

Dear Ango Participants,

Here we are coming into the second month of Ango. How are your stories growing? We wanted to simply touch in, inspire your process, and offer a few prompts.

Our art practice this Ango asks us to tell a story and see what looking closely at our lives can tell us. A story does not have to be “epic” or “dramatic” or “literary.” It can be quite simple, but powerful. The most ordinary experience can reveal a rich treasure of insight. Look around your world with this kind of mind and see what it wants to tell about. The most important aspects of a good story are the details. Just choosing and presenting details well can develop a narrative by itself. Facts are usually much more interesting than our opinion of them and, when artfully presented, can even be the whole of a story.

The following prompts may give you new ways to think about what a story is. Listen to the list of prompts and choose what seems to spark your interest. Then write the story that arises out of it. You can write in prose or poetry. Write for about 10 minutes.

Then those who want to read what we have to each other can join our next on-line practice and creative audience on **Saturday, April 23rd 6:30-8pm**. This kind of sharing will give us multiple perspectives on how to enter the work. We learn most from each other. The Ango final share will be **May 21** a longer evening together as we listen to everyone who would like to read.

In Joy, Rakusan and Hojin

**Here's the list:** (if you were at the first session, some of these will be repeats):

Tell the story of waking up this morning, the first impressions of the day, the first significant act, the first word.

Tell the story of the plants on your window sill.

Tell the story of an insect in your place.

Tell the story of learning to write, paint, or something new.

Tell the story of walking in the rain.

Tell the story of peeling a carrot, washing a window, or sweeping the floor.

Tell the story of falling down the stairs.

Tell the story the sacred space in which you sit, why there?

Tell the story of a secret place, a mountain top, a crawl space under your house, in a tree.

Tell the story of getting lost.

Tell the story of the most beautiful thing.

Tell the story of receiving a gift.

Tell the story of your shoes.

Tell a story of communicating with an animal.

Tell a story of hanging out the laundry.

Tell the story of meeting someone through their art like Beethoven, Georgia O'Keefe..

Tell a story about holding a baby.

Tell a story about growing tomatoes.

Tell a story about laughing until you cried.

Tell the story of losing your phone, your wallet, your friend; of finding them.

Tell the story of feeling someone smile at you.

Tell the story of silence, of darkness, of space, of sun, of cold, of being under water.

Tell the story of your grandfather's/grandmother's face, their hands, their voice.

Tell the story of falling in love ...with a flower vase, a waterfall, a shell, reflection of clouds passing in a mud puddle.