

Instructions on how to fly

by Marina Nazareth – 2010

First and foremost, it is absolutely necessary that the craving for flying is there. The candidate to learn how to fly should observe attentively the quality of their desire – whether it is genuine and strong– and observe themselves, because being it apprenticeship it might well take up a whole life.

Then, it is important to get hold of a flight instructor. The candidate to learn how to fly should have numerous consultants. Among them, the poets will be the most useful guides in taking them in the direction of their own instructor. The apprentice will recognize him in his own deepest inner creases – some will refer to it as ‘God’s sparkle’, others as intuition and still others will call it destiny. However, it is up to the apprentice, as he comes across it, to establish with it a perfect link, because this task is nontransferable.

After that, it is important to build a place that is spacious and open, with a secret door and a removable ceiling, where to practice the lessons. In this place, and with the help of his own instructor, the candidate will be able to start his flying training.

Choose a sunny morning and mild winds, and start by warming your back, breathing deeply and stretching out your arms and seek in your earliest memory what it used to feel like to have wings. And we were taught, all of us, since our earliest childhood, as if it were an indisputable truth, this great lie: that we were not made to fly.

In this way, for a very long time, you will be overpowered by doubts. By that time, nevertheless, you will have started to see, during your sleep, in your dreams, the flight coming true, and little by little the doubts will dissipate, leaving a calm certainty in their place. It is good in the morning when waking up to recall in detail your way of flying. This will be very useful when time comes for you to fly.

Look at the birds and see how they get ready in the sun, before their lengthy crossings, flapping their wings at a fair measure, half-way through strength and lightness. Look at how they hover together, performing perfect movements, their sacred dance.

It is also very important that you practice the different ways of circling and swooping, seeking at each day to increase speed and height.

Finally, one day, when you and your instructor feel that you are ready, after a lot of persistent hard work, in a sunny morning with a light breeze, like the one at the beginning of the training, remove the ceiling, get ready, and, using the lightness common to man and bird, fly towards the clouds. You may come across a flock of beings of the same species as yours so join them. But, if you are of a diverse nature, don't fret: go on flying until you find those of your species, and then, yes: fly with the flock, freely, in perfect synchrony.