

The Blueprint Creating S.P.A.C.E Acceptance

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Thanks for watching! Thank you very much. Good morning, everyone. Happy Thursday. Thank you all so much for being here. Let me introduce myself and tell you a little bit about the podcast and then we will get going with today's conversation if you are new to Twitch or if it has been a while or if you happen to be new to the stream.

My name is Kim Blue. I am an HR strategist and a career coach. I am also someone who is very passionate about helping people do three things every day, which is operate at their highest potential, add value to whatever work they own or are responsible for, and most importantly, show up as your authentic self. That is fundamentally what it means to be the boss of your own blueprint. So welcome to the community, welcome to the podcast. This is a space where we come in and we do the work. We hold each other accountable from a place of support. And we do so lovingly. And we make sure that the work that we do is going to help us show up as our best and most authentic selves in the world. When we go out in that way, we don't have to dim our lights or shrink back.

We can actually be more of who we are and give our best to the world without feeling like we cannot be our best selves at all. So that is why we're here. That is the work that we do. This space allows me to show up as my most authentic self. So thank you for being here and allowing me to be great in my gifts. but most importantly to like share this time with you and share my knowledge. I aim in every single conversation to share information that is going to be easily digestible so you can walk out of this conversation with something that you can use in your next conversation whether it's with your leader or in a personal relationship or in some other way right but that's the goal is to take something you learn in the blueprint and then make it accessible to what you have going on.

So with that let's say good morning to everybody who's here. We'll do a little bit of housekeeping and then we will jump into today's conversation. Actually we're going to reverse that. Let's do the housekeeping first and then we'll acknowledge everyone in the stream. So a reminder that next week there is no blueprint. I will be traveling for work Tuesday through Thursday. All of those times will cover or overlap with my blueprint streaming times. So no blueprint next week. I'll be putting it in my IG stories as a reminder so I can so that you all will know about that in advance and you won't be looking for me. So that's the main thing and then we will resume the streams the last of the third week of July.

So the week of July 22nd we'll go back to streaming like normal okay and then there will be no stream on Thursday August the 1st. So we can go ahead and document that down in our calendars. That is the first day of school for the Prince and I typically block that entire day just to be on full -fledged mom duty from start to finish and navigate all of the things that the new school year has to offer. So no blueprint on July 16th or the 18th and then Thursday August the 1st. So that's all the housekeeping. In addition to that exclamation point coaching if you're interested in the coaching group I've had a few people reach out to me about it and so I am getting ready to open up a second cohort for the Twitch community. So if you are, it helps if I, it helps, right? So if we are interested, right? Please exclamation point coaching, I am getting ready to open up a second cohort. The first one is rocking.

We are seven months in. We have our actual, we have our check -in today at two o'clock. Hopefully it's on everybody's calendar. And so now we will be ready to open up a second cohort because the first one is being so successful and everybody's moving through that. So if you are interested in joining cohort number two of the Blueprint coaching, please reach out to me. I would be honored to have you. The investment that you will be making is so worth it. It's \$50 a month. So ultimately if you were with me for a year, it's \$600 a year, really, really worth it, right? It's the cost of maybe two plane tickets or something else that you would do over the year. But if you're interested in how to get your company to invest in it please let me know. I can talk you through business justifications. I have templates available for that for you. So happy to be able to get all of that in for you. So yes, come and get it. So with that said, I look forward to starting up this new cohort and seeing if folks are going to be interested.

I've already had one person reach out to me at OMU and tell me she was ready, which lets me know that it's time. So there will be spots that are open up now for this. So exclamation point coaching, whisper me, right? Or if you are not following me at all, here is where you can follow me on social and this will get you to all the places so that, you know, I just put up a post this morning about my services. And there's going to be some Kim Jim posts coming. I've sat down and done some really deep planning with all of the social engagement. So I will be good to go through the rest of July, all of August through Labor Day, and then we'll batch another group of that. So those are all the housekeeping things that are taking place. Please go give me a follow if you're not on social or if you want to follow me on LinkedIn, please connect with me there as well. You can follow me on both places.

I have both my business page and my personal IG page up there. So come say hello or come put a comment up or come put a like up. All of it is welcomed and appreciated for sure. All right. Let's say good morning to who is in the stream. And then we will get off because today we are talking about creating space. And as you see in the title, it is acceptance that we are talking about today, which is a big topic. And I'm going to bring it in and make it very digestible in the spirit of creating space. So we're going to

do a recap for the first two letters, and then we will come in and talk about our A today. So with that, good morning, one reason. Good to see you. Thank you for being here. I hope you are doing well on this Thursday.

Music Love of 21, Serial Sensei and Your Diverse. Welcome in. Happy Thursday to all of you. Rich, gifted hands. Good to see you. Happy Thursday. Thank you so much for being here. Keith, you made it, right? Look at you, punctual. We like it. Thank you for being here. Good to see you, 713. Welcome in. Happy Thursday to you. How are you? It has been a while since I have seen your name, at least on the screen. It doesn't mean that you haven't been here, but I'm happy to see you. Good morning, Hobbs. Good to see you as well. Welcome in. Thank you for being here. Shelly Thunder, good morning. Good morning. Happy Thursday to you, Ses. Good morning. Good to see you. Right. I feel like sometimes the 11 o'clock, it's so weird to say good morning because we roll right into midday as soon as we get started. And so that's where this is going.

So big, sweeping good morning. Right. And to everybody who is working, lurking or otherwise behind the scenes. virtual salute to you. Thank you for being here. This is an excellent stream to lurk in and lurkers are always welcome for that because I want this to be in service to you 713, I will take that as a compliment, 713. That is the best, right? I may snap a screenshot of that and just put that up here as a testimony because that's really awesome. I will receive that, right? And hope that the work that you're doing every time you come in here is worth it. So thank you for being here. Good morning, Luciana. Good to see you. Welcome to the Blueprint. Happy to have you with us today. All right, and to everybody who is again, lurking behind the scenes, thank you so much for being here. And if you're so inclined to share, please do so, or if you've got a tab up, thank you. So we've been talking about creating space, right?

We came right off of our June gems, which were all the things that we needed to be thinking about, that were just gonna help us be our best, coming into creating space because as you know, in the Blueprint late summer and the fall is all reserved for the last focus areas as we literally start to round out this year, right? We are halfway through the seventh month of the year, folks. Where's the time gone? And what have you been doing? And how have you been doing it? But how are you feeling? When's the last time you've done a check-in on yourself to really acknowledge this feels good, this feels right, this is necessary, or I need to stop that, I still have time to start this. The best time to start your goals or the work that you wanna do is right now. You don't have to wait despite anything that you may be thinking or anything that someone may be telling you or something that you've read that is negative or that's not in alignment with you seeing success that you've already laid out for yourself.

The best time to start is right now. So don't wait. And normally during the summer, Keith, you're not too old, right? best time to start. Oh, Keith, you were on my mind the other day because I had typed a text to you that says what's going on with the journaling because we had a conversation about that and I've not heard you mention it

at all since then. Okay, so just because I haven't mentioned it doesn't mean that I've forgotten, right? It's up here, okay, right? Ask Hobbs. Hobbs will tell you I will come out of the woodworks with all of the things that you said and make sure that we are staying accountable, right? Because those are your words and so I'm your accountability partner on that, okay? So when we think about this whole check -in, 713, there it is, right? So when we actually think about this, I want you to think about this whole notion of creating space as one big check -in with yourself.

And Coach KB is your accountability partner and the blueprint that you have made for yourself around what you want to accomplish, what you want to do, what you want to start, stop, continue. The time is now because we are at month seven and the next five months are going to fly by and sooner or later you're going to hear me say, what is it that we're leaving behind in 20, 24 to go into 2025? Double spirit. Welcome in. Good to see you. Thank you so much for being here. I am modless right now, you guys, so I, you're going to get all this verbal love. Okay. Um, I will put some commands in the chat if you want to use them for each other for sure. Um, but I don't know if Kayla is actually going to make it today. I know he is in the office and so, um, you're getting a lot of verbals, which is why you don't see the acknowledgments in the shout outs right in the stream just yet. So when we think about the time and we think about where everybody is in their journey, this is a great time for you to think about what it means to, um, be where you are and acknowledge where you need to go, right?

Where you are is not a wrong place, but you do need to accept where you are, especially if it's not where you want to be. Okay. And that's the, that's the hard truth, right? You do have to accept where you are if it is not where you want to be. Okay. All of that is a part of this journey of acceptance that we are on. Okay. So when you think about this whole notion of acceptance in the spirit of creating space, right? And I'm going to put the slide up just, just a minute, right? Because I want to make sure that everything that we are capturing or have captured so far as a part of the recap. So hi, music spasms. Good to see you. Thank you so much for being here and yes, right.

Pink lips in the, in the summertime. music spasms. I mean, the red lip is year round, but definitely bright pink in the summer. And then the red will start to creep back in in the fall as we get, we turn the corner with the season. So I hope you're doing well. Go give music spasms a follow who was on this afternoon at four o 'clock. Okay, for history. I caught the tail end of your stream on Tuesday. Spasms was really good. I came in around like 1230 ish and caught you before you read it out. So good stuff. So when we think about this whole notion of creating space, ultimately what we're saying is I need to rid myself of the things that are getting in the way of me making progress against the things I said I wanted to do in January or in March or in June, right?

There is still time. And once you accept that there is still time and you surrender the limiting belief that there isn't you can move forward peacefully. It is as simple as that. Once you surrender that you have time, excuse me, once you accept that you have time and surrender that you don't, the world is your oyster.

Because once you realize the time is on your side, you don't feel stuck and you don't feel like, I've got to go back and do this or it's too late for any of those things, all right? So let's do a little bit of a recap on how we create space, okay? And how we go into, good morning, A. McKee, good to see you. Thank you so much for being here. Happy Thursday to you. How are you doing today, all right? Let's go and look at the slide to get the recap going, all right? So let's look at this, all right? Hold on one second. Come on stream, there we go. All right. So I'm keeping the last two letters under wraps on purpose because I want to make sure that we are mindful of building this whole, right? We want to build on the journey of creating spaces. So we talked about what surrender meant. That was what we opened up with. Letting go, detaching from, disconnecting, anything that's not good for you or to you.

It's really, it is really as clear as that. We hear the word surrender and sometimes it can create this image in our mind of like this overwhelming, overly dramatized moment where we dramatically have to detach and it can be emotional for some folks or it can be, it can feel like a change and you're embracing something new that you may have not been prepared for. But I'm here to encourage you to know that surrendering is positive. Sometimes we surrender and we realize that we get relief. release, and we can relax in the surrender. Let me say that again. Okay. And I didn't say this when we opened it up, but it goes into this whole notion of acceptance, which is why I'm bringing it in. Sometimes when we surrender, we get relief, we get a little bit of release, and we can relax. All of those things are important when it comes to just letting go. Anytime you let go, right, you sort of take a deep breath, right? You release all that negative energy, you release all that anxiety, you release all the things that you were holding on to, okay?

Sometimes you get the relief to be like, whew, that's over. I'm no longer bound to that journey, that process. I've got my time back. I've got some energy back. There's an opportunity for, you know, things to be seen as they are, right? I don't have to stay in this space. I don't have to be in a performative mindset where I'm showing up and doing what the people expect me to do. Okay, and then you get to relax, relax meaning okay, now I can maybe lean more into who I am or the things that I'm doing and I'm not so tense or on edge, right? Sometimes there's this whole pressure to be on meaning you got to show up you have to smile when you don't really feel like it or you have to laugh when you don't really feel like it or you have to be present when really you want to just hide away. When you surrender, you get that release or the relax or right the ability to just have to feel what that relief is and you need to feel that because sometimes that's the precursor for acceptance, right? 713 says it's getting comfortable with the idea that relaxing being challenging at times. Absolutely, absolutely, relaxing can certainly be

uncomfortable because it almost feels like well if I let my guard down or if I take a deep breath or if I allow myself to just ease off the gas then what?

We don't want to be caught off guard. We don't want to be in a position where we are vulnerable because we're not prepared to be vulnerable because vulnerable does require preparation. It means acknowledging that we're going into this space where things I'm sorry you guys I don't know what's going on with my connection today but it's a little glitchy, right? But you do have to prepare to be vulnerable and so sometimes when you relax it's almost like am I setting myself up for attack or am I setting myself up to be you know hurt in some way. So when we talk about getting comfortable with the idea of relaxing, right? It can be challenging because it almost means like do I let my guard down? Am I ready for that? Has someone been watching me? Can I can I do that or if I don't let my guard down right at what point you know am I confusing relaxing with what I think is relaxing meaning I'm relaxed but I'm actually in this more tense state because I'm preparing, right? I call it bracing for impact. Sometimes we can confuse that bracing for impact with relaxing. And that's a very hard thing for us to do, right? We go on vacation and we think that we have to be present during our vacation.

We don't, right? We go on vacation and we take our work laptops or we go on vacation and we don't put our, we don't put our out of office up because we wanna be accessible. We feel guilty for relaxing. And we don't allow our brains to turn off in that way. And being tired is more than just the physical exertion. It's the mental exertion, right? Mentally, we contribute to everything. And so if our brain is tired and we don't give it a chance to just take in things like music or sceneries or sound or rest where our brain then can say, I can actually stop doing so much of this at such a high level all the time, right? If we always keep our body in marathon mode and we don't give ourselves rest between the marathon, those 26 miles are gonna feel like an Ironman all the time. And who has the energy for that? So be okay surrendering and inviting in the ability to relax.

Giving yourself the chance to just release all of the things you've been holding on to emotionally, psychologically, mentally, physically, and be okay experiencing the relief that comes with saying, I'm letting go, I'm disconnecting, I no longer have to be associated with, in charge of, or responsible for these things. Because my season with them is over and that's okay. Preparation is the pee, right? Allowing yourself the time to get ready and surround yourself with whatever you need. Let me step into whatever space I need to, to now prepare because I have surrendered some of these things. And so we talked about preparation, which was preparing your mind, your body, your energy, okay? Especially preparing your energy because sometimes we forget that our energy needs to prepare. Dr. Dede Priest is not here, I know she's traveling, okay?

But Dr. Dede would say because our energy goes ahead of us. And so if you've not gotten your mind right or gotten your energy right, it's that energy that permeates all the things that are in the space that go up before us. And so our energy gets there before we do, right? And then prepping ourselves physically, right, and emotionally to be

able to go in there. So your mind, your body, your emotions, and your energy. Good morning, KB Browns, good to see you. Thank you for being here. Your diverse has been trained to be in a marathon mode your whole life at a point in the last few years where it's not sustainable. Absolutely, your diverse, it's not a sustainable operating model at all.

We don't think by any means that we have to stop, that we need the rest, that we should take a break. We just keep going because what happens if we stop? What happens if we ease up? What happens if we find a steady pace that works for us? Then can someone say, well, they're not keeping up with all of the, you know, the sense of urgency or the expectations, and we don't want to look like that. Instead of embracing this notion of, nope, sometimes the surrender sets me up for the preparation. And when you're set up for the preparation, right, you can then get to a place of acceptance. And acceptance says that we are embracing all the things that are going to help us thrive in our path forward. Good morning, Lex Diamonds, good to see you. Thank you so much for being here. Happy Thursday, right? Some great folks coming in the chat. Lots and lots of mod fam in the chat today, 713. Lex Diamonds, right?

Double Spirit is in here. Hobbs is in here. Emma Key is in here. Lots and lots of great folks who can lead you to other great folks in here. So go give all of them a follow. And thank you for supporting the Blueprint. Now, when we think about this whole notion of acceptance, I want us to talk about what it means. how we break down what acceptance looks like. All right, so we are accepting what? We are accepting ourselves first and foremost. Somebody write that down. Okay, because who in here has accepted ourselves themselves, right? Who in here has truly said, I'm good. I got this. I know what I bring to the table and I know what I don't. You have embraced and accepted yourself as you are with what you have with what you don't have. Because if we haven't, that's where we need to spend the time before we go on to any other aspect of acceptance. Acceptance starts with self. It means every day when you wake up, you may or may not know that I have it all. I feel like I have it together, but no matter what, you're ready. I accept me as I am with what I have and what I don't have.

Because I have to believe that what I have is enough and will be enough and what I don't have will be shared with me or we brought to me or it will find its way back to me. Good morning, Kelly. Good morning, Cook Faith. Good to see you. Thank you so much for being here. Happy Thursday. Welcome in. Kaby Brown says, I am beautifully and wonderfully made. That's right, Kaby Brown's. And so we get to this place where acceptance starts with self because when we cannot accept ourselves, how do we expect others? To greet us, meet us, or speak on our behalf in the rooms that we are not in. People not only will describe what you do, but they will describe who you are based on the encounters that they have with you. What do you want them to say? How do you want them to experience you? Once we are comfortable accepting ourselves and accepting the things that we know we bring to the table and embracing our gaps or our opportunities, the acceptance that we get to sets us up to be able to say, I'm clear on

what I do well and I'm clear on what I don't do well, which means it's easier to ask for help, receive help, be open to hearing feedback because you know what that acceptance is gonna be, right?

Lex says that I'm beautiful, beautiful, infectious and authentic, 100%. That's what you wanna be known for. That's great. Lex says my warm heart and that I'm known for tact, but honesty, right? All of that. And Lex says she doesn't like to ask for help, a work in progress. Lex, you're not alone on that. Many of us don't like to ask for help, but some of that is the acceptance, right? Some of times the acceptance of who we are is knowing that we don't like to ask for help. And those are the very things that we need to do, right? Because then, right, I see your comment, Lex, about not doing it. and it's created trouble, right? What I like to call trouble in the bubble, right? So you're kind of in this bubble of, I am in this space that I can control. And when I don't do the things that I know I need to survive or to manage the bubble, right? Then now we get into trouble inside of that, right?

And Lex is talking about the things that happen as a result of that when you don't ask for help or when you don't speak out loud about the things that you need, right? It can cause hurt to others or it can create whatever other things may show up. So number one, you have to start with accepting yourselves. That means being okay, knowing what you bring to the table, knowing being okay with what you lack or what is still developing and being okay asking for help. You have to accept yourself first and foremost. If you don't accept yourself, how can you then insert yourself into whatever ecosystem is ahead of you or that you're working towards, right? You have to accept yourself as you are so that you can insert yourself where you're going. Somebody write that down, right? That might be the Kim Jim of the day. You have to accept yourself as you are or even where you are so that you can insert yourself into wherever it is that you're going next.

And that's very real, right? The next thing that you have to accept is that you have everything that you need right now. KB Brown says, we're all a piece to the puzzle. We have weaknesses, but we do have strengths. That's right. And oftentimes KB Browns, we don't amplify our strengths. We only harp on the things that we are not great at or that's missing or that's less than developed, whatever the case may be. But I'm telling you, once you accept yourself, you then have to accept this readiness, right? This mindset of knowing that everything that I have right now or everything that I need, I already have. Even if you believe that I need these three other things, you very well may need these three other things, but the fact that you don't have them right now does not stop you from taking some type of step forward or embrace bracing some type of path, right, along the journey. Where can you go? What can you do? How can you move forward with what you have? Because sometimes it is actually moving forward with what you have that will allow you to then be prepared to receive whatever you need for the steps ahead.

Right, I think it was your diverse said, Ms. Kim's not letting us get any further in the acronym. That's right, I don't want you to get any further. Normally I would give you the entire acronym, but you see I am being intentional about saying this is what the S and the P, right, and the A stand for. Because I don't want you to be trying to anticipate what I'm going to say next. I want you to be very present in this is where we are right now. If we get too far ahead of ourselves, we don't give ourselves time to like marinate or perfect, or spend the time understanding the exact environment that we're in because it's those things that are going to inform us when we get to the next space because it's the learnings in the current space that are going to set us up for success when we get where we're going because that's going to come with a whole new set of challenges, needs, anticipations, landmines, joyful moments, stressful moments. And so you have to be okay being like, Oh, I recognize this from this last place that I was in. I now know how to handle this. I know how to address this.

I know how to not let this get me down. So you have to accept yourself, number one, as you are so that you can insert yourself where you need to be. Number two, you have to accept that you have everything you need right now, even if you don't think that you do, even if you say, but I need, you do need it, right? Two things can be true at once. You may need it and you don't have it and that's okay. It does not hinder you at all. Get comfortable knowing that the things that you need will make their ways to you, right? Double spirit. I see you double spirit, right? Double spirit says moving forward with what you have. There has to be this whole space of knowing that even though you do not have it right now, everything that you need, you have, we get so caught up in believing we have to have all of the pieces together. You do not. Okay. You absolutely don't. We got to gather all this stuff. Let me tell you something. Okay. What if you go to gather everything you think you need and it's not what you need, or if you go to gather in preparation for that and then someone tells you, oh, you don't need any of that at all.

So now you've put all of this energy, currency, whatever you want to call it into doing all this work. And you could have been putting that same energy into something else. Okay. What I'm saying to you is be okay. Knowing that everything that you have in this moment is enough. And then when you get to that next place, that in. forms you, then you can do the work of going to get it. You put all this energy into getting everything you think is ready, and it's not what you need. Okay? Hobbs goes right to the pew. I think that double spirit is already there. Kayla, welcome in, good to see you. We are talking about acceptance, Kayla, and I just went through the first two parts of what it is that you need to accept. Number one is yourself, as you are, flaws and all, meaning everything I know I got and everything that I don't got is great. Number two is accepting that everything that you need right now, that you have right now, is exactly what you need, i .e. don't get ahead of yourselves thinking that you know what you will need or trying to anticipate what you will be as. Be okay, honing that energy and managing that energy so that when you get where you're going, you have the energy to do the work then and there.

Sometimes we try to get ahead of what we think we need. Absolutely, KB Browns, trust the process. Sometimes we try to get ahead of what we think we need in the absence of that information so that we can be intentional about doing what we need to do, okay? It's okay to just be where you are. All right, number, who said that they were getting out of here? Somebody said that they were on the way out. Who said that they were on the way out? I can't remember who it is, but someone was like, I am on my way out of here already, so. So listen, the other piece is to double spirit, right? So number three, we have to, number one, we accept ourselves where we are. Number two, we accept the, we accept that we have everything we need. Number three, we accept that it's okay to not know. No one wants to be in the space of saying, I don't know. But guess what? I don't know is the greatest thing that you can say sometimes, right? Yes, you're diverse, doors are locked, right?

We're in here already, okay? Some, I want everybody to write down, I don't know equals power. Because when you say, I don't know, you surrender having to fill in the blank with useless, mindless, unnecessary stuff. You say, I don't know, can you help me? Or I don't know, do you know? Or I don't know, I've not had that experience yet. It doesn't make you look bad. But what it does do is it sets you up in a place of truth because now you surrendered this whole thing where you believe that you have to know it all in order to do it all, you don't. Now you're preparing yourself to receive the information that you need to know. When you can accept that there is power and I don't know, you put yourself in a really great position because now you don't have to be in this whole tight space of being like, well, now I have to perform because I've tried to pretend or I've tried to.

I've tried to, what does my friend Keisha Hicks say? I've tried to perpetuate the fraud to get into this space. Right, all of these things. And so now we don't have to try to know what we don't know. We can just be clear saying, I know these things. And that's enough. I don't know these things and that's okay. Everybody does not have to be the brightest star in the sky, the shiniest penny. You do not have to be the brightest flower. You don't have to be any of those things. You can be a member of the crowd and still stand out. KB Brown says he's using this quote, I don't know has power in a Zoom meeting. Absolutely. Because it does, KB Brown. I hope you use it and I hope it's in service to you. But do, right, so we have to believe that I don't know has power. Listen folks. I tell people all the time. I am an entire C-suite executive right whether I am my own C-suite executive I am in somebody's C-suite. Do you know how many times I say I don't know for as much as I do know I Say I don't know and then I say this is a great opportunity Will you teach me because what you have to share actually might help me in future things the minute I release Having to know everything it makes me Be a smarter person right you can You don't have to stand out in the right like understand that you can be Exactly who you need to be and not have all of the pieces.

It's okay. Sometimes you're not supposed to Sometimes that's not where you need to put your energy More often than not you need to be connected to somebody else who knows more than you do Because your gift is in a different space and now if you try to access a gift, that's not yours. You're gonna meet resistance. Whoo If You try to access a gift that is not yours you will meet resistance E it's gonna feel like you're hitting the wall, right? I eat you're gonna try to continue to figure out why this is not working for you. That's not your gift Don't try to fill in the blank don't try to cover it up Don't try to be anything other than your brilliant self operate in your lane highlight your lane, right? Absolutely, KB Browns and you will not be successful was perfect Good morning. Good to see you and says and a good practice of humility. Absolutely Classics. Good morning to you. How are you feeling? I hope that you are doing well Okay, if you try to operate in a gift that is not yours, you will meet resistance I'm gonna write that down because that's probably a Kim Jim sometimes y'all know how these Kim Jim's happen They kind of they come out in real time.

Sometimes I pre-think them but most of the time it all flows in real time. So I have to write that down gift and resistance. Okay, right? If you try to operate in a gift that's not yours, you will meet resistance. And here's the thing, we will continuously try to do that. But if you were in my stream a few weeks ago, I said, this Kim Jim to you, lessons will be repeated until they are learned. Sometimes you have to surrender the gifts that are not yours, so that you can get to the gifts that ours. There is no reason for you to try to hold on to things that you don't need to hold on to. Okay, now you have to, let's go back and recap, right? So you have to accept yourself. You have to accept that you have everything that you need in this moment, even if it feels like you don't, you have to surrender knowing everything, right? I mean, excuse me, you have to accept that it's okay to not know, right? I surrender knowing everything, but you have to accept that you don't have to know everything that I don't know has a lot of power, okay?

And you have to accept that you are going to have to learn new things This is probably one of the more challenging ones unless you are a lifelong learner or unless you receive You know Learning as a space of this is where I'm going to be stretched because a lot of people don't know what it's like to be Stretched a lot of people feel comfortable in their lane when they step outside of their lane You can feel exposed you can feel vulnerable it can feel like okay Is somebody gonna view me as maybe she doesn't have it all together or maybe you know? He doesn't have all those things your diverse says they're a professional scholar. I love it, right? Right, but there's this whole notion of you have to accept that you are going to have to learn new things It is okay to learn new things There is a reason that you don't have everything that you need right now Because you need to learn it you need to grow through it You need to feel it and understand it and then you may need to become informed through the immersion process that there are things That are not in service to you that you need to surrender and it goes back to this whole notion of creating space Why would we take up space doing work?

That's not beneficial to us Why would we spin around in circles doing things to prove to? To present as if Why would we put time energy and other currency behind all of these things? Knowing that for a fact they may not necessarily be in service to us, right? Hobbs says she's in the middle of all of this right now. I'm telling you Hobbs acceptance is a big umbrella And take okay You have to find your space underneath it and understand that sometimes you have to tilt the umbrella to the left To the right to the front or to the back not to not the song you guys right? Okay, none of that Okay, good morning. Taste by Josh. Good to see you Thank you so much Thank you so much for being here. Okay, Taste by Tash, thank you for the tab up while you are working, right? Now that I know that you're on, I will put you on my television. Classics, I knew somebody was gonna say it. I knew at least one person was gonna say it, for sure, right, but I will put you on the TV, Taste by Tash, as soon as I am done with my screen, you will be up. And there he is, like clockwork, ladies and gentlemen, because, right, because, right? But that's the thing, right? Sometimes you have to tilt that umbrella in the direction that you need in order to cover yourself or to cover those spaces because it's a wide spectrum when we talk about acceptance, right?

When we look at the whole thing, and let's look at just the journey that we're on so far, okay, when we talk about surrendering, you have to let go in order to create space so that you can prepare yourself to accept whatever it is that you need. Okay? And understand more importantly why you need it. Sometimes acceptance is really getting clear on the why and embracing the fact that you now have to do this. Sometimes acceptance is really getting you to a place where you're like, this change is coming. And I know for a fact, I know beyond the shadow of a doubt that if I don't stop wrapping my mind around the fact that this change is coming, whether I like it or not, whether I am in control of it or not, whether I understand it or not, whether I like it or not, Keith, that one is for you, that it's still going to happen. Right? For those who are familiar with the serenity prayer, there's a line in the serenity prayer that says, it opens up and says, grant me the serenity, grant me the serenity to accept the things I cannot change.

Acceptance gets us to... But Keith, you always come in thinking you know what you're not going to like. And I'm like, but let's get to this other space because you just may discover something, right? But there's this whole notion of accepting serenity to accept the things you cannot change. Acceptance is a very big umbrella, ladies and gentlemen. And so there's this whole notion that in the theory behind acceptance, the first word is embraced. K.B. Brown says, he doesn't like change, but he knows that it will come. We're all a work in progress. We're all a work in accepting these things, understanding these things, giving energy to these things, bringing them into our lives and allowing them to find the space that they need.

When we think about acceptance, right? We don't wanna embrace the things that we don't like. Okay? That is said with a little bit of love, with a lot of love and a little bit of shade, but we don't wanna embrace the things where I don't like it. I don't like it. I don't

like what it means. Mostly we don't like that we have to do something different than what we've been doing. Mostly we don't like that somebody is right to keep statement. You don't get to tell me what I like. Sometimes the universe does that. Sometimes the world does that. You're going to like this or these are the options. And so now you either have to like one, accept one, get familiar with one, embrace it.

But either way, it is this whole notion of I'm redirecting your mind in a way that is not organic. And we don't like that. I don't want you to tell me what to do. I don't want you to tell me how to be. I don't want you to tell me how to think or what to choose. I don't want you to do this. And when you do it, I'm not gonna embrace it. But listen to me folks, what you resist persists. So it will find its way to you. And then you have no choice but to embrace it because the longer that you resist it, it will continue to show up in your circle, in your life. People will talk about it, right? It's like when you see a car that you think you want to buy and then you start to see it all over, right? Everybody's driving this car. You're like, where did these, I'm just going to use Rivian because it's the first, right? Where did these Rivian SUVs come from or whatever the occasion would be, right?

It shows up everywhere. So you have to embrace it. Yes, Aimee Key, absolutely. Here you go, right? So these are the first three. Double spirit is like, I'm out of here. She's like, I'm out. I'm not even going to do anything. And here's the thing, folks, I'm not stepping on your toes, but I am nudging them just a little bit because I want you to understand that we are the ones who are like, I don't like it. I don't want to like it. And I don't want you to tell me that I have to like it because I've already decided that I don't like it, even if I haven't tried it. And more often than not, we have not tried it. We just have made up in our minds and created a story. We want to tell ourselves about the thing that we are doing or that we're being told to do or the change that is coming, right? But what you resist persists. So if you don't find your level of comfort with it, it will in fact find you.

And then you will have to do the work of acceptance no matter what. So if you understand that acceptance is there, okay, you can begin to embrace the parts of this that you connect with. Well, maybe this won't be so bad, right? Well, maybe this won't actually be what I think it's going to be. And here's the real truth, folks, nine times out of 10, the story that you're telling yourself is far from the truth, right? We have met, let me tell you something. I'll take the prayer. Every year to go get a flu shot. Okay, every year we get a flu shot every year. I tell him Right. He does not like shots like Jim. Let me be very clear about it. He does not like shots, right? He wants no parts of the needle. He doesn't like it. He gets very worked up in his mind about the level of like Death that is gonna ensue when this right when he gets he's gonna get this mess and he does not want to do it right.

We it is a full -blown Anxiety attack with him in the pediatrician's office lots of crying and lots of knows and lots of well How is it gonna feel and where you gonna do it and wait a minute and deep breaths? And can you do right all this is the full -on negotiations about how we're gonna get and in the time He is working himself up if the

nurse is savvy enough She'll get the she'll just get the shot right in there, right and the band -aid's on him and he's crying and he's like Are you gonna do it? She's like I've already done it He's like what he didn't even feel it And every year I say to him, the story that you think in your mind, how bad you think it's going to be, overpowers the reality that hasn't even happened yet.

You are crying about a shot that has not even happened. How many of us are making up a story or feeling emotions or feeling feelings or have decided that this thing that we've not even done must in fact be this way. And we haven't even experienced it. We would choose to not embrace, we would choose to embrace a story around something that we haven't experienced. I want you all to make that make sense for me. Because my experience with something is not going to be your experience with something. Absolutely. 713 says the ending has not been written. But yet we have already finished the book and put it back on the shelf. Right. The shirt that I have on says Fearless Freedom. You can't see all of it. But I've received it, I bought it last year when I went to a conference and I really resonate with this word, this phrase, Fearless Freedom. Because the fearless part means that even in the, even in the presence of fear, I can still step forward and embrace the things that I don't know.

Be open to learning new things. Be in a position to surrender, right? Getting prepared for whatever it is that is coming for me. Because just like I have to be prepared for this thing, right, sometimes the thing that I'm going towards or that I'm working towards also has to be prepared for me. What if you get to, what does it feel like you have a walk in a room and it's not set up, right? You go somewhere and you look around, there's chairs and people have not said the food is not out. It doesn't have the tent card on the table for you. So, you know what that's going to look like, right? You walk into a space that is not prepared. What do you do? What does your face look like? Right? Put the emotes in the chat. You walk into a room or you walk into a space and it is not prepared, right?

Put the emotes in the chat about. how you feel about what your energy is like. When you walk into a space and it is ill prepared and you do not have your things together, right? There's this whole notion of like, hmm, what is that about, right? Why? I thought this is what I was thinking, right? Like, and you get really clear on being like, now how did we get here, right? You walk into a room that's not prepared, okay? You look around like, hmm, exactly. Everybody coming in with, right, with what? Exactly, the hmm, or the wait a minute faces, right? This is anybody who has the rebel's emote, right? This is where that rebel face emote comes in, right? That's one of my favorites that she had. The rebel emote, that's like, hmm, right? It's like the slight side eye, right? Sir. Right, when you come into something that is not prepared, first of all, good morning to you, Vader and thank you for always bringing your wits and humor into this space. We're going to take a pause right here because for those of you who don't know or you've not

seen his post today is Vader's 25 -year anniversary of being a firefighter right with Cincinnati and not just a firefighter but an emergency responder.

So lots of love and big big big celebratory emotes in the chat for Vader who has in more ways right dedicated his life and given his service to the space. So Vader congratulations to you for 25 amazing years. That is a massive, massive achievement and not something that needs to be taken lightly but something that needs to be celebrated. So celebrate big my god because you have earned it. You have more than earned it for sure so congratulations okay. When we think about all of these things when we think about all of these things right and we understand that preparation is key when you go into a space that is not ready and you are ready there is a whole disconnect and now your energy is all off right and you got to realign your energy to what is actually taking place okay big so good morning good to see you thank you so much for being here and happy Thursday to you I hope you're doing well.

When you step into a place that's not prepared or when you go to a place that is prepared and then you realize that you are not prepared right. What happens when you walk into a place and you're not ready and everything is all set up or you right you walk into a place and it's like oh my gosh I realize that I'm underdressed for the occasion you're not prepared. There is this whole dichotomy this whole notion of I need to get ready I did right all of those things some of that right sorry Vader you're gonna get this love because it is real and that's not a small accomplishment at all right so be celebrated today. And if you're not following Vader, do so and then go find him on Instagram because his post is up. And he's got some great pictures of the history of his history. You know, up there that you should go and see. All of that is up there so you can go celebrate him in that way too. So big ups to you. KB Brown says prior proper planning prevents poor performance. It does. Right. And here's the thing you don't want to be the person that walks into the place that is already ready and you are not ready.

Because that's not cool. Because then you are the one that stands out like a sore thumb. And so when we talk about this whole notion of acceptance, it is embracing whether or not you have everything that you will need to help you in your path forward. And that also means understanding that sometimes you are going to have to embrace the timing of things. We want everything right now. Oh, Hobbs, I'm sorry. Right. We want everything right now. We want it yesterday. We want this microwave generation where we have it. All we have to do is warm it up for 30 seconds and it's going to be ready. But our timing is not always the timing that is ready for us. Sometimes there is more timing that is needed and you have to embrace that. Things will align when the time is right. You do not get to control any of that. And so when you walk in and things are ready and you're not or when you experience being ready and things are, we feel a way and we have to realign ourselves around that. When we choose to accept that, it allows us to step into those moments and go, it's okay that the room is not ready. I'm prepared to

check my email. I'm prepared to introduce myself. I'm prepared to see if there's a way that I can help.

I'm prepared to go back for a few minutes, right? Or sit outside or go do something else with this space or this time or this need or meaning, whatever that looks like. But you have to be able to embrace all of those things that are going to help you. And sometimes it even means embracing that you have to let go of some things, even if you don't want to. Embracing change, embracing things that are new and different, embracing all of the path. Okay, hold on, let me take this out. Embracing the fact that the past is in the past and that we are in the present and that none of us can control the future is a big thing. You have to embrace that the past, every minute that passes, we're not going backwards. We're only going forward in these things. So you have to embrace that at 11 o'clock when I started this stream, that's where we work. We're not going back to 11 o'clock because even if you watch the replay, you might watch it at one o'clock, but that's not going to happen gonna take you back to 11 a.m. today, right? You're right here right now. You have to embrace that the past is the past and that's it. Sometimes you have to embrace that right now is all that you have and so what can you do with where you are and that the future is ahead and we don't even know, like when I get out of this chair when I'm done streaming, in my brain I think I'm going to my kitchen to get breakfast but I don't know.

I don't know quite yet right? I will get up and I will see exactly what's happening around me in the world because the present is really where we are. And then even if our calendar says at three o'clock we need to be somewhere, that is in the future. Do you know how much can happen between now and three p.m.? Exactly taste by touch, all we have is now. So you got to say your, you have to say the things that are important to you and you have to be able to embrace everything that's in front of you like right now and I'm embracing the fact that I'm with you all that the head of security is resting, right? That the chief of staff is running around somewhere in this house with this iPad, right? And that I am here with you. This is my present. Because when this stream ends, I will only have the recording. I cannot go back and undo any of that. And so I'm embracing with gratitude that I have this time because I won't be able to get it back. Sometimes you also have to embrace that in this moment that you are right now, if it is too heavy, put it down, and it's okay, right?

If it becomes too much to bear, and let me say this, okay? And I'm talking to myself a little bit here because someone sent this to, sent me a graphic that says, if it is too much, put it down. You have to embrace that it is okay to lighten your load. That is the fourth one of all, or the fifth one of all of these things, right? So you have to embrace, excuse me, you have to accept yourself, you have to accept that you have everything that you need in this very moment. You have to accept that not knowing is a superpower, right? You have to accept that it's okay for you to be right present in this space right now, right? And that it is okay for you to put it down if it gets to be too heavy.

Why would we continue to carry the weight, the stress, the emotion, the strain of things that don't help us, right? It's okay to put it down. Not only is it okay to put it down, it's okay to say to someone, I've surrendered that and let it go.

This is no longer something that I'm responsible for that you need to look to me to provide that I am needing to be a part of. DJ Tank, welcome and good to see you. Thank you so much for being here, right? Go give DJ Tank a follow. Carrying the weight of anything will fatigue you. 100% KV Browns, it will. And oftentimes, not only will it fatigue you, that fatigue will then present itself in other ways when you deal with other people. That's not what you want, okay? So you have to accept all of those things in the spirit of creating space. Because when we do start to accept that we are enough, that we have everything that we need, that not knowing or I don't know it was a superpower, you now set yourself up to embrace everything that comes your way. And remember, and I said this on Tuesday in my stream, you are ready no matter what. That's in my note today. If you're following me on Instagram, I put it up in my note before the stream, you are ready no matter what.

Believe that and receive that, okay? I wanna go back to this Kim Jim that I talked about earlier around If it is not your gift, right, it's your, there's going to be resistance if you try to use it back to Katie. Good to see you. Thank you so much for being here and happy Thursday. I hope you're doing well. If it is not your gift, you're going to, you're going to meet resistance, right? And we keep pushing and trying to insert a square peg into a round hole. And there is no reason that that square peg will fit into the round hole. It's just not going to happen. I want you to be okay surrendering gifts that are not for you or that are not yours to wield or to be great in, right? Thank you so much. Uh, seven 13 for the boss bits. I appreciate you. Okay. It is okay to know that you don't have to have every single thing. You can put it down. You don't have to pick it up at all.

In fact, you may need to leave it for somebody who has the gifts, who can understand it and know what to do with it instead of putting energy and currency in it. That's not necessary. Okay. So think about all of those things when we think about acceptance. Here's the slide one more time for folks who have come in new as we talk about creating space. Okay. Here is where we are. We have understood what it means to surrender. We have gotten our minds wrapped around this whole notion of preparation. And now we've gotten to a place of accepting, accepting where you are, the path that you're on, that you are enough that I don't know is a superpower that you need to be exactly where you are and nowhere else ahead of time. All of those things are really important. Okay. When we talk about creating space. Now, as we look ahead to not next week, but the following week, because remember, there is a week in here where we don't stream.

There's no streams next week at all. No blueprint for a week, unfortunately, because I'll be traveling. As we think about that, the homework. Yes, there is homework. The homework. that I want you to embrace while we are away, right? And I will see you

in these Twitch streets. I just will not see you, Keith, right? I will see you in these Twitch streets. I will just not see you in my own stream, okay? For sure. Thank you so much, Mr. Nate, for the resubscription and for being here for two months. I appreciate you and welcome in, Mr. Nate. 713 says she's gonna need a week to recover from the stream, right? 713, well, listen, you got your week. Thank you all for kicking off the hype train at a level one. Always, always, always appreciated, never required. You guys know it goes right back into supporting the stream. So thank you, Mr. Nate. Double spirit, yes, I will be traveling to be with a client next week.

So no stream next Tuesday or next Thursday at all. Okay, good morning, Ms. KB. You're a good afternoon now, Ms. KB. I am happy to see you. Thank you so much for being here. Tank, thank you so much for the ball spits. Appreciate you. Your diverse, the schedule is in there. So it's Tuesday mornings at 8 a .m. Eastern Standard Time and Thursday mornings at 11 a .m. Eastern Standard Time. Unless I'm traveling or unless I have a conflict professionally or mostly in the mom sense, I am pretty present, right? So yeah, double spirit, a week, which is why you have homework, okay? Awesome, Miss KB, thank you for the alert. Appreciate you, okay? So when we think about creating space, okay? And when we think about what it means to surrender, to prepare and to accept, I wanna challenge everybody to write those words down every day, next week.

Yes, double spirit, the few people do have homework. Yes, yes, double spirit, that y 'all have homework too, okay? So here's what your homework is gonna be. Sticky note, notebook, something, okay? Whatever it is, but every day you're gonna write down, surrender, prepare, accept. What are you surrendering today? In what ways did this prepare you, right? When you let go of something, what did it open up? And when you started to prepare, what things are you starting to accept? So you're just gonna start to jot that down. For Keith, who was carrying his journal in his bag, Keith, this is what you're writing down every day. Because I guarantee you, as you start to write this, it's going to lend itself to this, okay? When you think about this, and you may discover that in some way, shape or form, you maybe needed to do more surrendering or who did more accepting.

Who was like, you know what, I'm not, right? That's not the sword I'm gonna die on today. I'm okay with this. I'm okay, right? You stay over there with that crazy. I'm okay right where I am. Oh, you wanted, nope, I'm accepting of this and what are you preparing for, right? That is a big question. What are you preparing for? Whose gifts were you trying to operate in that were not yours? Surrender them and be better for it because now you've got space to be able to invite your own gifts to have a higher presence in your circle and in your space, okay? Any questions about the homework? We will start with it on Tuesday, July the 23rd when I see you again in this space. So don't think that I'm going to forget. And I already wrote it on a sticky note that I'm gonna make a post and screenshot this part of the slide to remind everybody in the Blueprint Boss community that their homework is to continue to journal about what you're

surrendering, where you have prepared and what you are accepting in the spirit of creating space.

That is great, 713, right? Could you come on and just write it? Surrender, prepare, accept. Here it is for anybody who wants to know. And then by the time I see you, the sea will be filled in again, okay? The sea will be filled in and then we'll finish out the week creating space, the Elevate Her. Come on in, friend, good to see you. Thank you for being here. Y'all give a big shout out to Keisha Hicks who just joined the stream. She might've been lurking in the background to be very honest with you. Kay, thank you so much for the boss bits coming in hot with half a stack. I appreciate you. Happy Thursday, Keisha Hicks. How are you? Keisha Hicks, we're talking about creating space today and we are working our way through this acronym. Y'all wanna know where I get my love for acronyms from? It is from Keisha Hicks, okay? She comes in hot with these. This is how I met her and so from time to time when you see me pulling in the, pulling these in, right? You will understand that that is me paying homage to her greatness, so good to see you. Tank, thank you so much for the additional boss bits.

I appreciate you. We are talking about surrender, prepare and acceptance today. Yes, thank you for the level one hype train, ladies and gents who are in here and blueprint bosses. Okay, thank you, big stove for the boss bits. He has made his way in here, folks, there he is, okay? Coming to say hello. Would you like to say anything before mama finishes? No, okay. That's really good. Okay, that's Auntie Keisha right there. Really, KB Brown, everybody. You're diverse. You're diverse, mm-hmm, okay. Thank you. So that's, okay, and just like that, he's gone, ladies and gentlemen. I will, okay, I will, okay, okay, bye. And just like that, he is out of here. Just as, right, it was a fleeting glimpse. It was a fleeting glimpse of the prince. He is trying to soak up all these summertime hours as much as he can, because y'all, for him, school starts three weeks from today.

The prince goes back to school, August the first, okay? So he is like getting up all these summertime hours, pool, running with friends, staying up late, watching all these Netflix documentaries. We're currently working our way through this series on Netflix called Sprint ahead of the Olympics, which starts in a few weeks, which we're really excited about. Right, double spirit, eight weeks door to door, right? From the day he gets out until the day he starts, they have eight weeks of summer. We do get time during the school year, but his summer is this, right? Classics, isn't it dope? Right, so we're working our way through all the episodes right now. He's loving it. So, so that's why you got a fleeting glimpse because he's off to go do whatever it is that he's doing right now. So, so the homework is there, be on the lookout for the post, right, find your blueprint boss buddy, I would love for you to find some accountability to say, listen, this is where I was great about surrendering. And don't be surprised if I see you in these Instagram streets or in these other streets. And I'm like, hey, how you doing on the homework? Hey, what's going on with you with this? Are you preparing for that?

Is this a moment where you need to exercise acceptance or embrace acceptance? Because all of that is very real. And all of that sets you up to be successful when it comes to everything that you're doing. Okay. So good talk emotes in the chat. I am excited that we had our conversation today, aka Sanita. Good morning or good afternoon. Good to see you. Thank you so much for the subscription. Welcome to the blueprint. Okay. Gabby Brown, something like that. Hobbs says she has several blueprint buddies. Listen, that's what you want. You all want to strive for people to say, did you do the homework? Because you know, Kim Blue's going to ask about it. Kim Blue's going to bring this back up. Even if she works her way around it or to it, I'm going to do it. Right. So don't be surprised. All right. All of that. So find your blueprint boss buddy, find your blueprint bestie, right? Find your boss, babe, whatever it is, you want to call yourself, but find them and hold yourselves accountable. Because when you do that, you're going to be able to do it. You're going to be able to do it. You're going to be able to do it. You're going to be able to do it. You're going to be able to do it. You're going to be able to do it. You're going to be able to do it.

If you think about it or when someone's asking you about it, you're more likely to do it. AKA, Sunita, welcome in to the blueprint. Thank you so much for being here and for joining this space. You came in right at the right time. You may have been lurking, but I just gave everybody in the blueprint homework. AKA, Sunita, we are talking about creating space for the month of July. Here is the graphic that I am using. And thank you all again for this hype train. Kayla says the blueprint support group starts on Monday. Okay, I look he's doing it on the week that I'm traveling because he gets a week off too, right? He's doing it on the week that I'm traveling. But here it is Sanita for those and for those who may be lurking who want to see it one more time and by the time I see you again. The sea will be filled in. Okay, right So here we go, this is going to see This is gonna be our framework. So hopefully everybody got the notes And you are taking in all of the things that you need to All right Let's get ready to get out of here. We are a few minutes ahead of 1215, but I want to make sure that we are Getting getting ourselves ready to go.

Okay. Listen, I appreciate all of you There you go, okay, so there you go. All right, I You Vader, no, it's not as the prince yells Vader in the background. So listen, I'm gonna miss you all next week in this space. Okay, a hundred percent. Thank you all for the hype train for the bits, for the subs, appreciate all of you. I love it here and I love you all. Definitely put your good talk emotes in the chat. Kayla, if you don't mind, we're gonna go see chaotic. He has been off Twitch for a little bit. And so I want to go show him a little love because he is on today. I literally just asked someone about him this morning. I was like, where's chaotic? And was told that he had just been working, right? Because summer is summering. And so we are gonna go show some loves to chaotic. So everybody who is with us, go ahead and copy the raid message. We are gonna get ourselves together and we are gonna go show some love to chaotic because I think it has been more than a month since he has been on, right?

And he's pretty present during the week. So we're gonna go show him some love, all right? Listen to me, ladies and gentlemen, if ever before there was a time and I say this really intentionally as it relates to my exit mantra, especially because I won't see you in this capacity for a week, right? So please, please find the light from these conversations, okay? Whatever you need to help keep you motivated, to lift you up, to give to someone else or to receive from someone else, take that and let that be the light that guides you, okay? Because we can't all be navigating these paths in any type of darkness. We've gotta make sure that we are providing ourselves the light first, right? Encouraging yourself, speaking life, doing all of those things. We talked about surrendering words that were not working towards us. You gotta be able to let those things go, okay? So until I see you again in this capacity, I'm sending you into your Thursday, your weekend, end into next week with all of the good energy and light that you will need to guide you, okay? Please, please, please take exceptional care of yourselves. I will see you on July the 23rd and I will see you over in chaotic stream, all right?