

WRINKLE:
CONCEPTS FOR A POST-PATRIARCHAL UTOPIA

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after Yoko Ono

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POCKET CONCEPT I

Your clothing has as many pockets, in as many different shapes and sizes, that you require. Your pockets can be for specific objects you want to keep on your body, this is not limited.

Examples of what your pockets can be for:

Bus tickets. Train tickets. Mobile phone. Important phone numbers. Address book. Borrowed pens. Nice pens, just for you.

Feminist manifesto, pocket-size edition.

Love letters. Your five-year plan.

Your certificates, diplomas, and degrees.

Stones in the shape of cats' heads.

The exoskeleton of a long dead cicada you used to wear on your chest as a brooch.

Hankies for use. Hankies for show.

Emergency chocolate, enough to share.

Water, wine and whisky, just in case you get waylaid on your adventure.

Photos of your loved ones.

Seashells you're collecting for your niece.

Keys (no need to carry these between your fingers now).

Keyrings that bring you joy.

There is no need for pockets for:

Mace. Rape whistle. Sharp or heavy objects which could double as weapons.

Fear. Shame.

POCKET CONCEPT II

Your favourite piece of clothing is one big pocket - large enough to fit everything you need, and to have three of your closest friends join you inside.

SPACE CONCEPT I

There are no barriers that you can see or feel.
The air around you is fresh -
You can see the stars and the aurora and the sun and the
sunrise and the sunset and the moonrise and every phase of the
moon all at once.
You feel supported, suspended and buoyant.
You are weightless, no longer carrying all of the
responsibilities on your own.

You move.
You move around the space in any which way your body takes
you.
Up - down - out - in.
You continue to move.
Move larger, becoming bigger.
Take up space.
Let it fill you.

Space opens up in your mind.
Your brain is buzzing.
Your thoughts become shapes.
Those shapes become words.
Words form sentences.
The sentences become a grand speech.
And everyone listens.
Your voice is amplified and echoes around the space.
Your thoughts and words resonate, penetrating everything they
touch.
And there are no barriers that you can see or feel.

SPACE CONCEPT II

The space around your body emits a warming glow.
See the space around every body as a warming glow.

SPACE CONCEPT III

Make every touch a wanted or needed touch.

SPACE CONCEPT IV

Every space feels so safe -
like being inside your own pocket.

SPACE CONCEPT V

Paint a poem about how it feels to be:

- a) Large.
- b) Loud.
- c) Aloud.
- d) Allowed.
- e) Alive.
- f) Lively.
- g) Lovely.
- h) Loved.

VISIBILITY CONCEPT I

Ensure you leave enough space for what is invisible.
One day soon it will be visible and will need the room.

VISIBILITY CONCEPT II

Record how it feels every time you are seen.
Record how it smells every time you are heard.
Record how it tastes every time you are believed.
File according to the position of the sun to the moon.

SMILE CONCEPT

Smile because now you are happy, healthy, educated, safe, have enough to eat, a warm home, a well-paying job you love, time to be creative and time to spend with loved ones, a supportive community, a progressive government, freedom to express yourself fully, universal healthcare, reproductive rights, and your differences are valued and celebrated.

LAUGH CONCEPT

Laugh with joy because the things that make you smile are universal.

CRY CONCEPT I

Cry from laughing so much.

CRY CONCEPT II

Cry when you need to, without shame.

CRY CONCEPT III

Save up all your tears into a port bottle.
When full, release back into the ocean.

CRY CONCEPT IV

Cry until you dry out, shrivel up, and return to dust.

SCREAM CONCEPT

Scream.

Scream a yawn.

Scream your name.

Scream when it's quiet.

Scream when you get scared.

Scream when you get excited.

Scream when you fall in love.

Scream when you fall out of love.

Scream when you don't feel the need.

Scream when you get that thing you want.

Scream when you say goodbye for the last time.

FREEDOM CONCEPT I

Freedom to Move:

From your bed to your chair.
From your house to your place of work or leisure.
From where you are now to the pub.
From the corner to the dance floor.
To the music, in time with friends and strangers.
From the pub to home.
To a new homeland.

FREEDOM CONCEPT II

Freedom:

From corporations.
From religious oppression.
From gender norms.
From violence.
From poverty and health inequality.
From incarceration.

FREEDOM CONCEPT III

Freedom to Feel:

Emotions.
Safe.
Equal.

FREEDOM CONCEPT IV

Feel free to assign and assert your own identity.
Give yourself a name of your own choosing.
Reintroduce yourself to the world using your chosen name.

FREEDOM CONCEPT V

Remember where you wanted to travel to when you were eight years old.
Travel to that place.
Send a postcard to your eight-year-old self.

CELEBRATION CONCEPT I

At the annual celebrations of the revolution, dance in the streets.

If you get too hot, take off your clothing (know that you will be ok).

Make a speech celebrating everything the utopia has given everyone.

CELEBRATION CONCEPT II

Fashion a flag out of the colours of emotions and the temperature of songs. Hoist it up high so that everyone can smell the sound it makes flying in the wind.

CELEBRATION CONCEPT III

On International Yoko Ono Appreciation Day remain in your pyjamas, in bed, with your lovers, painting clouds in the sky with your poetry.

CELEBRATION CONCEPT IV

Every day of the International Year of Carers and Parents, a new way to show appreciation takes place - today it is a massage, yesterday it was a pay bonus, tomorrow it is a day off, next month all of their favourite meals will be made for them. You are invited to contribute in any way you can.

OPEN CONCEPT I

Use your megaphone to publicly announce your feelings, state of mind, thoughts, transgressions and one thing that will

- a) make you happy, and
- b) make someone else happy.

If you do not feel like making the announcement on that particular day you can instead write them on a piece of paper, fold it into a paper plane, and throw it into the wind.

OPEN CONCEPT II

- a) Meet someone new today.
- b) Tell them of your proudest moment.
- c) Tell them of your project for the future.
- d) Tell them of your plans for International Women's Day.
- e) Let them tell you of themselves, while you listen and take notes.

OPEN CONCEPT III

Invite your parents, siblings, partner, lover, your lover's lover, your child, your child's best friend, your wife, your husband's boyfriend, your best friend, your best friend's lover, your mentor, their mentor, and your new friend over for a dinner party. Everyone brings a plate and swaps recipes.

NURTURE CONCEPT I

Use your own blood, from accidental wounds or periods, to fertilise your relationships.

NURTURE CONCEPT II

Use your own sweat, after sex or masturbation, to water your houseplants.

NURTURE CONCEPT III

Use your own tears, collected after midnight, to hydrate your imagination.

NURTURE CONCEPT IV

Fill your home (or your room, or your studio) with things that give you joy, for example: artwork, punk music, the smell of lemons, green, books, new art materials, old art materials, your favourite people, hot coffee, glass marbles, autumn leaves, whisky, your favourite teacher, a large tree for climbing, snow, a hug, poppies, a patch of sunshine, the moon, the first whisper of "i love you", shivers on your scalp, the rhythm of waves, the light of venus.

TIME CONCEPT I

Count time by the number of other people's stories you feature in.

TIME CONCEPT II

Weigh your time.
(note, it weighs as much as everyone else's)

TIME CONCEPT III

Pause time each time you breathe in.
Don't hold your breath.

LISTEN CONCEPT I

Open your ears when a mouth opens.

LISTEN CONCEPT II

Listen to the stories of the people who were here before you.
Listen to the stories of the people who will be here after
you.

Listen to your thoughts when you listen to others.

Let what you hear fill the gaps in your insides.

LISTEN CONCEPT III

Imagine you can hear everything that everyone is saying, from
all over the world. In one word, describe what they are
saying?

FORTUNE CONCEPT I

Eat only fortune cookies, until you receive a cookie which tells you your true fortune.

FORTUNE CONCEPT II

Imagine you are fortunate enough to be able to afford to buy all of the fortune cookies in the world.

Eat all of the fortune cookies.

Be full of fortune.

FORTUNE CONCEPT III

Imagine everyone in the world are all fortunate enough to afford whatever they want to eat forever.

COUNTER CONCEPT I

Grow bigger and be noisier than that which once scared you.
If multiple things scared you, multiply yourself.

COUNTER CONCEPT II

Grow yourself bigger than the ego of the man who was once in charge.

COUNTER CONCEPT III

Time your worth.
(note, it is lengthy)

COUNTER CONCEPT IV

Fashion a stylish hat or cape out of your worth.
Wear it proudly.

COUNTER CONCEPT V

Weave an intricate mirror out of your beliefs.
Hang it proudly at your mother's house.

COUNTER CONCEPT VI

Incinerate past ideations of incarceration.

COUNTER CONCEPT VII

Emphasise your empathy to match your eyes.