

Stephanie Vidoli

Commit

Sometimes in the morning I get post happy. It's my word vomit time - sleeping kids and a couple hours to allow my words to flow with reckless abandon. So excuse me while I fuck the algorithm and just let it ride.

A pic of me dancing in the water seems spot on for this one. I used to be so consumed by fear about what could happen. We have absolutely no way of knowing. Some consult the stars or an Oracle. Some plan every single detail as if controlling all the aspects of our existence will somehow make everything align just so. Some hide behind bottles or exercise or broken relationships and jobs...

I sure did.

But maybe - just maybe - we could dance to the unknown instead and not try to find anything outside ourselves. Maybe - everything we need really is inside us. If we can wrap our heads around the absolute truth that we are creators of our reality, then why not celebrate our ability to do so...

I get it - this world is scary as hell. The heartbreak for the injustice and hatred and pointless killing is so very real. That is why it is my intention to bring in more joy and more healing and more celebration for what's good. That is why it is so important.

We can change this. We don't need to wait for anything outside of ourselves to start. We get to start right here right now. Just decide. Commit. Hold that beautiful vision to your heart - let it shine and then...allow it to seep out into the dirt and into the water and ... get ready.