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At the Root

In the world's poorest countries, the definition of poverty is not tangible, instead it centers around the feelings it invokes: shame, inferiority, powerlessness, humiliation, fear, hopelessness, depression, social isolation, and voicelessness.

And it's fascinating to me - and also makes more sense than most things - because it asks us to take a look at the disease instead of the symptom.

I am not, nor will I ever be in poverty in this lifetime. Regardless, I have felt - deeply - shame, inferiority, powerlessness, humiliation, fear, hopelessness, depression, social isolation, and voicelessness. I know I am not alone in feeling any of those things.

I recently spoke with two women on separate occasions. They each told me they didn't think they contributed enough to their families. One was a stay at home mom, the other was the bread-winner.

Our society has programmed us to believe that we are not enough because we will never be able to meet its expectations. The result is, shame, inferiority, powerlessness, humiliation, fear, hopelessness, depression...

The majority of working moms feel guilty for not being present and stay at home moms feel guilty for not generating income.

One of the first steps for me was understanding the root of these feelings.

When I have no more to give, how can I possibly think I am not doing enough?

Like most things, it stems back to fear. I don't trust that my doing will be enough.

I'm curious why we still prescribe to this way of life. When speaking to families - it's always the same. There's not enough time. Not enough money. Not enough.

You see, in any scenario - sustainable impact happens when you understand the real need - treating the disease, not just the symptom. And that's one of the many reasons I love my role with Enagic and especially with Conscious Creators Ohana. Being a part of these organizations has shown me abundant rewards. I am actively sorting through those negative emotions that kept me stuck in an old paradigm. I feel more empowered, deserving, and full of hope than I ever have before.

I am releasing the idea that I am not enough because I have the time and energy to put the work into my emotional well-being. My mindset has shifted out of lack-based thinking and into abundance. If you're interested in leaving behind this outdated, lack-based paradigm, send me a message. Let's

find out if you'd be a good fit for my team.