## Instructions for the Next Century · Stephen Dunn

Instead of spouse say sailing ship, instead of dancing say ancient ruins.

When you want love don't say sailing ship, say seven-or-eleven.

When you want music say sacrifice, for if you dance to that music someone will say

secret police which means secret police and you'll be caught with all the wrong words.

Say cellar door when they take you in. Say it until it means something else.

Say whipped cream when you mean emptiness, say blue lagoon when you mean nightmare.

If all day you've planned to escape try to be silent. The most silent words are ocean floor.

Say ocean floor, blue lagoon, whipped cream over and over;
you will not escape

but other prisoners might hear you and call it sacrifice, which will be music to the few who remember.

These are your friends. Say seven-or-eleven to them. Hold them in your arms and call it ancient ruins.