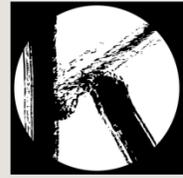


STAND 1

 **English Script**

Standing up for Misery and Make up



Hello. My name is Karin Hirayama.
I'm a Life Wellness Coach, Japanese Cultural Intelligence Specialist.
I have a huge study by myself to share with you as a working women,
especially self-love.



I am Thembi Buthelezi, a Chief Visionary Officer at Future Gen Leaders.
I am an African unicorn, an earth dancer and a dragon sister.
And today I'm really excited to have my dragon sister teach me about Japanese culture and
how we as women can collaborate from African to Japanese to American to European.
We are all here to collaborate, and I'm so grateful to have my beautiful dragon sister here
with us to teach me how to be a better, culturally intelligent leader.
So thank you, my beautiful sister.



Okay, let me show you my stunning 'STAND' slide.
So here is a gift from me to all women in the world.



Stand on your own power.
5 Modules to Help You Rebuild Up Your Self-Esteem.
No More Gossip, Envy or Obsession.
Live Your f*cking Life.
The statue is me, standing under the light.

Standing up for Misery and Makeup.

God gave us the emotion of lust. Because it is very important.
But if we handle it in the wrong way, our life will go crazy.

Greedy women are the strongest. Because it is proof that
their energy is very strong.

They love luxury brand goods. Because if they have luxury
brand goods, they can express themselves strongly and
beautifully without using words.

But even if they have beauty, wealth, honor, they will not be
satisfied until they die. Why?

They know that in their deepest psyche.
But they don't realize it.

They can't make up for it with anything else.
Are you going to continue to live like this, ignoring the most important you?

No.



No. I don't want to live like this, either.

Wake up to the instinct that lies dormant within yourself.

It's not about getting rich or playing with good-looking guys, is it?

What is it that you really want to do?

Let me tell you my story.





No. I do, but I don't use it.

Do you have Instagram app, Thembi?



So many women have Instagram app on their phone.
I do, too.

Sometimes the fancy ad comes up
like fashion or cosmetics, that kind of stuff.

And one ad popped up on my phone, like this.

"Wow, I love MONCLER." You know, but I've never had on my hand because it's too expensive.
So I thought, even this is a fake one, it's nice, warm also with the name on the shoulder,
so it must be cool. I decided to buy it.

It was the end of the year.

On New Year's Day, one garbage bag was delivered.

It was accidentally delivered to the different person's house.

And then I asked the delivery company to check it. Then they redelivered it. Threw it on my yard.
It's quite unusual in Japan.





He just threw it into your yard?

Never happened in my life.
Someone threw the garbage bag.
It's actually a clothes, you know. But wrapped up inside of the black garbage bag,
like this, and sitting on my yard.
Then I was like, "What the f*ck! What is this?"



He just delivered it like this? They didn't even have a box?

No, I'm telling you, they delivered like this.
I felt so miserable.
And it was on New Year's Day. So I think, my God mad at me and he threw it on my yard.





You bought a down jacket for winter.
And you couldn't afford to pay the full price. So you just bought something on Instagram.

And the fake thing was so bad that the gods were showing you that "Oh, look at way your consciousness is. Look at way you make decisions. Fake, fake, fake, inauthentic, inauthentic, inauthentic." So you thinking from an innovative place. And you buy things that are fake and they are delivered in trash.

The gods and goddesses work in beautiful ways, beautiful ways. Right?

So if you have fake consciousness, if you're not living your authentic life, you will buy fake things.

And they will be delivered in trash to show you, "Oh, trash thinking." Oh, my God. That was a powerful lesson from the gods and the goddess. So what did you learn from that experience?

No more lies to myself. If I buy anything like I doubt myself, then I will live my life with lying and never satisfied.

It's so powerful. Thank you for sharing your funny story.





How much money do you spend on cosmetics and beauty salons?
This is a monthly average of Japanese women.
They spend almost \$80 every month, and I do, too.



What do you spend money on?



I like to go to the hair salon a lot
and also buy cosmetics, the same.



Okay. But like what does it give you to go to the hair salon every month?
What does it make you feel inside?



Oh, that's a good question.
As we work every day so hard and hair salon is kind of a safe
from my busy world. So once I go there, I feel like escaped.
And also relieved from the bad energy.
You know, the bad energy comes from the top of your head.
So if you can clean up beautifully, then you will be able to continue
clean energy like a barrier. Barricade.



I need to ask as an African woman, if the person that is doing your hair is in bad energy for themselves, they are in anger, bad energy, hatred, jealousy, what does it do to you when they are doing your hair?

That's a very good question. If you feel something bad from that person, you must never go back to them. Once I like them then I keep going there, especially one person who has good energy. How about you?



I do my own hair. I sit, like this took me 16 hours to do 2 days. And I just sat and I just I was watching a course, and I just sit. Every 3 months I sit and I just do my own hair. It's my own time.

Are you kidding me?



Yeah. I braid my own hair.

Really?

Yeah girl.



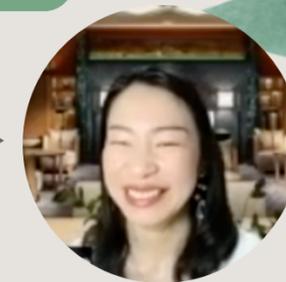
I never go to the hair salon. All my hair, I cut my own hair.
Okay. Sometimes, you know, like, if I have to make a style, then maybe I will go to the hair salon.
But because my hair is very curly, I can cut my own hair, braid my own hair.
Every every time you see me with a new hairstyle, I've done it myself.
I don't go to the hair salon because I don't want people's energy.
People's energy sometimes can be chaotic.
So I like to contain my own energy,
especially during COVID, you couldn't go to the hair salon, so I just started doing my own hair again.

I thought you went to the hair salon.



I'm professional with my own hair.

Wow...that makes sense. You're professional.



And when I was in university, I cut my hair very short, like almost nothing.
My younger brother screamed to me, "What did you do with your hair? Are you crazy?"



Yeah, I know. As an African woman, I just do my own hair, cut it, whatever.
No big deal. Thank you for sharing.



So, for whom are you getting dressed and trying to be beautiful?
I want all of you to think about that.



So why have we never asked ourselves these sorts of questions as women?
Why do I go to the hair salon? Why do I buy makeup? Why do I buy fake brands?
For who am I dressing for? And for whom am I trying to be beautiful?
Why do you think as women, we don't ask ourselves these sorts of questions?



That's a deep question.



For me, I still struggle with this, right? Because you always want to be accepted by other people.
You want to be accepted by other woman. You want to be loved by men.
And so I had to constantly ask myself, who am I trying to dress for?
Who am I trying to be beautiful for? Is it for myself or is it to get acceptance from other people?
And so I think it's so important as woman to ask ourselves, what is the underlying idea?
Why do we do this as women, teacher Karin?



I think it's because of our soul want it.





Our soul wants to be beautiful?

Yes. I think our soul have an idea of if we are beautiful, which means strong, which means we have power.



Well, I learned something new.

But recently we forget it. We get dressed for men, for our children, for like others.



Module 1
Understand your current state.
Look deeply into yourself.
Where are you?