



**A Book of Instruction and Drawings
by Yoko Ono**

Introduction by John Lennon

WITH A NEW INTRODUCTION BY THE AUTHOR

Grapefruit A Of Instructions And Drawings By Yoko Ono

Jacquelynn Baas



Grapefruit A Of Instructions And Drawings By Yoko Ono:

Grapefruit Yoko Ono, 2000-10-10 With a new introduction by the author Jkt **Grapefruit** Yōko Ono, 1964 Regarded as poetry thought bombs metaphysical metrics and Kodachrome luminescences a long out of print collection of Yoko Ono's synthesis of the Fluxus art movement and the written word is an original work reflecting her restless creative spirit

Grapefruit Yōko Ono, 1971 Grapefruit: a Book of Instructions Yōko Ono, 1970-01-01 Fluxus as a Network of Friends, Strangers, and Things Magdalena Holdar, 2022-09-19 At the same time whimsical and thought provoking Fluxus explored everyday life as an object of art Behind mundane materials and activities we find a large network of Fluxus artists who worked together for decades to create and share their art This publication builds on archival materials that expose the nature of the artists working relationships and methods for collaboration and circulation of artworks It traces both people and things exploring how the network expanded and was made solid from Fluxus's conception in the 1960s to the 1990s when it had eventually left its stealth flight under art history's radar Drawing Your Own Path John F. Simon, Jr., 2016-11-01 *Drawing Your Own Path* is a smart subtle sophisticated compassionate radically eye opening and mind altering guide to creative and artistic liberation Thank you John Simon Ruth Ozeki A Tale for the Time Being John F Simon Jr widely recognized as an early pioneer in the use of computer generated imagery in contemporary art has turned his attention to the act mark making as a doorway into self awareness and the essential touchstone of visual creativity He leads us through a sequence of meditative drawing exercises and shares insightful touching anecdotes of his many years of experience as a practicing artist Peter Halley Artist The mysteries of the mind and universe are coupled with a very practical guide to drawing It is an unlikely but wonderfully fruitful combination a step by step approach to awareness and art Lawrence Rinder Director UC Berkeley Art Museum Pacific Film Archive John's marvelous artwork emerges from a deeply inspired and intuitive unfolding His gift of finding one's own creative process is beautifully transmitted in this delightful guide Jon Bernie Ordinary Freedom *Drawing Your Own Path* is an invitation to those who have never drawn before and a warm informative intelligent and lovely book to read It offers refreshing new ways to look at and experience the steps to make drawings today Sharon Loudon Artist Editor of *Living and Sustaining a Creative Life* *Drawing Your Own Path* is an account of how multi media artist John Simon's daily drawing discipline became a meditation practice and how that meditation illuminated his creative source A practical guidebook full of Simon's own art *Drawing Your Own Path* offers meditators an alternative path to just sitting and offers artists a way to mindfully examine and deepen the source of their creative ideas Readers are guided through thirty three meditation and drawing exercises exploring concentrated looking mindful sketching and improvisational awareness all designed to help practitioners discover the vast creativity within themselves and in their daily lives **Smile of the Buddha** Jacquelynn Baas, 2005 The relations between eastern and western cultures have long been a neglected topic and this careful and intelligent look at a small but significant part of those relations is most welcome Thomas McEvilley

author of *The Shape of Ancient Thought* How wonderful that Jacquelyn Baas has seen the light of the Buddha's smile shining from faraway Asia into the realm of the art of modern times in what we think of as the West Her work reveals how some of our most influential artists explored and expressed the sophisticated perceptions and joyful energy emanating from the realm of Buddhist Asia Robert A F Thurman As a Buddhist scholar and artist I welcome this thoughtful and richly detailed study of how many aspects of Buddhism have stimulated invigorated and enriched Western arts over the past 150 years Stephen Addiss author of *The Art of Zen* A crucial contribution to modern art studies this high spirited text surveys Western artists awakened by the wisdom of the East from Monet and Duchamp to O Keeffe to Martin It is a thoughtful book about thoughtful artists their values and their visions with a lot to offer general readers and specialists alike Charles Stuckey Associate Professor of Art History at the School of the Art Institute of Chicago

Poetry in General Keegan Cook Finberg, 2025-11-04 In the second half of the twentieth century poetry leapt out of books and became an interdisciplinary public form Poetry entered bureaucratic systems of organization like index card catalogues it pushed the boundaries of privately owned public parks Keegan Cook Finberg argues that poetry became an increasingly capacious force during this period because it could speak directly to the degradation of the social democratic notion of the public Poetry in General explores how poets expanded their practice into the realms of politics work and everyday life from 1960 to the present from the apex of the welfare state to an era of privatization and austerity It considers a compelling array of figures including Yoko Ono George Brecht Frank O Hara Amiri Baraka Bernadette Mayer Eleanor Antin Adrian Piper and M NourbeSe Philip whose works draw on conceptual techniques to transform official documents and spaces Finberg shows how these public texts expose the mechanisms of the neoliberal consensus about work and leisure the state's facilitation of capitalism and enduring racial and gender inequities She also provides politically charged ways to interpret and critique racial capitalism antiabortion legislation and mass debt A new literary and institutional history of postwar poetics this book shows how poetic experiments address the privatization of collective life and rethink the category of the public

Art and the Subway Tracy Fitzpatrick, 2009 Explores artistic production surrounding the world's most famous public transportation system from just before its opening in 1904 onwards Using images this work offers perspectives on ways in which the subway has been used as a subject about which to make art as a site within which to make art and as a canvas upon which to make art

For Pleasure Rachel Jane Carroll, 2023-12-12 For Pleasure argues that aesthetic pleasure and formal experimentalism hold the twinned capacity to maintain a global racial order and also to undo it

The Step Is the Foot Anthony Howell, 2019-06-30 This inquiry into the relationship between the step in dance and the foot in verse invites the reader into a tapestry woven by its crossed paths A dual career as a dancer and as a poet allows the author to follow his interest in the dance origins of scansion and link it to how the foot connects lyric writing to an exiled sense through the felt tread of its rhythm This is to rediscover the physical feeling of poetry the fulcrum of a relationship that goes back to the Greek chorus when every phrase

was danced The author shows how verse and the dance emerged together as we initially developed bipedalism and speech Written is a discursive style which allows the author to wander whenever digression seems appropriate the book offers the reader an entertaining compendium of anecdotes notions and quotes concerning the relation between our words and our movements Walking in itself may have ushered in predication syntax putting one word in front of another as one put one foot in front of another Did song emerge separately from language and stimulate ritual dance among women who linked their steps to sounds The link of speech with movement is explored in ancient art in theatre and in military drill and psychoanalysis From the ballet to performance art the author traces the evolution of recent creativity free verse finding a parallel in Mick Jagger dancing freely on his own in the 60s while performance artists used the freedom of conceptual art to explore action phrases linking task orientated movement with verbal articulation **Words to Be Looked At** Liz

Kotz,2010-02-26 A critical study of the use of language and the proliferation of text in 1960s art and experimental music with close examinations of works by Vito Acconci Carl Andre John Cage Douglas Huebler Andy Warhol Lawrence Weiner La Monte Young and others Language has been a primary element in visual art since the 1960s in the form of printed texts painted signs words on the wall recorded speech and more In Words to Be Looked At Liz Kotz traces this practice to its beginnings examining works of visual art poetry and experimental music created in and around New York City from 1958 to 1968 In many of these works language has been reduced to an object nearly emptied of meaning Robert Smithson described a 1967 exhibition at the Dwan Gallery as consisting of Language to be Looked at and or Things to be Read Kotz considers the paradox of artists living in a time of social upheaval who use words but chose not to make statements with them Kotz traces the proliferation of text in 1960s art to the use of words in musical notation and short performance scores She makes two works the bookends of her study the text score for John Cage s legendary 1952 work 4 33 written instructions directing a performer to remain silent during three arbitrarily determined time brackets and Andy Warhol s notorious a a novel twenty four hours of endless talk taped and transcribed published by Grove Press in 1968 Examining works by artists and poets including Vito Acconci Carl Andre George Brecht Douglas Huebler Joseph Kosuth Jackson Mac Low and Lawrence Weiner Kotz argues that the turn to language in 1960s art was a reaction to the development of new recording and transmission media words took on a new materiality and urgency in the face of magnetic sound videotape and other emerging electronic technologies Words to Be Looked At is generously illustrated with images of many important and influential but little known works Psychogeotherapy Martyna Chrześcińska,2020-12-29 Psychogeotherapy offers a critical exploration of the roles played by ideas of space and containment in psychotherapy Employing approaches from psychogeography with a focus on the praxis of aimless walking it explores alternate models of therapeutic space and what the author terms psychogeotherapy The book gives a fresh and creative perspective on therapeutic work and its relationship to space drawing on a range of existing approaches including Freudian post Freudian Jungian and post Jungian perspectives With perspectives from various

disciplines such as art social studies cultural studies and philosophy the book interrogates the dominant models of containment in psychotherapy and discusses these models from different perspectives to shed new light on classical concepts of therapeutic space and containment in depth psychology and psychotherapy This book will be of great interest for academics researchers and post graduate students in the fields of analytical psychology psychotherapy psychogeography and mental health

The Feminist Bookstore Movement Kristen Hogan, 2016-03-10 From the 1970s through the 1990s more than one hundred feminist bookstores built a transnational network that helped shape some of feminism's most complex conversations Kristen Hogan traces the feminist bookstore movement's rise and eventual fall restoring its radical work to public feminist memory The bookwomen at the heart of this story mostly lesbians and including women of color measured their success not by profit but by developing theories and practices of lesbian antiracism and feminist accountability At bookstores like BookWoman in Austin the Toronto Women's Bookstore and Old Wives Tales in San Francisco and in the essential Feminist Bookstore News bookwomen changed people's lives and the world In retelling their stories Hogan not only shares the movement's tools with contemporary queer antiracist feminist activists and theorists she gives us a vocabulary strategy and legacy for thinking through today's feminisms

The Political Force of Musical Beauty Barry Shank, 2014-03-17 In The Political Force of Musical Beauty Barry Shank shows how musical acts and performances generate their own aesthetic and political force creating however fleetingly a shared sense of the world among otherwise diverse listeners Rather than focusing on the ways in which music enables the circulation of political messages he argues that communities grounded in the act and experience of listening can give rise to new political ideas and expression Analyzing a wide range of beautiful music within popular and avant garde genres including the Japanese traditions in the music of Takemitsu Toru and Yoko Ono the drone of the Velvet Underground and the insistence of hardcore punk and Riot grrrl post punk Shank finds that when it fulfills the promise of combining sonic and lyrical differences into a cohesive whole musical beauty has the power to reorganize the basis of social relations and produce communities that recognize meaningful difference

Imagining Resistance J. Keri Cronin, Kirsty Robertson, 2011-09-23 Imagining Resistance Visual Culture and Activism in Canada offers two separate but interconnected strategies for reading alternative culture in Canada from the 1940s through to the present first a history of radical artistic practice in Canada and second a collection of eleven essays that focus on a range of institutions artists events and actions The history of radical practice is spread through the book in a series of short interventions ranging from the Refus global to anarchist inspired art and from Aboriginal curatorial interventions to culture jamming In each the historical record is mined to rewrite and reverse Canadian art history reworked here to illuminate the series of oppositional artistic endeavours that are often mentioned in discussions of Canadian art but rarely acknowledged as having an alternative history of their own p Alongside authors consider case studies as diverse as the anti war work done by John Lennon and Yoko Ono in Montreal and Toronto recent exhibitions of activist art in Canadian

institutions radical films performance art protests against the Olympics interventions into anti immigrant sentiment in Montreal and work by Iroquois photographer Jeff Thomas Taken together the writings in *Imagining Resistance* touch on the local the global the national and post national to imagine a very different landscape of cultural practice in Canada

The Beatles and Black Music Richard Mills, 2025-05-15 *The Beatles and Black Music* discusses the influence that Black music and culture has had over the Beatles throughout their collective and solo careers Tracing the history of Black musical and cultural influence on popular music from the Transatlantic Slave Trade in 1795 to the nascent Mersey Beat scene in the early 1960s this book is the first to explore the Beatles from this important cultural lens *The Beatles and Black Music* discusses the influence that Black music and culture has had over the Beatles throughout their collective and solo careers Richard Mills adopts a musicological and historiographic account to demonstrate the extent to which Liverpool's colonial history influenced the Beatles music Beginning with the grand narrative of British colonial history pre Beatles it covers the influence of Black music and culture on the Beatles teenage years in the 1950s their association with Lord Woodbine their love of American Rhythm and Blues in the mid 1960s and extends to a discussion of post colonial British identity and the lasting effect Black music has had on the Beatles legacy and continues to have on the solo careers of Ringo Starr and Paul McCartney

John Cage Julia Robinson, 2011-08-12 An extended trajectory of Cage literature from early critical reaction to writing by contemporaries to current scholarship John Cage 1912 1992 defined a radical practice of composition that changed the course of modern music and shaped a new conceptual horizon for postwar art Famous for his use of chance and silence in musical works a pioneer in electronic music and the nonstandard use of instruments Cage was one of the most influential composers of the last century This volume traces a trajectory of writings on the artist from the earliest critical reactions to the scholarship of today If the first writing on Cage in the American context often written by close associates with Cage's involvement seemed lacking in critical distance younger scholars a generation removed have recently begun to approach the legacy from a new perspective with more developed theoretical frameworks and greater skepticism This book captures that evolution The texts include discussions of Cage's work in the context of the New Music scene in Germany in the 1950s Yvonne Rainer's essay looking back on Cage and New York experimentalism of the 1960s a complex and original mapping of Cage's place in a wider avant garde genealogy that includes Le Corbusier and Moholy Nagy a musicologist's account of Cage's process of defining and formalizing his concept of indeterminacy and an analysis of Cage's project that considers his strategies of self representation as key to his unique impact on modern and postmodern art

Painful Forms Anna Ioanes, 2025-09-17 In the wake of World War II Americans struggled to grasp the shifting scale of violence brought on by the nuclear era To grapple with the overwhelming suffering of the sociopolitical moment new ways of thinking about violence as structural systemic and senseless emerged Artists and writers however challenged the cultural impulse to make sense of these new horrors mobilizing what Anna Ioanes calls aesthetic violence Searching for the strategies artists employed to resist

the normalization of new forms of crushing violence Ioanes examines the works of major cultural figures including Kara Walker James Baldwin Andy Warhol Yoko Ono and Toni Morrison as well as lesser known artists such as playwright Maryat Lee and riot grrrl figure Kathleen Hanna Grounded in close reading archival research and theories of affect aesthetics and identity Painful Forms shows that artists employed forms that short circuited familiar interpretive strategies for making sense of suffering and as a result defamiliarized commonsense notions that sought to naturalize state sanctioned violence Rather than pulling heartstrings stoking outrage or straightforwardly critiquing injustice Ioanes argues aesthetic violence forecloses catharsis maintains ambiguities and refuses to fully make sense allowing audiences to experience new ways of thinking feeling and knowing about suffering

Acorn Yoko Ono, 2013-11-19 It s nearly 50 years ago that my book of conceptual instructions Grapefruit was first published In these pages I m picking up where I left off After each day of sharing the instructions you should feel free to question discuss and or report what your mind tells you I m just planting the seeds Have fun Yoko Ono Legendary avant garde icon Yoko Ono has inspired generations of artists and performers In Acorn she offers enchanting and thought provoking exercises that open our eyes and all of our senses to more creative and mindful ways of relating to ourselves each other and the planet we cohabit Throughout this beautifully designed book are 100 black and white line drawings by Yoko Like this legendary woman herself the book is wildly original stimulating and hard to label Call it purposeful play call it brain poetry call it guided motivation call it Zen like incantations call it whatever you want But read it Acorn may change the way you experience the world

Adopting the Track of Phrase: An Psychological Symphony within **Grapefruit A Of Instructions And Drawings By Yoko Ono**

In a global taken by screens and the ceaseless chatter of immediate conversation, the melodic elegance and emotional symphony produced by the written term often fade into the background, eclipsed by the persistent sound and disturbances that permeate our lives. But, situated within the pages of **Grapefruit A Of Instructions And Drawings By Yoko Ono** a wonderful literary value overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, that interesting masterpiece conducts visitors on a mental journey, well unraveling the concealed songs and profound affect resonating within each carefully crafted phrase. Within the depths of the touching review, we shall discover the book is central harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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