

S01 - E26 - Rooted & Unwavering Hylke Faber & Vida Oliphant Sneed

Presenter 00:07

Welcome to rooted and unwavering a podcast and radio show which features leaders from all walks of life in conversations about courageous connectedness. How do we stay connected to our best selves, especially when we are challenged? What becomes possible when we truly stay committed to our own and others rightness also when we don't feel it, Join host Philco Faber, transformational coach, facilitator, and award winning author of taming your crocodiles and his guests as they explore leadership greatness in today's episode of rooted and unwavering

Hylke Faber 00:45

Welcome to root and unwavering broadcasting live this time from Seattle, Washington. This is the 26th episode. This is where we help leaders connect more deeply to their innate potential. I'm your host Silca Faber and I'm here today with Vida Oliphant Sneed, who was also the first family member I have on this podcast, so I'll be calling her in this podcast, but I say to her always, when they see her on TV does Auntie Vita How are you today?

Vida Sneed 01:13

I am wonderful and grateful to be here with you this morning.

Hylke Faber 01:19

Well, me too, it's, I feel picked up in my seat, which is always the response I have when I see you, which was one of the reasons that I wanted you to be on this podcast. I'm gonna say much more about you in a moment. And before I do this, I always like to remind us of the intention of this podcast. So we'll talk about that for a second. And then I'll introduce more of you and we'll dive into the conversation. And if you're listening today, welcome to being rude and unwavering. Bucha unwavering is a podcast is all geared towards helping us to get grounded to get grounded into what's true, what's best, our highest self, also, when we're challenged, especially when you're challenged. And when we are challenged, my experience has been that there's multiple forces pulling us in different directions. And not all of these directions are equally wise, compassionate, caring, are things we might be proud of later if we pursue them. And so the question that I often asked myself is what is true now? And what is what does it mean to be truly coming from a place of alignment from a place that's truthful loving, and of service? And that's what these podcasts are about to listen to leaders from literally all walks of life and be inspired by their story. So I invite you if you're listening as you're listening to the dolphin sneak my auntie Vida today, listen to her and say what can I learn from her about walking through my life in a way that's in alignment with me? Her story will be in doubtedly different from yours if you're listening, and it's not about taking her truth. It's an inspiration for each of us to listen and say, Hmm, what is my truth?



What is my truth? So with that, I'm going to say a little bit about Auntie Vida Vida Olufsen Sneed about via often Sneed is a woman of many, many colors see as a resident of Seattle, Washington for most of her life, and si got her degree in art in arts, the Bachelor of Arts in English from the University of Southern California in 1979. She also holds a K through eight elementary teaching certificate, and currently serves as the teaching leader of the Seattle evening central evening women's class for Bible study, fellowship and international Bible study. Now there's something else which important about her which is 1981 and other important dates and VITAS life she married her sweetheart, Steve Sneed for 42 years, their love has is has been growing and it's still going strong. And waiter told me that her greatest degree is the M O M degree, she is blessed to call six wonderful people, her children, three girls, and three boys and the icing on the cake are for life are her six great grandchildren which bring her immeasurable joy. Now, after the birth of her first son, Vida left the workforce for a while to become a full time mom. She shares that knowledge of what can happen with black boys in the school system and the desire to give their children a god anchored worldview moved her and Steve or husband to homeschool their children and she's been doing that for 19 years and family and faith are the underpinnings of of VITAS life. And then, Vida reconnects in some deeper other way with her love for language. spoken word and see becomes a playwright. With a play that will find its debut in a Seattle theater we'll hear about that today, as well plays called the lion tells his tale, which tells a story, to break down barriers and target the heart. What's your rights as we offer we often fail to do through political debates, roundtable discussions, even taking up of arms often can be done through the power of the arts, the power of the story, the power of seeing life through another lens. And my favorite sentence of what she wrote was, I desired to be a part of that process with this work. That's one of the things I love about Auntie Vita, we have extensive humility, not like I'm getting this process, I am the only person in this process, but during the stream of life being of service. When I think of on TV, I think of somebody who moves me to tears often. I often think of you when I'm going through a difficult moment, I think of us sitting upright, sometimes at our dining table, or other places where I see you. And there's also always a symbol of energy and of commitment, and of light, and care. And deep, deep acceptance, which I have come to call unconditional love. Welcome freedoms. You're here today.

Vida Sneed 06:26

Thank you. Thanks.

Hylke Faber 06:29

Yeah. So we are going to talk about what it means to be connected, what it means to be connected. So Octavia, can you tell us a little bit about your journey, with connectedness in your life? Because you as we just heard, you've been through so many stages already? Can you tell us about this?

Vida Sneed 06:49

I love that term connectedness. That's not one that we think of often, when we start looking at our lives through that particular lens. And so as as I do that, as I think about connectedness, I have to also think about grounding. What are the things that make me grounded in life so that my foundation is stable. And I'm then positioned to connect both with myself and with others in an authentic way? Right. And so



I think, if I were to look back at this point in my life in terms of this journey, toward discovering what it is that grounds me, what it is that provides me the kind of roots like you, like you're the name of your show, rooted and unwavering. What are the things that root me so that I can be unwaveringly me, as I interface with with others and go about the business that I've been granted to do so? For me, those things that keep me connected and grounded to my true self, I think those are some of the things you already alluded to. It has to be my family. And it has to be my relationship with God. Those are the two things that keep me feeling centered, and whole, and purposeful. You know, in the daily experience of my life. So that's what comes to mind initially is this, those two things are the things that keep me grounded, keep me connected to my inner self, and then allows me excuse me to be positioned to show up, just show up and in a moment of living and being and being connected with people. That is something that I truly, truly treasure sharing moments with other people I do. Yeah.

Hylke Faber 08:47

Yes, I can see that the fruition is the joy, the fruition is the joy and the Ruth is in the family and in your relationship with God. Now, tell me about what that's like, within Vita Olufsen Sneed. Like when you sense that sense of connectedness, or when you practice that, or when you put attention on it, what happens within you how do you know that it's, quote unquote, off? Or is it is it ever off? I don't know.

Vida Sneed 09:22

I think yes, sometimes it probably is off and that's those moments when you have to withdraw and regroup and refuel. Reflect and be still I think that there's a value in that as well. So that's kind of the what I would categorize as as the off times. There's that centering time right, whatever that looks like. So for me the on this, you said something earlier that really triggered about unconditional love, right? I really embraced the concept of unconditional love have, because I have lived and experienced unconditional love. First and foremost through my parents, there was never a moment that I questioned whether I was loved by my parents. And when I think about that now as an adult woman, and as a mother and the number of times that I know that I have not risen to my highest self, and in the earning of my mom degree, right, I reflect back on how knowing there were moments that I probably was not lovable. The choices that I was making were things that were not what they would have desired for me to make. And I might have even caused them disappointment. But I never felt like I was a disappointment. That was never something that was communicated to me verbally, or non verbally. Right. So that aspect of being of unconditional love, first and foremost, you know, like I said, I haven't experienced that in my, in my growing up. And then secondly, having experienced the unconditional love of God, and really trying to learn what that means in its fullness, because in many ways, that is incomprehensible to me at points, right? Because I know me. Yes, I know. But anyway, you know, so the odd part of that, for me, becomes this opportunity to be in someone else's life, in instrument, or presence of unconditional love. And unconditional love really is, in many respects, I'd say as humans is probably not our first choice, you know, because there's so many fit so many barriers and filters to that, you know, judgment and criticism, and I wouldn't do it that way. Well, why are they doing this? That doesn't make any sense? I mean, what are all the kinds of ways that we could look upon someone else with AI that? We do reduces or minimizes, or, or dismisses them? Right? So this practice



of unconditional love is has to be intentional, for me. And it is, at the same time, a privilege to learn how to do that. I mean, about learning how to do that, particularly like, you know, when people show up and then not really look at loveable in the moment.

Hylke Faber 12:52

Right, right when the filters of judgment, criticism are right on within us. And so I want to stay with the beginning of Vida for a moment, at least as far as I understood it. So your relationship with your parents? And so you said something about they showed me? Unconditional Love, and I never felt that I was a disappointment. Right? Can you share a little bit about what that's like? Because I think for many people, that's an unusual experience. I know that's one of the things that I noticed becoming part of your family married to Jehan, you know, you're, I was get this confused is your nephew, right? That's how it works in English. That's it's another thing I was deaf, his cousins, nephews, so don't get this anyway, your nephew, my nephew was I was very struck by that being like the atmosphere in the family. So can you say a little bit more about how that manifests? Maybe you can give an example? How did it manifest?

Vida Sneed 14:03

So that's a good question. How did it manifest because it's just this growing thing, you know that you realize that, that I've realized as I've gotten older, right. And looking back on my experience, particularly once you get out of the house, I got out of the house and saw the varying ways that people were parented. I would say it would look something like this. Let's say I chose to do something that was not in agreement with how I was being reared, poor choice, poor choice. Rather than my mom saying, Well, this was a really poor choice. I'm really disappointed in you. I'm disappointed that how you, you weren't raised like this, this type of thing. She would do something like this, which in many ways, like I don't want to answer these questions, she would say, is this a reflection of who you are? Is this a reflection of who you are? ought to be? How might you think about a situation like this the next time you encounter it? So it was this, it was this process of self examination that we could not escape. You know, cuz sometimes you don't want to, you know, just punish me and be done with

Hylke Faber 15:23

it. Yes, yes, yes, yes,

Vida Sneed 15:27

not escape this process of self examination. And that has been such a critical tool for me, in my life, I am so grateful that I was taught how to self examine, to be courageous in that not be comfortable with lying to myself or excusing myself or blaming others for how I have chosen to behave. That has been such a tool, my father might say something like this V. Committee V. Got to know how to do your own thinking, or someone else will do it for you. So it was those kinds of things that caused me to put the ACT whatever it was in proper perspective, right. This separated from me and my sense of being separate that and be able to just look at the choice. And so those that that's what I mean, by just being



able to that was my experience of example of experience of what unconditional love how it was fostered? Yes.

Hylke Faber 16:49

It wasn't like, oh, la dee da kid gloves, love. It was also fierce love. It sounds to me like with your mom, asking her name Le Verna Bernal right Laverne asking you is this era? How is this a reflection of you? Who do you aspire to become? By putting it right back? And you this this sense of self accountability? Yes. And, and also your dad, Clarence, I believe, just say, you know, are you going to do your own thinking otherwise, somebody else is going to do your thinking for you the sense of helping to instill a deep sense of standing in your own tissues, but not making you wrong for how you stand in them. And that is, to me such a beautiful gift and radiates also from how you are today is what I can tell when I can say you see so. So say a bit more on TV about how that light of awareness that was lit so early on, then guided you in your later years, where you became a mom of one out of two but of six children like ours that are How did you learn through that time and how that light inform you?

Vida Sneed 18:17

Right? I think that that became such a part of my process of thinking that I think that it allowed me in many ways to approach the privilege of motherhood with a sense of intentionality. It became my highest calling. It became the, it was the fullness, I brought the fullness of who I am to mothers, I put in many regards, I put many of the things that I thought life was going to be for me, I put them on hold, they became secondary, and the rearing of my children became my primary goal. Okay, so when you set a primary goal, right, there has to be this constant process of evaluation along that path. Am I reaching the goal? How am I reaching the goal? Is there another way to go about reaching the goal? Hey, you didn't do that very well. Right there. Right? How are you going to handle that when you're not showing up your best self because you're tired and irritable and you're whatever, whatever the day has just been too much and you want to go to bed and you still got five hours left to go. Right. So I think in some regards, you know, I was unflinchingly honest with myself around what I saw at the time to be the places that I stumbled on In my motherhood words, careless words that may have been said, expectations that were my expectations that I was visiting upon my child, without taking into consideration how they were uniquely and wonderfully made. I was I was unflinching in a lot of regards about those aspects of my parenting. And in some sense, I think that served me because it caused me to be accountable to me. Right? And so if this is not the way you want to show up, how are you going to do better? Well, that's the same kind of process that my mother taught me, in my in my formative years, as well. So I think that it has served me in everything that I have done in a lot of respects, that sometimes, I'm just saying what I'm saying here, sometimes, I didn't want to live at that level of accountability. Sometimes that tremendous sense of responsibility that I continue to hold to this day, right? Sometimes that thing may not always serve me, because it doesn't, may not have allowed me at points. To do the kind of being still being reflected, carving out space for for myself, because if someone else shows up with the need, I'm gonna rise up to that need. Right? I have to be responsible for it, because I can do it. So if it's before me, I might as well do it. So that I say that to say it hasn't



always had to. I've had to wrestle with that at points when values maybe are coming into play. So I hope that answered your question.

Hylke Faber 21:50

Beautifully said yes. Yes. Well, I was I was listening to you. And I'm thinking, you've, you've had a few decades of experience of life, right? And you've raised six children who are all adults. And so that's part is now the chapters is done, in some ways, right? And the way I heard it was that there was so much strength in the self accountability, and also sometimes, like any tool, overuse becomes a weakness, again, sometimes like running into the weaknesses of that. Can you say a little bit about some time, maybe a time in your life, where you felt less connected, where you felt maybe going through some kind of struggle? And I'm asking you that because my experience of human humanity is that many people, if not all of us go through these times? And it's not whether we go through them, it's how we go through them? Absolutely. Can you say a bit more about your experience with challenge and maybe feeling disconnected? And how you work through that?

Vida Sneed 22:58

Yes, yes, I am glad to talk about challenges, because challenges are just absolutely a part of life. The very inception of this play that I ended up writing the lion tells us tale comes out of a period of intense challenge. And so I'll talk about that a little bit and then go backwards in that. What? So how did this come about? Well, we were slotted, packed and ready to go. For my first trip ever, to Africa. We are going with a collection of people, one of whom is Delbert Richardson, the person who I ended up writing this play collaborated on this play with and pandemic, days before we were to go after a year of planning and meeting and preparing the pandemic happened and shut it down. And I was swirling in disappointment. I was swirling in grief, I cried like a newborn. Almost anytime I got the opportunity, I was so crushed to kind of have this this life, you know, dream just unexpectedly snatched from him. And it was a challenge. It was an internal challenge. In some regards, as I said, God is God is the anchor and the the the All in all in my life. It was a challenge in that in yielding to his no or wait right in the in this scenario and it took me over I like to be able to embrace the grief and the disappointment and see it as an opportunity for growth. Right. So when I say that in terms of looking back at other places in my life that have been critically challenging like that it wasn't a new thing in that regard. The way I have come to measure my growth and challenge is in my recovery time. How much time does it take me to recover and recovering, meaning regaining a sense of balance, internally regaining a centeredness regaining a peace, even if the circumstances haven't changed, right. And so for that, that's kind of how I've grown. Previous challenges coming forward to this more recent challenges have prepared me in the face of challenge to be okay with being in challenge to acknowledge the feelings that are part of the challenge, the grief, the disappointment, the anger, the why me pity party, you know, they're the, they're real. And that's okay, to give myself permission to do that. But to recognize, I'm not going to stay here, a part of the journey, I'm not going to stay here, I'm confident of two things that God has got all day long, and that I am his. And because he has a God of growth, and development, and deepening of faith, he's not going to leave me here, this becomes purposeful in his hand. And the purposefulness of it in terms of the council trip to Africa, became made known in the creation of this



play, from those ashes, the joy of this experience of now having written this play, and this play, being able to have a life of its own, totally outside of what I ever I ever anticipated from my life, is a part of the challenge. And so is that beautiful challenge, is that beautiful challenge, is that beautiful challenge is finding the beauty in the challenge and anticipating the deepening of self, the deepening of faith, for me, the growth opportunity, and the joy. The resulting joy.

Hylke Faber 27:50

There's so much in what you're saying. No, God is God I am his God is a God of growth, there is a sense of purposefulness, I'm not going to stay in the ashes is going to arise from it. Now, can you tell a little bit about the precursor to the grief? Because you say Oh, well, people might say, I'm just going to Africa, I know there was much more than, Oh, I'm going to, you know, whatever I'm going there was something much deeper to that. So can you speak to that, and also how this grief turned into a play. I'd love to hear a little bit more about that journey. Before we take a break.

Vida Sneed 28:32

Let me make sure I understand what you asked me in terms of the precursor to the grief.

Hylke Faber 28:35

So So you mean people might say like, oh, you know, I'm going to France. Oh, jet was canceled? Well, we'll find another trip. My sense is trip this trip was much bigger than going on a trip. Yes. What was the what is this trip signify to you and then how did the grease turn into a play?

Vida Sneed 28:56

Yes. Okay. What did the trip mean? The trip mean, meant for me going home, going home to a place allowing my feet to touch the soil of my ancestors. The trip meant for me that I was being granted the opportunity to do something my parents had not been able to do and maybe what the trip was, oh my goodness, it meant so much to me in terms of my sense of self, a sense of return and completion. I wanted to put my feet on the soil in Africa and say to whoever was my ancestor, many, many, many years ago who was taken from that soil. I wanted to put my feet on this soil and say, I am here. I returned and I am whole my husband and I I wanted to have a little renewal of our vows on the shores where our ancestors were taken. And we wanted to just affirm that your pain was not in vain. And I am here as a witness that your resistance and your resilience and bought a fruit that you may not have been able to see. So that that was kind of the precursor, all the internal emotional part that was going into this journey for me. And then it was snatched. And, and I'm, uh, I'm gonna tell you one of my life, kind of, you know, beliefs, if you will, or guides things when I don't handle disappointment well, so I have kind of structured my life in such a way to minimize disappointment I hold, I hold material things loosely, if I haven't, that's great. If I don't, that's great, too. You know, I value my relationships. But I realized that there will be points in my relationship where someone will, they will enter periods of disappointment. I don't handle disappointment. Well, and I don't in some, in some ways, I would have said it myself. So that means I don't hope for things big either, because they don't materialize. And I got to deal with intense disappointment, right. God called me to deal with my relationship with



disappointment in this in this situation. That's one of the things I realized he caused me to deal with my my relationship with disappointment. And to give me a perspective of it that is perhaps a little more healthy.

Hylke Faber 32:01

Let's explore this more after we take a short break. We've been in a conversation with Vita Oliphant Sneed about what it means to live a life of deep accountability, self accountability and inquiry, who do I wish to become? Who am I? Is this who I am? And then all the things we learn when we stand in that question, and we develop their four different relationships with, for example, disappointment, which we'll hear more about. After the break, and after the break, we're also going to hear more about how that sadness and disappointment of not standing on the shores of her ancestors turned into a play. We'll see you back after the break.

Presenter 32:50

You are listening to rooted and unwavering presented by growth Leaders Network, the leadership team and culture development company. If you would like to learn more about working on connectedness for yourself, your team or organization, please contact growth leaders network on LinkedIn. And now back to the show.

Hylke Faber 33:15

Welcome back to this conversation on gluten and unwavering with betta Oliphant Sneed. We've been talking about what it means to be truly authentic, connected, connected to God to family, and being in deep self accountability. So, LTV to say a bit more about your learning from God with God about learning to work with disappointment, and how that turned into the lion tells its tail.

Vida Sneed 33:50

Yes, this appoint met. Disappointment. When I say God called me to confront my relationship with disappointment. I think I mean that in the sense that if I believe that God is God, if I believe that God unconditionally loves me, if I believe that all things he brings into my life are purposeful. And for my good, whether they feel like that or not, right, then I have to recognize that those situations in my life that might produce disappointment in me, are also a gift from his hand. Those are the places of discomfort that he's going to reveal more to me about who he is and who I am. And so embracing those places that cause these feelings that I really don't like to have to have I really like it when it's roses and sunshine and you know, beachside sips of something good and what we like, right? We don't run toward those situations that are going to bring us discomfort. Yeah, I. But I think when I say confront my relationship with disappointment, it's coming to understand that those places of discomfort, whether it be grief, whether it be disappointment, whether it be fear, whether whatever instance of dis ease that I'm experiencing, can produce and will produce something deeper in my life? Do I like it? No. Am I learning to be grateful for it? Yes. Does it give me a deeper understanding of who God is? Who I Am? And how I'm aligning with his purposes in my life? Yes. So there's inherent fruit, even in the situations that produce discipline. So God show me I've got some inherent fruit for you Vita, in this great grief that



you're feeling right now. Right? Through this? No, or wait, response that I'm giving you to this particular trip from Africa. So how did this play come about? Well, my husband and I, you know, my husband has been in the arts all of his life. That's where his career has been. And our friend, Delbert Richardson, who is the owner and curator of the national award winning Museum, the American history, traveling museum, the unspoken truths, we were going to get into Africa. And one of the things we were going to do while we were there as having this cultural exchange on both sides of the ocean, talking about enslavement, talking about it from the African perspective, talking about it from the African American or black perspective, right, that was part of what we're going to do. And so we were out walking one day, Steve and I and Steve had previously, his boss that he used to work with had talked about, wow, what would it look like if the museum were to be a play? Right. And so that has always kind of percolated in the back of his mind. That was way back in 2014. So we're walking one day, and was in Yeah, man, this piping. I said, Steve, I see it. I see the opening scene and I tell him the opening scene, and he's like, wow, V. And so then we talked with Delbert, hey, what would you think about it, we tried to formulate a play around the museum. And so they just started in this pandemic conversations, right? About what would this look like we talked and we met for a couple of years, I mean, you know, to the author of the pandemic. And that's kind of how the concept of the play and then the actuality of the play was birth. The thing was, because we kind of was shut down, I had the opportunity to have the time to just write, write would not have normally been the case. And so all things kind of work together for the good. All Things worked together for the good. And the play was born. From that, and it's gone through several iterations. I just finished a rewrite just this this past weekend. And we anticipate it debuting in May of 2024, with the Intiman Theatre, which is one of the professional theaters here in Seattle, Washington. There's the joy.

Hylke Faber 39:03

I, I love that story. I can imagine you and Uncle Steve walking and you saying are you talking to each other? What would it be like if this museum became a play, and then you sitting with that and letting it do its thing on you? And and letting the creative spirit take you there and do that and do that work? And you mentioned earlier that disappointment often leads to revelation about who God is and who you are. So in the writing of this play, and this process of this play, which you also said is turning into its own life?

Vida Sneed 39:49

Yes. Yes. What has been

Hylke Faber 39:51

revealed to you about who Vida is what's true about Vida

Vida Sneed 39:58

that that is such a Wonderful question. Thank you for asking that. I have always said out loud to my children, this is kind of funny to me, you know, you can do anything you set your mind to do, you can do anything you set your mind to. It's all about growth. It's all about, you're perpetually putting yourself in



places where you can continue to grow. And now remember, I mentioned earlier, you know, so many of the things that I wanted in life, I kind of set aside what I was rearing my children, and my words have come back to bite me, because this is what God has given me. Okay, betta, let's see, you walk this out. Let's see you do. Put yourself in places of growth where you don't know what you're doing. I have never written a play outside of like a little church play right? In my life. Right? complete dependence upon God, to do this complete dependence and to the point where he woke up before I sit down and write. I pray and I worship. That's what has been the process for me of tapping into the you said it earlier, the creative spirit, tapping into the creative spirit of the Great Creator, from whom creativity flows, just take a look outside. Right. So how do I align? We talked about how do I align myself, under God's creative spirit and his divine purpose for this work? I don't know what it is. I'm just along for the ride, really. But how do I align myself with that? as it unfolds, as he reveals what Lord why, what do you want me to do with this? I've asked him that all along the way. I'm sitting in the room with people who this is their profession. And see, and I'm battling this sense of inadequacy, right? I don't know what I'm battling that. And learning to stand firm in my creative process.

Hylke Faber 42:14

Mm hmm. So how do you stand firm in your creative process? And I'm imagining this right. So you're, you're they're surrounded by the professionals? Yes, yes. And there you do your worship and your prayer. And I'm just trivializing a little bit, for a fact. Right? So you're there, you're you do your thing. And you, you've right, and then you're in this room with the professionals. So what's happening within vida? When somebody says, Well, I don't know about that, or we're gonna do this differently? Because I imagined that would happen this situation like, Oh,

Vida Sneed 42:53

yes. I mean, definitely. And because it has happened, not not with, you know, I'm not naming any names or anything, but it has happened. Often, maybe not intentionally, right. But it registered on me like that. And what happens? Oop, I'm off center. I'm off center, right? I'm off. I'm off center, right? Because I'm allowing that I'm allowing that to strike me in a certain kind of way. Right. So this inner talk becomes like, actually, no, that's not what you want. Actually, that doesn't represent what you were trying to do. So you have an opportunity to clarify. Right? And become centered again, in what you have been given. And, you know, being empowered, self empowerment, if you will, to speak, to speak and make it known. Understanding that. So it might look like actually what I wanted here was and being able to just say it now, even in that being open, you know, because I don't know what I'm doing being open to take in wrestle with, how does this match or meld with what I was doing? Is this is this information, going to help me improve? What I'm trying to do? Then take it set, whatever aside pride, ego, whatever you want to call it, take it? Is this thing going to help me do what I want to do? No, it's causing me to drift from what my intentions were. Receive it, discard it, and move on.

Hylke Faber 44:57

I'm sensing that you Your father is speaking again, in some way.



Vida Sneed 45:05

Me, you better do your own thinking or someone else will do it for you.

Hylke Faber 45:12

Right? Yes. All right, it's and then your mom's saying, Who do you want to become is this? You? know, it's amazing how powerful those two instructions are. It's amazing. Who do you want to become? And do you want to let somebody else do the thinking for you. And you need that, and it's coming to fruition now, in other way as you are letting this play out into the world. It is it's amazing to me so for our listeners. And also for me, because we get to those I love the head movement going to the side, like being basically banked. Like in a boxing match, almost a knockout. Right? Life does that. And there's always a person that somehow pull pushes the button like that one thing that you do not want the person to say, and they say it, right, and it happens. So tell us about your recovery. Like, what this V that do for her recovery? Yes. What do you do?

Vida Sneed 46:21

Again? hilker, the very first thing I do is pray. I often say to myself, and we'll say out loud as well. My wisdom is faulty. My sense of direction is faulty. Don't follow me the safe way, you might end up in QFC. Right. And so when I recognize that I've been off centered, I gotta examine that. And the first thing I do is pray. I pray confession, Lord, this is what I'm feeling. Is it legitimate? Am I trippin meaning Am I just walking by my own wisdom and my own perspective here? What do you have for me in this, that's what I have an opportunity to get away from the thing and be able to have that time of reflection and prayer. And so sometimes you're right in the moment, and something has knocked you off. And you feel I always I can always feel this, this this rising, you know, you feel this. You feel that you feel it isn't, you know, it's a physical experience of the rising, and you're, you know, your defenses are ready to get up and you're done it I was ready to get up, you know, and you may or may not handle the situation, well, you may not have the wherewithal that I may not have the wherewithal to exercise self control that's necessary to restrain my tongue from saying what my mind just conceived, right? I mean, you know, and so, those are the places even when I do when I do not behave well, I still, when I get away from the situation, have to take it to prayer. And so that when I say God is my anchor, God is my anchor. God is my anchor, period, I, you know, I know that I know that I know, that I cannot live without him. And so if I'm going to live well, I have to be aligned with him and I have to allow him access to the parts of my life that that he's working on. I say Allow access, that means I have to recognize and, and open be willing for him to make me uncomfortable and so that I can grow.

Hylke Faber 49:02

allow myself to be uncomfortable. Open myself. Let me grow. You mentioned prayer a few times. And I'd love for you to say a little bit more of what is your experience of prayer. And how do you sense that connection with God? i We know you're out of that. mental mind gobbly gook and you get to a lie words. More connected place.

Vida Sneed 49:35



Yes. I thank you for that. I love that question. Prayer for me is conversation with God. Period. It doesn't mean that I'm on my knees that I've you know, yes, sometimes but not always. When I was younger, there's a Scripture said that says to pray without ceasing. I didn't understand that. How do you pray without ceasing? Well if you have some more birthdays And you learn how to pray without ceasing. You have some life situations and you learn how to pray without ceasing. Right. I will be 65 in a couple of weeks, right? I understand very well about praying without ceasing, because I understand that prayer is this ongoing conversation with God. And through this ongoing conversation with God, it helps me to move my eyes from me and my circumstances, and move my eyes to God and His will. And His plan and His purpose for me for my life, right. So, prayer, I pray all the time. I am, I am constantly in conversation with God. Short little arrow prayers low Okay, Lord, it could be just that, Okay, Lord, help me, you gotta help your girl. You know, it can be something like that. It can be the deep recognition at the moment that my pride has flared up, or my default of fear has flared up is that immediate recognition? That, Lord, I'm, I need you. I need you are Lord, forgive me of my pride that is attempting to steal your glory. You're the one who has done X, Y, Z, that may have come through me, but you're the one who has done X, Y, and Z. Don't allow me Forgive me for attempting to in my pridefulness for stealing your glory. Right? So it's all manner of prayer, because there's all types of things that I need to take to God in prayer. In this continual conversation, so how do I know, you know that I'm in conversation with him? Because of my spirit confirms it? My inner spirit confirms that I am in conversation with the most high God that that? I just know. I just know. And, and going back to how do I how do you measure? Do you know when you've been realigned? Right? And how much time does it take you to realign? One of those measuring sticks for me is the nature of my prayer. Right? What is the content of my prayer when I'm still off center, asking him praying a certain kind of thing, Lord helped me to understand I don't, Lord, I'm feeling angry, I will lash out Lord, I'm you know, so that the content of my prayer also is an indicator for when I have regained my sense of balance, right? Because then my prayer becomes more like, Lord, thank you, that you didn't leave me there. Thank you, Lord God, for the insight and the perspective that you've given me when I see things through a different lens. Thank you for giving me the ability to forgive myself, and to forgive others. Right. So the content of my prayer changes. That's one of the things

Hylke Faber 53:21

I'm so struck by what your prayer seems not to be about. Which is seems not to be about give me this, like Father Christmas in our mother, Chris, none of that. It's what I hear much more from us. Teach me my place, teach me my service. Show me what is true. And whether we have a relationship with God, or other higher power, or something deeper in us. I think that's something all of us can relate to. In this moment, there's the sense of opening to putting ourselves on the edge of discovery of the unknown and saying, I don't know how to do this in my head. Please show me higher powers. Please show me what what is what is true here? What is true here and not go on the autopilot. That's what I'm hearing and what

Vida Sneed 54:23



I think anything that I asked for continually from the Lord is wisdom. That is the thing that I am good Lord, give me your wisdom. Show me Give me wisdom. That is a continual part of my prayer life.

Hylke Faber 54:40

Yes. Wisdom, not widgets,

Vida Sneed 54:43

right. That was when did they come and go? I tell you

Hylke Faber 54:52

so seductive. rmedia. We're getting towards the miraculously the end of our conversation. I want To listen to us to know about your play. Yeah. So what is your intention for the play say about what you want to say about it.

Vida Sneed 55:11

My intention, as I said, is for the play to have the life it was intended to have to hit the people that it was intended to hit. And to tell the story, the story of my good friend, Delbert Richardson, is this a story around how he as a black man in America discovers his identity, stands in his identity and how his life work flows out of that in terms of the museum as he has gathered and researched and gathered artifacts and is displaying for those who may not know some of the truths that are part of the African American story. And the story from Africa to to America kind of thing. So education, awareness, understanding the resilience and the resistance, and the love of my people, and putting it out there as an offering, Hey, would you like something sweet to partake? Here it is, here it is, partake of it. So that that's, it's a gift.

Hylke Faber 56:26

It's, it's almost like you're making accessible the life and intentionality of the creator of the museum. Because what I'm hearing you is, you are telling the story, so that the story can be all of our story.

Vida Sneed 56:46

Exactly.

Hylke Faber 56:47

And yes, it can affirm our common identity

Vida Sneed 56:51

it is and our collective history, right when the full story historical story is, is told, and everyone should see themselves in the story. And the story should enhance the lives of all of us collectively, who get to share this space. And so that's, that's the offering that we myself, Steve will be directing, my husband will be directing the play, and Delbert Richardson, Mr. Delbert Richardson, he will be also participating



in as the focal point at play that that he and his wife, also, Kimberly, we, the four of us have kind of just given this thing shape and are presented it presented as such. Yeah.

Hylke Faber 57:35

Beautiful. Well, of course, anybody who wants to see the play, it's going to be in the internal Theatre in Seattle, in

Vida Sneed 57:46

May 1, we'll be opening night just have six, six shows. So six performances. So I believe presale tickets are even available now. But certainly mark it on your calendar, and tell somebody,

Hylke Faber 58:02

tell somebody, tell somebody, and go, go see this play and and let it help you to integrate more of your own story, the line tells his care, Counselor, the chaos is stale. And what I'm hearing from this conversation is so that you can own your own story. You can own your own story. It's beautiful.

Vida Sneed 58:24

Real quickly, there's an African proverb that this is based upon this says, until the lion tells his tale, the hunt will always glorify the hunter. And so that's the that's the underpinning of this piece. Beautiful.

Hylke Faber 58:44

Final question. What would you like to say, to somebody who's listening? Is is something that you would like to say to them? Especially if they happen to be in an hour of the challenge? What would you like to say to them?

Vida Sneed 59:03

You know, I think I'd like to say this. If life is a Beautiful Struggle, embrace the beauty. In the struggle, the struggle is real. And the struggle is ever present. And the struggle may be episodic, is this ever. But it's a beautiful struggle, because it's a shaping struggle. And there's purpose in the struggle. So that would be my my parting gift to myself and others embrace the beautiful struggle because that is life. That's life.

Hylke Faber 59:44

Thank you so much. That's, I'll echo that the embracing of the beautiful struggle and let life help you reveal more about you. That's what I'm hearing and I'm hearing such humility on TV that It's been I don't feel you have to work for it. It's been something very beautiful for me to sit with you today. You shared with us so much wisdom at so many levels, the African story, the story of your relationship with God family, the authenticity that we share today about what it like to go from being in struggle to going to making the struggle beautiful, and finding out about ourselves. So thank you so much for being with us. If you've been listening, hopefully you learned something that you find helpful. Next time we'll be here again in two weeks with Debbie Haynes, who is a leader in Microsoft and with her will explore



more about what it leads what it means to lead complex organizations from this rooted place that feed and I've been talking about today. If you'd like to learn more about routing and waiver, you could also subscribe to our podcasts anywhere where you get our podcasts or any podcasts on Spotify, Apple and everywhere else. And of course, you can always reach us via LinkedIn. And Vidal will also include a link to the line tells his tale and your information that's okay with you in the sharing of this podcast so people can find out more. So thank you so much. You've been listening to brute and wavering where we help people connect more deeply to their innate potential. See you next time. You can also confirm Thank you.

Presenter 1:01:35

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