

keep begin detach

inspired by

yoko ono

may 16, 2018

E.M. Wolfman General Interest

Small Bookstore

410 13th St, Oakland, California

94612

maciuna's manifesto

fluxus art-amusement (1965)

pronounced- among other things

art-amusement must be simple, amusing, unpretentious, concerned with insignificances, require no skill or countless rehearsals, have no commodity or institutional value. [It's value] must be lowered by making it unlimited, mass produced, obtainable by all, and eventually produced by all

the joining of life and art

"fixing chance"

forgetting the hand

the weights of winks and whispers

Welcome to KEEP BEGIN DETACH
inspired by YOKO ONO

The rest of these pages are worksheets.

Yoko Ono did a lot of instructional works. Some of them she carried out later in life as art objects. I invite you to create instructions for paintings, plays, routines, poems, songs, videos, installations, rituals, somatic experiences, etc.

I invite you to explore five aspects of these works:

- time
- materials
- audience
- intention
- fluxus

TIME (DURATION)

- 1 <1MIN
- 2 A DURATION DETERMINED BY THE PIECE
- 3 < 8 HOURS
- 4 < 1 DAY
- 5 < ∞

MATERIALS

- 1 PAINT
- 2 TEXT
- 3 TECHNOLOGY
- 4 THOUGHT
- 5 _____
- _____
- _____

AUDIENCE

- 1 YOURSELF
- 2 ONE OTHER
- 3 < 10 PEOPLE
- 4 < 1000 PEOPLE
- 5 _____
- _____

INTENTION

- 1 SOMATIC EXPERIENCE
- 2 AESTHETIC
- 3 INDUCE ENLIGHTENMENT IN THE MIND
- 4 USES CHANCE
- 5 _____

FLUXUS

- 1 MASS PRODUCED
- 2 NO SKILL
- 3 AUDIENCE PARTICIPATION
- 4 UNLIMITED
- 5 SIMPLE

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I am Katarina Countiss. I am a multimedia artist, specializing in ASMR videos, painting/drawing, and budding into performance art.

I'm inspired by John Cage, Yoko Ono, and Pauline Oliveros. I enjoy using watercolors, improvisation, and I always carry a notebook with me.

With art and living a creative life, I'm interested in cultivating habits that expand boundaries of beauty and finding ways to encourage experimentation.

create your own artist bio here:

Name:

Creativity Modes

Inspirations

Fave Materials to use

Message to the world



Flux Year Box 2

*John Cavanaugh Fred Lieberman George Maciunas
Benjamin Patterson Bob Sheff Stan Vanderbeek Eric
Andersen George Brecht John Cale Willem de Ridder
Albert Fine Ken Friedman Yoko Ono James Riddle Paul
Sharits Ben Vautier Robert Watts*

DATE

1967

DIMENSIONS

box closed 3-3/8 x 8 x 8-3/8 inches

TYPE

Multiples

DESCRIPTION

A wooden box containing games, films,
fluxus related printed material