To make a spiral, pinch the shirt in the middle and turn, tightly twisting the fabric around the center point.  At the end you should have a disk like shape.  Bind the spiral disk with elastic across the circle, dividing the disk into "slices" like a pie.  Fill each slice with one color of dye on both the front and back side of the disk.

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To make the pattern below. Fold shirt into squares, accordion style, then bind the shirt with 4 elastics, near the edge of the square on each side, forming a shape like a frame.  Cover each edge of the "frame" (along back and front and edges of the fabric) with dye, overlapping on the corners.  Leave the center of the square blank.

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