

Yes(2)

is a way to live
passionately on purpose.

It begins with the
courage to say No
to lethargy
to inertia
to fear.

It stands against
lies
treachery
hatred
and violence.

It begins in the quiet stillness
of a mind at rest.

Yes becomes the canvas
on which life's future
possibilities can be painted.

Yes is honed in the capacity
for awe and wonder.
Yes begins to answer the question,
"What if . . ."

In maturity, when life's experiences
have created the container for wiser choices
Yes is the most profound of choices.

It is built on choices of the past
that cannot be changed.
It is wrought from journeys' ends
and relationships completed.

Yes is built on yesterday's dreams
and tomorrow's most fervent hopes.
Yes is the life force
that heals all wounds
and allows us to emerge whole and in health
at the dawn of a new and better day.

So at this moment
deeply engaged in life
with purpose and intent
I gather my new Yeses
in a divine and sacred list.

Yes to purpose and intention.

Yes to vigour, to excitement and spontaneity.
Yes to colour, to laughter, to joy and to wonder.

Yes to touching roots, to reaching for dreams,
Yes to legacies, treasures and blessings.
Yes to travel, adventure and discovery.
Yes to questing and questions.
Yes to journeys of the heart,
Yes to sacred spaces and wilderness places.

Yes to passion and compassion,
to tenderness, to soft kisses and warm hugs.
Yes to partnership and friendship.
Yes to the ordinary mornings and to sharing
the simple and sweet pleasures of love.

Yes to being . . . to growing . . .
to giving and getting.
Yes to life. . .
Le chaim. . .
To life!

Lea Star
September 2, 2002

Note: Yes(1) is now 10 years
old and published in
*"The Visioneers: A
Courage Story about
Belief in the Future,*
October 1992