Place: North Karegar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

The music bed in the intro of BBC World News

Headline: The peaceful demonstration of Green party supporters with intervention by plain-clothes security forces was brought to the stage of violence.

2.4 Running - Runner - runs - Environment or Outside World

The joy of 'Running' is still the most significant motivation for the runners, for both professional and recreational runners, who run to increase their abilities to overcome the stress.

Amir Naderi, an Iranian filmmaker and screenwriter, illustrates this pure feeling of joy during 'Running' in his best-known movie 'The Runner' (original name: "Davandeh") in 1984.

Naderi is one of the Iranian New Wave directors, whom shows the self-awareness of the main character of his film, through a 'Running' action. In this movie, which is one of the most valuable feature films from post-revolutionary Iran, the main character 'Amiro' finds his joy only in the act of running in the port of Abadan city in the south of Iran.

Naderi displays the act of running not only as an individual action but also as a group's activity like the train-chasing race as portrayed by Amiro and his friends.

The poetic and metaphorical view of the Naderi reflects in both conceptual and technical aspects: The focus on the child's eyes perspective, the paradoxical images of ice and fire, the running in comparison with the machinery such as plane and train, the slow-motion footages of running, the ambiance sound, and the dynamic editing by Bahram Beyzaei (Famous Iranian director), etc.



Figure 2.4.1: "The Runner" film [7]

Figure 2.4.2: "The Runner" film- left [8]

Figure 2.4.3: "The Runner" film- right [9]

From my point of view, Naderi shows carefully the evolutionary and gradual change of the main character in the final scene, a competition near to the shoreline of petroleum waste with

the heats of fire. The competition starts like a battle between Amiro and his friends and continues with his passion for victory, and in the end, it leads to a celebration in which ice is shared between Amiro and his friends, to fight off the thirst and scorching hot sun.

Based on my studies, in an environment, where people are constantly exposed to stress and tension, Running is one of the effective ways to deal with lassitude and paralysis. In the next chapter, I will speak more about it under the title of ‘Running’ and ‘runs’, I will explain the fluidity state which happens during the ‘Running’ time.

This physical exercise increases the resilience of the person to confront anxieties and concerns. ‘Running’ is categorized in aerobic exercises as having positive effects on runner’s mental health. This therapy has different health benefits such as improving mood, self-esteem, and a good sense of well-being.

2.5 Running - Runner - runs - Environment or Outside World

‘We become runners because we enjoy running’⁸

The brain releases various neurotransmitters during consistent and regular running. Neurotransmitters are chemical substances that directly affect the mood of the ‘Runner’. Endorphin, norepinephrine, dopamine, and serotonin are some of the neurotransmitters that transfer between the brain and nervous system, and the other organs of the body.

Endorphins are released to produce a feeling of well-being, while norepinephrine for increasing alertness. Dopamine is released thus creating a ‘good mood’ while serotonin is mostly known as an antidepressant.

The idiom ‘Runner’s high’ reveals the main role of endorphins which are produced during the run (heartbeat rate is increased to over 120 beats per minute) and their functionality on opioid receptors in the brain. Opioid receptors being activated from running have effects similar to various drugs such as morphine which cause a sense of well-being, and a euphoric mood.⁹

Accordingly, the circulation of hormones within the brain and nervous system reflect the dynamic process during the ‘Running’ which causes continuous changes to happen all over the body.

Date: 11. June. 2010

Place: North Kargar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

*Articles of Guardian International Edition: Iran’s defiant Green Movement vows to fight on*¹⁰

Zahra Rahnvard, Iranian politician, artist, and professor of the College of Fine Art University of Tehran,¹¹ in an interview with the Guardian on Friday 11. June. 2010 says: “Opposition remains strong despite repression and violence under the influence of current/ruling regime”.

Rahnvard refers that the movements started with the simple question: “where is my vote?” in response to the result in which votes were stolen for the current president.

Rahnvard continues that this demand had responses by violence, bullet, and repression from the regime. As one of the main leaders of this movement, she emphasizes that she is prepared to “face with gloves” in the struggle of freedom.

In this part, I would like to deeply survey the ongoing flow and transformation during ‘Running’, regarding the time and thinking process. To have a comprehensive understanding, I describe the pragmatic method that I used related to this case.

⁸ Ross Tucker, PHD, Jonathan Dugas, PHD, Matt Fitzgerald, *Runners World, the runner’s body: How the latest exercise science can help you run stronger, longer, and faster*, Rodale Books, 2009, p.222.

⁹ Same as 8

¹⁰ Saeed Kamali Dehghan, and Ian Black, *Iran’s defiant Green Movement vows to fight on*, The Guardian, International Edition, 2010, <<https://www.theguardian.com/world/2010/jun/11/iran-green-zahra-rahnvard-mousavi>> [accessed 15 April 2020]

¹¹ Zahra Rahnvard, a high-profile academic, sculptor and campaigner for women’s rights. The wife of defeated reformist candidate Mir Hossein Mousavi, who wears colorful headscarves over her black chador. She broke the tradition by campaigning with her husband – even holding hands with him in public. Same as 10

In my opinion, the thinking process starts from the early occurred stimulations on the person whether as irritations from the outside world or the inner excitations. Therefore, fear, stress, and inner excitement are the main impressions that lead to actual responses. I would call this stage as a waiting-time.

The Thinking process is a result of the brain's decision-making which transforms the potential intention to the actual form. In other words, the process includes identifying the problem, looking for the possible solutions, taking the shoes on, tying the shoelaces, opening the door, leaving the house, and finally, feeling the sunlight on the skin and the commencement of the 'Running' performance under the blue sky. This time can be considered as 'Running'-time.

In the end, the process results in perception-time. The time duration between the 'Running' time (previous stage) and Rest time. Rest time is a time when the 'Runner' relaxes their body and mind, takes a shower and recalls memories about previous 'Running' experiences.

One question comes to mind:

Does the 'Runner' have consciousness during the whole process of 'Running'?

My answer to the above question is explained through mathematical science by using a linear equation: Suppose that waiting-time, 'Running'-time, and perception-time happen in the order and without any interruptions:

$$\text{Waiting} \times \text{time} + \text{'Running'} \times \text{time} + \text{Perception} \times \text{time} = A \text{ (variable)}$$

Waiting-time includes the sensory responses to stimulations and the decision-making process of the brain. Then the existence of consciousness is admitted.

'Running'-time is the time of action; therefore, the 'Runner' is consciousness of the action. In addition, perception-time is the time of realization or cognition about the action with consciousness.

$$\text{Waiting} \times \text{Consciousness} + \text{'Running'} \times \text{Consciousness} + \text{Perception} \times \text{Consciousness} = B \text{ (variable)}$$

$$\text{Time} (\text{Waiting} + \text{'Running'} + \text{Perception}) = A$$

$$\text{Consciousness} (\text{Waiting} + \text{'Running'} + \text{Perception}) = B$$

Suppose: $A=B$

$$\begin{aligned} \Rightarrow \text{Time} (\text{Waiting} + \text{'Running'} + \text{Perception}) &= \text{Consciousness} (\text{Waiting} + \text{'Running'} + \text{Perception}) \\ \Rightarrow \text{Time} &= \text{Consciousness} \end{aligned}$$

Conclusion:

The presence of time proves the existence of consciousness and vice versa.

To clarify the above topic, the chronological order of ‘Running’ practices based on dates and places in the format of a table are represented below. This table is drawn based on my personal experiments (Pragmatic method). Complementary notes are used next to tables to reflect the process of analyzing the changes in my personal behaviour (Before and after ‘Running’) based on emotional states and thoughts.

Table 2.5.1: Chronological order- Running Practices

Date: Duration:	Place:
21. June. 2017 11:30 – 13:00	Schönbrunn
22. June. 2017 18:00 – 19:31	Schönbrunn
23. June. 2017	Embassy Ukraine
26 June. 2017 11:00 – 12:00	Schönbrunn
27. June. 2017	Schönbrunn
28. June. 2017 15:00 – 16:30	Schönbrunn
29. June. 2017 12:00 – 13:30	Schönbrunn
30. June. 2017 12:00 – 13:30	Schönbrunn
01. July. 2017 11:15 – 13:45	Schönbrunn
03. July. 2017	Embassy Ukraine 8:00 Train 13:00
10. July. 2017 09:30 – 10:20	Ukraine Running from the road to forest + Valerie

Notes:

Time: 21. June. 2017

Place: Schönbrunn

- 11:30. Every start is difficult.

Starting point: Serravagasse 3

- The heat/ Temperature is a sufficient stimulus.

- “we can stand in space but not in time”¹².

Time: 10. July. 2017

Place: Ukraine

- Having a companion makes the way more familiar.

- Recognizing the inharmonic inhale – exhale.

- the presence of a companion makes all the invisible things visible.

- Thinking about the adaption of the new breathing methods “How can I breathe”

¹² Richard A. Muller, *NOW, The Physics of Time*, W. W. NORTON & COMPANY, 2010, p.16

- *Flash Back Art University – Tehran –*
Acting Course- Body and Language – Breathing
Technique – 2008

Table 2.5.1: Chronological order- Running Practices

Date:	Place:
Duration:	
11. July. 2017 09:00 – 10:00	Ukraine Running on the road Shooting
12. July. 2017 09:00 – 11:30	Ukraine Running on the road Shooting
13. July. 2017 06:00 –	Home - Vienna
15. July. 2017 11:00 – 12:20	Schönbrunn
17. July. 2017 15:00 – 16:30	Schönbrunn
18. July. 2017 13:00 – 14:30	Schönbrunn
20. July. 2017 13:00 – 14:30	Schönbrunn
21. July. 2017 12:00 – 13:30	Schönbrunn

Notes:

Time: 11. July. 2017

Place: Ukraine

- ‘Running’ in the unknown territory.

- I am alone.

- Moving nature, trees are getting closer to me!

Table 2.5.1: Chronological order- Running Practices

Date:	Place:
Duration:	
31. July. 2017 18:00 – 19:20	Schönbrunn
01. August. 2017 09:00 – 10:00	Mom’s Birthday Schönbrunn
03. August. 2017 15:00 – 16:00	Schönbrunn
06. August. 2017 13:00 – 15:00	Schönbrunn Laufen unter dem Regen
07. August. 2017 15:00 – 16:00	Schönbrunn
09. August. 2017 13:00 – 14:00	Schönbrunn
10. August. 2017 16:00 – 17:20	Schönbrunn
11. August. 2017 12:00 – 13:00	My Birthday

16. August. 2017 16:00 – 17:30	Schönbrunn	
18. August. 2017 16:00 – 17:20	Schönbrunn	
21. August. 2017 18:00 – 19:30	Schönbrunn	
22. August. 2017 16:00 – 17:30	Schönbrunn	
24. August. 2017	Type any Project	Name

Table 2.5.1: Chronological order- Running Practices

Date: Duration:	Place
21. September. 2017 11:00 – 12:00	Salzburg- Hallein Man muss unterwegs sein
22. September. 2017 11:00 – 12:00	Salzburg
23. September. 2017	Salzburg Concept of Running on the borders
25. September. 2017 09:00 – 10:00	Salzburg Running across the rail-road
26. September. 2017 11:00 – 12:00	Salzburg Running across the rail-road From Hallein to two previous stations
27. September. 2017 11:30 – 13:00	Salzburg Running across the rail-road From Hallein to two previous stations
28. September. 2017 10:00 – 12:00	Salzburg Running across the rail-road From Hallein to two previous stations
29. September. 2017	Invitation for having Self-Healing on the border
30. September. 2017	Installation Performance. Salzburg –Hallein

The ‘Runner’ is also an observer during the ‘Running’ time as their view continuously changes, which settles the new experiments for the ‘Runner’ with the Environment or outside world. I could investigate myself or my identity through experiments with the outside world whether in usual places such as the city, streets, roads, forests or unusual places like, on the railway track, on the cross-road, on the bicycle path, vineyard, and the graveyard.

This investigation contains the following steps:

- 1- Monitoring the Environment
- 2- Detecting the desirable scenes, views or elements (based on auditory, visual, olfactory and tactile sensations)
- 3- Recognizing and comparing similarities and differences between the current moving scenes and the similar past frames or visual memories
- 4- Highlighting some parts
- 5- Reminding and imagining familiar scenes
- 6- Making and narrating the new stories, the combination of new phenomena and the past visual-auditory memories

In my opinion, this state of observation and the following perception are more based on individual characteristics. Here I would like to refer to my previous art projects which could represent the topic above through the progressive process of ‘Running’.

“Keep Pace in Rotation of Thoughts” “Keep Pace in Multiplication in Time”¹³, 2016 - 2018, the project is based on the rotational motion of thoughts and consciousness in a conceptual way.



Figure 2.5.1: Golnaz Bashiri, **“Keep Pace in Rotation of Thoughts” “Keep Pace in Multiplication in Time”**, 2018, Video, Art & Science Master Program, University of Applied Arts, Vienna

In this project, I tried to question: How could different moving views during ‘Running’ - time lead to observation-time followed by perception time?

Documentary videos and images were recorded during ‘Running’. I considered the observation starts with the questioning of basics like orientation, and location: where am I? Where is my destination?

The questions developed to further analysis are as follows; How is the weather? How do high-temperatures effect the function? Which days can I perform better and easier? Which seasons?

I realized that my consciousness was changing, it could jump from one topic to another subject through my experiments from day to day. Every single day.

I examined and brought some questions about various issues during the ‘Running’, identifying problems and finding solutions. I would have some flashbacks, causing me to recall the thoughts and consequently work on them, and finally let some go to be free somewhere in the woods.

¹³ “Keep Pace - in Rotation of Thoughts” “Keep Pace - in Multiplication in Time”, Video and reading Statement, Art & Science Department, 2018, <http://artscience.uni-ak.ac.at/works?work_id=1541170599616>



Figure 2.5.2: Golnaz Bashiri, “Keep Pace in Rotation of Thoughts” “Keep Pace in Multiplication in Time”, 2018, Video, Art & Science Master Program, University of Applied Arts, Vienna

After the process of self-analyzation with regard to the environment, the critical understanding of the situation became visible, how and why-questions increased about the direction of sunlight, the direction of the wind and their influences on my performance.



Figure 2.5.3: Golnaz Bashiri, “Keep Pace in Rotation of Thoughts” “Keep Pace in Multiplication in Time”, 2018, Video, Art & Science Master Program, University of Applied Arts, Vienna



Figure 2.5.4: Golnaz Bashiri, “Keep Pace in Rotation of Thoughts” “Keep Pace in Multiplication in Time”, 2018, Video, Art & Science Master Program, University of Applied Arts, Vienna

William James, as psychologist, infers that the first fact about thinking is that “thought goes on”¹⁴. I would like to include the quote from James which refers to the five characters in thought and their response:

- 1- Every thought tends to be part of a personal consciousness.
- 2- Within each personal consciousness thought is always changing.
- 3- Within each personal consciousness thought is sensibly continuous.
- 4- It always appears to deal with objects independent of itself.
- 5- It is interested in some parts of these objects to the exclusion of others, and welcomes or rejects – chooses from among them, in a word- all the while.

¹⁴ William James, ‘The Stream of Thought’, *The Principle of Psychology*, Volume 1, Henry Holt and Company, New York, 1890. P.224- 290 <<https://archive.org/details/theprinciplesofp01jameuoft/page/n15/mode/2up>>

In the next project, **Loading – Time – Propagating Moss**, 2016 – 2019, the observation phase was developed and completed by the analysis and examination phase for the new phenomena of the environment, Moss.

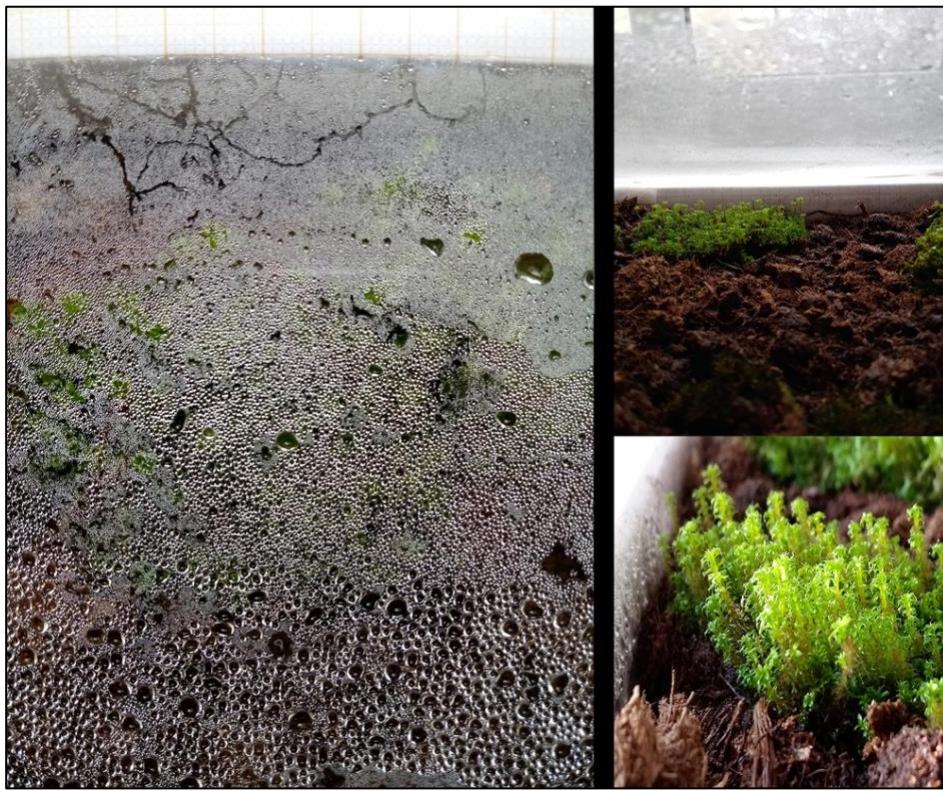


Figure 2.5.5: Golnaz Bashiri, **Loading – Time – Propagating Moss**,
Article, 2016- 2019,
Art & Science Master Program, University of Applied Arts, Vienna

The perception of ‘Running’ expanded to the progressive process of reproducing Moss. Moss is at a 1:10 scale of forest, which means that the object is 10 times smaller than in real-life scale 1:1. Running to the forest, taking sunlight into consideration, collecting Moss from the shadowed parts, transporting it home, making a Laboratory for reproducing Moss, cleaning it with dechlorinated water and designing the new place with the appropriate temperature in ‘Laboratory Time’ could bring new knowledge about the environment, what is in our surroundings - where we are situated - and with what we surrounded ourselves.¹⁵

Through working on moving scenes of videos and images of nature and streets, I reconsidered some elements, which I have seen before but have not had any in-depth consciousness about. These elements are different shades of the green, the color scheme of the blue sky and grey streets during different sunlight.

As a result of this project, thinking about different scales was a new reflection on nature and reality. This could awaken new cognition in me about re-thinking or contemplation of the previous knowledge, and the attempt to try and rebuild and relocate the new beliefs and values about the environment.

¹⁵ Golnaz Bashiri, ‘Loading – Time – Propagating Moss’, *C.A.T.: Catastrophic Animals on Terra*, A guidebook to Life Elsewhere, June 2019, Art & Science Master Program, University of Applied Arts, Vienna

What are the differences between ‘Running’ and strolling? In the early stage, the difference is defined based on the speed of these two actions that can reflect the inner state of the person. Personal characteristics such as weight, height, style of running and the feelings of the person have impacts on the rhythm of movements and speed. In the end, the rhythm can affect the onlooker’s perception of the environment.

Strollology or the science of strolling is a method in the field of aesthetic and cultural studies. Lucius Burckhardt is a Swiss sociologist, journalist and founding father of Strollology (Spaziergangswissenschaft). His theories are focused on architecture, urban planning, and design. In comparison to ‘Running’, Strollology examines the sequences in which a person perceives his surroundings. The major focus of this science is based on urban characteristics. People go on foot, look at street sides, cross the roads and walk around city squares. They gain a different impression of public places, architecture, landscapes, and monuments.¹⁶

When looking at both concepts, ‘Running’ and ‘Strolling’, there is a specific common feature which is the knowledge about the surroundings through the personal experiences. This perception is gradually achieved through the process of practice, whether as strolling, a leisurely walk or by Running, a high-speed walk. Gerhard Lang, performer and artist New York, refers to strollology under the title of ‘How discoverers discover?’¹⁷

Through the Looking Glass II, 2012, the artist perceives the city through its mirror images as he walks backwards. In this research project, the artist passes through West Village in Manhattan. He observes the city through the mirror as he moves backwards. The essential question Lang is posing is how landscapes and man are related.¹⁸



Figure 2.5.6



Figure 2.5.7

¹⁶ Jesko Fezer, and Martin Schmitz, *Lucius Burckhardt Writing Rethinking Man-Made Environment: Politics, Landscape & Design*, Springer Verlag, 2012, p.239-248, <<https://www.degruyter.com/view/title/304998?result=1&rskey=jTpqvb>> [accessed 19 May 2019]

¹⁷ Gerhard Lang, *How discoverers discover*, Performative Talk, Walk May Talk: A Month of Walking as Artistic Practice, Social Design Studio, May 2019, University of Applied Arts Vienna,

¹⁸ Gerhard Lang, Artist, Info, <http://www.gerhardlang.com/e_info.html> [accessed May 2019]



Figure 2.5.8



Figure 2.5.9

Figure 2.5.6, 2.5.7, 2.5.8, 2.5.9:
Gerhard Lang, Through the Looking Glass II,
Performance, 2012, New York City,
Photographs: Manfred Reiff [16]



Figure 2.5.10

Figure 2.5.10: Gerhard Lang, Through the Looking Glass II, Performance, 2012, New York City, Photographs: Christina Lammer [16]

The perception of the ‘Runner’ is an individual or self-reflective approach and every ‘Runner’ has his own unique ‘Running’ technique and style. During the running, the ‘Runner’ can flow freely between past, present, and future, making the new stories and having their own narrative method.

I believe that the perception of each ‘Runner’ is a personal manifest in a poetical way.

2.6 Running - Runner - runs - Environment or Outside World

According to what was discussed, 'Running' is a natural skill that is learned by a child during the toddler stage. However, in the next life stages, the 'Running' is chosen as a goal-oriented activity to gain human health in both physical and mental aspects. So, it needs to consider some of the major principles mentioned below;

One of the key foundations of this change is transferring 'Running' from a natural - acquisitive action to a conscious flawless technique that leads the runner completing the task in a more mindful and efficient manner. Every person finds out how to balance themselves on their feet and run on their own, but this natural and basic skill is neither enough nor effective.

Date: 15. Feb. 2011

Place: North Karegar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

Article BBC News:

The peaceful demonstration that was issued by the leaders of the Green Movement, Mir Hossein Mousavi and Mehdi Karroubi, was an invitation to gain "solidarity to support the protest in Egypt and Tunisia".

On Monday 14th February 2011, the Green Movement (Green Wave of Iran) staged a march, from Imam Hossein Square to Azadi (freedom) Square in Tehran - the capital city of Iran.

Enghelab Street is a long street in the middle of the city and starts from Azadi Square and connects the west of Tehran to the east. This length is (approximately 10.8 Kilometer or 6.7 miles) almost like the distance from Vienna Hernals train station to Schwarzenberg park and back.

Today, 16 March, 2020, I believe that the chosen street could be another key point for the movement. Enghelab (meaning revolution) street has many of the main universities (like the University of Tehran and Sharif University) and business centres are located there. Therefore, it could be thought the movement had planned to make a connection between the working-class and the middle-class.

The leaders of the Green movement asked for permission for this solidarity and the authorities allowed peaceful demonstrations.

To master the correct form of 'Running', each person needs to continuously re-learn how to perform it correctly, because weak techniques always lead to serious physical injuries, alongside mental injuries and exhaustion.¹⁹

Thus, to accomplish an efficient and effective technique, various elements need to be considered such as the knowledge about human anatomy, body movements, and the application of said adjustments all over the body.

Comprehensive human body cognition contains the following prerequisites:

1. Individual knowledge about the human body (recognition of the human body)

¹⁹ Ross Tucker, Jonathan Dugas, and Matt Fitzgerald, "Runners World, the runner's body: How the latest exercise science can help you run stronger, longer, and faster", Rodale Books, 2009, p.2-4

2. Performing appropriate practices
3. Process of trial and error (The process of experimenting with different ways of doing something until finding the most successful way.)
4. Experiencing different methods.
5. Studying and analysis of the actual practice
6. Discovering the results on the body and mind.

So, this defence and therapeutic mechanism is an evolution process of self-cognition that requires the 'Runners' creativity to create a plan and to use suitable strategies based on personal needs and abilities.

This study emphasizes the dominant role of humankind in their personal or individual decision-making, which leads to personal activities that directly affect the improvement of their health.

Therefore, each person becomes an active 'Runner' considering two main factors and the relationship between them in three major phases (before the performance (Running), during the performance (Running), and after the performance (Running)). The two major elements are:

1. Physiology of performance
2. Psychology of 'Running'

Considering these two elements (body-mind in the symbolic expression) requires the primary knowledge of their functionality during the 'Running' process. In a metaphoric style, the 'Runner' should have a bird's eye view on all events. This general view defines as the consideration of the cycle of movements from the early phase to the end. For example, attention to the start of the motion from the Toe- Off phase, avoid twisting in the Swing phase, the position of the hip in the Strike phase, having the stable Support phase which leads to keeping the movements in the cycle.

Also, during each movement production and the continuity of movement, the 'Runner' should attention to the head, arms, core, and hip positions and control and ensure various body organs such as the musculoskeletal system, the cardiorespiratory system, and the central nervous system to function concurrently.

Sometimes, the general view over the 'Running' process causes an increase in the Runner's reflexes, improving their abilities to make quick actions and decisions.

Every process of running performance includes three following phases:²⁰

- Alarm Phase
- Adaptation Phase
- Exhaustion Phase

Alarm Phase

In the first place, 'Running' may alleviate stress, but it also places stress on the body. It is necessary to consider both the physiological situation as well as the stress level.

- If the exercise is within physiological capacity, the body moves on to the next phase

²⁰ same as 19

(adaptation phase). The ‘Runner’ becomes happy and satisfied with positive results so they are encouraged to continue the exercising plan.

- If the exercise is too intense, the ‘Runner’ may feel fatigued, and their body may have been overexerted. This condition is not satisfying anymore thus; they move onto the exhaustion phase.
- If the exercise is too light, the ‘Runner’ will not feel any changes and the training will have little to no benefits for them. This situation has the same result similar to the previous situation as it causes the ‘Runner’ to reach the exhaustion phase. They decide to change the activity to another one that brings more joy [18].

Date: 15. Feb. 2011

Place: North Karezgar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

The call for solidarity was accepted by the young generation and the middle-class supporters. Many of the young generation were members of Facebook. They were the generation who had to use Virtual Private Networks (VPN) Proxy to connect to this social network to interact with the rest of the online world. The internet continues to be blocked by the government, to this day. Both groups distributed or promoted this invitation via social networking websites and blogs, while the state media which had access to a wider range of audiences, continued with their normal routine programs.

Flyers and posters were designed by anonymous supporters of the Green movement (Green Wave) which were distributed amongst internet users. ²¹

The Iranian authorities posed as a tough obstacle for the demonstrators by greatly reducing Internet access in Tehran and all other major cities in Iran. Demonstrators were on the street; footage of the protests was captured by mobile phones from different locations with various perspectives. Most were filmed while demonstrators were in the ‘Running’ state. Those blurry, shaking images which represented the atmosphere of the streets.

While the opposition websites were broadcasting news of the streets, the national media reported that everywhere was quiet. The government locked down text messaging services, the same strategy which had been used against the opposition since 2009. Security forces had blocked many streets connected to the city center and used tear gas and aerial firings to disperse the protesters. The sounds of the bullets were heard every moment. The security forces did their best to prevent people from gathering in one place.

Adaptation Phase

The only condition which leads to the adaptation phase is the balance between physiological situation and body stress level. Meaning the ‘Runner’ should use their brain capability to control his body to manage stress levels.

Stress-management is an ability that is learned by each person during performing the process and based on experiences.

²¹ Saeed Kamali Dehghan, *Iran’s opposition green movements calls for renewed street protests*, The Guardian, International Edition, 8 Feb. 2011, <<https://www.theguardian.com/world/2011/feb/08/iran-opposition-green-movement-tehran-protest>> [accessed 15 April 2020]

With the aim of **Stress-management** during the 'Running' performance, various comprehensive questions are called to the brain. These questions are recalled not only during the 'Running' performance but also after the 'Running'

1. How long should I run? (Duration)
2. How far should I run? (Duration)
3. How often should I run? (Frequency)
4. How intense should I run? (Intensity of running)
5. How much should I rest in between training? [18]

Exhaustion Phase

In some cases, when a person feels unable to manage the stress of training, they might be faced with physical injuries or feel extremely tired and over-trained. They might lose any interest to continue the training. This situation leads the 'Runner' to failure [18].

Date: 15. Feb. 2011

Place: North Karegar Street, Azizi (14th) Street, No. 72 - Tehran, Iran

The peaceful demonstration of The Green Movement could not remain with its natural existence.

Members of the Iranian parliament called for Mir Hossein Mousavi and Mehdi Karoubi to be executed. By isolating the Green movement's leaders and putting them under virtual house arrest, the authorities showed their fears of progressive actions. The government tried to cut off the communication between the leaders and their supporters by restricting Internet access and blocking the reformist activists' private weblogs. Furthermore, the government prohibited the image and sound of Mr. Khatami, the former president of Iran (1997 - 2005). He had made significant changes during his presidency regarding democratic reform, opened spaces to engage in discussion, freedom of speech (especially for journalists), and the dialogue between nations being the most important milestone. Besides the human rights improvement in Iran, he had supported the Green campaign before the presidential election and was one of the active leaders of the Green Wave after the election.

The arrest of reformist editors, attacks and arrests of various ranges of activists in their houses such as journalists, cartoonists, women's rights activists, etc. are some consequences of government's fear.

3 Sitting Position

3.1 Sitting Running - Runner - sits runs - Environment or Outside World

In this chapter, the ‘Sitting’ position as the resting, stable, and secure state is studied, in other words, it is a motionless situation which means the situation without any physical activities.

Then, the focus is on the ‘Sitting’ state, an interpretation of the **Recovery Phase** during the process of ‘Running’. Finally, these two positions, ‘**Running position**’ and ‘**Sitting position**’, are considered as a unified set in which both positions act in parallel.

In other words, the existence of one emphasizes the nature of another one presence and vice versa.

Date: 13. June. 2019

Place: Hernals – 1170 - Vienna- Austria

Moderator: After 10 years, the comprehensive view and more details about the Green movements.²² I am Farnaz Ghazizadeh, with "Safheye 2 akhare hafte" discussion program,²³ we will analyze the socio-political developments of this movement.

After the election in which three candidates believed that the votes had not counted and the announced result was not real. The Green Movement was shaped not only by the supporters of the Green Campaign, Mousavi's Campaign, but also it was included the wide range of activists and oppositions against the current government.

Based on Kinematics,²⁴ an object is in “Rest State” when it does not have any changes in its position during a specific period of time. This definition stands next to the motion state, in which a body's position changes continuously regarding the surroundings (or from an observer's point of view) by passing time. Thus, the ‘Rest’ state could be considered as a static state when there are no changes in the body's movements of the ‘Runner’.

Recovery state or rest state is the most significant component of ‘Running’ performance, the state of calm after the performance in which the ‘Runner’ returns to a normal state of health that is planned for recovery within a day, within several days, several weeks, and several months.

²² 'Unspoken about the presidential election 2009, Green Movement and one decade later', *Safhe 2 akhare hafte*, BBC Persian News, 13 June 2019, <https://www.youtube.com/watch?v=O5nC3Suf8y8&list=PLhXjl7oU9rp4wLBK8F_pRLyPHpnLXFDr> [accessed April 2020]

²³ "Safhe 2 akhare hafte" is a political panel discussion on BBC Persian News. This panel contains the analysis of the most important political events of the week, interviews, and discussion with experts inside and outside of Iran, taking a closer look at the government's performance and political activists in the region and the world by sharing the controversial questions.

²⁴ The word kinematics means “science of motion” branch of mechanics which deals with study of motion without going into the cause of motion. i.e. force, torque.

Kinematics (class), LinkedIn Learning, 1 March 2016, P 6-123, <<https://www.slideshare.net/DeepanshuLulla1/kinematicsclass>> [accessed 27 December 2018]

The importance of this state was mentioned in previous sections regarding Stress-Management and prevention of injuries in the process of 'Running'. Then 'Runner' estimates the intensity of the performances based on the amount or duration of 'Running' and then adjusts the appropriate recovery phase in their plan accordingly. Therefore, they adapt their physiological and mental conditions to the stress of training.

Stress-management skills are learned by the 'Runner' during their individual experiences in daily practices. In the process of Stress-management, the 'Runner' discover another proficiency that is achieved through the experiences, which is called **Change management**. Throughout this achievement, the person makes various adjustments in different parts of program or training schedule and make the suitable coordination in-between them.

Date: 13. June. 2019

Place: Hernals – 1170 - Vienna- Austria

Moderator: In this panel discussion, we have an overview of the developments of the Green Movement during the last decade, and Hossein Bastani the journalist and political analyst of BBC Persian News is our today's guest.²⁵

Some people believe that the current movements are the ending point for any kind of reformation and also the starting point of hopeless to make any modification or development in the political situation of Iran.

Hossein Bastani:

After 10 years, the details of the unreal statistic of the result of the presidential election in Iran 2009 is gradually being revealed. However, the major question for experts is: why does it reveal after 10 years?

All the Information have gradually deleted from the ministry official websites during the past years and the archives and documents were manipulated.

Also, some former questions are now highlighted again such as:

How is it possible not to have any neutral votes till the announcement of the counted votes of 30,000,000?

How is it possible that the number of votes was more than the number of eligible voters in some rural areas?

The question that we should take the time to contemplate carefully is: when there is a dishonest government, why and how does some information become visible from different sources after nearly a decade?

²⁵ Hossein Bastani is a producer, political analyst for BBC Persian News. He is professor and teacher of Citizens Journalism at Tavana University. Bastani also served as secretary-general of the Association of Iranian Journalists. He penned articles for various Iranian newspapers during the Khatami era, such as Neshat, Khordad, Sobh-e Emrooz, Bahar, Norooz, leading to his arrest and imprisonment in 2003 for his political writings. Mr. Bastani moved to France after circumstances for journalists worsened in Iran, where he co-founded Rooz Online and served as director-general of the Rooz Association until December 2009.

From my point of view, the ‘Runner’ cannot always stay in a cycle of movements, there is a need to take a seat and rest in a safe and secure place that leads to a feeling of peace (Recovery state), and then consider the following steps:

- Review previous processes regarding time and place.
- Repeat the observation on physical movements, style, and technique again.
- Analyze the result of positive effects or side effects of the practices.
- Control the symptoms, and feedback of different parts of body.
- Notice different signals as emotions, feelings, and moods in detail.
- Record all information and data.
- Adjust the intensity, duration, and recovery during the ‘Running’ performance.
- Have a positive view of the future.
- Design a new training schedule by making helpful changes based on the skill of the usage of Stress-management and Change-management

Date: 13. June. 2019

Place: Hernals – 1170 - Vienna- Austria

Moderator: we are going to discuss the socio-political effects of the Green Movement during the last decade especially its social influences with our guest Nayereh Tohidi, the Professor and former chair of the department of Gender & Women Studies at California State University Northridge.²⁶

Nayereh Tohidi starts her talk with an analysis of the basic principles of Green Movements: The Green Movement (Green Wave) has developed a new political culture in Iran, the civil-political culture which supports democracy. This culture is based on the values that come from the well-educated middle-class and has civil and global characteristics.

This movement was influenced by globalization and global developments and its values and dialogues are about secular, democratic, human’s rights, and women’s rights. Furthermore, the importance and necessity of voting, participation, and justice are the main factors for forming this move. “Where is my vote?” was the basis of this civil rights movement.

Tohidi continues her talk by focusing on the effects of this civil movement, the movement with the avoidance of the violence, which was shaped in Tehran and major cities. In this movement, men and women participated together and next to each other, or even in some cases, women were in the first row of the demonstrations.

She refers to the presence of the modern well-educated woman, Zahra Rahnavard, who stood next to her husband (Mousavi) in all the presidential campaign speeches. Moreover, she highlights the key role of Rahnavard as one of the movement’s leaders, the woman who is still promoting the opposition to insist on fighting for democracy although she is in her home under the house arrest.

These democratic negotiations were started by the middle-class and if these thoughts could have the chance to develop and not be under the pressure of the brutal suppression and violence, it could be also a possibility for the working-class to join them, then the movement could have the support of both groups.

²⁶ Nayereh Tohidi, Biography, CSUN, College of Humanities, <<https://www.csun.edu/humanities/middle-eastern-and-islamic-studies/Nayereh-Tohidi>> [accessed April 2020]

Tohidi emphasizes the value of this movement by highlighting the point that it should not be denied or recall this movement as the failed or unsuccessful movements. She finishes her talk by saying: this civil movement which is willing to gain democracy, like all other political movements during the history, is usually started with the educated opposition in the metropolis, and if 3% - 4% of this group could be able to insist and continue these actions, and not let them be stopped, it would definitely lead to reformation or even make the revolution.

The ‘Runner’, or here so-called the activist, is the person who performs their action either through their presence, and with their actual performance (in the other words, the voluntary participation in political movements) or through the reflection of their action by the process of contemplation, making a new theory, and awareness about the situation.

In both actions, the development of this movement requires the safe ‘Rest’ state, static without any fluctuation of the inner feeling which was made by the irritation. The state without any tension is required in order to review the previous performances and the outcomes from the past experiences. To survey, study, and analyze the process, using the new technique and strategy to have more efficiency, and in the end, make a plan for further actions or steps.

Also, based on kinematics, there is no absolute motion and there is no absolute rest. We cannot state one object as being in the absolute static state or it being kinetic. The object could be considered in both states at the same time. It’s the relative term.

The situation is defined based on the view of the observer, who stands outside of both states and observes the whole process from the distance, like the bird’s eye view or an aerial perspective, which are able to define and translate whatever has been seen, by words.

The frame of reference or observer is the main key to differentiate these two positions based on his awareness and perception. There is an example about the observer and the state: a passenger who is standing in the platform and waiting for the train, perceives the tree on the platform in the static state, while if the same passenger is on the train and passing away from the platform, perceives the same tree in the motion state. In both examples, the observer is right.

In my opinion, the duality between these two terms, ‘Running’ and ‘Sitting’, brings also the dynamic flowing space for interaction between these two states.

Work NO.850 by the British Artist, Martin Creed, shows the simultaneous existence of 'Running' and 'Rest'. In this project, the 'Running' of 85 meters is done by an athlete from one side of Duveen Hall to the other side in Tate Britain and continued with 30 second intervals between sprints.



Figure 3.1: Martin Creed, Work NO.850 [24]



Figure 3.2: Martin Creed, Work NO.850 [25]

Claire Bishop, the British art historian, calls this project as the delegated performance which means the action of hiring professionals from other spheres to undertake the job of being present at a specific time and perform at a particular place on behalf of the artist.²⁷ In this structural project, Creed hired professional sprinters from an athletic magazine and paid them an hourly wage. Creed has structured the runners and instructed them to "run like their lives depend on it". Tate Britain on the website states: "Each run will be followed by an equivalent pause, like a musical rest, during which the grand Neoclassical gallery is empty".²⁸

Martin Creed speaks about the concept of this project which was inspired based on his experience:

"In Palermo, I with my friends went to see the catacombs of the Capuchin monks. It was very late and we only had five minutes to see it all before closing time. To do it we had to run. I remember we were running with high speed through the catacombs and looking desperately left and right at all of the dead people hanging on the walls in their best clothes, and trying our best to see them all. It was a good way to see it, kind of delirious running which makes you laugh uncontrollably when you're doing it. I think it's interesting to see the museums at a high speed and leaves the remaining time for the other things".²⁹

Creed focused on human experience in the space of the museum. The Guardian reflected on this harmonic or harmonious duality, 'Running' and 'Rest', and says: "The work intends to present the beauty of human movement in its purest form, a recurring yet infinitely variable line drawn between two points."³⁰

Therefore, this project reflects these two states in the united process with regard to time and place.

²⁷ CLAIRE Bishop, *Delegated Performance: Outsourcing Authenticity*, CUNY Graduate Center, 2012, P.98, [accessed 5 April 2019]

²⁸ Martin Creed, *Work NO. 850*, TATE Britain Exhibition, 2008, <<https://www.tate.org.uk/whats-on/tate-britain/exhibition/martin-creed-work-no-850>> [accessed 30 March 2018]

²⁹ same as 28

³⁰ Martin Creed's Work NO.850, The Guardian, Exhibition, 30 June 2008, <<https://www.theguardian.com/artanddesign/gallery/2008/jun/30/art>> [accessed April 2019]

From another point of view, the ‘Runner’ can be considered as an animated machine, an alive machine that is designed to perform for a specific purpose. In my study, the endless stress and tensions from the environment put the person in the position to execute ‘Running’ frequently. It seems that the person has to ‘run’ automatically. This automated machine is able to follow its aim consciously and control its own structure. This structure could be considered as the physical body and its movements.

With these circumstances, not only the ‘Runner’ works like the operator, who is able to load and control the movements in all parts of the machine during the entire process but also, he has the ability to produce and keep the motions in the cycle (kinetic chain).

In addition, it needs time to calm down the body and sit. During this rest time, the ‘Runner’ work the same as an engineer to design and manage the helpful necessary changes.

4 Conclusion

When a decision is taken by a person as a conscious action, it brings new possibilities to shift from unconscious thoughts and fears to the progressive process. In other words, the action of 'Running' is not only the movement from place A to place B but also dynamic mental changes through the thinking process. The conscious state has been studied as a 'Recovery state' or 'Sitting' state in this thesis. This self-discovery process activates the potential skills of stress-management, and change management, during the periodic time.

During the whole process of research and the final practical phase, from the stage of focus on my body, daily 'Running' practices, and studies, some questions came to my mind. In the beginning, they seemed like nothing more than humorous thoughts, but they have fundamental structured concepts that could be studied for developing my study in the future.

1. How are the physical – mental interactions able to create new bases to rebuild the new cognitions? Interactions which would make the new safe place in the new state of the adaptation phase.
2. How are these new cognitions able to replace old habits?
3. How is the simple act of 'Running' enough to be able to make the space to develop new skills?
4. How is the 'Runner', who is able to make a link between their own body and mind, able to make way for collaboration and negotiation with other Runner(s) in the scale of society?

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