

Stephanie Vidoli

Alignment

It took me a while to even decipher what alignment really was. When you spend a lifetime taking care of everyone else, that tends to happen.

I started to make sense of it when I started a yoga practice some 10 plus years ago. I'd move my physical body and experience the synchronization of my inner winds.

And then a couple years ago, life blew up in many ways and I finally started - out of sheer desperation - that meditation practice I'd been intending to for years.

You see, we are programmed like mad. In our thoughts and in our bodies, we hold on to all sorts of different patterning and traumas. We lug around the suffering of our ancestors, the traumas of our parents, the messages from our communities. To actually be able to decipher that one true voice of alignment is really, really hard.

But then you find it ... and it's impossible to ignore. Equal parts excitement and exhilarating terror. Knowing rushes through your being, incessant thoughts about the thing or the place, joy...and safety, and peace too. It feels like home. And it's a little bit scary because somehow deep inside you know it's going to test you.

And that's how it was creating this water business. That's how I felt aligning with an opportunity that aligned with me. It felt like a dive into cool waters on a hot day - there was no way I couldn't go for it.

And as I dive deeper and deeper into these healing waters more is revealed. I take the reins of my life and the vision for what I am building and ... it's good. it aligns.
And so it is.

What does alignment feel like for you?