

A sample of an article Seven Factors and Four Cornerstones of Sustainable Development, Health and Well-Being, 7x4-field

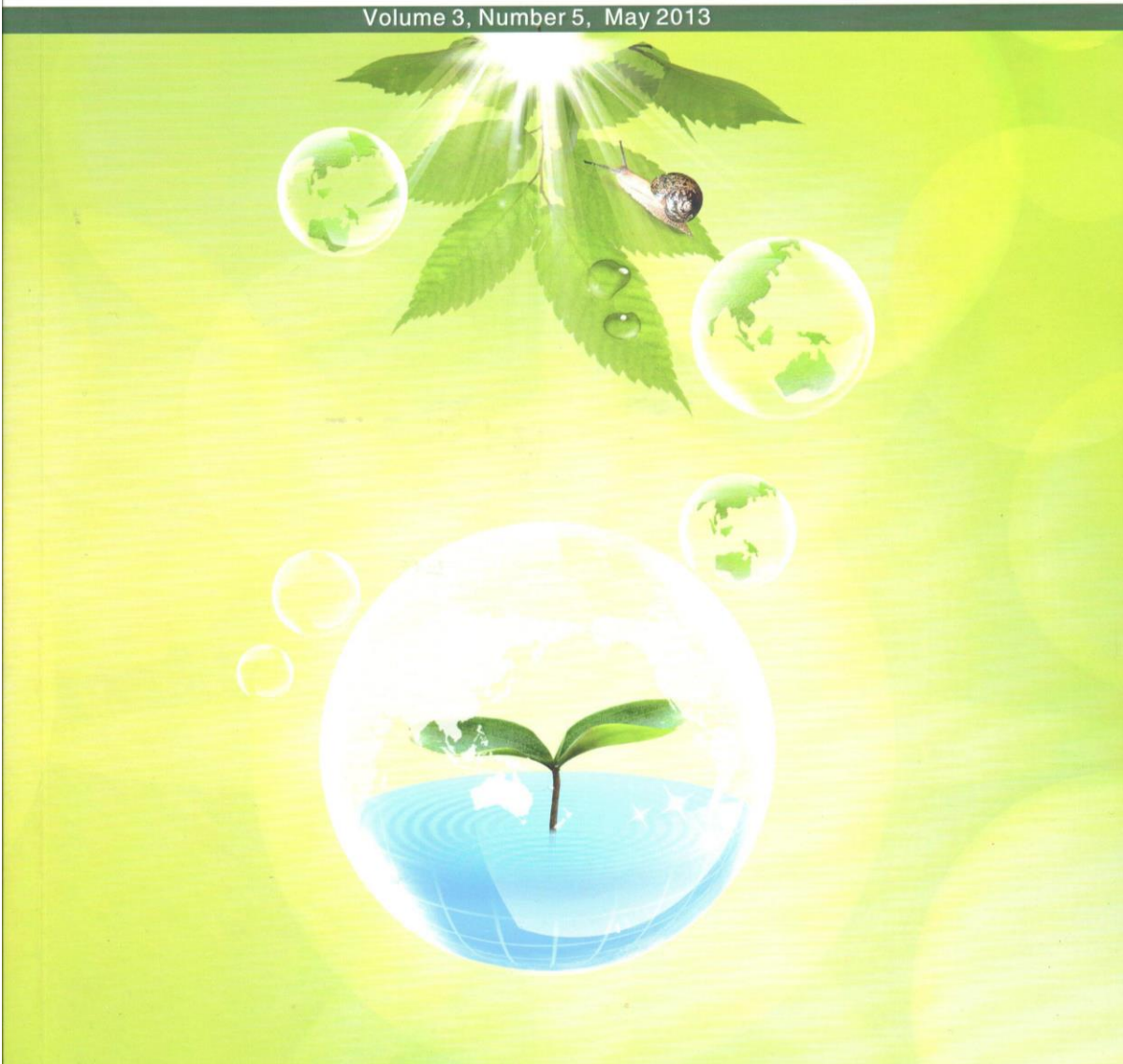
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LONELINESSES



The first is Aino from Kalevala (the Finnish national epos). Her suicidal loneliness is reflected in the remote woman figures as well.



Here is a man going on dangerous and lonely rowing trip, in which the bodily condition is important.



In the adjoining picture the children of an orphanage are working on a handcraft project.



A lonely verger in his own surroundings and in lonely contemplation.

MODELS



Here the men in a high position show a bad model in a loss of inner control.



A soldier shows a gloomy model in destroying bodily functions.



Mikael Agricola in this picture creates a model for the Finnish language and at the same time shows how troublesome it is. At this point, I hope, you will get an idea that the disposition of reasons is disposition of both positive and negative contributors.

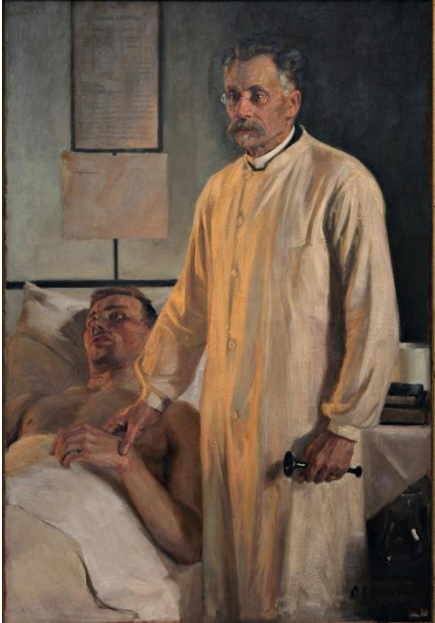


A representation of the view of life in the bare model of the archipelago.

STRESSES



Stress in human relations: How should one come to terms with the letter of the law?



Here we confront a remarkable piece of bodily stress, a disease.

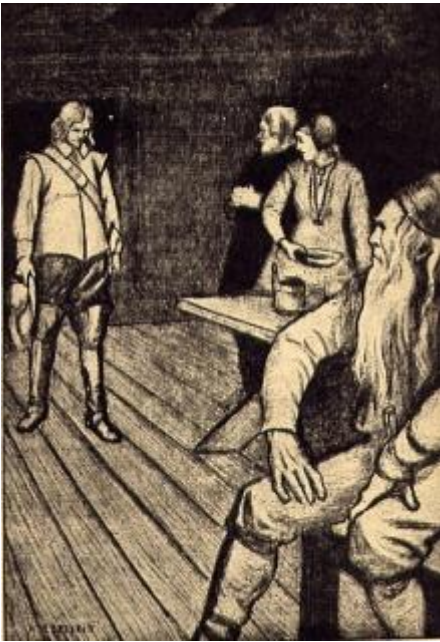


The working stress of fishermen in the archipelago can be seen especially in the expressions of the people.



The stress caused by considerations of view of life may lead to studying piles of books.

PUNISHMENTS/DISAPPOINTMENTS



The prodigal son returning home and experiencing a punishing atmosphere.



An extreme bodily experience of disappointment, a clergyman falling as a victim of execution (in Finland one famous story from history of Finland).



Revenge is in the mind of the officer, when he orders his troops towards wide revenge operations.



Here there is an irrational trial to punish. A desecration of the corpse (here too is a famous story in Finland).

LOSSES



The loss of one's own child is the most severe loss in terms of human relationships.



In war the bodily losses result in great numbers of the wounded and the dead.



From generation to generation people suffer as their homes are destroyed.



The irrational loss confronts people: The war is lost and the pain of the Finnish people is great.

AVOIDANCES



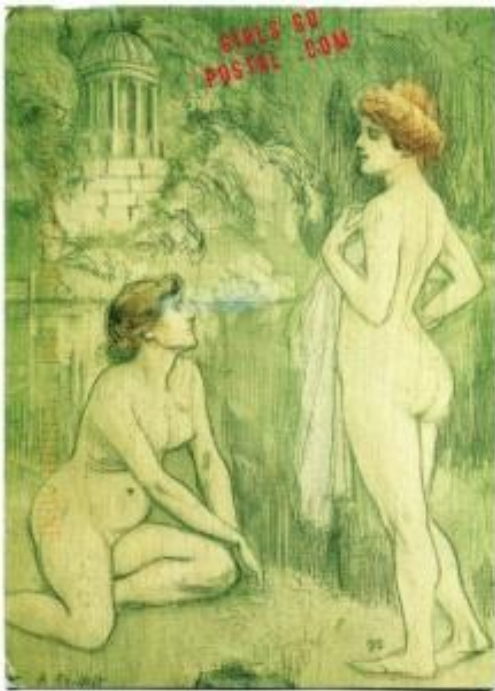
Social games and plots are excellently shown in the painting, if you examine it closely.



The advertisement aims to diminish the adversary attitudes towards women cyclists. You hoped to decrease the possibilities of avoidances in nineteenth century.



A remarkable possibility of avoidance comes from using a horse – even by the over exertion animals.



Human females are here in an artistic dreaming mood.

CHANGES



The child is born. This is a change in human relationships, which influences in many ways.



The development of movement is important to observe.



The dedication of university (the first university in Finland's history) marks remarkable rational change.



Here there is a description of remarkable change in functioning pertaining to the view of life.

These pictures – and also the outputs of the other art than visual arts – tells expressly about the phenomenon, which join to living life and are essential points in disturbing processes and in those processes, which products a hoped life. So you can outline the matters of causality to twenty eight main categories, principal factor, essential point or to other like that, which you then in practical works handle.

These pictures show that the 7x4-field is not a still picture. The processes under consideration can move from one square to the next.

This becomes clearer, when we examine how the 7x4-field was developed. In this work you analysed more than 1000 research papers, which discuss the causes of psychic ill fare, psychic disturbance and negative deviant behaviour, and you also participated in practical mental health work (Heiska 1998). In addition you used many interviews, which you analysed by factor analyses. Figures seven and four is also relate to the following: Already in the 1950s, when the concept of a work memory was not used, Georg Miller discovered (Miller 1956) that the human ability to handle many things at the same time, is somehow limited to the number seven. Somebody might randomly or with extreme exertion handle over seven tasks at the same time, but to exceed seven is difficult. In addition in ancient Greece the entire culture was based on the four cornerstones, namely, a) Theatre, b) Stadion c) Gymnasion and d) Temple. So proves P. Amadry in his book (Amandry 1984). At present, many other things in science are divided into seven or four. Even in mathematics 7x4 or 28 is the so-called perfect number, to which then is joined a lot of everything important.