

STAND 3

 **English Script**

Legacy From Parents

Assumptions must be separated from facts.

Common sense is not always common.

Think about the outside of the box. So here it's a Startup rate in 2020.

A startup means who started their own business. Men 80.5%, women 19.5%. Why?

Let's think about our self-esteem. How have our parents raised us?

What makes the child happy, and beyond the answer, isn't it the happiness of the parents?

I think so.

The happiness of Children. Get a good college degree, right?

And then get a good job and then marry a good man and get rich and have cute children and then take care of parents. End up with the happiness of parents.

I think this was made by Japanese society.

How about your culture?



This is too deep girl, this is really too deep, let me tell you something, this is a real thing.

Okay, so yes, let's talk about the African culture. In African culture, you must be a good child.

And especially in Africa, we have church. The church is a huge thing brought by Europeans.

Right? So they give us Jesus, you must follow Jesus, you must be very good.

You mustn't talk back to your parents. If your parents tell you to do this, you must do it.

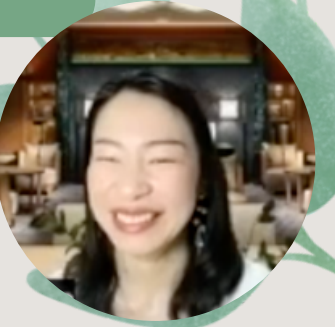
You must not question why, because if you question why you're disobedient to your parents.






Okay, so in Africa, if you have money, you can go to very good private schools, if you like me, I went to good private schools, so I had to always get good grades, good grades, good grades because my parents were paying a lot of money to go to school. Maybe if you don't have a lot of money, you don't go to a private school, you just go to an ordinary school. But your parents still want you to do good, they want you to marry a good man. Not we... I don't know. I think in Africa it's not really about being rich, it's about marrying a good man and having a lot of babies. A lot. Okay, a lot of babies. Okay?


Really? I know they have a lot of babies but that's their dream?



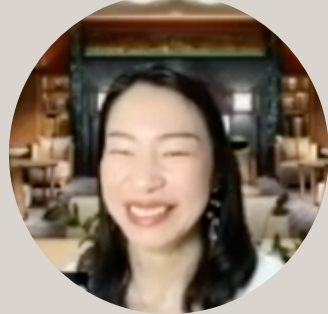
That is their dream and you can't change it, but you can say it's wrong. Because this is what we believe as Africans get married young like I don't know some women get married at 17. I got married at 21. Get married young, have Children by 24. You're having Children 24-34. Your job as a woman is to take care of your husband, cook for your husband, clean for your husband, be a good wife, move to church, and have sex with your husband. Take care of your parents when they get older and your life will be blessed for us. It's the blessings that your parents are gonna give you and the blessings that God is gonna give you if you follow this path. So I mean it's similar to Japanese culture, we just don't want to be rich or marry a rich man. I think it gets we do, but there aren't very many rich men. So you just set off for a man who can just provide money so that your Children don't starve.



Right. I understand that, wow... similar.  
So everyone is suffering in each of these directions for their parents.  
I couldn't go to a state university.  
I got a job that was not my parent's ideal.  
I want to quit my job.  
But what will my parents think if I quit after three months? I can't get married.  
I can't have children.  
I want to get a divorce but I don't have the courage.  
My husband is having an affair.  
I think everybody has a similar problem in their life.



So if the ladder is to make your parents happy the end goal is to make your parents happy.  
If you can't fall pregnant as a woman, you have been shamed because you are not going to fulfill that stage, right?  
What happens with women who can't get married?  
Who doesn't find a partner means that your parents are not going to be happy about you.  
So you will never feel enough for your parents' love?



Exactly. Mm-hmm. But you know, some parents say,  
"Oh it's okay, it's your life. You can be alone if you want, that's fine. It's your life."  
Then the children feel bad for the parents.



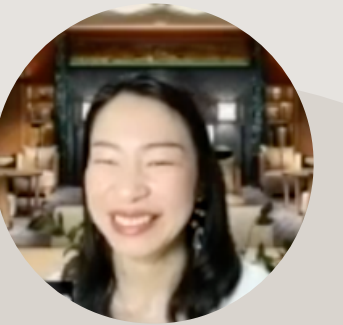
This is huge. They feel bad because there's... everybody else is following this societal climb, climb, climb this ladder, find a rich man, get married, have children. So they are seeing their friends outside follow this. "Follow the rules. Follow the rules."

Right. Right.



And if you have a parent that says, "Oh whatever it's okay, just follow your life, live your life." What does it do to the person whose parents are saying, "Hey, follow your life, follow your life." Like, what is the difference?

It's all connected with self-esteem. So even with the good parents saying "Whatever you want you can do", we feel sometimes shame or you know feel bad for them. But what about with the bad parents, if they keep asking to get married or to have a baby or you know never get divorced. Then women feel stuck inside of the box, and every day they feel like committing suicide.






Thank you, honey, thank you so much. So many women are going to heal from this. So many women are going to heal from this. Thank you for sharing this. Thank you. You are a true goddess, a true leader, a true visionary. Thank you.

I feel the energy. Negative power from the world. I came on the same path as everybody. So When I failed the teacher's university when I was 18 years old, I felt so bad for my parents. When I lost my first baby, three months or something, she died in my body, I felt so bad for my parents. When I got divorced from my ex-husband, I felt so bad for my parents.



What about you? Did you think of yourself? I just had a miscarriage. I mean, I, I remember when I had a miscarriage, I didn't, I wasn't thinking of my parents because I didn't haven't told them. But I remember just feeling so alone and the guy I was with, I was married to him. He was, we were about to get married, we were engaged. And he kept saying "You're such a stupid barren woman, you're just a barren woman. You're useless." I was in such a dark hole. Oh yes. It's such a dark hole. If I had told my parents that I was pregnant, I probably would have felt bad because they would have like, oh, you know, she's a disappointment. But I hadn't told them. So I was alone. And I had to work through that on my own. But thank God for therapy. How did you work through that on your own? I mean like the pressure from the parents is a lot. Did you think about your own healing?

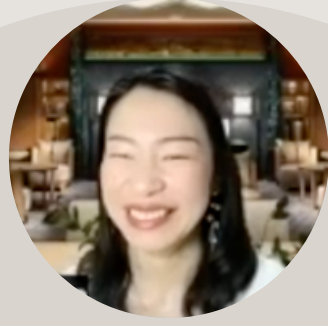




I couldn't keep my real feeling inside of my mind.  
So I spread it 1000 times in a different way to them. Then they finally understood me.  
So when you are standing between the pressure from your parents and also on your self mind that's the hardest part of your life.  
It's so hard because once you decide to take your feelings means you ignore the parents.  
We were born because of them. So under our soul, we'll never kick out the parents, right?  
So we know how we feel inside of ourselves and the real mind keeps calling us,  
"Come on, let's do this, let's go!"  
But as we love our parents, just as they are under our soul, even we, you know have a bad relationship even though we love them with nothing under our soul.  
So to work on ourselves is the hardest thing ever in our life. We keep struggling.



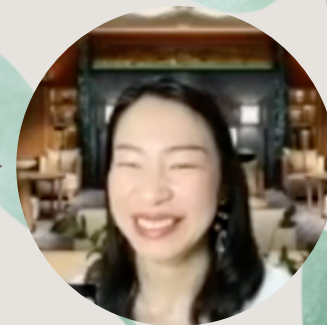
Thank you for sharing massive stuff.



So the children will be traumatized by the experience of grieving their parents and will torment themselves for the rest of their lives.  
Of course, your life will go like this.  
Many women are forced to leave the workforce between the ages of 25 and 34 due to life events such as marriage, Childbirth, and Childcare. I went through the same.  
And the top five topics on women's web 'Spicomi' are "How to take time off work."



Okay so women at 25-34 will usually take, will usually leave the workforce right? And so when they go back into the workforce or if they decide not to leave if they are strong enough to say no I don't wanna be a housewife, they are always looking to take time off so that they can do what? Take care of their children?



So here are their mind inside what they are thinking, Japanese working women are mentally ill like...  
I want to take a break but I can't.  
I feel bad that my co-workers have to work more because of me.  
I am afraid of being talked about behind my back.  
If I take a day off because of my child, my boss will get mad.  
But if I keep working like this, I won't be able to take care of myself.  
I will be blamed on my family.  
I want to take time off so as not to cause discomfort to others.  
I want to take time off for a justifiable reason.  
Let's search, let's google it. Then the 'Spicomi' five topics came up, you know.  
I did the same when I was sick not only for taking care of our children, but also we want to take time out. We need a time-out. Because we are mentally ill.  
And what happened?  
Even if I take time off, I am always worried about my workplace and cannot relax.  
Society made us like this, I think.  
So Japanese women are struggling with those emotions every day, every moment in the workplace, and also once they get home they continue to think about that stuff.





Why do you continue to keep thinking about work when you are off work?  
You said society made you like this, but why?

We want to keep our position safely in the company, not only for our promotion but also for the community.



Interesting. Tell me more.

The big thing is if I take a time off, my work will be someone needs to take care of right?  
If I do that several times means I am untrustable, I am irresponsible and as we grow up following the rules, we feel so bad when we put our work to somebody else.  
So as much as we can, we don't want to take time off, but in the end, we are in hell, mentally ill.



Do you know what I love about Japanese culture?  
Even before I came to live in Japan, I always loved the Japanese culture, always from a very young age.  
But like when I moved to Japan I was like, "Oh, I love how everybody takes responsibility for their life."  
In Japan, I mean there are no trash bins, you need to take the trash home self-responsibility.  
I really appreciate that about Japanese culture and I love that.  
But when it becomes unhealthy when you're so responsible that you are responsible to everyone else but not yourself first it becomes a problem.

Right.





So maybe we can choose to be responsible for ourselves first because if you're healthy then you're more likely to be healthy at work.

Exactly. So if the manager is a woman and she shows how to take time off to others then they can follow her, right?



Oh yes, because it's group thinking oh yes! Look I'm learning something new.

Good girl.



Good student!  
So group thinking, women usually follow each other.  
So if you have a female leader who shows you, "Oh, it's healthy to take time off. It's healthy to be responsible for your own mental health and your own sense of peace and self-love," then all the other women will follow.

Easy to follow.



Okay. But now currently in the Japanese workplace, are there a lot of women leaders?



So men are mainly the leaders that they're 80%.  
So when you go into work you follow the way 'Men work.'



And you model that.



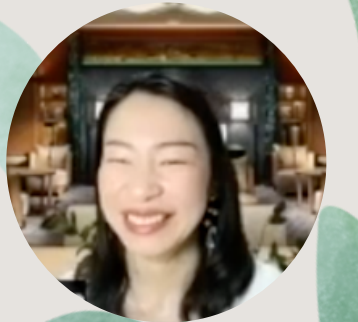
So you lose your femininity and that's why you have a lot of mental health issues because you are not a man, you're a woman, you have God created you the different. Okay, I got it. So how do we get more female readers to show other women in the workplace that it's okay to honor yourself as a feminine goddess?

If we can, you know take time off then um make any good result, then the result will be the evidence. So somebody must start it. You know, if I choose to be the one everybody looks at me like being selfish, I think.

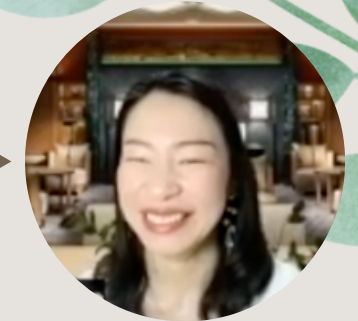
Not that much, still men are demanded.



Exactly.



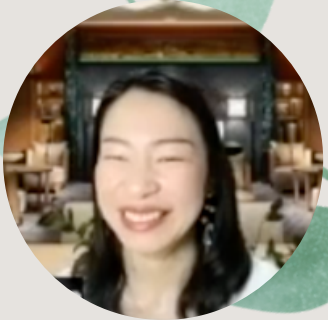
Exactly.





Okay hold on this is a huge one.  
 So women are stressed out, burned out, depressed, anxious all of these things.  
 And then a woman will stand up and say, "Okay no, this doesn't work, this doesn't work.  
 Let me show you how it works."  
 So the first thing that women in Asia or it's Japan will say is  
 "Wow you're being selfish because you making decisions independently outside of the group."  
 Okay. And then what's the next stage?

And then, the next stage is being alone.



Okay.

If I show them this will shit work, then they will follow. If I never lose my self-esteem,  
 then I think they feel my energy, then they'll follow.



Got it. All right.

Module #3.  
 The truth about life and how to think to get through it.  
 It's a deep, deep, deep one.

