

The Angle

Volume 2010 | Issue 1

Article 2

2010

How To Be A Bird

Gina Cardarelli
St. John Fisher College

Follow this and additional works at: <https://fisherpub.sjfc.edu/angle>

 Part of the [Creative Writing Commons](#)

[How has open access to Fisher Digital Publications benefited you?](#)

Recommended Citation

Cardarelli, Gina (2010) "How To Be A Bird," *The Angle*: Vol. 2010 : Iss. 1 , Article 2.
Available at: <https://fisherpub.sjfc.edu/angle/vol2010/iss1/2>

This document is posted at <https://fisherpub.sjfc.edu/angle/vol2010/iss1/2> and is brought to you for free and open access by Fisher Digital Publications at St. John Fisher College. For more information, please contact fisherpub@sjfc.edu.

How To Be A Bird

Abstract

In lieu of an abstract, below is the essay's first paragraph.

"The first, and hardest step, is to get rid of all your possessions, for I have never seen a bird carrying luggage, not even a small carry-on bag containing keys and lipstick and a compact. When you're a bird, none of these things will be necessary. They don't make storage garages for birds, you know, and nests aren't meant to hold much. Many people can't do this, so very few can become birds."

Cover Page Footnote

"Editor's Pick" Appeared in the issue: Volume 12, Issue 1, 2010.

HOW TO BE A BIRD

prose by
Gina Cardarelli

1.
The first, and hardest step, is to get rid of all your possessions, for I have never seen a bird carrying luggage, not even a small carry-on bag containing keys and lipstick and a compact. When you're a bird, none of these things will be necessary. They don't make storage garages for birds, you know, and nests aren't meant to hold much. Many people can't do this, so very few can become birds.
2.
Seek out the best locations for rest stops you will need throughout your travels. You will tire from flitting from place to place, constantly in motion. Look for gardens drenched in sunlight, a pool on a stone pedestal, or trees on the edge of the woods with thin branches that reach inward towards the dense growth. I prefer places that aren't hidden but that hide you.
3.
Remember to talk to strangers, briefly but frequently. You will probably be surprised at the conversations that transpire and perhaps you'll make a connection that runs deep but had just required a simple greeting to discover. Birds are social creatures and you'll wither as if from dehydration without these relationships.
4.
Be picky about building nests in the giant florescent letters of stores and restaurants. Avoid the ones that are open around the clock, for there's too much commotion and that's no place to raise a family. Pick a store who's name has round vowels—those are the perfect shape for cradling a nest and protecting it from the storms that will blow through on occasion.
5.
Most importantly, have a short memory. Dwelling on bad days, lost lovers, failed friendships and the like will weigh you down like nothing else. Make yourself light; No bird can fly with a heavy, tear-soaked heart.