

Today on the Daily Dish Show, we spoke about the conflict of interest that arises when our values collide, and how to find perfection in our imperfection.

We are a dichotomy of values really, and that's where the "Pushmi-Pullyu" comes in. (Remember Dr. Dolittle's Pushmi-Pullyu? A llama with two heads on opposite sides of the body?)



There's conflict - we BELIEVE (and know) that eating healthy is the right way (and truly the only way) to create a vibrant life.

And yet...we find ourselves (or our cars) in the fast food lane - literally - scarfing down a fast food burger, fries, and a coke.

The Pushmi-Pullyu shows up.

Like a gazelle, we're beautiful, quick and smart. They don't outrun predators, they out-maneuver them and outlast them.

And like a unicorn, we're unique, loving, gentle, and pure in spirit.

We lose our sense of values and decide it's too hard or whatever excuse we find, because coming to terms with our conflicted self means there's something wrong with us.

Guess what? No! You're just human!

It's part and parcel of the human equation.

Our worth is not based on what we do, but 100% on who we are. Power is found in honoring who we are - warts and all.

There is contrast - always. Being a human has, was, is, and always will be a messy experience.

But it's a beautiful mess when embraced.

Have you ever laughed your pants off, and five minutes later you're sobbing? That's how it is; how we all roll. We have many emotions, thoughts, and feelings, and sometimes they all storm the gate at once.

The contrast is the creative/genius part of a vibrant life. It gives opportunity and growth. When we accept this undeniable truth, we light up the possibility - because...

...No, you don't have to be perfect

...No, you don't have to earn your way to worthiness

...No, that doesn't mean you're going to stay as you are. It just means getting there is going to be so much more pleasant without the self-loathing!

...The higher self already knows all of this. Are you listening to her?

Lovelies, it is time to be patient, and brave, to forgive and embrace radical acceptance, to welcome in willingness, and to live in great expectation that life is working out for you.