



*Torres del Paine, Chile 2016*

## **When You're with Somebody**

### **ANCIENT WOMAN OF THE LAND:**

“My husband and I grow together. As long as we grow together, we stay together. No decisions are made until we come together and we agree together. And we have great discussions with this. We talk a lot. Sometimes we are angry, but we stop and then we laugh. If you love someone, it is important that you laugh. It is vital that you laugh, because if the argument is without laughter, it becomes cruel. Then meanness happens. Hurt happens. And after a while the hurt can't heal. No matter what you wish to do, it cannot heal. It is best to find that place of caring before you wish to discuss a point. Once you break the cord with cruelty after cruelty, it does not return. Even though you may stay together, you are no longer together, just two people in the same space sharing nothing.

So be careful. You have to learn and be very wise to understand that it cannot always be what you wish it to be, on your terms. When you're with somebody, use your caring. Always find your caring. In difficult moments, the hardest, the most painful, must be done with caring. It is the way to stay healthy, to stay young, to stay yourself.”

© Donna Sarah Taylor