

STAND 2

 **English Script**

Think back to how you stop yourself  
from going for your dreams.


Think back to how you stopped yourself from going for your dreams.  
Do you have a dream?



My dream is for humanity, all beings on planet earth to love and accept themselves. Because when you can accept yourself, you can love yourself. When you love yourself, you can begin to start accepting and loving others. When you hate yourself, you hate everything and everyone around you and you judge your envious, you're gossiping all the time because self-hatred starts here and so then you spread it out. So my prayer every morning, when I get up to work, is "May I be a beneficial presence on this planet?" Whoever I meet whoever I do business with online or in-person, may I leave them with the understanding that self-love is so important and self-acceptance is so important that they begin to start loving themselves so that they can then pass that on because if they can pass that on, we will have no more wars. We will have no more child abuse, women abuse all of these abuses. Self-love and self-acceptance. That's my dream. That's my prayer.

The same as me. That's why we are here, right?  
Yeah, yeah. Thank you for sharing.  
That's a huge dream and we're gonna work through it together.






Japanese women like groups, they do not like to act alone. Why?  
I think there are two sides to this.  
One is the part that has remained instinctive since ancient times to keep the home safe while the man is out hunting it is safer and more secure to act in a group than to be on your own.




Makes sense. Hmm.



Okay, how about the other side.  
“Follow the rules. Follow the rules. Don't do that. Stop.”  
Have raised their children to do so.



Do it for me again. Do it for me again.



Okay, “Follow the rules. Sit inside of the box. Okay?”  
“Oh no, no, no....Be quiet. Don't drink here. Make a queue, please. Don't! Don't!”



Like you said, everything is to follow rules. Follow rules. Follow rules.  
Do you ever hear them say, “Break rules? Break rules? Think outside the box.”



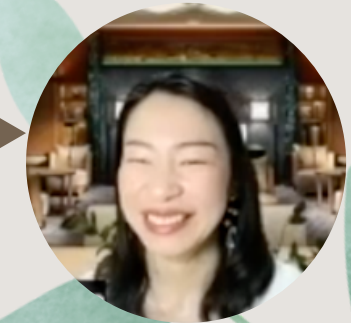


Oh, in school?

If we can thankfully meet a great teacher, they teach like that.

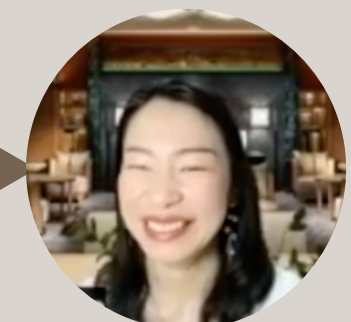


In school. But most adults say the same because they grew up like that. Yeah, they keep the same routine.



Interesting.  
So you build a culture, generations of generations of people that just do the same things,  
“Follow rules, follow rules!”  
Wow, that's really powerful stuff.

So because of our 10,000-year ancient culture, we have raised our children who are sometimes lacking in self-esteem. Therefore, feel more secure when, you know, they are in a group.  
They need to protect themselves. Me too.






I've never understood the group thing. Okay, so I'm an African unicorn. So it's kind of different when I see people in groups, I'm just like, "Why do these people want to stay in groups?" I just, I want to be sovereign, sovereign, sovereign, sovereign, sovereign. I've never understood group thinking. For me, it's a growth experience to learn why people do what they do. It makes me a better leader. Because I didn't really understand the security portion of it. Like I feel safe when I'm in a group. I feel safe when by myself because I know that I can maneuver very quickly, right? But when I'm in a group, I have to think of the group. So that's just the difference between I think um... I mean even the African culture is this, a lot of girls love to stick together. A lot of women around the world love to stick together. I just never understood it. So thank you for teaching me.


Of course. People do things based on their culture, and the culture has an ancient history. So behind their behavior, there's always something even they don't know. They don't realize it. So um we cannot push their, you know, culture away. We must respect each other.







The message young girls have received is, always here Being alone.  
Lack of self-confidence is disabled by men.  
Making decisions independently is seen as a bully.



Oh girl we need to have a conversation about this. I'm confused.  
I love cultural intelligence conversations because the Asian culture is so similar to the African culture.  
Oh my God. So similar. Like that's why you and I are sisters. And we can like relate.  
Some other things you're talking about.  
I didn't even realize that are in my own culture, okay there in my culture.  
But they are not spoken about in the way Japanese people speak about it right?  
So for me, I remember growing up in South Africa, people going, "Hey", you know if you're a woman  
and you're outspoken if you're a woman and you've got a lot of confidence and you're like,  
"Hey, no, I don't want this, I'm not putting up with this."  
You've seen as a bitch, you know what I mean?  
You've seen as a woman who's not going to make a good home, who's not going to be a good mother.  
Oh my God, that's I think that's why now I'm healing, I'm having a healing moment right now,  
thank you so much for this because I understand now why I never was able to fit into groups because  
I always like to make decisions independently.  
I do whatever I want, however, I like it. God first and then I go.  
Damn girl, thank you so much.



Okay, so tell me about, tell me about the making decisions independently is being a bully. Tell me about that, I need to learn because in Africa, this is the same thing, too.



So many people think that being alone is lonely and sad so much. And the word, 'Bocchi = alone' is used in Japan. At school, many girls are together, going to the bathroom, moving a classroom, and always in groups.

Let me tell you my story. When I was in junior high school, I was a captain of a tennis club. There were 60 people in the club. There used to be stupid rules in the club. For example, we cannot carry our racket on our shoulders. We must put it under our arms. That's a rule decided a long time ago by seniors, like second or third-grade people. If we are in the first grade then hang our rackets on our shoulder and they find it, we'll be called under the stairs. There was a small space and we were bullied by them. Another example is, that we must say "Hi" when we meet the seniors in school. We call them "Hi, hi, hi." three or five times to them. If we ignore them, they will call us under the stairs. And there were so many like these stupid rules and once I get the position of captain, I stopped it. I made a decision by myself without asking any other mates. Then what do you think, happened?





If you are in a group consciousness meaning everybody has to make decisions based on rules and you become independent in making decisions, I don't think it's going to turn out good for you, girl.


Yeah. Nobody followed me because they spent the last year with the stupid rules. And then they had a kind of dream to show the younger age their power with doing that. Now I can tell they had to behave like that for themselves to grow up in the school culture.



Okay. We're tapping into some deep stuff here, very deep stuff. So we are bullied in school and then we do the bullying to other people when we are at that stage, we do the bullying each other people because we saw, "Oh, older people bully younger people." So that means I must bully the younger ones too. And so you were able to, you said "No, no, this is not gonna work. We cannot behave like this. We must behave in a different way." And you were ostracized from the community because you stood up for what's right? That's some serious stuff.







Yeah, but you know, I didn't know how to understand others' feelings.  
So I learned how to move things to a higher level in a team.



As leaders, we're always looking to help others and change dark situations to make them better for other people.  
What did you feel as a leader?

Because when you grew up or growing, are you growing up in a culture where group consciousness,  
group thinking is the highest form. Like it's more prioritized beyond the individual.

You are trying to do the best for these people.

You're not doing anything dark or bad for them. But then they ostracized you.

How does it make you feel as a leader? Because nobody actually talks about these things. No, we don't.

We just "I'm a leader." Okay, But like leadership means that you're changing stuff.

Change means that there's going to be a lot of pain.

Change always I found in my life it was a lot of pain.


How did you feel as a leader when you were ostracized?



I wanted to die.



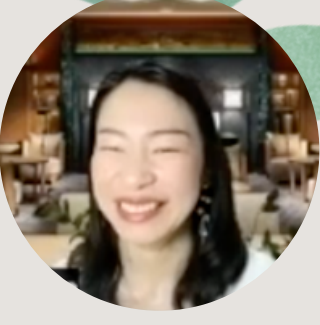
Why?



I felt like I am being selfish.  
As I was too selfish, maybe they went away from me and  
maybe the words I used for them were too strong and direct to touch their heart.  
Every day I was facing committing suicide.  
The bedding time was only safe for me.



So what helped you?



This is funny.  
I think the God. As I was alone every day I went home alone of course from school.  
Suddenly a stranger came to me and punched my stomach so hard.



Just out of the blue, somebody just came and punched in Japan?



Yes. Can you imagine? It's so safe here.





I mean like I can't even imagine somebody number one, I can't imagine somebody throwing a garbage bag across you in your yard because Japan is like the cleanest place and the most organized place I've ever lived in in the world, and then a person who is going to come and punched you in Japan. Girl, the gods needed to talk to you.

Yes, exactly.

He wanted to tell me something or he wanted to help me.

And I was of course crying and my friends came to me then little by little Since that day, I could have a conversation with everybody.

Little by little, it was so sensitive time because you know, once they accept me, other girls in the same group, stare at the one person, right?

“Did you talk to Karin? Really?” You know, But I've learned a lot of stuff with that experience.



Damn. Thank you so much for sharing that.

That was deep. That was so deep. I'm like, yeah girl.

Yeah. I mean every woman who's a true leader has experienced something like that.

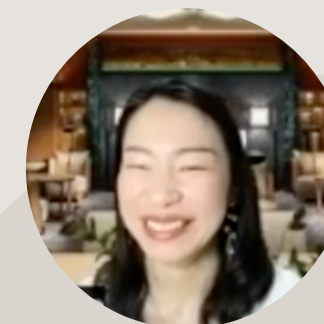
I experienced something like that in primary school and high school.

In high school, it was because I told my friends that I was going to therapy and they were like, “Oh she's crazy, don't, don't talk to her, she's crazy. She's crazy.”



In primary school, I was in a group of girls and my dad was having financial problems so he couldn't pay for me to go back to private school. So I was like at home for I think it was like two months or something like this. And when I went back to school, the primary school girls were like, look at her family, she's poor. She can't even, her parents can't even afford to pay for her to come to school. So we're not going to be friends with poor people. No, no, not poor people. That really messed me up in the mind for a bit and I said to myself, "I'm going to be super rich, so rich that I never have to deal with women like this." I never had to deal with this level of consciousness. Yes, I achieve my dreams of being wealthy. But there's still that need to belong to a group, to have a safe group of friends. Right? And I think our experiences in childhood make us what we are as adults. And until we acknowledge, oh, that was painful. But what did I learn from that pain? You're just continuing the pain. I haven't shared the story of the girls with anyone. I don't think. So thank you so much for bringing it out, girl.

Thank you so much for sharing your story. Yeah. Until we realize that a little part of our life still makes us ill.



You're right. That's the perfect word, it still makes us ill. Thank you. Oh my God. Thank you.





So in my case, my “Bocchi = alone” experience in Junior High School was so traumatic that I still put the brakes on my behavior.  
I think we all have troublesome experiences involving groups during teens like you said. As an adult, it's not that I want to go along with everyone else. It seems that people are based on the idea that it's not beneficial for them. If they are regarded as the only one who is different from the others. It's not beneficial. That's why we think how beneficial if we behave this.



Okay. Okay. Okay. Hold on. Teacher Karin.  
It's not beneficial for me to be an individual sovereign being because ‘Bocchi’ is so painful. Oh my God, this is huge. But this stuff is happening unconsciously, right? Because you don't even know it's happening. You're just making decisions and you don't know that it's happening, right? Girl.

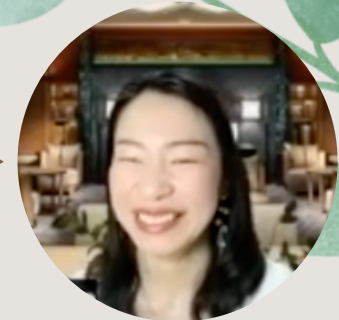
You know, we never think about that. We just live and make decisions so quickly.






So basically, 'Bocchi' is running your mind and you don't even know that it's running your mind, you're so afraid of being alone, that you just make decisions not to be alone. And even if those decisions are not good for you, you will continue to make those decisions just so that you never experience the traumatic experience of... Ai girl! This is a lot, this is a lot. And we don't even know about these things as women. We're just making decisions, making decisions, making decisions. And we don't even look, oh, but why am I making this decision? That's some crazy stuff.

So until yes, until you look inside of yourself, like um what happened in the past, you will never get out of your box. So, if you know, the person who has high self-esteem shows you how much it will be fantastic, even they show you it's going to be so difficult for you to change until you can find what hurt you deep inside.




Okay, Okay, Okay, Okay, Okay, okay. Teacher Karin. Until you find your pain. This is so deep, You will be envious of people with high self-esteem will be envious of that person's life. But you don't understand that it's your own pain inside of you that is stopping you and blocking you from actually living that life that this person is showing you that they're living because they have self-esteem. Girl, this is a lot.

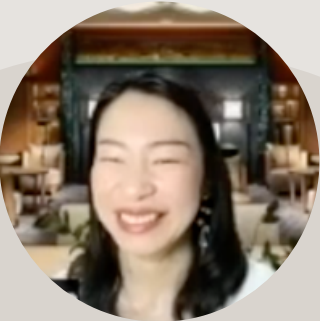




No one tells you this kind of stuff. Right?  
I realized last year until I became 37, I didn't know. But this is core stuff.



Let's revisit this. This is amazing. 10,000 years of culture, society has created a box for you and said "Follow rules, follow rules, stay in groups."  
The group hurts you or you have a conflict with the group. You feel hurt. Your biggest fear is 'Bocchi'. And so you will do anything to avoid this traumatic fear.  
But then you're looking outside on Instagram on YouTube and all of these things and you're seeing people live other lives. This is huge.  
So your jealousy starts coming up and your envy starts coming up and your hatred starts coming up. But you don't understand that until you actually deal with the wound and actually understand why you do these things 10,000 your culture.  
You will just keep living in this hell.



Until die.  
Even if we die, I believe our souls are still alive and we continue to grow our souls 100,000 times. So, I think you will keep doing that next life and life.



You will keep re-experiencing the same hell for many lifetimes, many lifetimes. Oh, girl.



Work on your wounds.



Okay.

We keep doing it to learn something.



This is so important for women. Now I wanna ask all of you. What bitter past experiences hold you back? Please think about yourself.



So Module 2  
Embrace your emotions.  
Forgive yourself.  
Take care of yourself.  
It's okay. It's okay. It's okay.

