

PIECES
for
DIS/COMFORT

after y.o.
with apologies

PERSPECTIVE PIECE I

Picture the world upside down
and you are walking on the sky.

PERSPECTIVE PIECE II

Look in a different way.

HAIR PIECE I

Pull out a single strand of hair from your head,
use it to floss your teeth.

HAIR PIECE II

Pull out a single strand of hair from your head,
thread a needle with it,
use it to mend the tear in your heart.

HAIR PIECE III

Pull out a single strand of hair from your head,
tie it around your finger,
leave it there to remind yourself
to remember.

HAIR PIECE IV

Pull out a single strand of hair
from a stranger's head,
let it blow away in the wind.

HAIR PIECE V

Pull out a single strand of hair from your head,
one by one,
until you are bald.

STARE PIECE I

stare directly into the eyes
of the person you love
until the snow melts

STARE PIECE II

stare directly into the eyes
of the person you hate
until the sun rises

STAR PIECE

close your eyes
press on your eyelids with your fingers
until you see stars

FREE PIECE

all day,
imagine a cloud
above your head

the next day,
imagine the sun
chasing the cloud away

that night,
thank the moon
for the stars you can see

RAIN PIECE

Stand in the rain
and catch the raindrops

Keep for the future

Turn the raindrops
into tears when required

QUIET PIECE I

walk until it is quiet
sit until you hear
the quiet in your ears
until it fills your body

close your eyes and
picture the quiet on
the inside of your eyelids
trace its shape with your hands

take the quiet in your arms
and dance with the quiet
sway your body quietly
until the quiet stops

QUIET PIECE II

be quiet for 1 day
be quiet for 1 week
be quiet for 1 month
be quiet for 1 year

ART PIECE

Write out your uncanny thoughts
Exhibit them in a public place

THOUGHT PIECE I

notice and acknowledge everything
everything you see
everything you hear
everything you smell
everything you feel
everything that happens
every thought you have
every sensation in your body
count the seconds
and keep counting
until you lose count
until the thoughts exhausted you
and you have to stop

THOUGHT PIECE II

vocalise all of your thoughts
even if you are alone
especially if you are with people

CONNECTION PIECE I

say one kind thing
to one person
once a day
for one year

CONNECTION PIECE II

end all of your conversations
with the words
"I love you"

CONNECTION PIECE III

tell the truth

CONNECTION PIECE IV

meet a stranger
tell them of the best
moment of your life

CONNECTION PIECE V

meet a stranger
tell them of the worst
moment of your life

CONNECTION PIECE VI

meet a stranger
invite them to tea

BED PIECE I

Dig a hole in a flower bed
Lie down in the hole
Cover yourself with flowers
Sleep until morning

BED PIECE II

Dig a hole in a flower bed
Scream into the hole
Cover it over
Watch the flowers die

TALK PIECE

sing instead of talking

POP PIECE I

Attach inflated balloons to your body.

Jump in the air and land on the balloons.

Run into a brick wall ensuring the balloons come in contact with the wall.

Continue in this manner until all the balloons have popped.

POP PIECE II

blow up a balloon

keep blowing

until it pops

POP PIECE III

blow up as many balloons

to fill a room or

until you run out of air

GAZE PIECE I

watch yourself shower

GAZE PIECE II

watch your lover shower

GAZE PIECE III

watch your lover sleep

GAZE PIECE IV

watch yourself sleep

WALK PIECE

dance instead of walking

MIRROR PIECE

replace all of the mirrors
in your house
with paintings

LIFE PIECE

breathe in

breathe out

breathe in

breathe out

breathe in

breathe out

breathe in

breathe out

breathe in

breathe out

breathe in

breathe out

breathe in

breathe out

continue until you die

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