

It's Never Enough

While I am standing in Cambodia, backpack on my back waiting for my friend, a small, maybe 6 year old Cambodian street child looks at me like I am an alien. For me it was one of those moments that you never forget. The way she looked at me made me feel ridiculous. Ridiculous for the level of inequality that we find in this world – she is starving and I am rich. Yet I feel poor. I feel that I don't have enough. I don't have what I need.

Three months later I am talking to a poor, Guatemalan worker about my life in England. She wants to know what my life is like. I explain that I struggle to make enough money to have a 'good' life there and I explain about the culture and how much things cost and what we have. She cannot understand that I say I am not rich. We end the conversation with her asking me if I have a car. I explain that although I have a car, it's not a very nice one and I don't know anyone who has a car as old and broken as mine. She looks at me as if I am crazy, because in her village, there are 2 'rich' people; the only ones who have cars.

Four years later I am in Israel, learning Hebrew at Ulpan and I meet a Philippino girl who's only chance to better her life is to meet a foreigner online, so that she can move abroad and send money home. I don't think that she can even allow herself the dream of meeting 'the one' or of meeting her soul mate, because when you don't have enough money to eat, what really matters is finding a way to get your family out of poverty.

I recently watched a Ted Talk by [Brene Brown](#) about the power of vulnerability and she talked about having to realise that you are enough. It made me think that many of us have this problem of, 'it's not enough'. I am not enough, it is not enough money, I am not satisfied enough, I am not good enough, strong enough, smart enough, funny enough..... Yet this whole concept is crazy because it depends on whose point of view you are looking at it from and when will it ever be enough? For the Cambodian girl, food would have been enough, for the Guatemalan, a car, for the Philippino, the chance to choose who to fall in love with, and for me, a salary that allows me to plan for the future.

Until we learn to appreciate what we have in each moment, maybe our whole lives we will be chasing more, never believing that we have enough, and because of that, we will never be satisfied and always want more.