

Swim in your dream as far as you can until you find an island. Tell us the results.

after Yoko Ono

Sara Elkamel

1. Fill a soup bowl with water and find a small mirror, one that can fit in your left hand.
2. Peer into your left palm for as long as you are able.
3. Holding the small mirror over the water, pour your image into the sea.
4. You are the ocean now.
5. Do not forget the salt.
6. Salt the sea of yourself with your choice of tears, the memory of your mother's body an island beside yours in the dark, or cheese.
7. There is a chance you will find, in the end, that you are no ocean.
8. The only thing to do then is to think of your two hands as vultures.
9. Do as vultures do.