

The Blueprint Villains Verified Oct. 31, 2023

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Transcript

Good morning, everyone, happy Tuesday, happy Halloween to you. Let me just start out first and foremost by saying thank you for your patience, for your grace, massive technical issues this morning. However, they were all worked through and resolved in glorious, glorious fashion. So big shout out to my amazing, amazing technology product partner who happens to be right back there in that door. As you can see, I'm doing this from Lock& Community Studios again today after the resounding support last week from my streams. A massive shout out to KALOC for working through all of the technical issues and still getting me on within the hour and we are still going to be mindfully on time today. So big shout out to you KALOC for those who don't know me or if it's been a while since you've been to the stream or if you are new to Twitch let me introduce myself.

My name is Kim Blue. I am an HR strategist and a career coach. Welcome to the Blueprint. This is the space where we come on Tuesday and Thursday mornings at 8 a .m. Eastern Standard Time to chop it up about all things personal and professional development. I believe everybody should be the boss of your own Blueprint and that means having access to the knowledge, skills, capabilities, and resources so we can do three things every day. We can operate at our highest potential. We can add value to whatever work we own or are responsible for. Most importantly, we can show up as our authentic self. Ooh, coffee is getting in late this morning and what that means is you don't have to dim your light. You can be great in your gifts. Everybody can experience you at your best self and when you do that the world gets the best of you and that is true with being the boss of your own Blueprint. That is what we do here. We hold our mirrors. We do work. We create safe spaces for us to bring in our stories and our experiences because one thing that someone may have experienced may in fact help or be a learning to another person so that's the kind of community we cultivate here in the Blueprint.

Thank you all for being here. I am super excited to be back after an amazing Beats for a Cure stream. Speaking of, let's go ahead and get that up because we are still in the spirit of all things a Beats for a Cure so thank you to everyone who donated last week, who supported the stream. I had the biggest amount of folks in my stream I'd ever had and I'm not really one to focus on numbers. I'm here because I love it. I like to share the content. I like to make sure that I am bringing my gifts to the space, but I did see

that, and I got so much love and support. So thank you for all the whispers, the donations, the bits, the subs to the channel, really appreciate that.

And we're going to keep the party going today. There is still time to donate, so please consider donating while you're in the stream today and this will be up the entire time. I'm also going to make sure that I am reminding folks all the way through today's raid train. Today is the last official day for Beats of the Cure, so make sure that you are checking out everybody who is going to be wrapping up this magnificent cause that we've been raising. Shout out to DJ D -Man for the invite of her hat and maybe a part of that. With that, let's say hello to the folks who are in the room, and we are already off on a hype train. I see that as I am catching up with what is going on. So let's go in and say good morning to everyone who is here. So let me start out with my Mod Boss squad. So my like journey. Thank you so much for being here and for just being patient while we worked through all of the technical difficulties this morning. Appreciate you locking cue media, shout out to you.

Thank you so much for being here and for rocking with me from the closet. He's in there, y 'all, and I promise you he's alive. I promise you he's alive. Appreciate that. I know DJ Elvie, good morning to you. Thank you so much for the re -up. Appreciate you continuing to support this space. As always, happy to have you with us. And I see you, Elvie, on the last Dragon Club. Thank you so much. Listen, it's Halloween, so we're gonna go with that. I got on my ghost earrings in support of the holiday today. It kind of goes with my motif. So I'll take the last Dragon Club for sure. Good morning, Hobbs. Welcome in. Listen, y 'all, I had a chance to talk to Hobbs last night and she asked me straight up. She was like, do I need to be prepared for tomorrow's conversation? And I said, yes, yes, you do. So it hints why she said walks in with a whole shield on it. I know she'll be here for as long as she can, but I'm happy to have you with us.

So good morning, Hobbs. Thank you so much for being here and supporting this space. Who else is with us this morning? C -Love 702, good morning. Thank you so much for always being here and supporting. Is it DJ? Is it Fuego NYC? Good morning, welcome in. Welcome to the Blueprint and for coming in and checking out this space. Happy to have you with us, Auntie Diddy. Good morning, neighbor. Good to see you. Thank you so much for being here. Let me see who else is in here. I think I said it correctly. Is it DJ Fuego NC? Can you tell me if that's correct? I just want to make sure and I'm saying it. That way, eSmiley702 inspired us. Good morning, good morning. Good to see both of you. Thank you so much for being here. Happy to have you with us. Good morning, SightGiver. Thank you so much for coming in. It's good to see you. Happy Halloween to everybody.

Hope everybody is going to be safe no matter what plans you do today, whether that is handing out candy or whether you are going out to support all of that, all of the festivities tonight. Make sure you are safe and make sure you are taking care of yourselves, okay? Awesome, DJ Fuego, NYC, good morning. Double spirit, thank you so

much for being here. Good to see you. Happy Tuesday. Let's jump into some housekeeping and then we are going to dive right into today's topic.

We are transitioning from our Grow with the Flow series where we were talking about all of our growth and professional development and then we spent some time talking about our superpowers and the things that make us great and so today we are going to step in into our villain series and we're gonna do a little bit of shadow work and we're gonna introduce villains and villains are gonna be in opposition of some of those superpowers that we talked about because for all of the good things that we do there's a little bit of dark side and a little bit of shadow work that we have to keep up with so we're going to start with that today so thank you so much for continuing to rock with this space and for continuing to do your work it's not easy to have to face yourself in these conversations let me acknowledge that so thank you for showing up and definitely continuing to do your work we are still on a hype train it's a level two thank you all for the bits for the subs for the support I see it going on call us those six welcome in good to see you thank you so much for being here I appreciate you stopping in so we talked about superheroes over the course of August that there are superpowers excuse me over the course of August September and October a Mickey good morning good to see you and I mentioned the fact that all superpowers are the things that we as humans as heroes have to wield every day and we had a little conversation about villains at the very beginning maybe you were here in August when we talked about it but ultimately what I said was when you operate as a superhero when you're wielding those superpowers understand that you are in opposition of a villain whatever that villain might be Luciana 1908 good morning good to see you thank you so much for being here and so today we're gonna dive a little bit into those shadow pieces and into some of the things that show up when we're not operating at our highest potential or when we're triggered in some way or when for whatever reason there is a departure from what our intention is and then our emotions in our mind and all the mantras in our body start to change and how we react to that in a little bit of that villain starts to come out.

We want to make sure that we are aware of that. So we got about a minute and a half left on this hype train. Thank you all for support. Everything that is contributed today will go directly to Beats for a Cure, as you all know. So, we will make sure that all of this gets collected and goes to donating for my unique link. And thank you to anybody who donates directly or even after today. The link will remain active for the next few weeks. So, you'll be seeing me continue to post Beats for a Cure as we go in to support that. Okay. So I want to talk about our villains and I want us to get real comfortable knowing that sometimes we don't show up as our best. And sometimes it's our villain that people meet first and instead of those superheroes. And until we acknowledge that sometimes our villain shows up, it's hard to really accept the fact that we're not at our best. Sometimes we don't recognize it. Sometimes we do recognize it and we let our villain take over. So what I'd want to do... is spend some time introducing what it is that we are talking about today. So we are gonna talk about villains, verified, okay?

What are these villains? Now, I'm not gonna hit everybody over the head with two or three villains today, but we are gonna start with defining a villain. You all know me, we have to make meaning. And then we're gonna look at a particular villain, which is gonna be validation that we're talking about today. And then I'm going to show you a YouTube clip that I think is gonna embody some of the things that we talk about when we think about villains and how we show up. Thank you so much for the hype train, everybody.

Appreciate all the bits, all the subs. Really, great support. Again, all of that is gonna go right to beats where a cure so appreciate you all, okay? I've seen that there were five subs, giving us all of that, going and welcome to the new folks who are a part of the Blueprint family, okay? So, let's talk about villains and what they are, all right? So when we think about this notion of a villain, we want to understand what it is and we wanna get really clear on how we define a villain. Now I spent a lot of time looking at different types of villains, right? And so, before we define this, I'm gonna take this out for just a second. So before we define this, like throw in the chat, who's your favorite villain? Think about Marvel characters, think about DC characters, but even think about movies that you like that may have had a villain in them, right?

And it doesn't even have to be like comic books. It can be something like Lord of the Rings, right? Or The Hobbit, or it can be something like Harry Potter. Pick your favorite villain. Good morning, Kay Marie, good to see you. Thank you so much for being here. I hope you had a fabulous birthday last week and all good for you. Kay Marie is like the official Lurker's Lounge concierge. She makes like she's in there always and appreciate her whether she says good morning or whether she speaks up, but I know she's back there comfortably just hanging out and enjoying the class space. So, all right. Inspire Bus says the Joker is his favorite villain. Anybody else? Got a villain, right? Because I want to start to paint a picture of like what these folks are because when we start to talk about what a villain trait, what villain traits are, I want to really call attention to that because oftentimes we may not see ourselves as a villain.

So, I've got a few villains that I really, really like, okay, that are just that, you know, even in some instances like I root for because I see some of the things in them and I see them fighting the greater good, right? We're going to talk about them in a minute. So, keep putting your villains in the chat, right? So, I am also a fan of the Joker. I'm So maybe less of a traditional villain, right? But for those cartoon aficionados out there, especially those of us who watched Looney Tunes back in the day, I am, you know, I am a fan of Wally Coyote, right? He is, you know, in theory a villain. And when we talk about the tenets of a villain, you'll understand why I'm identifying him, right? So there's some that are in there that we may not think or recognize as a villain, so to speak.

But when you look at what makes a villain a villain, right? Cause of, yes, this level of evil genius that goes in there, right? Dr. Claw, for those Inspector Gadget fans that are out there, right? We never saw his face. We always saw that infamous claw that

was out there, right? Ooh, My Like Journey says Miranda Priestly from The Devil Wears Prada. She is absolutely a villain. Come on, My Like Journey with that. Yes, K. Marie says Alonzo Harris from, so who is with Denzel Washington's character from Training Day? So he was an interesting villain, right? Because he had a little bit of a Jekyll Hyde thing going on, right? He presented one way, but then when you got into it, then when you sort of made him mad, he showed up in this other space, right? So when we think about these folks, right? Think about the Bruce Banner's of the world, we all know who Bruce Banner is if you don't, right?

It's the Incredible Hulk, sorry. Right, but think about folks like that who have these villains in them, but who may not show up as a villain, and speaking of, right, the ultimate villain right now, we're talking about Marvel's Thanos, and we're gonna get into that, right? So, Inspire Bus says Killmonger to him was not a villain. We're actually gonna dive into why, if we think that some of these folks really were villains, and so I want you to keep looking at this list, because we've got a great list that's in there when we start to define the tenets of a villain. Mishmi's eight, good to see you, Queen. Happy Tuesday to you. I hope you are doing well. Thank you so much for stopping in. So we've got this great villain list, okay? And I want you to think about... about what makes them a villain, right? Is it because they are an evil genius? Is it because they are mean? Is it because they are disruptive? What makes some of these people villains, right? Throw some words that are out there when we think about that.

And when we talk about villains, because sometimes we're drawn to these characters, or we may relate to these characters because we possess some of the same characteristics or tenets that these villains have. And it's a hard thing to swallow and to accept, but everybody has a little bit of villain in them. That is what we refer to as our shadow, okay? When I, so as an affirmer, and for those who may be wondering what that is, if you wanna take the assessment, the quick version of the assessment, it is alpfree.com. It will show you when you are operating at your highest potential, what your capabilities are. And when you are operating in your shadow, what are some of those behaviors? Those are definitely my villain behaviors, right? When I am indecisive, when I become dependent on other people, resources, spaces. Good morning, music spasms. Welcome and good to see you. Thank you so much for being here. Happy Tuesday to you and happy Halloween. Think about, right, thank you, my journey for putting that in the chat. So if anybody wants to take it, you can go in and take it really quickly takes about a minute, you'll get your results right away.

And then what happens is you will start to see these dark behaviors show up, right? So, I'm sorry, just I'm going to call you by your, your name, inspired by says they use dark forces ideas to disrupt the norm. That's right. So they come at their approach to life or their presence through these sort of dark forces, or through the lens that may not necessarily be socially accepted. When we think about villains, people that are in our family, people that are in our workspaces, people that are in our social communities,

right? People who may not necessarily align with the status quo, they've got their own way of doing things. They've got their own energy, their own attitude, right? They may not necessarily go about it the way that other people would, right?

Mesh says that she's a killmonger. Okay. So keep that in mind, Meesh. So let's add this back because I want to talk about what these villains are. Okay. So let's define the villains. Everybody sees this. So, when we think about villains, there's five key components that I want to call out, and then we're going to make an interesting comparison. Okay. So villains, first and foremost, are very intelligent. In fact, villains have a high level of self-awareness. They are intentional about knowing who they are, understanding the environment around them, and being very careful to avoid making bad decisions so that whatever goal they want to accomplish or whatever outcome they're trying to see through is going to happen. So, they have to actually avoid making bad decisions. They're also very ambitious and they're very intentional, right? So think about this whole relationship between being a villain and potentially doing bad or disruptive or, you know, not socially acceptable things, but still being ambitious in that approach. That's what makes that presence of a villain so great because they are relentless in the pursuit of their goals, right? Which gets me to the next one. They're powerful. If you look at any type of villain, they have great influence.

They may come from very well-known family. They may come from a background of, you know, access to power. In fact, their resources may actually be the thing that gives them the power. If you look at any villain, sometimes it is the resources that they have access to that actually make it so that they are a villain. Good morning, Keith. How are you? Happy Halloween to you. Happy Tuesday, Keith. We are talking about villains. and we are talking about how we verify the villain in us and so we are starting out with making meaning and identifying our favorite villain while we're drawn to them and then be intentional about saying, am I this person or are these the things that show up when I'm not operating at my highest potential? Mr. Nate, welcome in. Good to see you. Happy Tuesday. Happy Halloween. Nice to have you in the blueprint. We are talking about defining villains and what we look like as a villain and if we can recognize that in others. So Keith, I would be curious to know what your favorite villain is if you want to put that in the chat, right? So villains also have great influence. You ever look at what a villain is able to do? They are able to rally other people, right?

Let's go with the Joker, okay? The Joker was a high, he was a high level influencer. He was able to get other people to do his bidding. Anybody in here seen the Dark Knight, right? If you think about the Dark Knight or Batman because I can't remember which one it is. Anyway, it's the most recent one with where Heath Ledger was the Joker and remember the scene at the end where he was, they were going to rob the bank and he had given, yes, oh, Keith, that's a great one. Bane is an amazing villain, Bane, Venom, a lot of these folks who have these dual sided villains, you guys. I may

have to do like a whole conversation on that because oftentimes we're now talking about a balance or extremes in our personality, right?

Bane is a great one, Keith. Thank you for contributing to that. Martian Queen, good morning. Thank you so much for being here. Martian Queen, we're talking about villains and how we recognize the tenets of a villain and if we are ourselves a villain when we are operating in the shadow and we're going to talk about some of these villains that are opposite of those superpowers that we were discussing over the last few months. Too Faced. Great one, great one, Inspire Bus, absolutely. Absolutely, you guys are coming with it this morning. So when we think about villains, villains are also wounded. They may be coming from an emotional wound, they may be coming from a psychological wound. Oftentimes, villains are created because of betrayal, abandonment, disrespect, if they are not feeling as though people acknowledge the way that they're... And the villain part of this comes up because their ego is saying to them, Hobbs, don't run out on me, okay? The villain in them shows up because their ego is saying to them, you deserve more, you're better than that. You can do exactly what they're doing. Why isn't somebody recognizing me? That's that emotional wound, right? You see that wound, that's why we're coming up with wounded, right, that emotional wound that's there or that psychological wound, which means they've been through some level of trauma. And the way that they process that trauma or that... psychological wound that is present, is now through taking some type of action for vindication, for validation, for awareness. Okay, so we're going to come back, right? My life journey hurt people hurt people.

So now we're talking about wounded people, looking to wound other people as a form of confirmation, validation, whatever it is, we're going to talk about confirmation versus validation in just a moment. So, stay with me. Okay. And then the last one that you see there, and I'm going to take myself out for just a minute, is this whole notion of determination. So when you think about villains, right? Villains are literally unstoppable. They have amazing drive, and they never give up. They will literally move through the pursuit of everything with little regard for feelings or consideration of others impact, right? We talk about intent versus impact. Villains will move through with a high level of determination without consideration of what is going to happen to other people at all. Okay. And here's the thing, it's not that they go out with the intent to harm. What they do though, is they go out with the intent to make something better, to bring visibility and awareness to others. This is where the immoral comes in because literally villains, ladies and gentlemen, have a moral code.

They have a moral compass. However, they are willing to violate that moral code to accomplish their goals. They literally will move forward with everything that they have and violate the moral code to be able to achieve their goals. Okay. So let's talk about this for a minute. Let's use Thanos as an example. So if you're not familiar with who Thanos is, Thanos is a character in the Avengers series. He is also very much the type of villain

who believes that in order for the world to be a better place, in order for the greater good to take over, that there has to be a purging. There must be sort of a disruption. We actually need to remove people from the earth and start over. And so if you've seen the series, if you've seen the movie, right, and Thanos gets introduced, you know, very early in the Avengers series and even sort of teased a little bit through all of the origin stories across all of the Avengers, you see him make the decision and you see all of the pursuits of the Avengers as a collective and individually come together because ultimately what they're trying to do in their respective journeys, in their hero journeys is make sure that the world is balanced.

And Thanos is also trying to make sure that the world is balanced, but he's going about it and saying, I've got to now pursue all of these stones, all of these things that are going to help me. He's gone so far in the world that people will see the need to come together and do something positive so that we can start over. So, he literally, he literally makes this effort to wipe out. But you see him through the movie, literally stop at nothing, sacrificing everything, including his own daughter. Right? If anybody's seen the movie, if you haven't, don't let me spoil it too much for you. But I will tell you, and there's one of the movies, one of the, where he's going to find a soul stone and it's a soul for a soul. And what does he do? Right? He pushes his daughter right off the side of the mountain, right?

A soul for a soul. And you see him later on in the movie and you go back and you see him talk to her as a little girl. And she says to him, was it worth it? Or she says, what did it cost? And he said, it cost me everything. So that's what I mean by this determination, right? Thanos is coming from this wounded place. And sometimes that is us. We come from this wounded place. And the only way we believe that we can heal is to get to a place where we can now try to solve for that wound or fill that void. And it means that I, yes, I'm going to violate all the moral things that I know to be right for the greater good, because the belief for the villain is that I can do so much of that. Now let's take a pause here. Because one of the things that I'm not addressing as we talk about, right, he had to go, right? She had to go. OK, but listen, folks, one of the things that I have not put in here that I want to talk about with the villain, because there's a lot of positive that's in here. We see all those words, right? Villains are right. They are intelligent. They have high ambition. They come from great resources. They have a lot of power. But what's the thing that is whispering in the ear of the villain? It's their ego, right? Their ego is the thing that is wounded. Their ego is the voice on their shoulder. That's saying, you know what? You have to be the one that does this because if you can achieve this, then they will see you.

Then they will acknowledge you. Then they will recognize you. Then you will receive the praise, the glory, whatever it is, right? Villains cannot surrender the struggle because their ego is the one that is driving what it is that they're doing. This goal that they feel like they need to accomplish. All right, anybody seeing the Incredibles, right?

Really, really great movie. Good morning, Nikki Walker. Good to see you, all right? Good morning, Ms. Elvie. Good to see you. Did I miss you coming in? Good morning, good morning. Happy Tuesday. Happy Halloween, ladies. Thank you so much for being here. Anybody seen the Incredibles, the very first one, right? And they get to the end. And so, you know, the Incredibles are the supers. And what, does anybody remember the villain? I can't remember his name. But he had the big, blond, spiky hair. And I can't remember his name.

But anyway, the thing that he wanted the most Was validation and we're gonna talk about validation being a villain We're gonna roll just a little bit past nine not too much, but I want to make sure that we get all of this in And so and because we had a late start today, I want to I don't want to shortchange you But I want to make sure so if you remember his name, you can throw it in the chat. It's something like I'm I'm blanking on what his name is something with an S It's what is what's showing up for me. But anyway, what that particular villain wanted was validation his ego it's like It's gonna come to me in just a minute, right? Thank you. Thank you, Marching Queen syndrome. Thank you so much I'm like, it's like I was gonna say syntax. I don't know whether yes. Thank you all syndrome So what syndrome wanted was validation He wanted to be a super But he was rejected right remember at the top of the conversation when we opened about the tenants of villain I talked about being wounded and I talked about betrayal or feeling rejected or feeling right?

You know not accepted syndrome was not accepted among the super community But he also was not accepted among other communities. And so what did he do? He decided he was going to go out and bring himself into the world in a way but when aren't when we let our ego drive us forward and Leave the conversation right now. Our ego is controlling the mantras on our mixtape Anybody in here have been operating from their ego so much so that you get in your own way and that you can't get out Of your own way and then you start to block all of your opportunities your blessings your call to hire anything that it is that could be good for you because you're trying to Satisfy and massage and assuage your ego Hobbs love you mean it. Okay? Anybody in here literally allowed their ego to take over so much so That it now becomes the voice by which you follow instead of following your instinct instead of following your gut Instead of listening to the rationale and the validity what happens you start to let your ego go. No, girl You're better than that Keith says first listen any time a person starts to send us out with first You know that it's getting ready to be something. Okay? Okay, but listen our ego is always present right?

It's always lingering right back here Okay, and it stays ready. It is the thing that is talking to us our egos the things ain't girl You are better than that. Why would you let them talk to you that way? Why don't they see you? Don't they know for a fact that I am great that I'm dope. I need to show them Why would they go give this work to somebody else? Why would they promote somebody else? Why wouldn't they allow me to be the

person that's gonna do this? How come, right, in my faith community, how come the pastor always acknowledges this person instead of this person? I'm really the one that's doing the work. I'm the one that's out here up early every morning from our spouse and partner. How come, right, they don't even acknowledge me, right? I'm the one that's over here making sure that the kids are fed or that they have what they need. And this person doesn't even say thank you, right? Good morning, DJ Sega the Black Knight, welcome it. Listen, folks, there are so many dope folks in the chat. Please go follow Music, Spasm, Sega the Black Knight, right? Ton of mods that are in here, right?

Please go give folks a follow. I know DJLV is in here. Go follow them, show them love. In particular, those who may be working, lurking and commuting salute to you for anybody who's in the background whose ego is high enough to say, you know what? I'm just going to stay back and listen because sometimes folks, your ego will keep you from participating because when you operate outside of your ego, then you're exposed. Then you have to step into your authenticity and let people see you and your ego will keep you from doing that, okay? All of those are the things that our ego drives. And so when we think about the villain in all of us, understand that the villain is fueled by ego. It's your ego that's wounded. It's your ego that is driving that ambition that's causing you to say, let me gather my resources.

In fact, sometimes those resources are people, right? The joker's ego was so strong that he was like, let me just mobilize all of these people who are really about this life, who want the smoke, who are intentional, disco, Darren, if you're in here, good morning to you if you're lurking behind the scenes, right? See, Warbs, welcome and good to see you. Thank you so much for being here. I hope you had a great stream this morning. See, Warbs, I saw you on Soul Train very, very early as I was getting myself together. I hope you're having a great Tuesday, and you are doing well. Thank you so much for being here and thank you so much for the re-up, right? Three months that you... and subscribe and appreciate you. All right. Listen spasms, okay. Your ego will keep you from participating. We're going to come back to that in the morning in just a moment. Tawana, good morning. Welcome and thank you so much for the re-up. You are on an 11 month streak with the blueprint. Greatly appreciate you. Thank you so much for continuing to support this space. I know that you are consistently here and you are giving your energy as are all of you. So thank you. Good morning. Don't even worry about tipping to the back.

Good to see you. Thank you so much for being here. Happy Tuesday. Happy Halloween everybody. I hope you all are doing well. So listen, we are talking about our ego and how that drives the villain in all of us. Okay. And I'm telling you, your ego is the thing that is talking to you. It's whispering in your ear. It's giving you that ambition to move in a way that is not ideal or maybe perhaps not authentically you. All right. So when we allow our ego to get in our way, we literally let the ego be the hurdle, the roadblock, the thing that we, right, we talk about tap dancing and two-stepping in the

blueprint. We want a two -step, but our ego makes us tap dance because now we have to do all of these moves in order to be present because what we want from our ego is valid, what our ego wants is validation.

All right. Our ego wants to be validated and validation, ladies and gentlemen, while it is typically positive, can be a villain. So let's explore this. Okay. So our villain for today is validation. Now you might be saying to me, Kim, why are we talking about validation being a villain? So do you recognize this character? Who knows who this is? Right? I see what I'm who this character is on the screen right here. This is one of the ultimate villains. If you are an anime, I am an anime fan, right? Certain types of anime. I'm not deep into the dark blood and gore, heavy type anime. I'm a little more light on my anime, right? Right. I do. I love anime. I think it is very creative. I think it is very expressive and representative of the human condition. And I think some are more so than others and they explore some of the things, but this is right. Right. So this is Vegeta for those who may not know. So shout out to anybody who is a Dragon Ball Z fan. I'm going to show you a clip in just a minute. So this is Vegeta. Vegeta is one of the villains from Dragon Ball Z. And he is a villain who wanted validation. So if you know anything about Dragon Ball Z, and I won't spoil it if you want to go and look it up.

Okay, Marie, exactly. Dragon Ball. Listen, Dragon Ball Z is like my whole childhood, like high school, early into college. like freshman year, spent a lot of time when I was not studying watching Dragon Ball Z with my friends. These epic battles between Goku and Vegeta or Goku, Vegeta, and Buu, right? It's a whole rabbit hole. We don't have time to go down today, but I'm just saying, okay? For those who know, if you know, you know. So, shout out to all the Dragon Ball Z fans that are out there, okay? So this is Vegeta, and he is the perfect villain Avatar to talk to represent our villain of validation. So what happens is, when we look at validation, what it is, is it's defined as a wound. So, what are we talking about? Villains defined are having this wound exposure. So everybody's got some type of wound, whether it is self -inflicted because you were trying to help. Let me, hold on a second. Let me remove this. Listen to me, folks. Sometimes these wounds that we are dealing with are self -inflicted because we were trying to help someone else. which makes the wound sting that much more deeply.

And so here we are going out to help someone else to be a hero, right? Listen folks, sometimes you are a hero to start and then your villain gets activated and you shift real quick into the dark side, okay? So, we now have, we have a self inflicted, I wasn't gonna go there, I was thinking about it last night but I'm gonna do it because we're in the space of this, okay? Sometimes these wounds are self -inflicted because we were going to help somebody else. We were putting our gifts, our currency, our resources, our time, our energy, our money, our emotional capacity. We were putting all that out there for somebody else. They didn't appreciate it, they toyed with it, they stomped on the ground, they two stepped on it and tap danced on it. They didn't show up, they didn't say thank

you, they didn't give us the things that we needed. They didn't validate us in some way, right? I see you all in the chat, right? I see you all in the chat, okay?

And I'm telling you, good morning, big stove. Shout out to you, thank you so much for being here, okay? And I'm telling you, sometimes these wounds are self-inflicted and those are the ones that hurt the worst and so then what happens? Our ego is trying to heal us through this wound, okay? And our ego was like, girl, why did you show up? Or sir, why did you show up? They don't even really care about you. They didn't even acknowledge all the work, the time, the energy that you put in it. You didn't do something for you, so you could do something for someone else. And so now this wound is open and deep and gaping, okay? Because we are missing the validation, the call is 06. Mm, right? This is where we start to peel back these layers, ladies, and gentlemen. Hobbs, I see you, I see you, Hobbs, okay? Listen, because we love, just go see. You all just go see my lock journey or lock a key media. One of them will put the boss gear command in the chat and you can get whatever you need from them. Keith, is the couch available? Keith is quiet. I don't even know if Keith is still in here. Keith might be actually getting the, Keith might be getting the couch ready for those who need to go and sit on the couch with him.

Cause Keith's last sentence in this chat started with first. So I know. My lock journey told me last night that instead of writing me out, she was just going to tell everybody to hit the deck. So, I'm, listen, I'm coming with it because I want to make sure that I acknowledge that sometimes these wounds, ladies and gentlemen are self-inflicted and they trigger the villain in us. Okay. They trigger the villain in us. Marching queen says she's calling for the ushers. Okay. I'm telling you folks, I really want you to understand this whole, these villain tendencies, because then you can rise above them and not let. These things get the best of you because then you surrender your power. Then you're not operating at the highest potential then you are not being the boss of your own blueprint. That's not what we do here. So let's go back to Adding this to the stage. So when we talk about this Notion of being a villain right this notion of validation. Alright these wounds sometimes these wounds are exposed but sometimes these wounds are hidden sometimes we get wounded and And Here we go.

Okay, sometimes we get wounded but our pride which is also a villain doesn't want anyone to know that we are wounded and so we go hide and we try to nurse ourselves and recover in secret, right? Okay. Sometimes our pride is the thing that keeps us because through pride we don't want to be exposed. We don't want anybody to know that there's something wrong. There's a disconnect I've you've actually gotten to my Achilles heel you have discovered the thing about me that is a weakness that is the deficiency or a gap and so instead of asking for help seeking support we go over here, and we say I'm gonna hide and I'm wounded and I'm feeling disrespected betrayed or whatever the case may be.

Okay, and So now that wound is a hidden wound and sometimes the hidden wounds are worse because sometimes those hidden wounds can also be Self -inflicted but we hide them from others and Then that gets in the way of us being great of us being great in our gifts We get in our own way when we hide our wounds. Oh somebody write that down Okay, we get in our own way when we hide our wounds because we cannot heal our own wounds Ladies and gentlemen wounds have to heal over time, which is currency But sometimes we need help from others and because you have to feel the heel you have to feel those feelings And sometimes in feeling those feelings you need to go and seek compassion. You need to go and seek some of those things that are superpowers for those wounds to heal, especially if you choose to hide a wound because of pride. Please don't let your pride hide the wound. Okay, you may need to be in a space where you are acknowledging this because you will not get that validation that you seek if you are hiding your wounds. Are y 'all still with me? Absolutely, Hobbs.

We think we hide from others, but many things. Absolutely, they already know. Emma Keith is asking for space on the couch. Emma Keith is asking for space on the couch. Okay, Keith, I don't even know if you're still in here. Is Keith still in here? I don't know if Keith is still in here or not, but I'm telling you folks, because we, here's the thing. We stay, we keep our, there you go, Keith. Okay, just making sure we stay, folks are joining you on the couch, Keith, just so you know. All right. I am telling you, all of these things are the way that we show up in these wounds. And when we talk about validation, let's go back to this notion of villain, validation being a villain, okay? The second thing that I wanna call out in this space is that it's a wound, whether it's exposed or hidden, but it's also, then it becomes an obsession. And by an obsession, I mean, is the thing that we spend the most time focused on.

You have to get something stuck in your brain. It's the thing that you put, and you talk about it to everybody you know, right? You've gone through a bad breakup. So you're wounded, right? Someone that is close to you may have transitioned, right? Or passed away. And so it's the thing that you talk about, right? You're grieving, you are transitioning. Something negative is happening. And until you work through it, it's the thing that gets all of your time and attention. And you talk to everybody about it. And you may bring whatever that energy is with you, right? Whether it's negative energy or whether it's toxic energy or whether it is energy, crystal method, good morning.

Riot crystal method, you said toxic, just as I wasn't right, but it becomes this whole toxic. And it's the thing you talk to everybody about. And until you are healed, ladies and gentlemen, you will continue to talk to people about it. Until you heal that wound, it is how people will experience you as a villain. Yes, SEGA, it will absolutely consume you, my life journey. I love you mean it, okay? But you will talk about it. Now, let me, I'm gonna call out my life journey and the loving one. My life journey has extremely high self -awareness, right? You all know she's my best friend. And there are

times that she will say to me, I will call her and she won't answer the phone, but she will text me and say, I'm in a space and I don't wanna put that energy on you.

So, I didn't answer. And I don't wanna tell you what's going on because I don't want you to now be in this space. So what she is doing is she is protecting me from her wounds because she is, right? Even if it's a hidden wound to her, she, will tell me that she's feeling something. So much so because that's the thing that she may need to work through. And so she will save me in that way. And she will say, you know, I'll reach out when I'm ready. I'm okay. But she won't expose me to that in that way. Because to say this point, right, it will consume you, it will be the thing that you always talk about. That you're not operating at your highest potential. You can't be great in your gifts. And and that's what that's what being the boss of your own blueprint is about. Okay, it will absolutely consume you. Right, we talked about that Achilles heel knowing that valid validation means that someone has found your weak spot, someone has found the part of you that can take a hit.

They found your kryptonite, so to speak, right, if anybody is familiar with the story of I can't think of his name, but he's the, you know, in Greek mythology, you all know who I'm talking about. Right. Yes, Basims, we send messages to each other like that all the time, right? We will acknowledge, I'm in a space, and it's not that I don't want to engage with you, but I don't want to expose you to where I am, right, because she knows I will worry or she'll worry, and my locations are on for her. She can see wherever I am in the world. So she will just stop my location, right, if I don't respond or, you know, if she'll give me a little bit of time, but after a certain amount of time, if I'm not responding, she will then resort to her own measures, right, which then puts her in this space, right? So, she'll acknowledge when she's there, and it's one of those things where we just kind of say, well, what do you need? And they're like, listen, y'all, for a few weeks this year, for a few months, my journey was going through a transit. So, there were months where I was not talking to her every day. I sent her a text message every morning, gave her some affirmation. I might hear from her during the day, right, but I didn't, but she said it up front.

I don't have a lot to give right now. So sometimes you just have to know that, right, because if that obsession or focus becomes the point, right, because here's the thing, this Achilles heel, this point where, and for, I'm just going to use the two of us because that's what we're talking about right now, right? This Achilles heel that we were talking about, for us, it was an emotional thing, right? The emotion becomes the Achilles heel. When people, listen to me, folks, real clearly, when people can get you in your emotions, those are some of the deepest and most severe wounds, because no one can truly know emotionally how you are pouring, contributing, showing up, sacrificing, leaning in, dialing back, whatever it is.

So those wounds are the deepest. They are literally down into the belly of muscles. They are literally down into the place where you feel everything and in a moment where you don't want to feel to heal the only thing you can do is feel to heal and so our emotions sometimes are those Achilles heels right it's that point where people can get you you are you are most exposed you are most vulnerable and that's when you have a choice you can get into your own way you can get into your you can get into your own way you can block your blessings all of these things because the emotion consumes you right the emotion is the thing that starts to take up all of your time the emotion is the thing that always gets you right so when we talk about all of this we talk about all of these moments where we are wounded and we're looking for validation but we cannot find validation because we are seeking it through our ego ladies and gentlemen but I'm telling you you cannot hold on man let me say this you cannot be validated through your ego.

Your ego is what's feeding the wound. You have to be validated outside of your ego. And actually, you don't want validation, what you want is confirmation. That's the opposite of the validation, right? You want to be, you want confirmation, you want to affirm yourself, right? You want to know that you are great in your gifts. You want to believe you want to reaffirm all of those things that are present. Okay. The last thing is, sometimes in being a villain, you actually believe that you are the hero. Now, this is really, really a hard one. Absolutely, Sega. Sega says that ego is more emotional than tangible. 100%. 100%. Okay. All of the things that we talk about, right? Here's, here's the, here's the thing, folks, sometimes as a villain, you, you will believe that you are the hero in somebody else's story, that you are bringing all of the greater good, all of the exposure, all of the life, the energy, the happiness, whatever it is, you might think that you are being the hero in someone else's story only to discover that that's not how you were seen.

That's not how you were regarded. That's not how you were respected. Thank you, Kayla. Right? That's not any of those things. You discovered that they didn't see you as the hero at all. And because they didn't acknowledge or validate you, there then is the trigger for your villain to show up. Okay. And that's the hard thing, especially for those who have been through any type of transition, whether it's a relationship, whether it's a, you know, a romantic relationship, a relationship with parents, siblings, family, a relationship with your career, a job, a community that you were a part of. Anytime you discover that you may not have been what someone or something thought you were, the way that you tried to show up. if there was a disconnect from that, it can trigger those villain tendencies in you, right? You show up as powerful, you show up as resourceful, you show up as ambitious, and then what do you do? You get in your own way to try and mitigate all of those feelings, or you shut down and you hide away.

And there's this whole notion of how you get back to this space of remembering who you are, remembering those superpowers, remembering this whole notion of I got this, I don't have to operate in the villain. You don't own any of my validation at all. I can affirm myself, I can be clear, I can be intentional, I can show up as who I am, I can be my authentic self. In fact, you don't trigger the villain in me at all. All those dark and shadow tendencies can go back to the side. I can operate in my greater good. And as a villain, and as we explore these different villains, we talked about validation today, and a little bit about ego. And we're going to talk more about characters who demonstrate these villains and the people who, and the way that we show up, or thinking about people in our lives that demonstrate some of these villain tendencies, okay? Crystal Method says, she doesn't have confirmation, however, she can see points in her life where she intended to be a hero, but might've been the villain, usually because they didn't ask for anything I gave.

That's right. Sometimes we give things that people don't need and then wonder why they treat us the way that they do. Right? We put ourselves out there. Swirls, welcome in. Good to see you. Thank you so much for being here. Swirls, we are talking about being a villain and what it looks like in the people who are around us. DJ Classics, welcome in. Good to see you. Thank you so much for being here. Happy Halloween, everybody. Right, I am festive with my ghost earrings this morning. Okay. So when we think about this notion of being a villain, now I'm gonna read out some of these villains that are opposite of the superpowers that we talked about over the last three months. And these are going to be the words that we absolutely, Crystal Method, so only intending to help, but they didn't ask for it. If you give somebody something that they didn't ask for and they don't appreciate it, whose fault is that?

Right? That's one of those self-inflicted wounds, ladies and gentlemen. Does everybody understand that? What Crystal Method is talking about? She is talking about self-inflicted wounds where her ego is now bruised, okay? You give someone what you think they need; they didn't ask for it. They then don't react the way that you thought they were going to and now you are hurt and they are fine. Living their best life, not thinking about you because they didn't ask for it to begin with and now you're all hurt and in your feelings and feeling some kind of way. Wondering why people don't appreciate you, why they don't understand all the work and time and energy that you put in. They didn't ask you to do that. You chose for them. And when you make the choice for people or when you take the choice away from people, it then becomes all of the things that we don't want, right?

And we don't understand why they don't want it, okay? So let me read out these villain words. Am I like, Donnie, love you mean it, okay, right? Let me read out some of these words, these villains that we're gonna be talking about over the next few weeks.

And then I wanna wrap up some housekeeping so you guys know about my travel schedule the next couple of weeks. And then we are going to get ready to get out of here and go see DJ D-Man and support the last day of Beats for a Cure, all right? So, I want you to write down some of these words as we talk about, as we prepare to talk about more villains. So today we talked about validation. So everybody should, my gun geek, right? So everybody should have written down validation as a villain. The rest of the villains that we are going to talk about, revenge. Okay. Rejection. Deception. Abandonment. Abandonment is a big one. Manipulation. And betrayal. Let me give that list again for those who may have been writing them down so we talked about validation today but the rest of the villains that we're going to cover over the month of November as we lead up to Thanksgiving because these are also ones that we are going to work through as we do our shadow work and prepare to leave some of these things behind in 2022 -23 as we make space for 2024.

We're not going to wait. Okay. Absolutely. We're on that healing journey. Okay. Here we go. Here's the list again. So validation is at the top. The next one is revenge. Rejection. Deception. Abandonment. Manipulation. And the evil notion of ego and the wounds and why wounds really drive who we are as a rumor in our sort of villain space but each one of these villains is opposite of a superpower that we talked about over the last few months and so we're going to balance some of that out and then I'm going to be bringing in some character some named characters and things that are that you know people that we've seen across movies or characters and stories.

Listen folks there are a lot of characters out there who demonstrate some of these. Let me just drop some of these names. You can go ahead and put up the raid message or whenever you're ready but some of these villains some of these villains that we see folks whether they are double -sided villains meaning they have good and evil. Right. But think about some of these names right. So Blade any Blade fans out there. I'm a big Blade fan. and loved the movie, watched it recently, right? Batman, we talked about Thanos, right? The big bad wolf, right? Sid, anybody, any Toy Story fans out there? You guys remember Sid, who was the kid that lived across the street. He used to manipulate all of the toys and do bad things to them. Magneto is a villain, right? Syndrome we had on the list. Scar from the Lion King. My journey gave Miranda from the Devil Wears Prada. Spawn, right? Any Spawn fans that were out there, right? Spawn is a great one. That cartoon on HBO for those, or it's an anime.

It was a graphic novel. Let me get it very correct, right? On HBO. Mystique, who is from X-Men, right? She was on, yep, Mystique, who was on the other side. Okay, so there's a lot. There's more, right? Catwoman, Hulk. You know, listen, the stepmom and the stepsisters from Cinderella, all villains, right, all of those. Okay, so there's a lot of folks, characters that we, when we look at their tendencies and as we talk about things like revenge, and we talk about things like deception, Mystique's villain is all about deception. She made you think she was somebody she wasn't anybody in here know

people like that. That's how they present themselves to you, right. Deception is what I call the representative, right, you send out who you want people to think you are.

And then they meet the real you we're gonna talk about deception and just we're gonna talk about deception. I promise you, listen, folks, just just be prepared with your boss. Be prepared with your boss here. All right, we are. Thank you, Kayla. Exactly. Good. All right, folks. Listen, we are going to get out of here. We are exactly at it. We are at exactly an hour. Marcy, you know, Brady, I appreciate you all good on the lurk. Listen, folks, thank you so much for being gracious while we work through the technical difficulties. Shout out to lock and key media who is right there in this door, excuse me, he's in this door right here. There you go. So now you know, he's in there. Listen, folks, we are going to head over to see DJ D man and support beats for a cure. We're going to raid into him and then our friend DJ D man is going to raid in the lock and key media who is also going to be on beats for a cure today.

So we're going to go ahead and show him some love. He rarely streams during the day. So for those who don't know, right, if you've caught him on jazz for that, he's been there. Maybe you've called him on soldier Sundays, but he is going to be doing his thing at 11 a .m. Eastern Sandin time today. So let's make sure that we go show him some love. So stick around for the raid. Copy the raid message. We are on our way to see DJ D man. Right. I gave you guys a great list of what these villains are and I want you to be thoughtful and mindful. I did not get to show you all the video. I will save it. for the next stream, which will be on Thursday morning. I will not be here Thursday morning. I will be back at my place on Thursday, but definitely working through making this a regular occurrence because there's been a large amount of resounding support for the blueprint coming through from Lock and Community Studios, all right?

So copy the raid message. We are on our way to go see DJ D -Man. I'm gonna throw that up one last time, okay? Appreciate you all for being here. Thank you so much. Be mindful of your villains, folks. Take really good care of yourselves. I know I say that at the end of every stream. I have an intro mantra and an exit mantra. DJ Greg Flowers, good morning. Thank you so much for being here. Incredible stream yesterday. Thank you for sharing your wife with us and allowing us to hear her story. You guys, please give DJ Greg Flowers a follow. Yesterday we got to hear his wife's breast cancer journey story and it was just magnificent. So thank you so much, DJ Greg Flowers, for being here and for supporting the stream. And thank you all for being here. Listen, folks, until you all the time take good care of yourself. Beats United Radio, good to see you.

Thank you so much for being here. LV, appreciate you. Thank you so much for being here. Until you all the time, folks, take very good care of yourselves. That includes also acknowledging and recognizing when you're operating in your superpowers and when your villain might be taking over, OK? So with that, have a fantastic Thursday. We'll see you on the other side.