

# BEYOND WORDS

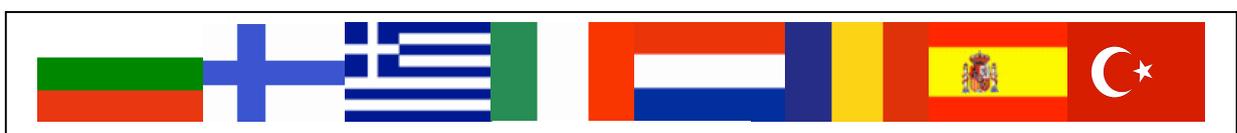
THE COMMUNICATION OF UNIVERSAL VALUES  
THROUGH  
THE LANGUAGE OF ART

## TEACHING UNIT 2



**Happiness is a state of mind or feeling characterized by contentment, love, satisfaction, pleasure, or joy.<sup>[1]</sup> A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources.**

*(From Wikipedia, the free encyclopedia)*



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## THE COMMUNICATION OF THE UNIVERSAL VALUE OF HAPPINESS THROUGH THE PAINTING



### The Feast of Bacchus

Commonly known as 'The Drunkards' although there is not perfect agreement on the timing of the work, most tend to believe it was finished in 1629 after having been commenced the year before.

It was painted by Diego Rodríguez de Silva y Velázquez was born in Seville (Spain) in the last year of the 16<sup>th</sup> century.

This is a mythological painting that shows Bacchus surrounded by men having fun.



### The Maids of Honour

*Las Meninas* (Spanish for *The Maids of Honour*) is a 1656 painting by Diego Velázquez, the leading artist of the Spanish Golden Age, in the Museo del Prado in Madrid.

The painting shows a large room in the Madrid palace of King Philip IV of Spain, and presents several figures entertaining the young Infanta Margarita.



### The Flower Girls

1786-87

by Francisco de Goya.

Museo del Prado. Madrid

Before King Carlos III's death, Goya painted some works for the royal dining room of the Palace of El Pardo. It's based on country subjects, as 'The wine harvest' is.

They are absolutely filled with life and joy, reflecting the painter's personal situation and Spain's one that Goya reflects on his paintings.

Goya shows two young women and a little girl dressed in colourful clothes preparing the flowers they have picked up while the man seems to say 'don't argue'

The group of persons is surrounded by a spring landscape.



**THE KITE.**  
**1778. Francisco de Goya**  
**Museo del Prado, Madrid.**

This painting belongs to a series of cartoons that Goya made in 1778 to decorate the dining room of the prince in the Palace of El Pardo in Madrid.

Goya reflects on the painting the world and customs of the people of Madrid in the 18<sup>th</sup> century.

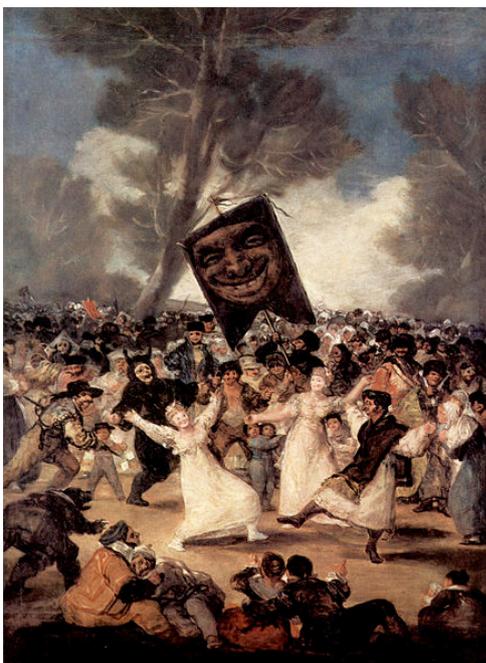
In this case it is a very popular game that served as a distraction to the young men of his time, to fly the kite. The colour is very intense and helps to highlight the details of the costumes of the characters.



**PICNIC ON THE BANKS OF THE RIVER MANZANARES**  
**1778. Francisco de Goya**  
**Museo del Prado, Madrid.**

Goya again shows his ability to capture a moment in action, here he fills the scene with great vitality and life, as well as the sensuality of eating and sharing out in the open landscape.

The figures and their movements faithfully reflect popular realism and the spontaneity of the scenes.



**BURIAL OF THE SARDINE**  
**1816. Real Academia de Bellas Artes de San Fernando, Madrid.**

This painting depicts the Festival in Madrid on Ash Wednesday.

"The Burial of the Sardine' is one of a number of panel paintings dating from the postwar period of the artists life that analyze people under the influence of mass hysteria.

This carnival scene is inspired by the actual festival celebrated in Madrid in February, when, during three days of dancing, masquerade and irrational behaviour, people could dress in harlequin costumes or as Moors, wear animal masks, have fun in the streets and accost passersby."

The painting is certainly a tribute to the common people, depicting an exuberant crowd carousing on the first day of Lent while other Spanish Catholics worship at church.



**DANCE ON THE BANKS OF THE RIVER  
MANZANARES**

**1777. Francisco de Goya  
Museo del Prado, Madrid.**

This tapestry cartoon represents a popular scene of Majos and Majas dancing Seguidillas on the banks of Madrid's Manzanares River. In the background, Goya painted the area around the Pontones Bridge, near "la Quinta del Sordo," the land and house he bought in 1819.

The resultant tapestry was intended to hang in the dining room of the Prince and Princess of Asturias (the future Carlos IV and his wife Maria Luisa de Parma) at the Monastery of El Escorial. This work was part of a decorative series of ten cartoons for tapestries on "countryside" subjects.



**BLIND'S MAN BLUFF**

**1788. Francisco de Goya  
Museo del Prado, Madrid.**

**Blind man's bluff** or **blind man's buff** is a children's game played in a spacious area, such as outdoors or in a large room, in which one player, designated as "It," is blindfolded and gropes around attempting to touch the other players without being able to see them, while the other players scatter and try to avoid the person who is "it", hiding in plain sight and sometimes teasing them to make them change direction.



**THE PICNIC**

**1788. Francisco de Goya  
National Gallery. London**

The picnic was part of Goya sketches presented to decorate the bedroom of Infantas at the Palace of El Pardo.

In this image we observe two well-dressed young people having a picnic while other young men have approached to celebrate with them. The scene seems to have place during a religious pilgrimage to a church in the countryside near Madrid.

The young man is trying to flirt with the girl holding a glass in his hand while their friends watch the scene from the bottom.

The figures presented by Goya reflect great expressiveness. It is a group of happy young people enjoying a picnic at noon in the forest.



**SUMMER. Francisco de Goya. 1786. Fundación Lazaro Galdiano. Madrid, Spain.**

The end of the harvest is the happiest time for farmers. In this painting we can see two attitudes, on one hand that of adults, men and women resting after hard work, and secondly that of carefree children playing around.



**THE STILTS**

**1791. Francisco de Goya  
Museo del Prado. Madrid.**

The stilts is an oil painting by Francisco de Goya painted for the seventh series of tapestries that performed the painter. It was painted to adorn the office of Charles IV at El Escorial, near Madrid.

Two young men have risen to some stilts that provide high altitudes, while marching, along with two fellows playing the flute, towards a window where a young girl peers. Groups are seen wrapped and brimmed hats that provide the festive scene. At first glance it might seem a simple scene, but the hidden meaning is the struggle to stay on the tightrope walking and flirting with the lady in the window.



**THE WEDDING**

**1791. Francisco de Goya  
Museo del Prado. Madrid.**

A large cartoon in which Goya reveals his satirical talent. It shows an arranged wedding at that time: the children, the musicians, the bride and groom (she's elegant, he's grotesque), the bride's friends, the priest, the best man...everybody forming the wedding party.



**1946. Pablo Picasso**  
**Museo Picasso. Antibes. France.**

Those who knew Picasso tell how much cost him painting, "Joy of life", many hours, many twists and turns, being so happy at that moment, with a castle to work, and all the sun and the sea and a pregnant young woman at his side, and he sixty-five years old, as if it were true that life can begin again. It was autumn. But autumn in the Mediterranean. And the painting is blue and happy. Inconsistent. Like joy.

Picasso, Sima, and Gilot have become the faun, the nymph, and the centaur, while the goats represent his two children.

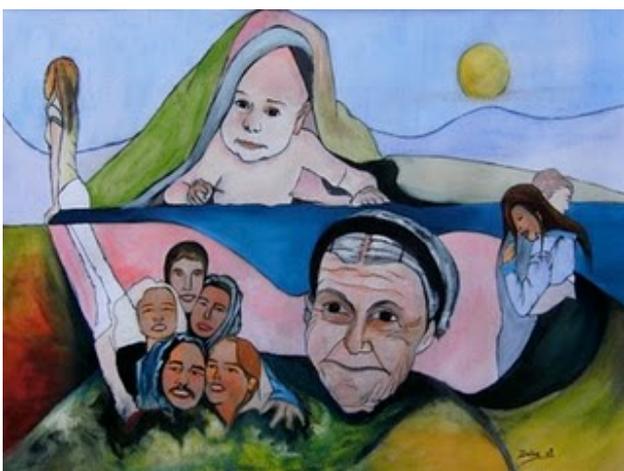


**DRINKING HAPPINESS**  
**2009.**  
**Magda Pinto García**

You can read 'mug of drinking happiness' written on the mug.

The painting shows a person drinking happiness. Words like peace, respect for others, love, laugh... are coming out from the mug.

It is an allegory of the elements that make up happiness.



**HAPPINESS**

**Dulce María González Calero**

The painter explains the meaning of his own work like this:

"I try to represent that for me happiness is made up of little moments, and that at every stage of life those moments, that make us feel happy, are different but complementary".

## THE COMMUNICATION OF THE UNIVERSAL VALUE OF HAPPINESS THROUGH THE SCULPTURE



### CHILDREN PLAYING

It is located in plaza Ramón y Cajal.  
Beniel – Murcia.  
Spain.



### CHILDREN PLAYING

They are located in Isla Gran Canaria Street, in  
Valsequillo, Gran Canaria. Spain.



### MERRY PREGNANT WOMEN

Barcelona. Spain  
Autor: Mercè Riba.



### CHILDREN PLAYING WITH WATER

It is located in plazoleta de Farray, in Las Palmas de  
Gran Canaria – Spain.  
Author: Ana Luisa Benítez. 2003

## THE COMMUNICATION OF THE UNIVERSAL VALUE OF HAPPINESS THROUGH THE MUSIC

[Alegria de vivir/ Cómplices y Triana Heredia  
www.youtube.com/watch?v=krw15UfBZ0A](http://www.youtube.com/watch?v=krw15UfBZ0A)



Click on the picture or the links to watch the video performed by Cómplices & Triana Heredia

El infierno de tu gloria  
ha pasado por mí,  
ahora siento y pienso adentro  
alegría de vivir.  
Lo que habrá dentro de mí,  
lo que habrá dentro de mí,  
yo la busco y no la encuentro  
mi manera de sentir.  
Mi manera de sentir,  
mi manera de sentir  
yo la busco y no la encuentro  
la alegría de vivir.  
Ahora siento y pienso adentro  
alegría de vivir.

José el Francés

### LA ALEGRÍA DE VIVIR / THE JOY OF LIVING

El infierno de tu gloria  
ha pasado por mí.  
Ahora siento y pienso adentro  
Alegria de vivir,  
Alegria de vivir  
cuando estas cerca de mí,  
ahora siento y pienso adentro,  
lo que habrá dentro de mí.  
Lo que habrá dentro de mí,  
lo que habrá dentro de mí,  
yo la busco y no la encuentro  
mi manera de sentir.  
Mi manera de sentir,  
mi manera de sentir,  
yo la busco y no la encuentro  
alegría de vivir.

[La alegría de vivir/ Manu Tenorio  
www.youtube.com/watch?v=Z6SJxZwoGLw&feature=related](http://www.youtube.com/watch?v=Z6SJxZwoGLw&feature=related)



Click on the picture or the links to watch the video performed by Manu Tenorio

[El himno de la alegría](#)



[www.youtube.com/watch?v=MWm01xM7AJ0](http://www.youtube.com/watch?v=MWm01xM7AJ0)

Click on the picture or the links to watch the video



[www.youtube.com/watch?v=wkaL2vrDw2E&feature=related](http://www.youtube.com/watch?v=wkaL2vrDw2E&feature=related)

Click on the picture or the links to sing the karaoke



[www.youtube.com/watch?v=aOI-69SD1hA&feature=related](http://www.youtube.com/watch?v=aOI-69SD1hA&feature=related)

Click on the picture or the links to watch the video performed by Miguel Ríos, Ana Belén, Víctor Manuel & Manuel Serrat.

## EL HIMNO DE LA ALEGRÍA

Escucha hermano la canción de la alegría  
el canto alegre del que espera

un nuevo día

ven canta sueña cantado

vive soñando el nuevo sol

en que los hombres

volverán a ser hermanos.

Ven canta sueña cantado

vive soñando el nuevo sol

en que los hombres

volverán a ser hermanos.

Si en tu camino solo existe la tristeza

y el llanto amargo

de la soledad completa,

ven canta sueña cantado

vive soñando el nuevo sol

en que los hombres

volverán a ser hermanos.

Si es que no encuentras la alegría

en esta tierra

búscala hermano

mas haya de las estrellas,

ven canta sueña cantado

vive soñando el nuevo sol

en que los hombres

volverán a ser hermanos.

[ODE TO JOY - LYRICS](#)

[www.youtube.com/watch?v=4pbMUEHvoAo](http://www.youtube.com/watch?v=4pbMUEHvoAo)



Click on the picture or the links to watch the video with the lyrics of ODE TO JOY

**ODE TO JOY**

[www.youtube.com/watch?v=T3-OpUPgMqg](http://www.youtube.com/watch?v=T3-OpUPgMqg)



Click on the picture or the links to watch the video

**ODE TO JOY/ ANTHEM OF THE EUROPEAN UNION**

[www.youtube.com/watch?v=EZ9lhoo8fZo&feature=related](http://www.youtube.com/watch?v=EZ9lhoo8fZo&feature=related)



Click on the picture or the links to watch the video

**English translation**

*Oh friends, not these tones!  
Rather, let us raise our voices in more  
pleasing  
And more joyful sounds!  
Joy! Joy!*

Joy, beautiful spark of divinity  
Daughter of Elysium,  
We enter, drunk with fire,  
Into your sanctuary, heavenly (daughter)!  
Your magic reunites

What custom strictly divided.  
All men will become brothers,  
Where your gentle wing rests.

Whoever has had the great fortune  
To be a friend's friend,  
Whoever has won a devoted wife,  
Join in our jubilation!  
Indeed, whoever can call even one soul,  
His own on this earth!  
And whoever was never able to, must creep  
Tearfully away from this band!

Joy all creatures drink  
At the breasts of nature;  
All good, all bad  
Follow her trail of roses.  
Kisses she gave us, and wine,  
A friend, proved in death;  
Pleasure was given to the worm,  
And the cherub stands before God.

Glad, as His suns fly  
Through the Heaven's glorious design,  
Run, brothers, your path,  
Joyful, as a hero to victory.

Be embraced, millions!  
This kiss for the whole world!  
Brothers, above the starry canopy  
Must a loving Father dwell.  
Do you bow down, millions?  
Do you sense the Creator, world?  
Seek Him beyond the starry canopy!  
Beyond the stars must He dwell.

Finale repeats the words:  
Be embraced, you millions!  
This kiss for the whole world!  
Brothers, beyond the star-canopy  
Must a loving Father dwell.  
Be embraced,  
This kiss for the whole world!  
Joy, beautiful spark of divinity,  
Daughter of Elysium,  
Joy, beautiful spark of divinity.

**ACTIVITY 1: Complete the worksheet**

**JOY OF LIFE/ HAPPINESS is constituted by these elements:**

Positive attitude, Close relationships, Freedom, Hope, Security, Leisure time, Health, Well-being, Satisfaction, Integrity, Good character, Greatness, Generosity, Luck, Self-esteem, Wisdom, Longevity, Real Friends, Loving Family, Reputation, Sense of humour, Empathy, Warmth, Charm, True love, Achievement, Respect for others, Peace of mind, Ability to enjoy leisure, Emotional stability, Spiritual fulfilment, Courage, Self-confidence, Optimism, Life satisfaction, Wealth, Social life,

Write down which of these elements appreciate in the following paintings:



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**ACTIVITY 2: Complete the worksheet**

**JOY OF LIFE/ HAPPINESS is constituted by these elerr**

Positive attitude, Close relationships, Freedom, Hope



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### **ACTIVITY 3: Answer this questionnaire.**

#### **OXFORD HAPPINESS QUESTIONNAIRE**

**by Dr. Steve Wright**



The Oxford Happiness Questionnaire was developed by psychologists Michael Argyle and Peter Hills at Oxford University. Take a few moments to take the survey. This is a good way to get a snapshot of your current level of happiness. You can even use your score to compare to your happiness level at some point in the future by taking the survey again.

#### **INSTRUCTIONS**

Below are a number of statements about happiness. Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale:

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = slightly disagree
- 4 = slightly agree
- 5 = moderately agree
- 6 = strongly agree

Please read the statements carefully, because some are phrased positively and others negatively. Don't take too long over individual questions; there are no "right" or "wrong" answers (and no trick questions). The first answer that comes into your head is probably the right one for you. If you find some of the questions difficult, please give the answer that is true for you in general or for most of the time.

#### **CALCULATE YOUR SCORE**

##### **Step 1.**

Items marked (R) should be scored in reverse:

If you gave yourself a "1," cross it out and change it to a "6."

Change "2" to a "5"

Change "3" to a "4"

Change "4" to a "3"

Change "5" to a "2"

Change "6" to a "1"

##### **Step 2.**

Add the numbers for all 29 questions. (Use the converted numbers for the 12 items that are reverse scored.)

##### **Step 3.**

Divide by 29. So your happiness score = the total (from step 2) divided by 29.

I recommend you record your score and the date. Then you'll have the option to compare your score now with your score at a later date. This can be especially helpful if you are trying some of the exercises, and actively working on increasing your happiness.

#### **THE QUESTIONNAIRE**

1. I don't feel particularly pleased with the way I am. (R) \_\_\_\_\_
2. I am intensely interested in other people. \_\_\_\_\_
3. I feel that life is very rewarding. \_\_\_\_\_
4. I have very warm feelings towards almost everyone. \_\_\_\_\_
5. I rarely wake up feeling rested. (R) \_\_\_\_\_
6. I am not particularly optimistic about the future. (R) \_\_\_\_\_
7. I find most things amusing. \_\_\_\_\_
8. I am always committed and involved. \_\_\_\_\_
9. Life is good. \_\_\_\_\_
10. I do not think that the world is a good place. (R) \_\_\_\_\_
11. I laugh a lot. \_\_\_\_\_
12. I am well satisfied about everything in my life. \_\_\_\_\_
13. I don't think I look attractive. (R) \_\_\_\_\_
14. There is a gap between what I would like to do and what I have done.  
(R) \_\_\_\_\_
15. I am very happy. \_\_\_\_\_
16. I find beauty in some things. \_\_\_\_\_
17. I always have a cheerful effect on others. \_\_\_\_\_
18. I can fit in (find time for) everything I want to. \_\_\_\_\_
19. I feel that I am not especially in control of my life. (R) \_\_\_\_\_
20. I feel able to take anything on. \_\_\_\_\_
21. I feel fully mentally alert. \_\_\_\_\_
22. I often experience joy and elation. \_\_\_\_\_
23. I don't find it easy to make decisions. (R) \_\_\_\_\_
24. I don't have a particular sense of meaning and purpose in my life.  
(R) \_\_\_\_\_
25. I feel I have a great deal of energy. \_\_\_\_\_
26. I usually have a good influence on events. \_\_\_\_\_
27. I don't have fun with other people. (R) \_\_\_\_\_
28. I don't feel particularly healthy. (R) \_\_\_\_\_
29. I don't have particularly happy memories of the past. (R) \_\_\_\_\_

**ACTIVITY 4: Watch the video 'ASK THE EXPERT ELEMENTS OF HAPPINESS'**



**CLICK ON THE PICTURE OR THE LINK TO WATCH THE VIDEO**

[www.videojug.com/interview/elements-of-happiness-2](http://www.videojug.com/interview/elements-of-happiness-2)

### **Text of the interview 'ELEMENTS OF HAPPINESS'**

#### **WHAT PART DOES MONEY PLAY IN HAPPINESS?**

It's great to have what you need in terms of enough possessions to help you feel like you are safe and secure in the world, that you have enough to eat, enough comforts around you so that you feel like you are safe. Those are huge pieces in terms of that hierarchy of needs that we talked about before. Beyond that, it has more to do with how you experience those things and how much attachment you have towards them. That determines whether or not you are happy more than having them in and of themselves because there's another saying about, "Never cry over anything that can't cry over you." If you attach to something inanimate and you lose it, you have the potential to feel badly. If you don't attach to it and you recognize it's just a thing, other things can come. It's not relevant to who you are and how you are and again those things that are warm and things you can put your arms around that love you back. So instead of attaching to something that will never provide that level of comfort, you have the opportunity always to attach to something that will.

#### **WHAT PART DOES FAMILY PLAY IN HAPPINESS?**

I think that having harmonious relationships with people really play a strong role in happiness. So those people include family members, relationships with friends, intimate relationships, even relationships with acquaintances, because we are social animals and all the ways that we can allow ourselves to interact pleasurably and in a sense it helps us feel connected to others really increases our sense of purpose and place on the planet. So the more we feel love for our family members, the more we feel loved by them, the better we feel we can be full enough to then be generous of spirit to help other people and then helping other people altruistically helps us feel happy. So it's a very kind of circular process that winds up generating good will.

#### **WHAT PART DOES SPIRITUALITY OR RELIGION PLAY IN HAPPINESS?**

I think people that allow their spirituality to create a sense of gratitude and a sense of connection with a world that's beyond this one have the potential to be very happy with that. If their perception of spirituality is a more punitive one, it seems to be a tougher road. So if someone has the belief that we are here for a purpose and they believe that they can achieve that purpose because they allow it to be something that they can actually do and they feel that their work is enough not some finish line that's outside of their control or something they can't attain, it allows their expectations to be reasonable. It allows them to have yet another relationship with God or the universe or whatever they believe, again, that

feeds them in a way that helps them feel connected and whole and loved and loving. There it is.

### **WHAT PART DOES AMBITION PLAY IN HAPPINESS?**

If ambition is because a person wants to create a 'gift' within their work, that they can give to the world, that your work, hopefully will be what you feel passionate about, what you're good at, and what you can do, as a gift to the world. Then the world rewards you with financial consideration, or with a sense of well-being, or somehow that sense of purpose makes you feel fulfilled. Again, that's another element which can help you feel happy. So, if ambition however, is used as a way to acquire something, and if it's about comparing yourself to others, or stepping on somebody to get ahead, wherever that is, it doesn't actually wind up getting you to a place where you feel like you're ahead of anything, because there's always somebody better at something, and so there is no finish line, and no satisfaction correspondingly.

### **WHAT PART DOES CHOICE PLAY IN HAPPINESS?**

One of the things that happens when you have too many choices is that it's an invitation to be a bit perfectionistic because it's a sense of entitlement and a sense that we should be able to do everything. So, again your expectations are way too high and especially if you have perfectionism in that equation. It often sets up what they call the three p's, perfectionism leads to procrastination, which leads to paralysis. So you can't do it all perfectly, you don't want to take the risk to start it because you're not going to be able to do it well enough and you just sit stuck and still and you don't do anything which makes you feel awful and that makes it even more difficult to take a little step, feel a sense of accomplishment there and then use that to take another step. So instead of being inertia of motion which helps you keep moving and flowing toward wherever you want to go it feels like your inertia of rest takes over and you're paralyzed and that feels awful.

### **WHAT PART DOES GRATITUDE PLAY IN HAPPINESS?**

It's very easy to get attached to things that truly don't create happiness, but which we believe we need in order to have happiness, and one of the ways to avoid that pitfall is to cultivate an attitude of gratitude. So if you recognize that the only things you really need are things no one can ever take away from you and that you can never lose, you have a way to have a baseline that doesn't get touched no matter what situations happen, no matter what obstacles are in your path, no matter what unfortunate losses you may experience. You still feel like: I am enough, it is enough, and it is ok.

### **WHAT PART DOES SEX OR LOVE PLAY IN HAPPINESS?**

Well, in the beginning of a romantic relationship, when you're in that infatuation stage, you feel very happy. We've all felt that. Everybody writes songs about it and movies about it and that "in love" feeling is one of the ways that we know to define happiness. It's interesting, if you allow then the relationship to actually begin, which it doesn't really do until after you fall "out of love" with the person you fell in love with, and you go through a secondary stage. We call the first stage "forming" and the secondary stage "storming", then "norming", and the "performing". So "forming" is the "in love" infatuation stage. When you get to "storming" you're looking across at that person and you're saying "Oh, my Gosh, what was I thinking. They're not perfect, now I'm not perfect, it's not perfect, maybe this was a bad idea." But when you get through that and you allow yourself to choose to love the person anyway in the "norming" stage and you work out the differences which of course there will be and you identify how you can work together as a partnership, which then gets you to "performing", you can generate happiness within that relationship, which again, will last for a lifetime instead of just during the romantic phase, and then once that element's over then the relationship is done. Which unfortunately is where most movies stop too, so I don't know that we have great role models about how to do that, unfortunately.

### **WHAT PART DOES WORK PLAY IN HAPPINESS?**

One theory about generic happiness and that sense of well-being is that it requires a balance

of work and love and play. And I believe that. I think that's an accurate way to look at what elements in your life need to be in balance in order for you to feel a sense of joy. Work has to be something that's purposeful, and you have to have some level of challenge and passion. You have to also then have a balance of play, because if you work too much, or if you play too much, and it starts to get lopsided, it will actually start to create a sense of dissatisfaction. When you add the element of love to it, which includes self and others, you really have the entire enchilada. That's it. So, if we all wanted to look at that as probably a way to achieve and maintain happiness, that would probably be the specific elements that need to be in place in order for that to happen.

### **WHAT PART DOES ALTRUISM PLAY IN HAPPINESS?**

I think that altruism is a very essential only to happiness because it almost works in life stages. The first stage is about learning to love your self. The second stage is learning to love another and the third stage is learning to love the world. So if you look at it developmentally and you recognized that altruism means that you're at a place where you can give back, you must have something within you in order to do that. So giving oneself up is very self fulfilling because it allows you to feel like you have achieved something in order to be able to give. It is an interesting process of joy that comes from benefiting another that simultaneously gives you great feeling. If you think about Eriksson's stages of development, they move through from the very beginning stages like trust versus mistrust and autonomy versus shame when you are little; and then you move through adolescence and there are a couple of other ones of identity and versus world diffusion as an adolescent. Then once you get to adulthood, the first one is intimacy versus isolation then it moves into generativity versus stagnation which is when you are really working on giving back and giving to others. So when you are generative through your work or through altruism, it then allows you to reach the final development of challenge which is the integrity versus despair. So integrity has a great deal of happiness in campus within and despair of course, it does not. So those factors and those element if you keep making those choices along the way, it allow you to continue to grow, give yourself, give to others, you are expanding into maturity and wisdom of all ages instead of feeling like you are shrinking and constructing and limiting yourself as you start to come all through.

