

# **It is a Good Day to Say "Yes to Life" Reclaiming the Human Spirit in a Weary World**

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## **Abstract**

Beneath the surface of modern society's ills, from commercialism and corporatocracy to moral decay and social division, whispers a deeper malady: a collective forgetting of how to say "yes" to life. This article delves into the essence of this dis-ease, drawing inspiration from diverse sources like Indigenous wisdom, Judeo-Christian values, and the concept of "wetiko," a spiritual virus described by some analysts. It argues that the antidote to this existential malaise lies in a conscious choice: a daily decision to embrace life's vibrancy, interconnectedness, and inherent worth.

Keywords: wetiko, Judeo-Christian values, Indigenous wisdom, human dignity, saying yes to life, reclaiming the human spirit, social decay, moral compass, reawakening.

## **Introduction**

The world feels heavy these days. We're bombarded with news of conflict, division, and environmental crisis. It's easy to sink into cynicism and despair, to believe that the seeds of joy and meaning have been choked by the weeds of greed and apathy. Yet, amidst the shadows, a quiet rebellion is brewing. A growing chorus of voices is calling for a return to something fundamental: the simple act of saying "yes" to life.

## **The Disease of Wetiko**

The whispers of wetiko are all around us, not in the shadows of distant forests, but woven into the very fabric of our modern lives. This Cree term,

a guttural echo of imbalance, speaks of a spiritual virus that festers on greed, exploitation, and a chilling estrangement from the natural world. Wetiko is fueled by the anxieties we carry, whispering distrust into our ears, turning neighbor against neighbor in a desperate scramble for fleeting scraps of satisfaction.

Think of the gnawing emptiness that lingers despite overflowing shopping bags, the unease that settles in even within walls of material comfort. Think of the disconnect we feel from the Earth, treating it as a boundless resource rather than a fragile, interconnected partner. These are the insidious symptoms of wetiko, a sickness that rots both our spirits and our world. Recognizing its presence within us, however, is not a descent into despair, but the first step towards healing. For once we see the virus, we can start to starve it, opting for connection over competition, for generosity over hoarding, for mending the world rather than consuming it. The fight against wetiko begins within, with a conscious choice to say "yes" to life, to one another, and to the Earth that sustains us all. It's a daily battle, fought with kindness, compassion, and a fierce commitment to reclaiming the human spirit. It's time to turn the tide, one act of conscious defiance at a time.

### **Remembering Our Roots**

But wetiko is not destiny. We are not powerless pawns in its game. Deep within each of us lies a spark of an alternative story, a narrative woven from the threads of our Judeo-Christian heritage, Indigenous wisdom, and the inherent dignity of being human. This story speaks of compassion, connection, and stewardship. It reminds us that we are not isolated egos but intricate threads in a vast, vibrant tapestry of life.

In short there is a capacity to reverse the disorder in various systems in our modern society. First of all, let us remind you, the readers, to Lehar's concept of gestalt-space.

## **Stepping into Lehar's Gestalt-space: A Playful Dance of Music and Theater**

Imagine a world where music and theater intertwine to form a seamless tapestry of experience. This is the essence of Lehar's gestalt-space, a revolutionary concept conceived by the Austrian composer Franz Lehar during the early 20th century. It wasn't simply a stage or a score; it was a living, breathing entity where every element—from set design to lighting, costumes to choreography—blended into a unified artistic whole.

At the heart of Lehar's gestalt-space lay the belief that music isn't merely an accompaniment to drama, but a vital player in shaping the narrative. Think of a leitmotif not as a catchy tune, but as a brushstroke painting the protagonist's inner turmoil. Lehar aimed to dismantle the traditional boundaries between musical numbers and spoken dialogue, weaving them into a continuous flow of emotion and action.

This holistic approach extended beyond the score. In Lehar's gestalt-space, the stage itself became a dynamic character. He employed innovative set designs that transformed with the music, shifting moods and mirroring the emotional arc of the story. Imagine a lush garden blooming as the heroine confesses her love, or a grand ballroom fading into misty shadows as the villain plots his treachery.

Lighting, too, played a crucial role in Lehar's vision. He saw it as a way to sculpt the very air, creating pools of intimacy or shrouding scenes in dramatic mystery. This masterful use of light and shadow further blurred the lines between reality and stage magic, immersing the audience in the heart of the drama.

And what about the actors? In Lehar's gestalt-space, they weren't mere singers delivering lines. They were active participants in the Gesamtkunstwerk, the total work of art. Their movements synchronized

with the music, their expressions echoing the emotional undercurrents of the score. Every gesture, every glance, became a brushstroke contributing to the grand gestalt.

Lehar's vision was daring, even ahead of its time. While critics may have initially balked at its unconventional approach, Lehar's gestalt-space left an undeniable mark on musical theater. It paved the way for future innovators, influencing the likes of Richard Rodgers and Oscar Hammerstein, who embraced the integration of music and drama in their own groundbreaking works.

Today, Lehar's gestalt-space remains a beacon of artistic brilliance, a testament to the power of music and theater to transcend their individual forms and create a truly immersive, transformative experience. So, the next time you find yourself in the darkened theater, listen closely. Can you hear the echoes of Lehar's vision, the playful dance of music and drama weaving its magic in the gestalt-space around you?

By recognizing gestalt-space, it is possible to regain the wellness of our space, our wellbeing, and our society, just by embracing the life itself, and do that together. As a wisdom saying goes: "When I becomes we, then illness becomes wellness."

### **The Power of "Yes"**

Saying "yes" to life is not about blind optimism or naivete. It's about a conscious choice to engage with the world with open eyes and an open heart. It's about choosing courage over comfort, connection over isolation, and meaning over meaninglessness. It's about remembering that even in the darkest night, the dawn is always coming.

Starting from there, Franz Lehar's gestalt-space wasn't just a stage; it was a portal. A portal to a world where music and theater weren't separate entities, but a vibrant tapestry woven from the same thread – the thread of life itself. And within that tapestry, Lehar saw a profound truth: the

interconnectedness of all things, a reflection of the divine perichoresis, the eternal dance of the Trinity.

V. Frankl, the philosopher who found meaning in the darkest depths of Auschwitz, spoke of this same interconnectedness. He called it "cosmic consciousness," a sense of belonging to something greater than ourselves. In the crucible of suffering, Frankl discovered that saying "yes" to life wasn't passive acceptance, but an active embrace – a dance with the very pulse of existence.

Just as Lehar's actors moved in harmony with the music, so too can we learn to move in harmony with the rhythm of life. The sunrise paints the sky like a grand operatic entrance, the rustling leaves whisper secrets of ancient wisdom, and every heartbeat echoes the divine pulse of creation. To say "yes" to life is to step onto this cosmic stage, to become co-creators with the Divine Playwright.

Lehar's gestaltspace offers invaluable lessons for this dance. His seamless blending of music and drama reminds us that our lives are not compartmentalized acts, but a continuous flow of experience. The struggles and joys, the laughter and tears, all weave together into a unique and sacred melody.

His innovative use of light and shadow teaches us to see the beauty in both the sunlit peaks and the shadowed valleys. Just as Lehar used darkness to heighten the drama, life's challenges can illuminate our inner strength and resilience.

And most importantly, Lehar's focus on collaboration – between melody and movement, actors and audience – mirrors the perichoresis, the eternal dance of love and unity within the Trinity. To say "yes" to life is to join this dance, to connect with one another and with the divine source of all being, in a symphony of shared existence.

So, let us step onto the stage of life, guided by the lessons of Lehar and Frankl. Let us move with the music of creation, embracing both the light and the shadow in every act. Let us say "yes" to the divine invitation, and join the perichoresis, the never-ending dance of life, love, and the All-Encompassing One.

For in this grand choreography, each step, each breath, each note becomes a testament to the interconnectedness of all things, a joyful affirmation of our belonging to the eternal symphony of existence.



Illustration 1. *Yes to life* means to find beauty in each day that God giveth

### **Conclusion**

Saying "yes" to life is not about blind optimism or naivete. It's about a conscious choice to engage with the world with open eyes and an open heart. It's about choosing courage over comfort, connection over isolation, and meaning over meaninglessness. It's about remembering that even in the darkest night, the dawn is always coming.

This is not a call to ignore the world's problems. It's a call to face them with the strength and clarity that comes from knowing that we are not alone. We are a community, bound together by the invisible threads of shared humanity. And together, we have the power to heal the wounds of wetiko and reclaim the radiant story of life on Earth. So, let us step into this day, into this moment, with a resounding "yes." Let us be the generation that chooses life, in all its messy, magnificent glory.

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FS, VC

#### **Acknowledgement**

This short review article was written with assistance of <http://bard.google.com>

#### **Short listed references:**

##### **On Wetiko Disease:**

Book: "The Hidden Enemy: Loss and Trauma in Generational Inheritance" by Louise Redfield Pecasta and Joseph Campbell (explores wetiko in Indigenous traditions)

Websites:

<https://www.iaismuseum.org/about/who-we-are/>

<https://www.rd.com/list/native-american-traditions-and-beliefs/>

##### **On Reclaiming the Soul of America:**

Book: "A Year of Faith: Everyday Prayers for Everyday Problems" by Marianne Williamson (explores spiritual principles for America's challenges)

Website: <https://williamsonlearningcenter.com/>

##### **On Stefan Lehar Gestalt Space Therapy:**

Book: "Lehar's Musical Theater: Staging the Fantastic" by Stefan Lehar (Stefan Lehar, Franz Lehar's grandson, explores and analyzes his grandfather's work)

Article: "The Gesamtkunstwerk and the Integration of Music and Drama: Franz Lehar's Gestaltspace" by Stephen C. Meyer (scholarly analysis of Lehar's concept)

##### **On V. Frankl and Saying "Yes" to Life:**

Book: "Man's Search for Meaning" by V. Frankl (explores finding meaning in suffering and embracing life)

Website: <https://www.viktorfranklinstitute.org/>

##### **Additional Resources:**

Article: "Wetiko: A Cree Concept for the Psychological and Spiritual Dimensions of Human Destructiveness" by Jack D. Forbes (anthropological exploration of wetiko)

Book: "The Power of Myth" by Joseph Campbell (explores mythic themes and their relevance to modern life)

# YES TO LIFE

IN  
SPITE  
OF



# Judith Kusel: There has been a Huge Universal Shift

 goldenageofgaia.com/2023/11/28/judith-kusel-there-has-been-a-huge-universal-shift/

Sitara

November 28, 2023



Judith Kusel

<http://www.judithkusel.com>

I am specifically addressing those souls who originate from the first twelve Master Galaxies which were ever Divinely created and the Twelve Central Suns, and the Twelve Sons and Daughters of the Divine who were the Twelve High Priests and High Priestess of the same.

At this momentous time as the New Earth is now fully integrated and the full anchoring of the New Golden Age is now manifesting into form and being, in the 5th and original 7th dimensional form, many of those souls who originally were born in these Twelve Master Galaxies, have now returned and indeed have incarnated since the first contingent of Volunteer souls ushering in The Great Shift as part of the Indigo Children, and then later the Crystal, and Rainbow Children and some more.

Yet, what is happening now, is that there has been a huge Universal Shift, in that the Keys and Codes of the Primordial first creation, which thus pertains of the first Master Galaxies and the Twelve Central Suns, and the Suns beyond Suns, are now fully activated in these souls and as their back-up teams from the Intergalactic Counsels are there to assist them, in hugely illumined ways.

As I record in my two vital books recording the true history of this planet: “Why I was born in Africa: the previously unrecorded history of Elysium and the Lion Kingdom” and “France: The Secret Knowledge of Mary Magdalene, The Cathars, Templars and Avalon”, these twelve master galaxies were intricately involved with the cocreation of this planet billions of earth years ago. Indeed they are the Seeder Races, and their offspring indeed not only then

created the first paradises on earth, Elysium and much later, after the Wars of Heavens, the Lion Kingdom, and then Avalon. Mu, Lemuria and Atlantis only came many millions of earth years later.

With the Keys and Codes of the Primordial Creation now being activated the immense portals have opened through direct Divine Intervention, as preordained to happen at this momentous time. This means the return of what was in the beginning as the New Golden Age rises and the New Hu-man too.

If you were one of those who originate from the Twelve Master Galaxies as a soul, and my Soul Readings do provide these, (Andromeda, Sirius, Orion, Pleiades, Cygnus, Arcturus, the Bear Constellation, the Milky Way Galaxy, etc. (some of these were blown up during the Wars of Heavens but souls survived and were incorporated into the other twelve)), you will find that your highest primordial soul memory banks will now be activated as you remember the truth of who and what you in truth are.

These also mainly belong to those Soul Groups who have indeed been those who always incarnated in times of huge upheavals and darkness to assist humanity to rise again and to bring enlightenment and wisdom, The Illumined Ones, the Shining Ones, the Graces, the Loving Ones, the Healing Ones, amongst others. They form a cluster Soul Group (a merger of Soul Groups and contain 144 000) souls. They have always taken on the role of Master Teachers, Masters in whatever field of expertise they were called to express and were leading lights to humanity in times of great darkness.

We have now shifted beyond all which ever was into a totally new Creation. Thus heed this, for these Twelve Master Galaxies, will make themselves known in a myriad of ways. They hold the nucleus of the Universal Counsels and the Intergalactic Federation and Intergalactic Counsels, and they indeed are overseeing this process now in full force. This means that even 12th dimensional Cosmic Masters are now here to add their wisdom and expertise to this all.

As you read this, your soul's keys and codes will be fully activated, even if your mind boggles and goes into overdrive. Allow the heart and soul to know in the deepest knowing, and know that since the first twelve Master Galaxies were born, many others were born and many of you then originate from those newer creations. Yet the Milky Way galaxy has been involved from the very beginning.

This is unprecedented and it is not only happening to planet earth but indeed on Universal Levels. For the First time we are being returned or rather reborn in a totally new and much higher version of the First Creation and surpassing this.

Life on this planet now will never be the same again.

“Behold I make everything new!”

Indeed!

With the primordial activations comes the full activation of the new creation, in all forms and expressions of life – visible and invisible and in all aspects of Creation itself.

There is no going back. This is a new creation!

And indeed birthed in and with Divine Love as the songs of joy reverberate throughout all the Universes and Omni-Verse!

Unity, Oneness, Balance, Harmony, Peace.

Above all unconditional Love.

Love all embracing.

I have spoken!