

G a t h O r a c l e

SACRED CEO

WITH AYESHA DURRANI

TRANSCRIPT

Episode 4: Intimacy + Business

00;00;07;15 - 00;00;35;29

Hello my loves and welcome to another episode of the Sacred CEO podcast. Oh, I am feeling so deeply nourished and fulfilled right now. We have launched the podcast and I've been receiving nonstop messages and shares about how much you guys are connecting with the podcast episodes that have been released so far and just celebrating with me and just sharing what an impact that it's making.

00;00;35;29 - 00;00;58;23

And so I cannot thank you enough for your presence and your time and energy as you tap into these transmissions. And it means so much to me on the project in human design and recognition is part of what I am designed for, and it's something that really helps me to feel seen and open up and share my gifts as through recognition and invitations.

00;00;58;23 - 00;01;26;27

So I really, really appreciate all the messages and the beautiful feedback that we've been getting. It means so much to me because, you know, some people have been following along with my journey right since the start and some people are maybe just tapping in right now. And I have been through my own initiation and around what it means to me to do business in a way that is sacred, to do business in a way that's aligned with our soul, that honors our lifeforce energy and still create incredible results in the 3D.

00;01;27;07 - 00;02;00;17

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We all incarnated in the 3D for a reason, and abundance is our birthright. And our money does have power in this world towards this new earth. So it's been such a full circle moment for me to have the podcast finally be released. There was some delays and wait with just the first episode getting published. And now that it's out and it's launched, it just feels so incredible to have this platform and to know that as I record and speak into my microphone right now, it is reaching exactly the right people and exactly who I am meant to reach with my work.

00;02;00;17 - 00;02;23;12

And each and every one of us has a special medicine that is here to impact others on planet Earth. None of us are an island. We all make impact on other people through our existence and through our being. And we all have something to offer to one another. And that's really what that's part of the piece of the pie that makes up what is sacred CEO.

00;02;23;25 - 00;02;47;01

So for those who are just if you just randomly found this episode, welcome to the Sacred CEO podcast. This is a space where I talk about business being sacred, honoring our life force energy, and creating a new paradigm of business and wealth on this planet. While we also grow and expand into our spiritual wealth, into our powers, into our gifts, and into our destined impact that we came here to make.

00;02;47;28 - 00;03;05;14

I just got off a call with one of my masterminds, the sacred CEO mastermind. And so that is actually the inspiration for this podcast name. And that name really just clicked and really just stuck with me as, Oh, this is, this is a part of what I'm here to do. This is a part of what I'm here to speak on this is a part of what I'm here to represent.

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And I really wanted to bring in the magic from this call. This is a call where most people on the call were shedding tears of connection, tears of joy, tears of vulnerability, tears of power, tears of being moved. And the thing with my business containers and the business that I'm here to stand for is that it can move us to tears, because this is not all paradigm business, that is all about external results and hitting goals and hitting milestones.

00;03;33;27 - 00;03;53;11

Goals and milestones will naturally get smashed through us being in alignment with our energetic blueprint and our destiny. And I feel like a really big keyword for me is destiny. We all want to be on our path of destiny, and every single one of us is destined for beautiful and powerful and wonderful things. For some people, it's a lot of different things.

00;03;53;11 - 00;04;18;29

For some people, they really are focused on a few specific crafts and a few specific contributions, and it's all perfect and it's all part of this beautiful spectrum of us living and existing and being on our own pathway of ascension and our own pathway of expansion. So what was so magical about this call in the sacred CEO mastermind and the word that I really want to bring in to this episode is intimacy.

00;04;20;26 - 00;04;51;19

Along this journey, there is initiation after initiation into deeper levels of intimacy. And everyone's question that they brought into today's call and every answer that came and all the breakthroughs, they all had something to do with intimacy and something that was reflected back to me in the call. There was a moment where a few people were just showering me with love and sharing what was really impactful for them about my work, which was so unexpected and so beautiful and just so wonderful to receive.

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00;04;52;00 - 00;05;13;17

And what was reflected back to me from one of my amazingly badass clients was that I just am my work. I'm very embodied in my work, and through all the changes throughout my career and creating my podcast, certain things that have closed down and the way that I'm honoring what my soul is telling me while also maintaining, you know, the certain structures and things that hold up my business.

00;05;13;17 - 00;05;41;18

So as I rebirth and I have power moments and I go through deaths and rebirths and renewals and revolutions in myself and my business, my business still stays upright because I have these really powerful structures. So it was so great to receive this recognition. And part of what and another reflection that this wonderful client shared with me was that it just seems like my channel is just so clear from the way that I launched my podcast to the way that I've made different changes.

00;05;41;18 - 00;06;01;22

It's just the way that I show up. And she reflected that, you know, my in my free offerings, I'm just I'm just on my channels clear. I'm not, I don't have scarcity in what I'm teaching. I'm not holding things back like, oh, I shouldn't say this because this is a free offering. I should, you know, sometimes people fear running out of ideas or wanting to keep their best stuff for their paid offerings.

00;06;01;28 - 00;06;16;29

Or for me, I just can't open my mouth. I just come in channel and share on what I want to talk about. And it was so beautiful and so meaningful for me to receive that reflection from such a beautiful client, someone who's so powerful, who's so in her goddess energy, who's really one of those pinch me dream clients.

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00;06;17;18 - 00;06;36;01

And to receive that reflection from her that, you know, from her perspective, I'm just sharing from a clear channel sharing from a Clear Channel. Now in my own experience, it can feel a lot more messy than what you might look like on the outside. In my own experience, there is still questions and there's doubt and there's times of confusion.

00;06;36;01 - 00;07;07;16

There's times of not knowing what to do or what's coming up next. And what really seemed to be the overarching theme in this call, the sacred CEO mastermind, is intimacy. Because the reason that I now am able to show up and lead and speak and transmit from a clear channel where I don't teach with notes or presentations in most of my programs unless I'm teaching astrology or something with a lot of technical information, which sometimes I do, but overall I do just show up, turn on the mic and start channeling.

00;07;07;16 - 00;07;37;27

And that comes from intimacy with myself, intimacy with myself in terms of my desires, as well as intimacy with myself in terms of my fears and my wounds. I've had to work through a lot of wounds around abandonment and rejection and belonging. Those have been really big themes for me. My Kyran, my wounded healer archetype, is in the 11th house of groups and through my own intimacy with myself and really understanding what I want, what I need, and who I am.

00;07;37;27 - 00;08;23;28

And of course, that's always changing. It's organic. We're not machines. We don't stay static. But that intimacy with myself is apparent in the way that I show up because my energy isn't scattered in all of

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these different illusions and doubts, other ways that intimacy came up in today's call intimacy around our pricing. So we talked about what it feels like to have that true soul desire and that true activation and awakening when it is time to raise our prices and being able to trust that if that's coming through our channel now, a prerequisite to trusting what comes through our channel is being clear and grounded because there's a lot of noise on social media,

00;08;23;28 - 00;08;44;09

There's a lot of noise in this world, there's a lot of unintegrated energy flying around. So not every single thing that pops into our mind is a true soul desire, and a lot of things are conditioned and programmed within us. So a prerequisite to radical trust in our channel is also having practices that ground us and clear us.

00;08;45;06 - 00;09;11;20

So that way we know what is us and what is not. That way we know where we end and where others begin or where others end, and we begin. But when we have been on a path of self-discovery, when we do spend time expanding presence into our body, when we do have a growing awareness of who we are and the sacred nature of life, then we can trust the clarity of It's time to raise my prices.

00;09;12;26 - 00;09;34;05

You may also know it's time to raise your prices because of how it feels to receive payment for your offerings. If it feels or if it even feels a little bit of bitterness or a little bit of frustration when we're receiving a payment based on a price that's ready to be raised, when you understand what you're bringing to the table and the value that you're offering and the transformation that people are having in your spaces.

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So there's the intimacy with ourself, the intimacy with our channel. When we're receiving the message from our higher self or from our soul or from our business entity, that it's time to raise the prices and that intimacy of, okay, I hear you, I trust you, and we're doing it. That opened us up to more intimacy conversations and that intimacy is the intimacy with our body and that number of the higher price letting our body attune and our nervous system attuned to charging and holding larger amounts of money and to who we become when we charge those higher amounts of money, the version of ourself that is living that reality, the version of ourselves that shows

00;10;20;26 - 00;11;02;12

up with that exchange, another level of intimacy that we then see that then emerges is the intimacy with the wounded parts of ourselves that is afraid of recharging that amount or that is afraid of being seen charging money for their offerings. Now, the supplies, whether we're raising our prices or if we're thinking about starting an offering, we have wounded aspects of self in her child, past life, family conditioning, lineage stuff, society stuff that might tell us that we may not be as loved if we start being seen in charging money for our gifts or charging the amount of money that really does feel right to us.

00;11;03;26 - 00;11;26;01

So intimacy with these parts of ourselves, rather than living in avoidance of the feelings that we feel when we come into contact with these parts of ourselves, which is what most people are doing. Most people feel that contraction of scarcity of an inner child, it's like, Oh, what if no one loves me if I do this? And then they just don't do that thing they say they kind of put their hands over their ears and go, la la, la, la, la.

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And they don't want to hear it and they just don't want to go there. But if you're listening to Sacred CEO, you're probably someone who is ready to go there. You're probably someone who's already on that path of moving past the conditioned comfort zones and moving into the space of expansion and evolution, not only for yourself, but for the people you're meant to impact, for the legacy you came here to birth.

00;11;48;17 - 00;12;04;04

So the intimacy with these parts of ourselves is in a way, a way of looking at it. Re Parenting, right? Or it's like, oh, little girl, little Aisha, a part of me that is afraid that no one's going to like you, that is afraid that you're not going to be loved and you're going to be left by yourself.

00;12;05;10 - 00;12;24;16

Your feelings are valid and your fears are real, and they actually are based on something because of, you know, certain past experiences and things that have happened. But I'm going to hold you through this because we're still moving forward. Little wounded. Aisha is not going to have the keys to run my business. She's not going to have the keys to my life.

00;12;25;16 - 00;12;43;10

But I'm not going to reject her either. I'm not going to be one more person that made her feel rejected and alone. I'm going to call her in. I'm going to be called towards her. I'm going to be intimate with her. In a conversation with her. What do you need to feel safe as we move into higher levels of expression?

00;12;43;10 - 00;13;07;20

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As we move into higher levels of being seen? You know, here I am launching a podcast right now. I've had many initiations with different levels of being seen, guys. Many, many, many, many. I've had a lot of the fears of things that we might fear might happen if we're seen. I've had a lot of them come through. I'm talking cyber bullies being copied and plagiarized by people I knew.

00;13;07;20 - 00;13;26;24

I'm talking haters. I'm talking posts made about me. I'm being torn apart in the comments. I'm talking message board threads, I'm talking cyber stalking, I'm talking all kinds of being hacked. Like a lot of the things we might fear of what would happen if I'm seen on a bigger level, what if this happens? What if this happens?

00;13;27;00 - 00;13;50;25

Yeah. What if it does happen, guys? What if it does happen? You're going to deal with it and you're going to move through it. But what if you never step on your path of purpose? What then? What questions are we asking ourselves? Oftentimes, we're not. We're not even interacting with this part of our self. They're just hurting and screaming and crying in a basement of our subconscious mind.

00;13;51;23 - 00;14;16;15

So intimacy with self is also me saying, Hey, wounded, part of me that's afraid to be seen. Come here. Can I give you a hug? Can I support you somehow? What is it you're afraid of? Let's work through it together, not let's live in avoidance of ever being seen and die with our medicine and our story locked inside of us.

00;14;16;15 - 00;14;38;00

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So that's another intimacy that is going to continue to come up every day almost. So I don't want to project that every day. But, you know, for me, I'm in a lot of interaction with my inner child and being a semi somewhat public figure or being seen sharing my story, being a very kind of direct person, I'm a mercury in Capricorn.

00;14;38;00 - 00;15;18;10

So my language is very direct. I'm not very, I don't know. I open my mouth and I talk. So I'm not, I don't censor myself very much. And along the way, there's been different initiations and different times of love. Should I say this or should I talk about this? Should I tell the story? And rather than forcing myself to do something that I feel afraid of or avoiding doing something that my soul is really calling me to do, there's this beautiful space in between the bridge, between being ready and not being ready, which is this intimacy and this conversation with my inner child or this aspect of myself that maybe has been

00;15;18;10 - 00;15;52;24

burned by others, that maybe has been ridiculed, that maybe has felt humiliated, that maybe has been rejected, that maybe has been abandoned, and it might happen again. And it just gets to this point of what's more important to me, living in avoidance of ever being abandoned, which may or may not even work. Right. We can't control what other people do or showing up in my mission and my medicine, knowing that I'm living in alignment with my higher values and what other people do with that or how other people respond to that is not really any of my business.

00;15;53;01 - 00;16;20;21

Even if there's preferences that I would have of yeah, I'd prefer for everyone to just love me and validate me all the time. But the more important thing is my mission, more important than my short term gratification of people. Validating me is my mission. So along the way in our businesses, especially

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personal brands, you know, where it's like, Hey, this is me, this is my name, this is my face, this is my life, this is my life story.

00;16;20;21 - 00;16;41;10

These are my experiences and my passions. I hope you like it. Would you like to sign up to work together and have me in your life and talk to me, you know, every day on Voxer like that's available for the people who are feeling called to that who are the right match for that offer and it is vulnerable.

00;16;41;10 - 00;17;04;27

And that intimacy there's even an intimacy in admitting to ourselves that I do want a business and I do want to help people. And that was another conversation that happened in today's mastermind call the intimacy of someone who joined the sacred CEO mastermind with all my four business programs this year and hadn't started her business yet and it was such a beautiful moment for everyone on the call when I invited her.

00;17;04;27 - 00;17;39;14

Gently, lovingly. Hey, only if you want to. But would you turn your camera on? Because all of us had our cameras on and it just felt so right in that moment for this person to be seen in her magic and her medicine and you know that that bravery and courage to join a business container before starting a business and how powerful that was for everyone when she shared, I'm not going to, you know, share her story here, that level of intimacy created a ripple through the entire experience of the mastermind call, and the only word for it is honor.

00;17;39;14 - 00;17;59;19

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How honored I felt for that. It takes an intimacy with self to even admit to herself, I want to do something with my guests. I want to learn how to make a business. I want to help people. I want to use my story and my experiences to make a positive impact on this world. And I'm going to show up and do it.

00;18;00;06 - 00;18;21;12

It's very intimate. It's very vulnerable to do that. We don't have a boss as an entrepreneur. We don't have we didn't, you know, get hired. We didn't do an interview. We have to decide for ourselves. We have to hire ourselves. We have to validate ourselves. And of course, there's support along the way. But each one of us with entrepreneurship has a path that only we can create.

00;18;22;20 - 00;18;42;20

I have two mentors right now. I pay probably multiple six figures by now, an investment in myself, in my business. But no one can tell me how to run my business. No one can tell me how to make the path I'm here to make. They can teach me from their experiences of the path that they made and other people who they've learned from and other clients that they've served and their unique paths.

00;18;42;27 - 00;19;07;18

But none of them will be exactly like mine. So when we're outsourcing for our validation and our next steps and we're constantly looking at the world around us and consuming content, content, content, content, and wondering, what do I do? What do I do, what I, what do I do? What should I say? To me that is a symptom of a lack of intimacy with ourselves.

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When I know myself on a deep level within, I will never run out of things to say. I will never not know the right thing to do in that moment. It's really our intimacy with ourselves that tells us this doesn't feel right or this feels really fucking right, and sometimes that doesn't align with what someone might tell us or what are the three D logic based on old paradigm business might tell us?

00;19;35;13 - 00;19;58;24

When I announced my indefinite break from writing horoscopes, which was by far my most successful and highly engaged type of content that a lot of people were following me just for that. And I had to be willing to accept and follows and people being disappointed that I was no longer creating these horoscopes and I still don't know what's happening with them.

00;19;58;24 - 00;20;27;06

I had to validate that experience myself because I know the intimacy within myself. I'm sensing an obligation energy here. I'm sensing an energy of I will keep doing this because what if I don't rather than wow, it feels so right to channel these messages like it's kind of feeling right now with this podcast. It feels so right without intimacy of self are always going to be looking for answers outside of us, from people who cannot tell us.

00;20;27;06 - 00;20;49;09

They cannot tell us how to make our path as an entrepreneur. They can support, they can guide, they can give information, they can help us calibrate. There's so many beautiful things that we can gain from others, but our path is our own. And through intimacy with self, we have clear vision of the compass, the inner compass. And you probably know what I mean.

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If your intuition has ever told you to make a decision or do something that didn't really make full sense to your mind, that magic of flow state comes from intimacy with self, and that includes intimacy of self of I'm ready to leave this job. I feel it in my body. I feel it in my heart and soul. Some other things that came up with intimacy was in the sacred to your master.

00;21;19;25 - 00;21;42;29

My call was intimacy with our audiences on Instagram and intimacy in our DMs, and how sometimes you might get a client inquiry or get a DM and we just don't even want to open it. We don't even want to look at it, we don't want to respond. The more deeply we can meet ourselves in those moments and explore What am I afraid of here?

00;21;44;12 - 00;22;17;20

Explore what's let's what am I gripping on to here? What am I avoiding feeling here? Maybe it's rejection, maybe it's imposter syndrome, which I did an episode on doing that exploration and deepening our intimacy within ourselves, regardless of what happens in that client interaction in that DM or on that post is going to increase our leadership. And the more deeply we can meet ourselves, the more deeply we can meet our clients as well.

00;22;17;20 - 00;22;40;05

So noticing, you know, some of us have a more of an attached sorry, a more of an anxious attached style and some have more of an avoidant attached style. Avoidant attached might see client inquiries, people that want to work with you, people that are curious about how to work together, people that want to give you money and experience your magic noticing.

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Does a part of me want to run away from them? And what I shared with this client that I want to share here for anyone who's resonating with this, is shifting our state to help ourselves feel more safe before responding. So noticing that something might come up like an email or DM, we might get really contracted in like, oh, oh, oh no, what do I say?

00;23;01;16 - 00;23;26;08

Oh, feeling exposed, feeling vulnerable. And what many people do is they ignore it. They either don't respond or they'll just throw out a response as fast as possible in a very disembodied way without being present. So where we reclaim our power as our how we use and expand into the time in between that thing coming up and then our response.

00;23;26;19 - 00;23;50;03

So rather than reacting, it's taking a pause in that moment and dropping in to the codes of what you desire for your client to experience from you and what you want your client to experience from your work. So if I want my clients to experience a sense of empowerment actively Asian depth and luxury, which are some of the key words for my brand.

00;23;50;03 - 00;24;17;20

By the way, we teach this really in-depth in sacred social media, my social media program, if I want them to feel those words, empowered, deep presence, luxurious. That's how I want people to feel when they see my podcast purchase, any of my offerings go on my social media. Then when I receive a client inquiry or something that's like, Ooh, maybe makes my throat close up, the first thing to do isn't to quickly react and get out a response.

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It's actually to soften and come back to myself, to drop my shoulders, to relax my throat, to relax my jaw, and to take responsibility for my own state and to be the code holder of the magic. I'm here to bring through my business. So that means if I want people to feel embodied, present, powerful, I better feel, embody, present and powerful.

00;24;41;08 - 00;25;01;16

So I'm not going to respond from a state of contraction and the state of panic. I'm going to step away and I'm going to go do something that makes me feel embodied, present, powerful and luxurious. Dancing is a very easy one. Music dance. Mm hmm. Get it, get it. Put on some Cardi B, Money Moves. Put on some sexy music.

00;25;01;16 - 00;25;29;06

Maybe it's classical music for you. Use the tools at your disposal. Use the five earthly senses of the body to come back to the body, smell aromatherapy candles, beautiful tea or a tincture or some chocolate or something, and just get that around mouth, feel, you know, like music, dance, give yourself a hug if you feel really panicked. I give myself hugs throughout the day.

00;25;29;21 - 00;25;47;01

I also you'll find me sighing throughout the day. I appreciate my ex partner, who I lived with the last few years, would always make fun of me because I would go and then he would like sigh at the same time as me. Like because he could hear my like wind up to the sigh or like my lead up to the sigh.

00;25;48;05 - 00;26;04;28

So you'll find me saying a lot because I'm just releasing the energy that gets wound up within me because I tend towards being more anxious personally in the past. I'm not going to say that I'm always

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going to be like that or that's who I am. I'm not identified with that, but I have had more anxious tendencies when it comes to my attachment style and like my body.

00;26;05;13 - 00;26;31;16

So taking responsibility for our inner state is how we are becoming the holder of the codes that we're here to offer through our business. So many of us say that we want to have this business of empowerment, but we're engaging with our business, our social media and our clients from a place of disempowerment. So that's it creates a dissonance and that creates random results because it's a random energy.

00;26;31;16 - 00;26;57;21

It's a conflict. That energy is going to create conflicting results. Or sometimes it's good, sometimes it's not so good. Sometimes some revenue is high, sometimes it's low. One day there's a sale and no sales for weeks. So that's what happens when we have dissonance. We need to walk the walk. This is part of Sacred CEO. We're not only looking at numbers and charts and we're also not shrouding our responsibility and not taking action and just being in the energy realms alone.

00;26;57;21 - 00;27;27;24

So intimacy with self is that space in between. The message coming up and us sitting down for a true response. Not a reaction, but a response and taking responsibility for the energy we're emanating into the world through our business. Because if we're disempowered, contracted in fear, in doubt, in a downward mental spiral, and then we all respond to our client, it doesn't matter how perfectly worded their response is, it doesn't matter if you edited it a bunch of time, showed it to your mentor, got someone else to write.

00;27;27;24 - 00;27;54;13

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It doesn't matter. Our energy is encoded in the actions that we take in our business, so we better clean it up. We need to take responsibility for the energy we're putting out there. Otherwise, we're just adding to the noise. This is being more intentional, and it's also that intimacy with self that as I say those things, it's not about judging those parts of ourselves, it's about loving those parts of ourselves.

00;27;54;27 - 00;28;14;09

It's about saying, Ooh, you're feeling scared because someone might want to work with you. And maybe that's activating imposter syndrome, or maybe that's activating a fear around being seen. Well, it's very valid for us to have fears around being seen. We've had past lives of being burned at the stake. We've had people in our lineage be punished for being seen as something.

00;28;14;18 - 00;28;40;11

We see examples in the media where people are putting themselves out there or protesting and getting executed like this is some real shit. It's not about it being a real risk or not because there are real risks associated with being seen. But the greater risk and the greater pain is hiding away with our medicine and our love and our soul and our light locked away inside of ourselves, living in avoidance of anything ever going wrong, which that's not going to be successful.

00;28;40;28 - 00;29;05;02

I believe in setting ourselves up for success, and that means choosing goals and choosing definitions of success that are attainable. So if I choose the goal of never, ever upsetting anyone, I'm going to feel about I'm setting myself up for failure. But choose the goal of never, ever, ever being rejected. That's setting myself up for failure because there is going to be a lot of people out there who don't like me and don't want to work with me.

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But for everyone that doesn't want to work with me, you better believe there's soul aligned clients out there that love working with me. But how can they see me if I'm hiding away my light? So the intimacy with self is the ultimate guide in our business. The intimacy with our self is the one of the authorities. When we're making major life decisions, if we really know ourselves, we know what feels right to us.

00;29;29;10 - 00;30;01;13

We know what fear feels like in our system. We know what love feels like in our system. And this is also bringing us back to the body. We can't feel what's going on with us if we're not present in our bodies. So it's also about reclaiming that space, the temple of the body, through intimacy with self noticing. If my shoulders are really tense, breathing into my shoulders, giving them permission, literally thinking to myself, I'm giving you permission to let go and letting go and even asking that part of myself, What are you holding on to?

00;30;03;00 - 00;30;26;04

What are you afraid of? Why do you think you need to brace and always be prepared for the worst and gently, lovingly helping to disarm myself through these conversations, through awareness of my body cinematically, through using my breath, elongating my exhale, for example, there are endless tools that we have at our disposal. There's no shortage of information and tools.

00;30;26;04 - 00;30;57;26

It's all available to us for free on the Internet. But the intimacy itself is actually taking that tool and actually sitting down and doing it. Not just consuming, consuming, consuming, consuming, consuming, all these good ideas, consuming all these posts, signing up for all these courses, the intimacy of sitting with yourself, anyone who's got up from a rock bottom, you know that feeling

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where you're at rock bottom and there's nothing left but you and yourself in a room and you have to fucking face it.

00;30;58;19 - 00;31;24;21

And from that place, so much magic happens. Some people ask, Do you need to hit a rock bottom in order to be successful because they see the success stories of people who had hardships so funny. We'll look for any excuse to not believe in our own success. Some people will look at others that have had a good life and have privilege and say, Yeah, you know, because this was me, by the way, speaking for myself as, oh, yeah, of course, this person is successful.

00;31;24;21 - 00;31;41;04

They, you know, their parents were able to put them through college. They grew up in a good household where they weren't always fighting and they were loved and supported and their parents told them they could do anything they wanted to. So, of course, they believe in themselves and they're doing these amazing things. Yet someone from that background can look at me and say, Oh, well, of course she's successful.

00;31;41;04 - 00;32;06;23

She has this big like rags to riches story and like, you know, she went through all this trauma. So, like, of course she's successful, but like, I don't have big trauma, so, like, I can't. It's all bullshit, guys. What this world needs is people who are embodied in their body, intimate with their selves, willing to work through their shadow, listening to the call of the soul, surrendering to their destiny path, living their values, living in alignment.

00;32;07;00 - 00;32;29;21

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That is the breath of fresh air. That's the awakening. That's the activation that this world needs. No one is more worthy of that than someone else, and that's it. We need to be willing to be intimate with ourselves. Intimacy with ourselves also means knowing when we made a mistake, knowing when something didn't feel right, knowing when we wish we did do something a little different.

00;32;29;21 - 00;32;55;01

It's not about living in regret. It's about the intimacy of our self of oof that doesn't actually feel aligned with me. And I actually shared that story in my mastermind call today of it's a bit of a story, kind of an episode all on its own. By the time that I made what I consider to be a premature move in my business, and then I went back on that move and I had to email and contact people and create refund people, and I had to straight up just own that.

00;32;55;04 - 00;33;17;00

I could have just kept going with it, but I had to straight up, you know what? This actually doesn't feel like the complete aligned choice and I'm making this other choice. And that was, you know, at the time it was a challenge for my ego. But now I look back on that as something I'm really proud of. And it was through intimacy with myself that I felt something feels a little off here and without that intimacy, I could have just kept going on that path.

00;33;17;00 - 00;33;35;28

And who knows where that path would have taken me? A path out of alignment with my true inner knowing and what my soul is whispering to me. The ego's voice can often be much louder than the voice of the soul. So without intimacy of self or drowning in noise of all the things we're consuming, then yeah, it does feel confusing.

00;33;35;28 - 00;33;55;13

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And yeah, it does feel like, what do I do? But when you have that inner contact with self, you have the compass. The compass is right there. It was built in. And of course some ways that we tap into that more is meditation. I know we like to say sometimes, Oh, working out is my meditation. Yoga is my meditation.

00;33;55;15 - 00;34;20;05

I don't believe that it is. I don't believe anything replaces meditation. I'm not going to lie and say I meditate every night and every morning, every single day for an hour. I don't. But I can tell the difference. Even if I drop in for a three minute silent meditation, it's like night and day. So there's meditation, there's our movement practices, there's breath, there is hydration, there's just dropping in.

00;34;20;05 - 00;34;40;06

And so medically experiencing what is going on in our body, when there's areas of tightness and contraction and fear, closing the eyes, dropping in, placing a hand on that part of the body, breathing, inquiring, asking questions, see it as building a relationship. How would you build a relationship with a new friend if you've been very out of your body for many years?

00;34;40;15 - 00;35;02;01

How? See it as a relationship? Are you invested in this relationship then? Usually if we're invested in a relationship with someone, we want to ask some questions. We want to get to know them. We want to help them learn to trust us. We want to build that trust in a natural way. We don't rush it. We respect the timing and the process, so that might be relevant for you.

00;35;02;01 - 00;35;24;05

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If you're regaining a relationship with your body, for regaining a relationship with your intuition. So my practices or my practices, let me know if you want me to do an episode on my practices. But we all have our own practices and you already have tools at your disposal. So you might be listening to this being like, Oh, I don't have the key to having intimacy with myself.

00;35;24;06 - 00;35;46;28

You are the key to having intimacy with yourself. Ask yourself the questions you might want to ask me. Ask yourself what helps me feel peaceful, what helps me feel clear. We can go for a walk, we can put a playlist on, we can lay flat on the ground. We can pull an Oracle car if you want. You know, the options are endless.

00;35;46;28 - 00;36;10;00

There's no shortage of options. There's no shortage of information. What there is a shortage of is intimacy with self and self-responsibility and trusting that you actually do have the answers within yourself. So that feels like a good place to wrap it up. Thank you so much for listening. Thank you so much. Everyone has been messaging me there. Your beautiful, beautiful words about this podcast.

00;36;10;00 - 00;36;34;01

It feels so great and so good to just sit here and channel and share. I'm really, really excited about this new direction for myself and it feels really right. So I'm so excited to see where this leads me and thank you so much for listening and tuning in. Take care, guys. I'll catch up with you next time.