



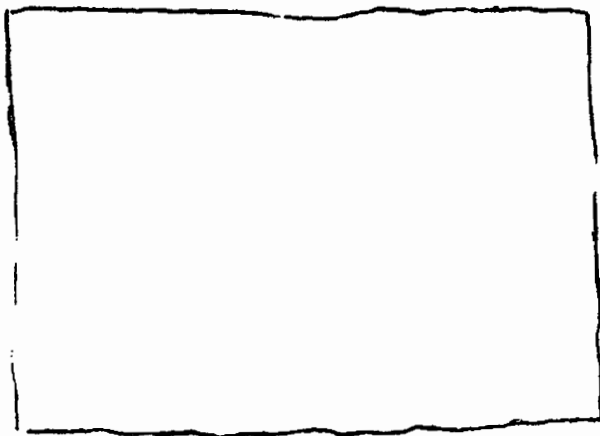
**A Book of Instruction and Drawings  
by Yoko Ono**

**Introduction by John Lennon**

WITH A NEW INTRODUCTION BY THE AUTHOR

Synopsis

Write your own ↓



Name:  
Weight:  
Sex:  
Colour

# GRAPEFRUIT

A book of instructions + drawings by Yoko Ono

Introduction by John Lennon

Simon & Schuster

New York • London • Toronto • Sydney

## VOICE PIECE FOR SOPRANO

Scream.

1. against the wind
2. against the wall
3. against the sky

1961 autumn

PIECES FOR ORCHESTRA

No. 1

Peel

No. 2

Peek

No. 3

Take off

1962 summer

PIECES FOR ORCHESTRA

No. 4

Tear

No. 5

Touch

No. 6

Rub

1962 autumn

## A PIECE FOR ORCHESTRA

Count all the stars of that night  
by heart.

The piece ends when all the orchestra  
members finish counting the stars, or  
when it dawns.

This can be done with windows instead  
of stars.

1962 summer

## TAPE PIECE I

### Stone Piece

Take the sound of the stone aging.

## TAPE PIECE II

### Room Piece

Take the sound of the room breathing.

- 1) at dawn
- 2) in the morning
- 3) in the afternoon
- 4) in the evening
- 5) before dawn

Bottle the smell of the room of that particular hour as well.

1963 autumn



## TAPE PIECE III

### Snow Piece

Take a tape of the sound of the snow falling.

This should be done in the evening.

Do not listen to the tape.

Cut it and use it as strings to tie gifts with.

Make a gift wrapper, if you wish, using the same process with a phonosheet.

1963 autumn

## WALKING PIECE

Walk in the footsteps of the person  
in front.

1. on ground
2. in mud
3. in snow
4. on ice
5. in water

Try not to make sounds.

1964 spring

## CITY PIECE

Walk all over the city with an empty  
baby carriage.

1961 winter

## STONE PIECE

Find a stone that is your size or weight.  
Crack it until it becomes fine powder.  
Dispose of it in the river. (a)  
Send small amounts to your friends. (b)  
Do not tell anybody what you did.  
Do not explain about the powder to the  
friends to whom you send.

1963 winter

## TUNAFISH SANDWICH PIECE

Imagine one thousand suns in the  
sky at the same time.

Let them shine for one hour.

Then, let them gradually melt  
into the sky.

Make one tunafish sandwich and eat.

1964 spring

# QUESTIONNAIRE

Name: \_\_\_\_\_  
(advised to include all the names you are called by.)

ADDRESS: \_\_\_\_\_

past

present

future

AGE: I am at the age where: \_\_\_\_\_

SEX: \_\_\_\_\_

COLOUR: \_\_\_\_\_

HEIGHT: \_\_\_\_\_

WEIGHT: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

DISEASE: \_\_\_\_\_

PHYSICAL PECULIARITIES: \_\_\_\_\_

OTHER COMMENTS: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Answer the following questions True or False.

### TRUTH/FALSE

The sixth finger is usually not used because it's existence is not physically perceivable.

There is a transparent peace tower in New York City which casts no shadow and, therefore, very rarely recognized.

Blood is not red unless exposed, and blue when it's imagined.

The structure of the American jury system is taken from the chance music operation by John Cage. (The noted Judge Connolly is said to have said "all verdicts are beautiful".)

Mt. Fuji, whose colour is blue and white from the distance and volcano red when you go near, is a carefully planned modern Japanese project built to attract American tourists.

The East Side is not a word to define its location but was originally a name of the town "The Wise East on the Wrong Side." Later it was shortened to the presently known "The East Side".

Your weight is twice mine, and height 5 inches shorter.

Grapefruit is a hybrid of lemon and orange.

Snow is a hybrid of wish and lament.

All fruits are related species of banana, which was the first fruit in existence. The Bible lied about the apple because they felt mentioning the word banana too undignified.

Roaches are moving forms of flowers, though visually they seem unconnected.

Happenings were first invented by Greek gods.

The word "manila envelope" comes from a deeply-rooted racial prejudice.

Coughing is a form of love.

All streets are invisible. The visible ones are fake ones, though some visible ones are the end parts of the invisible ones.

Teeth and bones are solid form of cloud.

Paper is marble cut so thin that it has become soft. (Make marble out of toilet paper.)

Plastic is a portion of sky cut out in solid form. (Collect many pieces of plastic and look through them to see if they look blue.)

If you wear a clothes long enough it becomes part of you and you will suffer from serious physical maladjustment when you take it off. A princess died from taking off vines that had covered her for ten years. A prince, when his encircling vines were removed, was found to be non-existent.

When you leave things, you leave your spirit behind, too. But if you don't leave them, you age.

Your brother is the man you killed in the past world. He was born in your family because he wanted to be near you.

There is a wish man in the corner of the world whose daily task is to send good-will waves to the world to clear the air.

Men used to walk on hands upside down, but they changed to the present form because it was considered less obscene.

99 per cent of the world is dead bodies and tombs. We are the remaining 1 per cent . . . (or are we?).

There are one thousand suns arising every day. We only see one of them because of our fixation on monistic thinking.

Piano keys are flower-petals turned hard.



People who bought Ono's "bagwear" invariably encountered fantastic good luck and fortune.—ad.

A cloud consists of the following substances: colour, music, smell, sleep and water. Sometimes it rains substances other than water, but very few people notice it.

### A, B, OR C

#### Yellow Talk

- a) All colours are imaginary except yellow. Yellow is the colour of sun at its height. Other colours are shades of yellow in varying degrees which have been given different names, as if each of them exist independently, purely for idealogical purposes.—Dr. Song.
- b) Yellow is the only imaginary colour.—Dr. Suzuki.
- c) All colours have yellow in it.—Dr. Lee.
- d) All colours are imaginary.—Dr. Kato.

#### Youth Talk

You are still young because :

- you never matured.
- you talk baby-talk to your husband / wife.
- your children say so.
- your grandchildren say so.
- your great grandchildren say so.
- you don't see any wrinkles on your face.
- you still hate the same friends.
- other reasons (give your reason).

### Stone Talk

Stone is a :  
noun.  
pronoun.  
verb.  
adverb.  
adjective.  
preposition.  
conjunction.  
interjection.

### Star Talk

The star Uranus is :  
blue.  
red.  
silver.  
green.  
white.  
rainbow colour.

### Line Talk

A line is a :  
sick circle.  
billion lines that are cluttered into a narrow space.  
unfolded word.  
aggressive dot.

### **Daisy Talk**

The weight of a daisy is:

2 pounds less than your brains.

100 pounds plus a wind.

three feathers.

a drop of your mother's tear.

5 billion pounds minus the sea.

### **Wink Talk**

An intensity of a wink is:

two cars smashed head on.

a storm turned into a breeze.

A water drop from a loose faucet.

### **Wind Talk**

The age of the wind is:

A billion years older than the Empire State Building

Three hundred years older than the Alps.

A day younger than the sea.

A day older than the Christ.

Two months younger than your daughter.

Starting five months after your death.

Further information and the copy of the Questionnaire is included in the "Stone" pamphlet (50 cents).

## SHOOT 100 PANES OF GLASS

When a person hurts you badly,  
line up 100 panes of glass in  
the field and shoot a bullet  
through it.

Take a copy of a map made by  
the cracks on each glass and  
send a map a day for 100 days  
to the person who has hurt you.

1966 fall

**ONO'S SALES LIST**  
**N.Y.C. 1965**

## Tunafish Sandwich Piece

Imagine one thousand suns in the  
sky at the same time.

Let them shine for one hour.

Then, let them gradually melt  
into the sky.

Take one tunafish sandwich and eat.

—FROM *GRAPEFRUIT*

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Grapefruit



Yoko Ono



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