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Private Island

**MT JR. (Mohammad Rezaei and Joleen Toner)
November 6 – December 12, 2015**

Private Island Guided Meditation

Before you begin the meditation, please find a quiet place. This meditation, amongst many others, can be purchased in the App store or downloaded from iTunes for your ultimate tranquility

If you are reading the meditation aloud it should take approximately 5 minutes to read. Please base voice speed on this time recommendation

It is also recommended that when spoken aloud, the meditation should be read in a calm voice. Calm may be defined as quiet, still, unflustered and tranquil

As you breathe in and out, allow your mind to fly far away.

Visualize yourself on a private island in the middle of the Ocean.

Everything looks like something from a postcard (or actually it looks more like that island they went to on *Keeping up with the Kardashians*. You know the episode? The one where Kim loses her diamond earrings in the ocean and FREAKS out? They were in like Bora Bora or something. Yeah, that's what it looks like).

You can hear the sound of the gentle waves and see the ocean bright blue with emerald green (hmm, actually the ocean should be whichever colour looks best with your complexion. You should really be the best dressed in your meditation. Also you're wearing all white but don't worry, it doesn't make you look fat. You look super cute.)

Wanting to explore the island, you begin to walk along the beach.
And as you look back you see your footprints in the white sand (going barefoot is best because flip-flops are never a good look).
Imprints from your past are embedded in those footprints (you could never embed the past in flip-flop prints for sure).
You watch the waves of the ocean take you to paradise.
You watch the waves wash away your footprints.
Free from the past, you move forward (you should not have any messy footprints in your paradise. Minimalism is key to any good meditation).
You feel as though the trees and flowers move aside, welcoming you to the island.
You begin to notice how everything around you sways with harmony, to the rhythm of your inner tranquility (you could also choose pretty much any Drake song. They're all pretty good to sway to).
Feel the gentle waves lapping at your feet, warm and refreshing.
In your mind, allow the water to wash over your feet.
Your inner tranquility attracts more beauty towards you, like colourful fish (or maybe that cute person you were checking out earlier at the all-you-can-eat breakfast buffet).
All that is good circles around you. You feel nothing but deep peace.
This is the perfect place.
Your very own private island.
(You are at peace just in time to meet up with your friends at the swim-up bar.
You will party all night but will wake up without any hang over: the ultimate inner peace.)

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***We do not take responsibility for any lack of extreme calmness or tranquility that follows this meditation*¹**

¹ Excerpts of this meditation are sourced from Inner Space Meditation. "Paradise Island- Guided Meditation to Relax" Online video clip. *Youtube*. YouTube, 22 Sep. 2010. Web. 22 Oct 2015.

MT JR.'s installation, *Private Island*, investigates and breaks down the tropical island fantasy many have come to imagine as the ultimate escape from a mundane reality. Utilizing various elements including text, images and objects, the installation picks apart the idea of a utopic paradise, revealing just how much of this idea is constructed and how little of it is actually accessible.

Five plinths sit in the window; each is printed with text reading the name of an island and its price. You may wonder, "Who can afford paradise?" while reading the price tags attached to these private islands. At that cost, the truth is not many. Utopia is apparently only available to the extremely rich. Instead, you will have to do like the rest of us: Google image search "paradise". Stare longingly at your search results. Place yourself there in your mind.

The construction of fantasy and ideal beauty is further exposed by a list of popular plastic surgeries printed on the back wall of the space. Without being literal, this list allows you to consider just how much the ideals of beauty are constructions, whether of a person's physical beauty, or the beauty of a utopic paradise. Both can be created and both can be purchased. In either of these fantasies, the boundary between what you want and what you have been told to want is uncertain, and eventually it becomes almost impossible to distinguish a difference. Do I really want an all-you-can-eat lunch buffet at my tropical island getaway or has Sunwing Vacations just convinced me of its luxuriousness? To be honest, I'm not really sure anymore, but I do know that I can't stop thinking about it. Finally, MT JR. has included a grayscale image of water as the installation's backdrop, which prompts me to consider just how often fantasy does not match reality. When you finally visit paradise, will it be exactly how you imagined, or will it fall short? Will its construction be revealed? Will reality peek through the fantasy, creating a not-so-seamless paradise like MT JR.'s private island?

– **Samirra Sada**