

The Blueprint Creating S P A C E 1

July 9, 2024 · 66mins

Thanks for watching! Good morning, everyone. Happy Tuesday. Thank you so much for being here. If you are new to the stream, if you are new to Twitch, or if it's been a while, let me introduce myself. My name is Kim Blue. I am an HR strategist, a career coach, and I'm the owner of KBlue Consulting. Welcome to the Blueprint. This is a space where we come on Tuesday and Thursday mornings. Tuesday is at 8 a .m. Eastern Standard Time. Thursday is at 11 a .m. Eastern Standard Time to chop it up about all things personal and professional development. To know me is to know I am a believer that everyone should be the boss of their own Blueprint, which means having access to the knowledge, skills, capabilities, and resources so you can operate at your highest potential and value to whatever work you own or are responsible for and most importantly, show up as your authentic self because when you are authentically you, you can be great in your gifts, you don't have to dim your light or shrink back. You can give the world your best and in return, receive the best that the world has to offer.

That is what I believe is being the boss of your own blueprint and this is where we come every day, every week to talk about that and ensure that we are doing the work, we are holding each other accountable. We are being intentional about how we're moving forward and we're making sure that we do so from a place of love because this is a community of support. So with that, let's get started with today's conversation. First and foremost, I am modless today. So you're gonna see me modding a little bit in place of Kayla who is currently on Soul Train. So if you don't have him tabbed up or you want to have him tabbed up, please do so and support him over there, which is why he's not here today. So when we think about the housekeeping, so just a reminder next week, there is no blueprint whatsoever. I will be traveling Tuesday, Wednesday and Thursday and all of it comes across the times where I would normally stream.

So, no blueprint next week and then we will resume all of our sessions the week, the following week, the last week of July, okay? So no blueprint next Tuesday. In addition, if you are interested in joining the coaching group, let me drop the link to the coaching in the chat. It's exclamation point coaching and you can see details there. Our current coaching group is rocking. We actually have our group meeting, I think this Thursday if I'm not mistaken and we are going to be talking about all of the amazing things that they are doing. There is so much good stuff happening in this group. I cannot wait to share the details but more importantly I cannot wait to have them join the blueprint and tell you their testimonies and their stories themselves.

So exclamation point coaching it is an excellent investment of your time and I am seeing the growth and most importantly I am seeing everyone's confidence increase and them really ground themselves in their own competencies right. I teach a lot about competencies and balancing things that will help you when you're personal and professional life but when you start to show up in ways where you develop and lean into competencies that are specific to you meaning I want to be making better decisions. I want to be a stronger communicator. I really want to be you know more vulnerable. I want to be less closed off whatever those things are and I can start to see them as your coach. That is a true testament to the work that is being done. So shout out to the blueprint coaching group and if you're interested please see me for more information. That is taking place once a month. And then a reminder that you get a quarterly conversation with me and we strategize ahead for what the next three months looks like.

And we get really intentional about how we're going to move forward with your goals. And every single member of the group is making great strides and I'm really excited for that. So exclamation point coaching if you're interested. Okay, so with that, let's see who is in the room and then we'll get started with today's conversation. We are talking about creating space for the month of July and we're going to recap with the estimate and we're going to go today into preparation. And then we're going to be on our way out of here for sure. So good morning to my mods, even though I am my list today, to Kayla who is DJ and to My Live Journey who is recovering and I spoke with her last night. She is doing well and she is just really continuing to focus on all of her healing and recovery. So we want to make sure that she knows that you all are thinking about her and to everybody who has sent messages and who has been intentional about reaching out to me to share notes with her, I am passing all of that along. So she knows that you're thinking about her. So thank you for everyone who has sent some love her way. Good morning, Dr. Donna Dundas. Good to see you, Dr. Donna Dundas. I think you sent me a whisper a while ago asking about asking a question.

And I think I responded back to you. So let me know if you're still interested or drop your email address in a whisper and I will follow up. So I think I responded the same day, but hold me accountable to that, please. I get busy and sometimes I'm not always in the whisper. So good morning, Bashi Katie. Good to see you. Great stream yesterday. Y'all, I got a chance to hang out in Bashi Katie stream in the morning. And it was phenomenal. She was just in there in her own groove, doing her thing. And it was nice to see her smiling face and good energy back on Twitch. So Bashi, good to see you. to see you and welcome in. Thank you so much for being here. Good to see you, Sea Love 702. I hope your birthday celebration is continuing and that you are entering into this new decade, this new chapter, this new trip around the sun with all types of good energy and love that is surrounding you.

Indominable Spirit MG, welcome in. Good to see you. I cannot wait to catch up with you and hear how things are going. I know you have been working on lots of

amazing things behind the scenes as has Hobbes. I don't know if Hobbes has come in, but Hobbes has got some clear goals and things that she's been keeping me in the know on as she is really making moves. Good to see you, Mr. Nate. Happy Tuesday. Thank you for being here as well. And I hope you are great. Good morning, LaWanda Baskerville and Big Stove. Shout out to you. We'll give all of these folks a follow. LaWanda, Mr. Nate, Big Stove, great streamers, great mods who are in here as well. Go follow them because they will lead you to... other amazing people in this community and all we all know that everybody is doing great things in here and so we want to make sure we can support where we can. Good morning, double spirit. Good to see you. Thank you so much for being here. Happy Tuesday. I hope that you are well. Dr. Dady Priest, good morning. Good to see you. Thank you so much for being here.

Dr. Dady, are you on this evening? I have been wanting to shout out your Tuesday evening streams but I know you are in the midst of evolving and birthing greatness and so I've been mindful about not saying go find Dr. Dady on Tuesday evenings for Engagement Matters. So if you are, please let me know so that I can shout you out and be stoked. Are you on tomorrow morning for the warm up? I want to make sure and I'm telling the folks where they can go find you. Okay, Dr. Dady says no, she's not on tomorrow. That's all right. I know you were, I know you have been on on Sundays and you've been balancing that with again all the great things and I know you're working on so I don't want to leave out an opportunity to give you some love if possible. DJ TNT, good morning. Welcome in and good to see you. Happy Tuesday. I hope that you are doing well. If I did not say good morning, please say something in the chat. Okay, thank you Stove. So Stove is on tomorrow morning. Is it 6 a .m. this week or 6 30 because last week we got an extra 30 minutes. 6 a .m. at early is 6 30 a .m. for the warm up. It's 90 minutes of all things jazz, good groups and it is a great way to start your day so go find him in the warm up Wednesdays and thank me later for that time that you have to start your day.

So 6 30. Okay, thank you Stove. So listen folks, if you're in the chat, if you are working, lurking or commuting, take care of yourselves and let this conversation serve you in whatever way you need to. You all know how I feel about this space and I appreciate my lurker population oh so much because that's what makes up a lot of behind the scenes just as much as the folks who are in the chat for sure. So thank you for being here and if I didn't acknowledge you please say something so. that I can shout you out before we write out okay so for July we're talking about creating space and I introduced it last week and remember I told you space spot letters we have five streams this month because I didn't stream last Thursday because of the holiday not streaming next week which means we'll have just enough time to cover this and then we will get to August good morning Hobbs good to see you good morning Keith good to see you as well you both are right on time just getting ready to start the recap for what it means to create space last week we introduced and open up with the s and it means surrender and that is essentially what it was that we were starting to foundation allies like what it

means to surrender to let go or to release yourself from sometimes surrendering is releasing yourself from an obligation whether it's self-inflicted or otherwise sometimes that obligation is something that comes up through circumstances and we feel that we need to do these things love Good to see you.

And then sometimes, good morning Boho Ikigai. Good to see you. Thank you so much for being here. How's your day been so far? Happy, happy Tuesday to you. Appreciate you on the walk and lurk. I hope you have an excellent walk this morning. And so we're talking about this whole notion of creating space. Sorry you guys, I just got my notes right here. Did you see me looking down? So we talked about this notion of surrender and there are three parts of the surrendering that I wanted to recap before we go into talking about the P, which is preparation. Okay. Because once you surrender, you then have to prepare for the journey ahead. What does that look like? What do you mean? What do you need? What's missing? And how do you ask for help? Or how do you identify what your resources are? All that goes into preparation. Okay. So for the surrender, you're surrendering three things. Okay. You're surrendering speech or words that don't lead to success. So we talked about the power of life and death, right? Metaphorically or otherwise being in the tongue. So our words matter, what we say to ourselves, what we think and what we say out loud to the world and to others matters. So when we get to a place where we're talking out loud, we have to speak life, victory, purpose, success into whatever's coming, right?

Last month I told y'all and for those who were at the Ohio meetup, right? I put Hobbs on blast and I told you all that she said, I'm going to do this thing by June 1st. And by June 1st, she had not sent me an email and I said, Hobbs told me she was going to have me an email my June 1st, right? And she did a few days after that. But then when I saw her at the Ohio meetup, she said, I am going to have an update to you by the second or whatever that date is. She had already proactively come to me, right? So she was using speech that was setting her up for success so that she could meet these deadlines and these goals that she has, right? But she had to surrender saying, I'm going to do it. And then whatever she was thinking in her mind, not letting that become the thing that was going to stop her, but staying the course to the things that she knew she wanted to do. So we have to surrender language that's not leading to success, which also means that we have to surrender the actions or choices that also don't lead to success. So if you are doing things, if you are being things, if you are not doing things that don't put you in the direction of meeting your goals, you have to decide if those are the right things for you to keep doing.

And if they're not, then you have to be okay letting them go. You also have to be okay saying, I recognize that this doesn't serve me. And so I got to let that not stop me or I have to change my direction or change my intention. And then the third thing is you have to surrender the limiting beliefs, right? You've heard me talk about that labyrinth of limiting belief. This big thing that we kind of carry around and it's all the statements. It's

all the personal judgments because we do judge ourselves, ladies and gentlemen, okay? If this is the moment where you feel like your toes are stepped on, Let me get you some boss gear. Okay, because I want to make sure that sometimes we recognize that we do Judge ourselves right the personal judgment is the thing that sometimes Overpowers us overpowers us and we don't leave room for any of the other good words Other good thoughts other good energy other good vibration to come in We judge ourselves.

How do we judge yourself? I'm so glad you asked we judge ourselves and thoughts We judge ourselves based on other people's expectations perceptions and an Anticipation of what we're going to do or how we're going to show up Okay, and so when we hear the words of others, which is why you have to surrender those things when you hear the words of others We start to absorb that and then instead of dismissing it We then assess ourselves or how good we are how not good we are how dope we are how negative we are Whatever it is, but we then start to assess ourselves by the standards of other people Mostly because perhaps they not have the success that you have had or they have you know been in the same position You've had and somebody's not been there to encourage them. They may not have had a blueprint in their life They may not have had any safe spaces where they could go But nonetheless, we take those words and then we hear them and then we begin to assess ourselves based on that Insert the judgment insert the low vibrations insert the things is Keep Right, but insert the things that right and we start to talk about ourselves The same way that others are talking about ourselves Especially if it is not true Oftentimes it's not true.

We hear the words and we internalize the emotion and it just stays with us You got to surrender that okay, because the judgment that comes in that we give ourselves will stick longer and deeper and feel more or intense because we are perpetuating that truth. And I'm here to tell you that it's not something that you have to continue to perpetuate, okay? All of these things are really intentional when we start to think about the preparation part, okay? Because when we prepare, which is what the P stands for, and we're gonna talk about that today, so we've gone from surrendering all of those things, because once you let them go and you stop doing them, now you have space for new things to come in. But you have to prepare, right? You have to prepare your mind, you have to prepare your body, you have to prepare your energy, and you have to prepare, right, emotionally. So let's talk about what it means to prepare your mind.

Preparing your mind means you've got to speak and think the same way. Somebody write that down. Preparing your mind means that you have to speak and think the same way. If you think a thought in your head... and it does not align with what you say out of your mouth, then there's a misalignment with your mind and your heart. Most of the battles that we have relate to, I'm thinking this, but I'm feeling this. Anybody's feelings and thoughts ever not been in alignment, and it keeps you from making a decision, or it allows you to be like, eh, I need to waver, or I need to, I'm feeling like I got one foot here and one foot there. Hobbs is putting that back in the chat, preparing your

mind means you think and speak the same way. That's absolutely correct, right? All of these things are intentional, because how can you prepare yourself for the journey if your mind is in one place and your heart's in another place?

Anybody ever try to convince themselves, okay, I got this, I know I can do this, this is the thing that I say I wanted and now I haven't, and then in your heart, you're feeling fear, anxiety, you're feeling hesitancy, you may be feeling vulnerable or exposed. Good morning, Letitia P, good to see you. Thank you so much for being here. When we think about this alignment between our heart and our mind, we have to start there, because if we don't start there, we will be in a space where everything feels like uncertain. Oh, you want me to get off your street today? Okay, Keith, Keith definitely knows. Hobb says, raise his hand loudly, all of this, right? But do you guys understand, you get it, you've all had conversations where your mind is saying one thing, but your feels are in a completely different place, right? And you just can't get right, you can't get aligned on that. And so then you can't make a decision and then you can't move forward and then you feel stuck. And because you feel stuck, then you start to talk to people and people go, I don't know why you thought that was gonna work. And they start to put their own projections on you. And now you're in here judging yourself, wondering why you can't do it. It's because your mind and your heart are not aligned. You have to get in alignment with the things you're thinking and the things that you're saying.

If you believe in your mind that you know what to do, then you have to say out loud, I know the next three things that I need to do. Because once you say it and once you've put those words out in the universe, it is so. I know the next three things that I need to do, right? Hobb says, she had a very big avoidance is not a strategy moment around this very thing yesterday. Okay, Hobbs, well then that means that we are in alignment and that you are very much in the preparation phase because right, you've been doing a lot of surrendering, letting go, transitioning, doing all these things. But when you start to hit these moments around where avoidance is not a strategy, it tells you that you can't avoid the inevitable. And the inevitable is, can I say out loud, what I know I need to do?

You should. right you should absolutely be able to say i know that the next three things i need to do are this this and this because once you say them then you have to do them that means your mind and your heart are in alignment right even if you're afraid you can still do it afraid that was one of our mantras from the mixtape last summer you can do it afraid right all of that is really intentional so be in be open to saying what i say in my mind i'm going to speak out of my mouth so that when i step into my next task my next ask or if i discover that there are things that i'm learning along the way that i didn't consider as i start to process that in my mind i'm okay knowing that that's what i need to do in fact i'm more than okay i'm confident knowing that that is what i need to do so preparing your mind means preparing your heart so that there's alignment with what you are thinking and what you are saying out of your mouth why because words matter and

we are using speech to set ourselves up for success okay we have to prepare our emotions when we step into whatever our next our greater our biggest is you have to be okay prepare up receiving or experiencing new emotions different emotions why because the emotions that you were experiencing where you were in this place where you were saying i'm not ready i don't have this i don't want to be here this is not in service to me i'm not happy i'm angry i'm frustrated i wish things were different this is not what i asked for i want to get out of here i want to move to a different place i'm ready for change right i just named what 10 12 statements right there if at any point you said that you have also felt the emotions associated with those statements if you have said i'm unhappy what are the emotions that come with being unhappy if you have said i want to make a change what are those emotions associated with wanting to make those change.

Whatever negative space that you are in, there are emotions that go with that. And when you surrender those things and move yourself in the direction of, I wanna be happy, I'm ready for this change. I am embracing my success. I am open and willing to do something different. I am good with who I am. I bring everything I need to this situation. I have everything it takes to do everything it takes. I'm already good enough. I'm greater than great. I'm larger than life. My mind and my energy are fortified in my success. Whatever those words are, there's a new set of emotions that come with that. And you have to be prepared to experience those emotions because when you're so deep and connected to the negative emotion, the positive emotion can feel foreign and you can reject it unknowingly. Anybody in here ever rejected positive emotion? Keith don't run away because I know you're about to do it. Keith is either about to call me after this stream okay or he is about to text me right to text me during this stream and be like so you're just gonna put all my business out there it's from a place of love right.

But I'm telling you when you create space for new emotion you have to be okay knowing that it's going to take up this space because if you don't you will unknowingly or knowingly reject it because you're so comfortable in the negative emotion that's where some people thrive some people thrive in this negative right you can stir up a bunch of trouble and stir up a bunch of dust but when the dust settles can you can you produce in the piece can you produce in the piece I see you Keith thanks Asher right but can you produce in the piece because when you have peace do you even recognize what it looks like that's why you have to get your emotions together we can thrive all day in negative emotion in the dirt in the mud right because in that we're flailing we're screaming we're doing all these things but can you produce in the piece can you can you embrace the piece can you be okay knowing this is what calm looks like this is what resolute looks like this is what happiness looks like this is what all these other things look like thank you LaWanda I appreciate you all right this is what all these things look like good morning Shelly thank you so much for being here thank you to you and LaWanda so much for like not modding but modding in my stream I appreciate you right does everybody see Keith's statement right and because as humans we can resonate with that Keith says when you have peace do you even know what it looks like no no ma 'am I don't and

stomps off to the couch Keith is going to his own couch anybody who would like to join But these are real questions ladies and gentlemen, okay? Because here's the thing, if we can't recognize what it looks like, it will be so foreign to us that we can accept it and now we've not done any emotional preparation and that lack of emotional preparation becomes a storm inside of our souls and we can't be in a place to receive anything positive at all.

So you have to do the emotional work. Good morning Raiders, come on in. Good to see you. Happy Tuesday. Salute to you one reason and everyone who is coming in from the Gospel Takeover rate. Always, always happy to see you on Tuesdays. Thank you. Thank you, thank you, thank you so much Reason for bringing everybody over and for Shelly and LaWanda who are mods in Reason's stream for giving me the heads up that you all were coming over. Happy Tuesday. Thank you so much for being here, Ms. Purplish. Good to see you. Welcome in. Thank you for being here. I hope you're doing well. Good morning, Diz. Good to see you. Thank you so much for being here. Let's, can we just take a minute as the raid is coming in, right? I just want to shout out DJ Diz, okay? Because last night, so yesterday was Rebaum for those who don't know, right? Remix edits and blends, oh my, is what the analogy stands for, right? Good morning Reza, come on in. Everybody who is at the blueprint boss board room, scoot over and make room for folks who are at the table or folks who are already immediately going to go find their pew or their space on the couch.

Dr. Dady is in here, so if you need a weighted blanket, go ahead and see her because I have been doing all the things this morning, so make sure that you get your gear on the way in, okay? If you feel like you need it, right? Hats, steel tail boots, tissues, reflective vests, or just a space to kind of lay down. Thank you so much for sending your family over to the blueprint reason. Always good to see you. Please give one reason to follow if you are not. Let me shout out DJ Diz really quickly, and then I will do the recap and then bring everybody forward in where we are in our conversation about creating space. So yesterday was Rebaum. First of all, shout out to any of the, all the DJs who were on Rebaum, whether you were lurking behind the streams or not, it was excellent yesterday. Just, it was one of those full-fledged show your behind days. Everybody was on one. Nobody wanted to be, you know, left behind, none of that stuff, and everybody came with it, right? LBDJ twice yesterday. Unfortunately, there was something going on with the droopy, and so I know he jumped in and did the droopies stream at 10 a .m., and then came back and did his own stream, right, yesterday, and so everybody was just killing it yesterday.

It was an excellent, excellent, excellent Rebaum, right? The DJ Diz made his Rebaum debut last night. If you were at OMU and you were there, you remember that LB gave him his invitation publicly and invited him to come and be a part of the next Re - bomb, which was amazing. On LB's parts, shout out to you LB, if you were lurking behind the scenes, which you usually are. I told LB last night, he was a good human for

that among other reasons. And Diz made his debut. And y'all, when I tell you he did his whole thing last night, a shout out to you Diz for like seizing the moment and stepping right in and not backing down. That was exactly an example of being the boss of your blueprint. Because if you know Diz, while we don't see Diz practice, we know that he is prepared and we know that he knows his music and we know that he is in other people's streams, not only listening, but supporting and making sure that he is encouraging and doing all the other things that he's doing, right?

Showing love in his own way. And so Diz came in last night and did his thing and had a beautiful stream last night. So shout out to you Diz. for your Reebom debut because you did that and we were there to support you. And it was, right, it was incredible. So shout out to you, Diz, for being the boss of your own blueprint and for blessing us last night, right? Dope, dope Reebom debut to you. So lots of love in the chat for you, Diz, and thank you for coming over on the raid this morning. Okay, right. So many of us who are in this stream right now were in Reebom last night to be able to support you and make sure that you were surrounded the same way you come and you support our spaces. So big, big shout out to you, Diz. Okay, now good morning, Raiders. Thank you all for being here. Good morning, DJ, Ms. Classy. Shelly Thunder, good to see you. One reason, always good to see you, Ms. Purplish. Diana DBX, good to see you. Thank you for being here. Happy, happy Tuesday to everyone who came in with the gospel takeover raid. Reason, I hope you had a great stream and thank you for consistently bringing your family into the blueprint so that you all can invest in yourselves. LaDawn, welcome in. Good to see you. Thank you so much for being here. Happy Tuesday to you. I hope you're doing well. Did I miss anybody? If I did, please say something in the chat so I can make sure, and please highlight it as well so I can make sure I acknowledge you and say hello.

If I did catch you, if you came in and you were lurking, continue to lurk, right? Virtual salute to you. Thank you so much for being here and you continue to do what you need to do. We're gonna do a quick recap and then we're going to round out our conversation around preparation because I said today, as we talk about creating space, we need to prepare. We have to prepare our minds. We have to prepare our emotions. We have to prepare our bodies, right? And we have to prepare for the journey itself and what all of that looks like. Dr. Dady says, adaptable behaviors and mindsets. Help us receive the calm. I know struggle and discord. Exactly, and that's what we were talking about before the race. came in, right? You have to tell yourself that you deserve the good and highlight what it will look like to prep your mind to thrive. Everybody, to write this statement down, you have to tell yourself that you deserve the good. Good morning the one and only Keisha Key, good to see you. Everybody write down, either put it in the chat or write it on the sticky note or somewhere where you could go back to this, right?

Okay, you have to tell yourself you deserve the good. LaDon, I appreciate you. Alright, you have to be okay knowing that you deserve the good because here's the

thing, if you don't believe you deserve the good, here we go folks, I just said it, if your mind thinks one thing and you say certain words out of your mouth, if your mind and heart are not in alignment, it is you're going to be stuck and in this weird cycle of why can't I move forward when really you are getting in your own way. You just heard Keith, he put it in the chat. It said, do I know what peace looks like? No, no ma 'am, I do not. And then stormed off to go be on the couch. And I'm telling you, it all starts with knowing that you deserve the good. Because if you don't believe that you deserve the good, I see you all putting it in the chat. Shout out to everybody who's writing it in the chat or putting a note in their phone or writing it on a sticky note or putting it somewhere where they can go back and constantly be reminded that they deserve the good.

Because when you deserve the good, part of your preparation is setting things up so that the good can come to you, which means surrendering the things that are not in service to you at all. So we talked about preparing our minds, right? Meaning you have to get your mind and your heart in alignment, okay? You have to really be open to saying these two things, but you also have to prepare your emotions. I see you, Shelly. You have to prepare your emotions, right? And as the raid was coming in, what I was saying, raiders, was that if we spend so much time in this space of negative emotion, right? When things are not going well, when you are thinking negative thoughts, there is an emotion associated with that, okay? Keith, Keith, we do not choose violence in here if possible, even if we're frustrated because of the good things that we're hearing, right? But we were talking about how negative emotion is associated with these things that we think and feel. And that sometimes there's so much negative emotion that when we create space, we reject the positive emotions that we are very much trying to invite in. We don't even know what positive emotions look like because we're so used to seeing the negative. We anticipate it. We get comfortable with it. We embrace the negative. We learn how to navigate it. We learn how to do all the things in the negative. And so when peace, positivity, all of those things, right?

Come our way and present themselves to us. We're like, well, what is this? I can't throw. in that I can't even recognize what that won't what that will look like peace all of these things right we can't be positive we can't be persistent we can't be persuasive we can't invite in the joy we can't be prepared for the journey in that way because none of it looks like anything we've ever seen but it's the very thing we've been yearning for so you have to start to prepare your emotions you got to feel the feels in a different way ladies and gentlemen okay some of the things that we feel when we prepare our emotions are healing some of the things that we prepare for our feeling things that we've not felt before or not felt in a long time right or things that we've said you know what this may not be something I deserve but you deserve the good whatever the good is thank you dr.

Dady for writing that in the chat okay you have to prepare your mind you have to prepare your emotions you have to prepare your body you Okay, this is the third thing as we talk about preparation because this is setting the stage for what this ecosystem of

creating space is going to look like. So how do you prepare your body? Here we go. You have to stop choosing habits, spaces, people, anything that is not good for you. Just don't do it. Ha ha ha ha. Maybe, Vader, yes. Although I do not care for my jelly. I don't like my jelly beans, Vader, but if that's what makes you happy, then yes, okay. Yes, you can do that. And good morning to you, Vader. Good to see you and welcome in. Happy Tuesday to you. I hope that you are doing well. If you're not following Vader, who also killed it yesterday, right? Streamed three times, first in the morning or earlier in the day on Moody Mondays, and then again for Revom and had a crazy set. And then also streamed on Cook and Butter Sessions last night, which was brought to you by Solo Music.

All of that, right? So he had a great, it was a great day of music yesterday. So shout out to everybody who was, you know, in the Monday music vibes yesterday for sure. So good morning, Vader. Thank you for being here. LaWanda Baskerville put it in the chat and highlighted to stop choosing habits, spaces, and anything that is not good for you. That's the first thing you have to do because guess what? When you engage in a habit or when you make a choice or when you do anything, right? Where do you feel it? Or where does it present itself in your body, right? When you eat certain foods and it doesn't agree with your body, right? What happens to your skin? When you, right? For those of us who enjoy the sauce or whatever the case may be, right? When you are eating certain foods or drinking certain things, right? What happens if you are just inviting all that in and you're not balancing that with other things, right? It shows in your weight, it shows in your skin.

It may show in your hair. show in the way that you know you handle things your body will start to speak to you okay sometimes stress sometimes right your skin may break out right you may experience hair loss you may have muscle spasms you may develop restless leg syndrome you may have any type of side effects or symptoms but ultimately once we start to make choices they will have those side effects and they will manifest themselves in your body so you may think everything is fine but then you may wonder well why am i not sleeping at night you may think why am i having all these muscle spasms right why is it that when i go to stand up right i'm experiencing leg cramps right or i'm experiencing fatigue in certain ways all of those things are a result of choosing habits or being around people or engaging in spaces or choices that are not in service to you right And then we wonder why we cannot have peace.

Music Spasms, welcome and good to see you. Thank you so much for the re-up and for subscribing for seven months. Thank you for being here. Go give Music Spasms a follow. I believe he is on today at noon. Music Spasms, do I have that right? It's today at noon and Thursday at four. If I'm not mistaken, I think I've got your schedule together. So we have to, okay, there it is, ladies and gentlemen. He says yes indeed. So you have to prepare your body, right? You have to really be able to think about the choices and

the things that you're putting in your body. Good morning, Rebel. Good to see you. Thank you so much for the re -up.

Appreciate you. Happy Tuesday. I hope you're doing well. Go give the Rebel a follow as well. Always a good time in her stream, always. The best thing about RebelStream is that you can go in and listen and say something, not say something, right? And Rebel will tell you, I'm notorious. I will go in there because more often than not, I can't be active in the chat, but I want to hear what's going on. And so I am notorious for going in, listening for like an hour. I will come out of lurk and make a comment and then come back in and say back to, right? That is the best thing about RebelStream and I'm not missing anything. I can just go in there and lurk. And she always has good times in there. And she'll say, Kim, look at Kim Blue coming out of lurk to participate very, very briefly because I'm usually typing or facilitating something, right? Or on mute in some ways to perform. And she always has good stuff going on in there.

So thank you, Rebel, for being here and for supporting my heavy, heavy lurk in your stream. Always, she will tell you, right? I'll be in there and it'll be hours. And then I'll just come out of lurk and say something. So good morning, KB Browns, good to see you. Thank you so much for being here. Thank you all for the hype train that you have kicked off for those of you who have resubscribed and for all the new follows. Thank you, thank you, thank you. Always appreciated and never required. I do this because it allows me to be the boss of my own blueprint and stay authentic to myself, right? So you have to, to prepare. We were talking about preparation. We were talking about preparing your body. So you have to surrender spaces, places and people that are not in service to you. The other thing that you have to do in order to prepare your body is that you have to create balance.

How do you create balance? You have to be able to identify what makes you operate at your best. Who in here gets hangry when you don't eat? When you don't eat, you get hangry. When you get hangry, how are you responding to people when they interact with you? What happens? Tell me how you show up for those people who are hangry folks. Sometimes you are a little short when you talk to people, right? Sometimes you may be impatient when you're waiting on something. Sometimes you may show up and your words are a little curt, right? Or your energy is a little off, right? You have to know what helps you operate at your best. So if you don't do those things and then you end up showing up not at your best, you are operating in imbalance. Thank you, Dr. Donna Dundas, for the boss bits. Appreciate you, right? Shelly says she shuts down so she does not snap, okay? Because what you don't want is Shelly Thunder coming after you, for those of us who know and love Shelly, for all of those reasons, right?

Because one thing about Shelly is that she does not play about the people she doesn't play about or the things she doesn't play about, okay? And she makes no secret of that. So you have to know who you are. So when you don't put yourself in a position to successfully have the balance that you need, you then set yourself up to be out of

balance. And when you're out of balance, right, that shows that's how people experience you, okay? A. McKee, good morning, welcome in, good to see you. Vader says Snickers helps, right? So this is the joke that I have with Vader sometimes when we're having conversations and I'm checking in with him to see how things are doing. And, like, I will say to him, are you all right? When's the last time you've eaten? And then the last, recently I've just said, you know, maybe you have the Snickers, right? Sometimes the Snickers just helps. And so that's, like, the joke between he and I. I'll just say, maybe, why don't you just give the Snickers, Vader? And he's like, oh, is it a Snickers moment, Blue? I'm like, yeah, right, you want to eat and call me back?

And then maybe we just reconvene, like, where we are in our conversation. And then after that, and I say, are you, are you, how are you doing? You feel better? Yes. Right. You just got to know, you got to create that balance. Because here's the thing, folks, we will push through, won't we? We will push through and say, but if I take five more minutes, if I take 10 more minutes. If I do all of these things, right? If I keep pushing forward, I can get to success and I can get this done. Meanwhile, throwing our bodies out of balance and not giving ourselves what we need to be successful, to thrive and to survive. Good morning, Bear to bear, Tom, good to see you. Welcome and great stream last night. Thank you so much for being here, right? But all of those things are really intentional. So you have to make sure that you are putting yourself in a position to have balance. Thank you so much for the hype train, you guys, right?

We're in level two, absolutely mispurplish. You have to prioritize yourself because when you don't prioritize yourself, you set the balance off. And it's not good to know that you are the one getting in your own way. You wanna be the person, you wanna be the catalyst for success, for everything that you need to do. Not the person that is getting in your own way. And more often than not, we get in our own way by not choosing ourselves. Because then we're hungry because we said yes to something else or we're tired because we said yes to something instead of saying no Or instead of offering an another suggestion for how it can get done, right? Thank you bearded. I appreciate you And so when we think about this whole notion of creating balance, you have to be able to do that in your body Okay, so we know that we have to prepare for our environment We have to prepare our mind so that our mind and our hearts are in alignment so that we're speaking the things that we think We have to prepare our emotions to be open to receiving things and feeling things that we may not have felt before especially for transitioning out of one space and opening ourselves up to a new space and we have to prepare our bodies by Operating in the space of balance, which means giving ourselves the things that we need Okay and saying no or letting go or disconnecting from choices people spaces that are not Going to have our best interests at heart or that are going to prioritize ourselves Luana basketball says no one else will prioritize you more than you can prioritize yourself You have to love yourself enough to know that you deserve the good Shout out to Dr. Dede Priest for the Dede diamond this morning. Okay, you have to prioritize yourself Okay, so we've talked about preparing our mind We've talked about

preparing our emotions. We've talked about preparing our Bodies now, let's prepare our energy because the energy is what it is Right.

So what do we know about energy energy is the thing that helps us do the work, right? And I won't get all scientific and nerdy on you But understand that we burn energy to do the work that needs to be done so in preparing for the journey ahead in Preparing for whatever the path forward is going to be your energy has to be right if your energy is not right It's going to be more difficult for you to do the work because your attitude is going to be off. You're not going to be connected to your purpose. You're not going to feel any alignment with source from where your energy comes. You're not going to be thinking positive things about what the outcome is going to be. You're also going to be in a place where you might recognize that you are taking on the energy from the environment or the energy from letting go. Because sometimes when we surrender, there's grief there. There's frustration there. There's anger there because we're not confident that we have what it takes to move forward in the journey. And so we're grieving all of that. But you can't take that with you.

So you have to do the emotional work that comes with preparing your energy. If your energy is not right, that is how people will experience you. If your energy is off, when you start to speak those words, when you start to invest in whatever resources that you need, that's what you're showing up with. So if your energy is all weird and wacky and off, especially due to environmental things, then it's going to be difficult for you to step into this of the journey. Not having full -on alignment, LaDawn says facts. I can have a funky attitude when I'm not in the right mindset. 100%, right? As a man or woman, thinketh, so shall, okay? It is very interconnected. So your energy really has to be in a place where you are saying, I'm ready, no matter what. Somebody write that down. I am ready, no matter what. Even if you don't know what the what is and more often than not, you will not know what the what is. Thank you all so much for the hype train. Appreciate you all, okay? If you don't know what the what is, you have to be in a position to say whatever the what is or whatever it is that is going to come my way, I'm going to be ready. I actually have what it takes, whether I know it or not.

More often than not, you will level up to your next, your greater, your most substantial in moments where you feel the pressure. In moments where you know that I've never done this before, but I don't have any opportunity, right? This is my one shot. Anybody in here a fan of Batman, right? I'm a big Batman fan. I'm very much a character fan in general, right? And we did our series late last summer, early fall, on like villains. So anybody in here a fan of Batman, if you've seen the Dark Knight series, right? If you see everybody putting in here, right? I'm I am ready. No matter what reason says he's a Joker fan. Not surprise reason, right? But if you've seen the Dark Knight, the very first one, right, and you see him, he gets captured, right? I think Bane has him get somebody captures him. Anyway, he's down in this cave and you see him trying to like get out of this cave.

And he's talking to the people down in the cave and he's like, how did essentially he says he thinks it's the Sun, he says, but how does the child of Ra's al Ghul, who is this other person that is a character in the story? Get out of there. And you see the story unfold, right? That they had to jump without this rope to get out of this cave. And the person that's telling him the story, he says, right, there was no room for fear. The only way that he was going to get out of there was to know that this was his shot. He had nothing to lose in every single thing to gain. I'm here to tell that to you today, ladies and gentlemen, when you start to prepare your energy, you have to go into it with a, I have everything to gain mentality. Listen, I just had a conversation with someone last week, and I laid out a full spectrum of like, this is where I stand with you emotionally. This is how I feel about you emotionally. And I need you to know that I'm not asking you to do anything about it. I'm not expecting any change. I'm not expecting anything other than you to continue to be the great human that you are in my life. But I do have to share with you how I feel. Because if I don't, I'm going to be putting a block on my own life in some way. And I never know what I'm going to be setting in motion if I say this out loud, but I had to surrender the fear that they were going to reject it or that they were going to be like, what, or where's this coming from?

Or why would you tell me that? Or that's crazy, or I don't feel the same. None of that matters because I had to move without fear, period. So now I've said my piece there in the know, and we are all the more better for it. But I was never going to get myself out of that emotional space that I was in. If I didn't speak up, this is what I mean when I say this, right? I had to move without fear. And I had to be in a mindset to say, I have nothing to lose by saying this, but I have everything to gain by putting myself out there and opening myself up vulnerably. So you have to prepare your energy that way, right? So you have to be ready no matter what. And you have to believe that you have nothing to lose and everything to gain. If you step into every situation, believing that you have everything to gain, you will receive it. Whether it comes to you right away, whether it comes to you as a part of your journey, be open to knowing that you have nothing to lose and you have everything to gain. It might feel risky. Yes, it might feel scary.

Yes, do it afraid. Even if you have to talk yourself through it, into it, around it, whatever it is, right? But do it afraid because you will feel much better and you can operate authentically once you have done that, right? So preparing your energy looks like those two things. Being able to say, I'm ready no matter what, absolutely Luanda Baskerville. I'm ready no matter what, even if you don't know what the what is, and most of the time we may not know what the what is. And absolutely, Hobb says it might show you what the next step is, even if it feels like a setback. Sometimes setbacks are a side step to give us a little extra room to prepare. I'm not going to let you take the full step forward. I'm gonna let you step to the left, get some things together, and then I'm gonna let you step forward, right? But a side step is not a step, is not a step back. Absolutely reason. Do it afraid. Do it afraid. So you have to be ready no matter what, and you have to be open to knowing that you are, you have nothing to lose and everything to gain,

okay? That is how we prepare for the journey. So we have talked about this notion of surrender, okay?

We have talked about this whole idea of surrendering certain things that are not in service to us, right? Our words, our language, we have to surrender actions and choices. We have to surrender the limiting beliefs, because once we do that, we can then prepare for what is ahead, okay? And then once we start to prepare for what is ahead, we have to prepare our mind, our energy, our body, okay? And we have to be ready. getting we have to really start to look at the things that are going to be around us finding balance right preparing our emotions all of those are things that go into taking preparation for creating space because once you create the space remember you're going to fill it with the things that are the desires of your heart the things that you have been working towards the things that you have said no more i'm not going to settle for that that you're now inviting in all of that is the stuff that you're going to fill but as you're creating space you have to release and let go and then get prepared to fill that space with new things right so we've talked about surrender we've talked about preparing on thursday we're going to talk about acceptance and acceptance is hard and you know why acceptance is hard acceptance is hard because it goes back to what i was saying about always dealing in the negative in the chaos in the storm right we can't get to the center of the storm remember our my hurricane analogy we can't get to the center of the storm because we're so used to seeing and dealing with all the whipping winds on the outside and if you've ever seen a hurricane these are not small storms right they are massive massive storms right winds and rain and thunder and all types of different things combining to make this and not only that they start out over water so that they can gain momentum so that when they come on land and think of yourself as the land so by the time they get to you on land you are ripe and the right environment for the storm to just churn and continue to grow and to gain momentum and what we're saying is we're not going to set ourselves up right you become the calm the storm can go somewhere else else, right? The storm can go somewhere else. You want to get to that center part. The acceptance of what was, what is, and what will be. And we're going to talk about that in more detail on Thursday. Accepting.

I need to accept that I made a mistake. I need to accept failure. I need to accept loss. I need to accept change, transition. These are so many things that so many of us struggle with. And it's what keeps us stuck in the same places for far too long. Okay? And when you start to navigate through acceptance, you then can surrender the avoidance behaviors that you had, right? And we talked about avoided behaviors last summer as we rolled into the fall, right? Those avoidant behaviors. When you start to accept truth, when you start to accept reality, when you start to accept fact, when you start to accept that things are not going to be the way that they were, all of that then puts you in a position to create space. Okay, so we are going to introduce this notion of acceptance on Thursday. Please bring a pin, please bring your notes. I want to make sure that we talk about acceptance because sometimes acceptance can be hard, right?

Sometimes acceptance is also knowing that you are excellent just the way that you are. And if you've never heard that, please let this be the space where you hear it and receive it and believe it, right? You are enough. You are excellent just the way that you are, your energy, your mind, what you have, right? Doesn't mean that you're not doing the work every day. Part of doing the work is this journey that we're on, but you can accept your greatness as you are, even if other people don't. They don't have to. And once you start to understand that people don't have to accept your greatness, you can move forward freely. And there is a lot to be said for moving forward freely, having surrendered the struggle or surrendered other things, but also being in a place of knowing that I'm preparing my space to accept whatever is coming my way.

Okay. So ladies and gentlemen, that is your blueprint for today. This is what happens when I'm really prepared, right? So I'm like, I got all my notes in front of me, right? We're done right at nine o'clock. We're done right at nine o'clock in terms of like that. I will recap a little bit of the housekeeping for the Raiders who came in to make sure we're ahead of next week and we know what's going on. Okay. So when would, good morning Kay. How was your stream? Welcome in. Everybody say good morning to Kayla. He is fresh off of, um, Soul train, Lord, my brain is tired. He is fresh off of soul train this morning, okay? Yeah, okay, like I said, I have my notes together this morning, Kate, because we talked about preparation, right? And you know me, I'm prepared. I come, right, I'm prepared. And I did all of my boss gear toe stepping earlier in the conversation. Shout out to Kayla, who was also on Rebaam yesterday and did his thing among, as did Diz, as did Vader, as did Elvie, who may be lurking behind the scenes, right? So many other folks, many of us were there as well.

But yes, Kate, I'm already, I am buttoned up. I was just getting ready to recap the, right, I was getting ready to just do a quick recap about No Stream next week, because I'm gonna be traveling. And a reminder, so No Stream on Tuesday or Thursday, and then we will resume our conversation the following week. So I will see everybody on Thursday at 11 a.m. Like normal I will recap our creating space acronym surrender Okay is the s prepare is the P good morning sess welcome in good to see you Okay, and then the a stands for acceptance. Okay, because acceptance can be hard, right? We struggle to accept our greatness to accept how dope we are to accept how amazing we are Sometimes we struggle to accept how not amazing we are There's space for both right the thing about acceptance that I want you to write down ahead of Thursday It's two things can be true at the same time Two things can be true at the same time Right When we start to understand that two things or more than two things, but mostly two things can be true at the same time It makes it easier for us to accept Some of the things that We have going on Okay, so we're going to talk about acceptance as it relates to creating space.

All right. Thank you Kay for the bits I appreciate you No stream next Tuesday and Thursday. I will remind you okay Exclamation point coaching in the chat if you are

interested in knowing more about the coaching or coming into a slot Shout out to my blueprint coaching group who is in here All of them just about actually all four of them are in here today I know they are whether they are lurking or whether they've been active active in the chat. Okay, they are all here for sure All right with that we are going to Get ourselves out of here. Good talking moats in the chat. I appreciate you prep platinum crew. Good morning and welcome in Thank you so much for being here.

Happy Tuesday. How are you? Good talking moats in the chat. We are going to go ahead and get out of here I'm not going to hold you unless anybody has a question or has anything that they want me to Bring forward over the course of our last 10 minutes. Otherwise, we are gonna go, we're gonna go see Gemini trying to support some of our West Coast folks who are streaming and who are up early, right? This time of day. And so give Gemini some love and go support Soul Train. And we're gonna go see him. So listen, folks, I say my exit mantra and I say it from a place of love and I mean it really intentionally. I am sending you into your Tuesday and into your Wednesday with all of the good energy and light you need to guide you. And what I mean by good energy is that if you took away something from this conversation, from this stream, if you took a note, if you wrote down anything, whether it is you deserve the good, I'm ready, no matter what, I have nothing to lose and everything to gain, right?

I deserve the good, whatever it is, but that is the good energy that you're taking away from this stream. Let that be the light that guides you, whether it guides you to bless someone else, whether it guides you to say, I need help. Whether it guides you to say, I'm struggling and I need to go get myself around people who are gonna pour into you as my friend Big Stove says in all of his streams, right? Because that's part of his exit mantra, right? Whatever that is, okay? Let that be the light that guides you to wherever you're going next. Because it's really important that you know how to get where you're going. And if you don't have that light, right? To guide you or to understand what those fields are going to be, then it's gonna be more difficult to get there, okay? So sending you into your Tuesday and Wednesday with all of the good energy and light that you need to guide you. Take very, very good care of yourselves. And we will speak again on Thursday morning at 11 a .m. I look forward to seeing you. Have a great day on purpose, everybody.