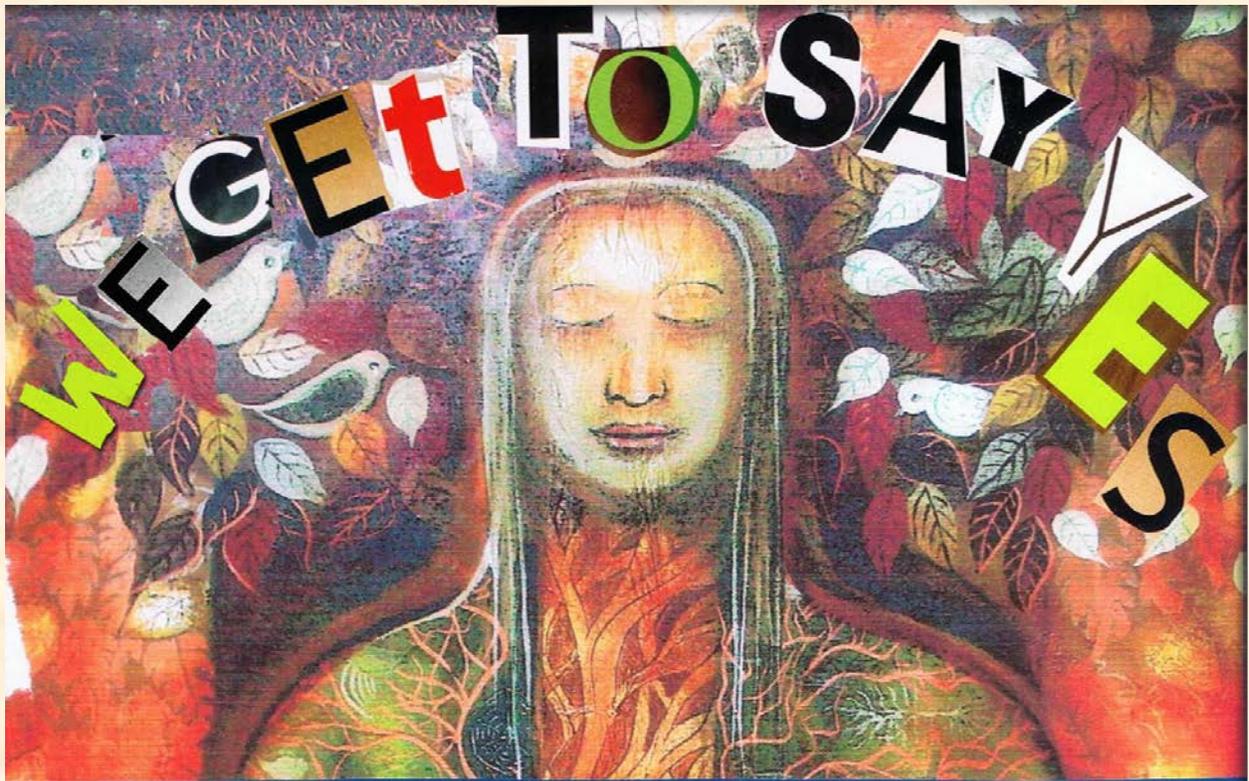


The Centre for Organic
YESipes
presents....



by Barbara Krauss
and women from all over the world
who dared to say, "YES!"

Introduction

By Barbara Krauss

We Get To Say YES was born during a recent trip to Ecuador where I had the privilege to be in conversation with women about their lives and the choices they made to get them to where they are today. Swirling within me was the idea of creating a sacred space in the form of a book, for women where they could tell their stories about when they said “YES” to something in their life that profoundly changed its course. This project is a collection of stories and – to add a touch of deliciousness – recipes from women living all over the world. It is a container to hold their wisdom, their passion, their power of saying “Yes”, and their formula of sustenance that feeds their body and nurtures their spirit.

Just as women come around a kitchen table to share their recipes and stories with each other, this project invites them to gather together to share their actual recipes as well as their metaphorical recipes, or YESipes, with each other.



her eyes, I said, “Of all the people in my life, you’ve influenced me the most.” She whispered, “Thank you,” as a tear rolled down her cheek. I continued, “I know we have different personalities, but we also have a lot in common. We’re both strong and tough and generous.” She nodded in agreement. Then, most important, I affirmed, “I love you very much.” She responded, “You definitely made up for all the diapers I changed!” Saying yes to this trip and yes to speaking honestly to my mother was a gift to us both.

Rome Beauty apples work best! Core the apples & put in baking dish

Pour orange juice over them

Fill a bowl with a little bit of orange juice & add cinnamon & a smidge of nutmeg or clove

Pour mixture into the middle of the apples

Cover the baking dish & cook approximately 45 minutes at 350-375 degrees.



Try This:

1. Write this phrase at the top of a page: "Of all the people in my life, you’ve influenced me the most."
2. Draw a simple sketch of the person who comes to mind when you think of this phrase.

3. As you are drawing, what do you notice in your body? Is this "influence" a positive feeling? A negative one?

4. What if you could totally say YES! to any feelings that come up as you draw? What do you notice?

5. All around the sketch, complete this phrase, "I am ready to say YES to...". Have fun playing with different styles of letters, different sizes, colors, etc. What do you observe as you draw, sketch and write?

Saying YES to Myself

By Abby

I said yes to myself. I have spent so much time trying to please others, thinking this is what love looks like. As a result of lots of good, hard work on myself, I recently gave myself the task of getting in touch with what I want, and then learning how to communicate the truth with compassion. Facing a decision about whether to separate from my partner of five years, I asked the universe to help me do what is most kind and loving for both of us. Moments later, I watched the truth fall out of my mouth as I sat across the kitchen table from my partner, almost despite myself. The universe conspired *with* me, helping me to do what I was unable to do alone. Saying No to staying in this relationship with my partner was how I was able to say Yes to myself, and to the world.



Try This:

Write a letter to yourself written from the point of view of yourself at the end of your life. The letter should address different aspects of YES. Here are some prompts to help guide your letter:

- What have been the highlights in your lifetime related to your YES (feel free to write about things that have not happened yet in your actual life)?
- Do you have any regrets related to your YES? If so, what?
- What does the wise you wish was different about your YES in your current life?

- What does the wise you wish you knew about your YES?
- What is the “secret of your YES”?
- Anything else that the wise you would like to say?

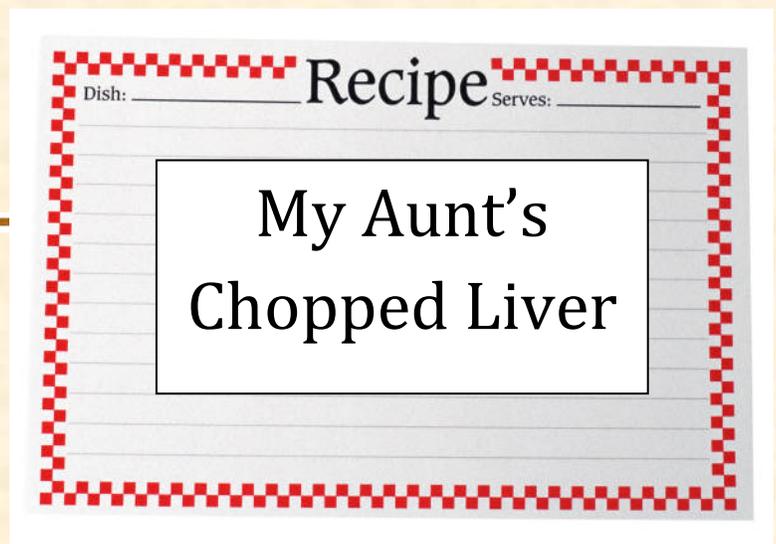
Saying YES to Going to India

By Chandra

I said YES to going to India. As a Yoga Teacher it was imperative for to me to go to the birthplace of Yoga. I feared going after hearing all kinds of crazy stories about the poverty, filth, pollution, traffic, etc.; it was not an easy place to visit. In fact, one friend said "Expect the unexpected and expect it to go wrong". I took everything I heard to heart, mustered up my courage, and made plans to visit India accompanied by my husband Jeff and my friend Marilyn. We flew for over 20 hours to reach our first destination, Bangalore. We then travelled to Putthaparthi to see the Saint Sai Baba, and then on to Kerala where we stayed on the cliffs overlooking the Arabian Sea.

The highlight of the trip was Marilyn and my stay at the Sivananda Ashram where we immersed ourselves in the yogic tradition of Sivananda Yoga. Going to India changed my life in many ways. Overcoming fear was a big one, and learning yoga in India helped me become a better teacher. Sharing that experience with my good friend and my husband was priceless. Marilyn and I still tell stories about our trip and laugh. It was an experience I will never forget and will be able to tell my grandchildren about some day.

My aunt who has passed gave me a recipe for mock chop liver. My aunt passed it down to my mother, my mother



passed it onto me, and now I make it. It brings back fond memories when they were both alive and celebrating the Jewish holidays.

This recipe makes a lot so you can half it.

6 eggs hardboiled

3 onions chopped and browned

1 in a half cups walnuts ground

1/2 bag frozen peas

1/2 bag green beans

Put all in blender and mix. Put in refrigerator for a while salt and pepper to taste



Try This:

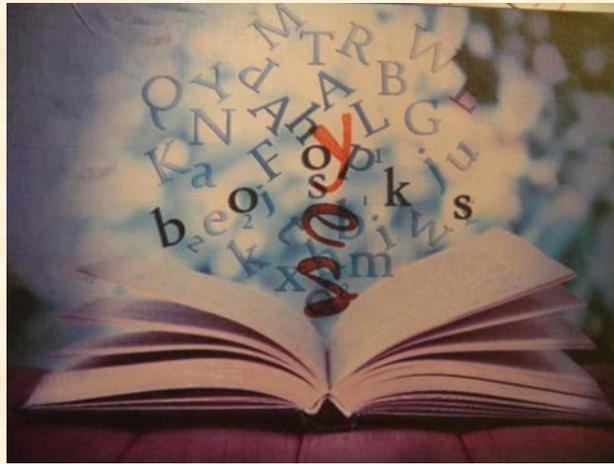
Have a conversation with the part of you that knows how to Say YES to your life. There is energy in you that already know exactly how to do this. Ask this part of you the following questions. Capture you answers in your journal and allow the deep wisdom within you to come forward.

Answering the questions from the voice of YES:

- How do you like living in my world?
- What would you like to be different?
- How can I help you do?
- How can you help me?
- What would you like to do for me that I am not letting you do?
- What can I do to spend more time with you?
- What do you wish I understood about you?
- What do you wish you understood about me?

Saying YES to Moving to America

By Fatimah



[Read the story to me....](#)

My YES that impacted my life was the moment I moved to America. My first year in America was in 2008. I did not speak the language and English was very challenging for me. I wasn't familiar with the words people spoke other than the greetings.

When I was in the 9th grade, my classmates made fun of my accent and the way I spoke English. This was the year I said YES and realized how desperately I wanted to learn English. It would be the key to my success and I knew nothing would ever stop me from learning it. The word YES changed my life so much and helped me become the person I am today. I learned English and was able to communicate with the native speakers and was able to write letters and essays.

During my high school years I was awarded a place on the honor roll with a grade point average above 3.5. I graduated from high school with a 3.8 GPA and was once again on the honor roll in the National Honor Society.

I am now a sophomore at Western Washington University majoring in Business Administration and Marketing.

Saying YES helped me improve myself and my English skills. Saying YES made it possible for me to overcome any obstacle, to pursue my dream of graduating from high school and attending my dream college. I made those happen.

Every individual struggles with different things, but it is better to take moment and accomplish a goal to overcome the struggles and attain a happy ending. I believe that success is the key point that needs the word YES. Our failure is what makes us strong and gives us the moment to improve ourselves for the better. Always remember to say YES.



Try This:

Write a letter to yourself written from the perspective of yourself as a young child. The letter should address different aspects of YES through the lens of childhood innocence and clarity. Here are some prompts to help guide your letter:

- What have been the highlights in your lifetime related to your YES?
- Do you have any regrets related to your YES so far?
- What does the child wish was different about your YES in your current life?
- What does the child wish you knew about your YES?
- What is the “secret of your YES”?
- Anything else that the child would like to say?

Saying YES to No!!

By Debbie

My Yes story spans quite a few years and an awful lot of saying No!! Aged about 27 I had begun to work as a natural health therapist using muscle testing as a way of diagnosing imbalances within the body. This treatment also incorporated a small movement on the skull which was used as a way of rebalancing the body via the nervous system. Whilst testing, I quite often found that my intuition would guide me to where I needed to be looking, what questions I needed to be asking. One particular day I treated a lady, and as I was treating her it became clear that the physical imbalances she was suffering were in fact more about emotional imbalances. I became very aware of a picture in my mind which was clearly showing my patient and me standing on either side of a mirror and reflecting the other. A "voice" then very clearly told me that now I knew, I could not help others unless I helped myself and paid attention to my intuition and the guiding voice. This was not the first time I had heard a voice inside my mind that was clearly from outside of my own intuition. I did what most sensible people would do which was to hide under the duvet or do something that kept me so busy I would not have to listen!!

After this particular event I left the UK and moved to Sri Lanka to run an animal rescue center. I stayed there for 2 years keeping very busy and blissfully ignoring the voice which strangely seemed to follow me wherever I went!! When it became very clear that I needed to leave Sri Lanka I decided to ask the voice a question! I just asked "What next?", and through a series of events over the next 3 days it became very clear that what I should be doing was listening more fully to this voice and to be helping myself and others to be guided on their path. I was told I am a psychic and if I wanted to, I could use this and allow it to be my work.



Try This:

I invite you to look at your YES through each sense. Write your answers to the prompts below remembering to put down the first thing that comes to your mind.

- What does YES look like?
 - What does YES smell like?
 - What does YES feel like when you touch it?
 - What does YES taste like?
-
- What does YES sound like?
 - What does YES say to you?

Saying YES to Becoming a Nia Instructor

By Susan

I remember the moment when I knew I would become a Nia Instructor. The moment smelled like sunshine and tasted like salty tears. It sounded like a dolphin song, and it felt like magic. In that moment, I was reminded of the primal nature of connection to all that is, that every moment has its season, and that the season is now.



Try This:

This is a fun way to create a poem that makes poetry-writing easy and inspiring. Simply fill in the blanks with your own words by filling in the blanks of the prompts provided below. Remember to enter the first words that come to you focusing on YES:

YES is _____.

YES is _____.

YES is _____, _____, and _____.

Saying YES to the Wetsuit

By Nan

Saying "yes" to the wetsuit my husband bought me allowed me to feel more comfortable in the water. I could stay afloat without having to do much and learned to snorkel and discover an amazing world under the waterline!

Preheat oven to 400

Combine 7 cups milk and 1 tsp. vanilla and bring to a boil.

Add 1 cup rice and & 1½ cups of sugar. Stir often to prevent sticking. Cook until rice is tender, about 40 minutes

Meanwhile, cover ¾ cup of raisins with boiling water and let sit.

Beat 2 eggs, remove the rice/milk from heat & quickly whisk in the eggs

Drain the raisins and add to the mixture above. Butter a baking dish; pour mixture in; sprinkle with cinnamon; place in pan w/boiling water around the dish

Bake about 30 minutes or until set.





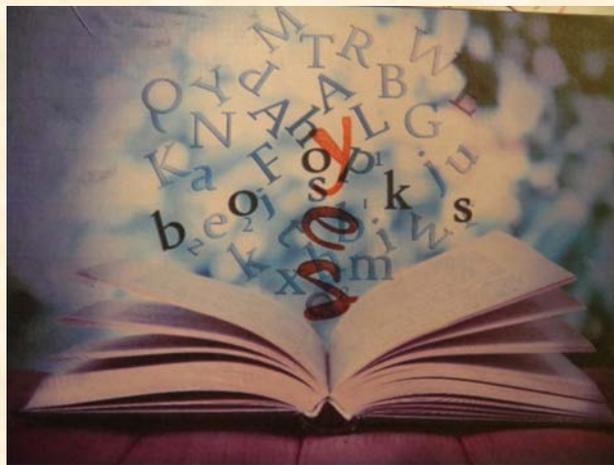
Try This:

Explore what it is like to examine your YES from the point of view of your Muse (that sweet one who serves your inspiration – your Guide, Guardian Angel, Higher Self, etc.). Put yourself into our Muse’s point of view and then begin writing:

“I believe YES is.....”

Saying YES to “Will You Marry Me?!”

By Kimiyo



[Read the story to me....](#)

The Yes moment that changed my life was receiving a telegram that said, "I love you. Will you marry me?" George Zaima. To a naive, shy woman, afraid to cause any confrontation, a whole new world was about to open.

Our request and choice of a Sunday afternoon wedding ceremony and minister to preside was denied by the elder members of the church board. We then explored other available churches for a Sunday wedding. This upset the elders of our church resulting in a meeting between our parents and the elders. The reason for the denial of a Sunday ceremony was the fact that on Sundays, cottage meetings were held by the elder members.

Finally permission was granted. The wedding was held on Sunday and our junior minister, Chuck Severns, married us with our senior minister offering a prayer. We were the first couple to be married by Chuck at our church. This beautiful and endearing friendship between us, Chuck and his wife, Ruth has lasted for over 50 years.

My favorite recipe is Chinese Chicken Salad. It was given to me by my best friend/sister Doris Okamoto. I have served it at many potlucks, church affairs and dinners. It is simple and has always received many complements.

SALAD

- 2 chicken breasts slightly salted and broiled or seasoned and baked or left over chicken. Shred fine by hand.
- Won ton skin -1/2 package or amount desired - cut into strips and fry crisp in deep oil
- 2 green onions, shredded lengthwise (slivered)
- 2 T sesame seed toasted or 2 T chopped toasted almonds (optional)
- Chinese parsley (cilantro) any amount desired
- Shred one head lettuce
- Combine all ingredients except Won ton strips. Add just before serving to keep strips crisp.



DRESSING:

- 2 T sugar
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup salad oil,
- 1 T sesame oil or more to taste
- 3 T VINEGAR

Serves 6



Try This:

This is an invitation to start writing your story of YES. Below are some prompts to guide you to create your story. A gentle reminder here, this is not about “writing” and it’s not about words. The goal is to help you feel comfortable enough to let your imagination create a picture of what YES means to you on a deep level. Here are some prompts to start with. Fill in the blanks with as many thoughts that come to your mind; they can be as long or as short as you want:

- I looked out my window and saw YES. It was
- I immediately noticed
- YES then
- What I realized was that YES was

Saying YES to the Moment

By ANNA



[Read the story to me & watch the video....](#)

I said YES yesterday when I was walking around a crescent piece of the lake I live on, with the big, crescent moon high. There was a lot of partial illumination going on, beauty, and some mystery.

On this walk, I was IN my 'moon time' on break from a work project stint. I work as an independent consultant for the success of programs that help connect people to people who have fewer resources to the world and to wellness.

Walking, I felt connected. I felt connected to the way the water moved and shimmered under the sun and streetlights. I felt connected to the moon - partially visible, all alluded to, light giving. I

felt connected to the other program evaluator who's going to work with me on a new project, to the upcoming preliminary phone interview for a job I think would be really fun, gratifying, and satisfying, and for which I think could be a good fit. I felt connected...period.

It was a real YES to the moment, to the present, to what was (then, in that present) and to how beautiful it all is.

Thanks for reminding me of a recent, shiny YES!

This is my mom's recipe she learned from her friend Gail.

Vegetarian/tofu lasagna with brown rice lasagna noodles, sautéed onions with lots of dried basil, marjoram, thyme, black pepper and tofu, with parmesan cheese added at end, layered with marinara sauce and mozzarella cheese and noodles.



Try This:

Create a "word collage" for what YES means to you. Write down the word YES in the center of your page. Next, around your YES, write down all of the words that come to mind when you think of YES. Try playing with writing the words all over the page in different color, styles, upside down, right side up, etc. creating a collage of words that express your feelings about YES.



Saying YES to Moving From Paris

By Cecile

The day I said YES to move from Paris to the United States was a moment that changed the course of my life!

It was not a tough decision to make; I would even say it was rather a relief. It started in the summer of 2010. At this time, my husband and I had comfortable lives, at least from a material standpoint, and two adorable daughters. Yet, something was missing. Both of us had always been attracted by the experience of expatriation, however “life is so sticky” ... soon, we felt we were caught in a series of constraints that had led us to procrastinate this project, year after year.

The truth is that we hadn't truly allowed ourselves to do the big leap. Even though the constraints were real, I have come to realize that before 35, we were still too young to truly make our own adult choices, in the sense that we were still unconsciously driven by blockers inherited from our respective families. I was a good daughter; my husband was a good son. But we also were parents, and this goal was not only ours. We wanted to transmit something to our children, to give them the ability to become citizens of the world.

In this beautiful summer day of 2010, we realized that we would soon reach our forties, and that if we didn't achieve this project within the next 2-3 years, the window of opportunity would be closed forever. We asked ourselves: “Are we ready to give up this dream?” The answer was obvious to both of us. We simply couldn't imagine waking up one day at 60 years old or more, and saying, “We will have spent all our lives in the same place and we'll die here”. This was not

an option. Starting from this statement, we refocused our lives and efforts on the “how”. It’s amazing to see how you can then “reprogram” yourself and how your priorities will change.

This led me to change my job in order to find a company that would help me build this bridge between Paris and the US. I joined Microsoft France in November 2012, giving me 2 years to succeed. Unexpectedly, this new direction taught me a lot about what a healthy relationship to your professional life should be. I now had to focus my efforts not only on “doing well” but on “doing well AND finding a job in the US”. I was learning that you should first make sure that you know what your true personal goals are and then check if they match with the ones from your company. So far, I had worked mainly as per my academic training taught me, trying to be a good pupil and then hoping for recognition. I guess I was starting to grow up. It was time!

After 18 months of total dedication to our goal, and a lot of –provoked- luck, we all landed in Seattle, with a one-way ticket. It was a year ago.



Try This:

You get to create a series of sketches to indicate the significance of YES in your past, present and future. Once again this is not about being a technically good artist – but allowing first instincts and creating the first thing that comes to mind. Remember you are working from your subconscious mind, from your imagination....a part that is not literal but is

symbolic. Here are fun and simple the steps:

- First, draw a sketch that symbolizes the significance of YES in your past. This could be a small doodle or a more detailed drawing. It is up to you.
- Next, draw a little sketch that depicts the significance of YES in your current, present life today, as of this very moment.
- Finally, draw a little sketch that depicts the significance of YES in your future.
- Look at all of your sketches. What do they tell you about the YES in your life?

know I can teach myself and do anything. All I have to do is breathe through the fear and focus on the yes. Excited!



Try This:

This exercise is about pretending that your YES is a live person. Here are the playful steps:

- Think about who this person is.
 - What does she/he look like?
 - Describe his/her physical appearance. If you want you might want to do a quick sketch of him/her.
- Now look at your YES beyond your persona's physical

characteristics and answer the following questions:

- What did YES dream last night?
- What is YES'S favorite pastime?
- What is YES'S dream vacation?
- What is YES'S biggest secret?
- What is YES'S wish for you?

Saying YES to Finally Being Able to Say NO

By Sherrie

My most profound YES moment was when I was finally able to say NO. It was exhilarating, liberating, uplifting, and empowering. It happened sometime during the middle years when my daughters were very demanding. There was so very much to be done all the time and the push and pull from everyone was great. There was never time for me! One day when yet another parent asked me to lead one more school event I just looked her in the eye and said "NO!" She thought I was joking and was incredulous when I told her otherwise. From then on it was easier to prioritize and set boundaries in other areas of my life. That's the YES "in a nutshell ah ha moment" and I'm stickin' to it!



Try This:

This is a fun way to play with synchronicity. Try the following steps and see what might emerge as you explore your YES:

- Look around your immediate environment and pick the first 3 objects that your eye falls upon.
- Think about those 3 items and how they might inform

your thoughts and feeling about your YES. What are the messages hidden within these random items?

- There are lots of other ways to do this exercise. Choose any way that you can allow synchronicity to come forward. Here are a few examples:
 - Open a book to any page and pick a random word, a few random words, or a full sentence. How do those words/sentences inform your YES?
 - Create a super-quick collage by gluing or taping some images onto a page without even looking at the images chosen. After the collage is finished, ask. “How is this collage meaningful, related to my YES?”
 - Turn on the TV or radio and listen to the first words spoken. How might those words inform your YES?

Finding Your YES!



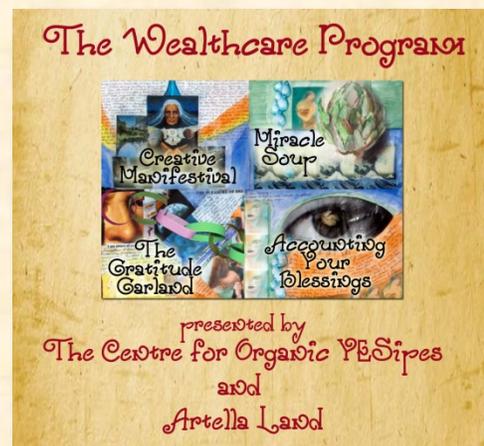
In conclusion, I want to thank all of the women who dared to say YES and who shared their stories that resonate in all of us. What I know to be true is **YES is a catalyst for knowing who we really are.** YES is a container that holds wisdom, passion, callings and the formula that feed the body and nurtures the spirit. YES is the discovery of remembering who we already are and embracing who we are becoming. It is a journey of honoring the things we have said YES to in our lives, and claiming the new YESes' that will make us whole. In short, YES means truly knowing who we are.

After being invited to share their stories, many women expressed they did not have or could not remember a YES in their life. They are not alone in burying within their sweet spirits all of the YES tales they protect so deeply.

The good news is we *can* remember the YESes in our lives. We can remember our wisdom. We can remember our passion. We can remember our callings and feed our body and nurture our spirit. We just need a little fun assistance.

After dining on the delicious stories in this small book of the delicacies of 12 Yeses', I invite you to take out your utensils, your cups and saucers, your plates and napkins and feast on the scrumptiousness of finding **your YES** stories through the magic of the **Wealthcare Program**.

The **Wealthcare Program** is an inspiring e-course series. It is a delightful journey into the wealth we hold



within our precious selves. It is taking care of ourselves by discovering what is truly alive within us. I invite you to sit in your splendor and feel into your soul. To taste the delicious wealth that breathes within you and celebrates who you are. These programs are about saying YES to you; saying YES to the abundance that surrounds you. Yes to the miracles in your life. YES to your creative spark. Yes to manifesting your dreams and finding your stories of YES!

To learn more about the Wealthcare Program simply click [here](#) and get started on your journey of saying YES to your life.



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