

A collaboration between artist Jamie Treadwell and writer Amin Kurani, for inspiration today.



// Spreading the joy

There is something inspiring about the way in which nature abandons herself to joy. In spring, delight spills from the tiniest leaf, rivers swell with song, and flowers burst on the bramble in piercing color. Things are more reserved in the city, but the tell-tale signs are there. The insects get chattier. The cherry trees release showers of floating blossoms on unsuspecting joggers.

It's hard to imagine that only a short while ago winter was here and the land was hushed. How muted the colors were! How dark and skeletal the trees looked back then. The more one considers it, the more miraculous seems the change.

In the Middle East, it is traditional for women to let out a high-pitched trill, or *ululation*, on joyous occasions. Even when the celebration isn't about them, the women will sing as a way of expressing that your happiness is also mine. How much more powerful our own joy can be when, like nature in spring, it is shared with those around us. As someone once put it: "Every time I smile at someone, it is an action of love, a gift to that person, a beautiful thing."

* "Colorado Triptych" by Jamie Treadwell is available as a limited-edition print. Visit www.jamietreadwell.com to see the gallery and blog.