

Oath Oracle

BUSINESS ORACLE

WITH AYESHA DURRANI

TRANSCRIPT

Episode 11

Welcome to the Business Oracle podcast. With me, your host, Ayesha Durrani. I'm an astrologer, business mentor and founder of the seven figure Global Brand Oath Oracle. In my work, I empower rebel soul entrepreneurs to change the world with their mission in medicine. Create overflowing wealth and prosperity by doing their passions in this world, and stand tall in their legacies.

This is my passion, and I'm so grateful to share it with you today. So thank you so much for tuning in and listening. And let's get into today's episode.

Hello, my love. I am tuning in from Costa Rica. I'm here on my birthday trip and I'm actually at an ayahuasca retreat center at the moment. This episode of the Business Oracle podcast is a totally personal share. This is not a business strategy episode.

This is a grab the popcorn, have a yummy drink and get comfortable because I'm about to share a long motherfucking story that I have only told a few people in my life when there's been that special moment and that space to tell the story.

And at the moment, in this moment now, I have checked in to this retreat center a couple of days ago, and we're going to begin ceremonies tomorrow, and we're actually going to have four ceremonies this upcoming week.

So as I'm recording this, it's Sunday night and we've had two really beautiful Breathwork sessions, one on Saturday, one on Sunday that have been so powerful, transformational. And it's the full moon in Leo tonight. And then four ceremonies begin starting tomorrow. So this felt like the perfect time to tell that story and actually record the story.

And what this story is, what I'm feeling called to tell today is the story of my first experience with ayahuasca back in 2015.

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So I felt like I wanted to share this first and then go have these new experiences so I can also share them with you. I kind of wanted to get this story out because it's lived within me for a long time and honestly, I will probably write a book about this experience one day. So yeah, I'm going to get right into it.

And this is a really special time with it being the full moon in Leo today, which is all about releasing blocks to our expression. So this is my first house in my birth chart. I'm a Leo Rising, so this is a big clearing and allowing my inner transformation to be seen by others and taking up space in a different way and having holding myself in different identities and even changing my appearance as, a full moon in our first house theme.

So this is a big liberating moon for me in how I take up space and express myself in the world. So it feels really beautiful to record this now. And my birthday is also in a couple of days and I will be in ceremony on that day.

So the story begins. Well, when does this story really begin? It begins with my birth. It began with my soul up in the cosmos. But this particular story begins. And by the way, I hope the sound is okay. I'm literally recording on my iPhone mic in my room right now. It's nice and cool. So I was able to turn off the AC so we don't have too much AC noise going on in the background.

So come with me along for this story that begins in 2015. So I had been in quite a low. I've been in quite a super low place. I've been abusing substances like MDMA, other things. I've just been very, very rough on myself and my body and my being in my soul. I didn't care about myself very much, and I would just really abuse myself by abusing substances.

Like I was just obliterating myself on a regular basis, drinking lots of alcohol, smoking tons of marijuana. And I was just very not here and that was because I had a lot of unprocessed trauma that I did not understand. And I didn't know that that was what was going on. And my nervous system was constantly in a state of, I'm in danger, I'm in danger, I'm in danger, which was not a very functional state to be in.

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So I found ways to survive that feeling. But I was not healing that feeling, right? I was just putting Band-Aids on it and distracting myself and numbing myself with whatever I could and kind of chasing peak experiences through substances. So I was in a really bad place and I met this guy. This guy ended up being a very toxic ex.

So I met this person. I was in a terrible place. So I had really poor boundaries, poor judgment, really, really, really desperate for connection and really desperate for touch and feeling held by someone because that was something that I deeply, deeply, deeply desired. But I was not going to attract anyone healthy with the energy that I was in and the choices I was making.

And so I met this dude. I knew very, very, very early on that this person wasn't my one. I knew very, very, very early on that I wasn't in love with them in the way that I desired to be in love with someone. But I kind of had this thing of like, this is just temporary. We're just having fun.

It's okay. I like to just have fun and have something temporary. Not everything needs to be like this huge deal, but we trauma bonded so closely that that clarity that I had in the beginning back in like 2015, 2014, that clarity that I had got so muddled up because of the trauma bonded me because of like meeting someone who like wanted to party with me and have these experiences together and like that can replace, true healthy love or like, at least that's what I, that's what I'm thinking at the time.

So I was just not seeing clearly. When we stay in a toxic situation, wrong relationship, things tend to fester over time. Things tend to get worse, not better. So it just kept getting worse. I was kind of in the space of just extreme attachment without being truly in romantic love and without it being the person I should be attached to.

But because a lot of my wounds around abandonment, neglect, feeling unseen as a child, among other things, that really it kind of messes with your red flag detector in a way, because there's this deep part of myself that had this deep need to be seen and held. So when I was then, trauma bonded with someone who was holding me or spending time with me.

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And, it was kind of like filling that void, quote unquote, without obviously and not in a fulfilling way, not in a truly satisfying or healthy way, but it was really hard for me to think about breaking up because the thought of being alone again, like the pain and fear and even the feeling of abandonment, even if it was my choice to leave, it was like if I left, I felt that there would be this huge chasm of just the same feeling, the same dread, the same fear of like, I'm not safe and I'm alone in this world.

Which was the exact feeling I was trying to escape. So I was very much staying to try and escape that feeling that would be on the other side if I left. And I also had this stubbornness, which is very typical of South Node in Second House, which is my south node placement. I had this stubbornness of like, well, I've already invested so much time with this person, like, so I have to keep investing time with them.

Otherwise that was all a waste. That was kind of my attitude at the time, which is totally not correct, right? Like the lessons we learned, no matter how long it takes us to leave, are worth the time that is spent, you know? But at that time, that's how I was thinking. I was in that scarcity energy and I also had this scarcity energy of like, well, am I going to meet someone, that is going to be a good fit for me.

I was really afraid of the world and didn't trust the world. Didn't trust the universe. And I didn't trust my own intuition. I didn't trust my own feelings. So, yeah, it was very, very messy. So it was going to be just short term because this person was going to go traveling and we knew that right from the start.

So that kind of had this deadline that was kind of good for me. I was like, great. It's just temporary. We're just having fun. Then the time came for this person to go traveling and they're like, oh, I want you to come with me, blah, blah, blah. And I was like, oh, romantic gesture. oh, it's like a movie. Yeah, I'm going to go with you.

Even though that whole time I was kind of understanding that, oh, it's just going to end and it's going to be over, and then I'll move on. But no, we prolonged it, we dragged it on. And then once we started traveling together, it was just steeply, steeply, steeply downhill.

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And this is someone who would drink a bottle of wine straight from the bottle right in front of me. And I would see their eyes turn black. And it's the most terrible fights. We were like that couple, that couple that is publicly fighting just so extra, so dramatic. Like it was just, it was just beyond that.

It was like super cringe to think about, the things people saw us do and say and also the things that we did and said in private was just as ugly. Right. It was really, really ugly. It was a really ugly relationship. Brought out a really ugly side of me. And I also did things I'm not proud of.

It's not like that was someone who was just only mean to me and I was just nice all the time. No, it brought out my worst and I got to see the worst sides of myself, which then continued to erode my self-confidence, that continued to erode my self love. So it's like the longer we stayed together, the less self-love I had for a myriad of reasons.

So we traveled, we traveled down through the States. They left and then came back for me. I was in this like dramatic, a dramatic gesture, which, that made me feel something that I was missing or something that I wanted, romantic gestures like that. And I was willing to settle. And take them back. And it was just like it was just a train wreck, absolute dumpster fire.

And in between the bad moments, there were good moments, but the good moments were just us, like partying, drinking, going to music shows and stuff like that, and just pretending like that, that's a relationship, you know?

So fast forward. Fast forward and there is a town in Costa Rica that I had been to in my first ever time backpacking. This was, what is 14 years ago from now is 2023. Does that mean 2019 or 2009 is 14 years ago? I think it was 2009. So back in 2009, I went to Costa Rica on my first backpacking trip with my friend Jeff. Shout out Jeff. And that was what awakened my love for travel. And in that trip I had been to this town called Santa Teresa.

So I told this guy that I was dating the time, I told him about this town and he actually went there without me. And then he made a bunch of friends and had this positive experience. And so then he

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wanted me to come with him. Like he came back and he wanted me to. He wanted us to live there and rent a place.

And he had a place and he had friends in the network there now. And I was like, Oh, wow, like I told you about this place. And now you're like, really putting roots down here. We go back to that town that I had been to many years before, and very soon after I got there, I'm talking like three days or something like that.

Like really, really, really soon after we arrived to our destination that had been the destination of all the travels we had done so far. On that one trip we go, the destination was this town and we got there and literally like within three days, five days, within the first week we had a public break up and it was so messed up and it was just absolutely awful.

I could just cringe thinking about how bad that it was and how drunk that we were. We were often drinking and it was just so ugly. It was just, yeah, it's like we talk about, I love working with my higher self. I have also been working with my lower self. There have been times in life where I was working with my lower self.

So yeah, it was in my lower self energy all the way to so many things I was not proud of. And just like so and always taking it back and stuff like that, no matter how bad that it got because it felt like no matter how bad that relationship was, there was more pain in being alone because of how much just trauma within me was just screaming to be healed and just like aching and dying and just screaming for my attention.

I couldn't bear the screams. So I always tried to muffle that inner scream. We had, like, distractions. So we had this very public break up. Everyone knew about it. It was a very small community. Everyone knew what happened. And this was the type of situation where this person who absolutely acted in very toxic ways, possible narcissist. I don't like to throw that word around, but seriously possible narcissist, has been abusive towards other women as well in an emotional and verbal way.

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But one of those people that is really charming to other people. So what it looked like to a lot of people was, oh, Ayesha, she's so intense, she's so emotional, she's so crazy. But this guy, oh, he's so cool, so charming, always smiling, always having a good time, which was so infuriating for me because I had always seen, like, the worst sides of him as well.

Right? Like not that person at all that other people are experiencing. And then I had once again my stubbornness myself. And then the second house that dug my heels in. And I felt that, well, I'm the one who told you about this town, so I'm not leaving. I'm staying here because I knew this town first. I didn't say that, but that was like that was a program that was running underneath that.

I wasn't conscious of it at the time, but now in retrospect, I can clearly see that that's what I was feeling and thinking like, No, I'm not leaving. I'm the one who came here first. You wouldn't even know about this place if it wasn't for me. So at this time, I didn't have a lot of money.

Okay, this is way before my business. This is this was, I did all kinds of random jobs, bartending and stuff like that. So when I traveled, I don't know if y'all are aware of this, but there is a whole subset of people who just work while they travel, even if it is under the table or illegal and or like work exchange where you work, you trade your labor, but you can stay at a hostel or you can do this or do that.

So I ended up working at a restaurant in that town as the bartender, and it was like a high end restaurant could make like 90 bucks a night in tips, which is quite good for Costa Rica, like 98, 90 US dollar in cash plus whatever wage plus like a meal. So I basically didn't have much money for the trip, but I was really good at being resourceful.

I've always been really good at finding a way to make it work and being crafty and being resourceful. So I got a job and then I got a place to live. So there was this house that was for rent that someone told me about. They'd heard that we'd broken up and they were like, Hey, I know that these two other girls are also Canadian.

So two other Canadian girls, they're also Canadian and they have an extra bedroom for rent in their home. Or it's like a house in this town, same town in Costa Rica. Two girls, three bedrooms. They

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need one more person and they're Canadian as well. So I was like, Oh, that sounds perfect. It's like, wifi. Near the beach, like a sweet I'm going to do that literally like three days later.

Okay. Three days later, I moved in. The girls are nice or whatever. Fine. They kind of gossiped about me a little bit. I found out later it was a little bit of catty vibes, but hey, I was in a safe place or whatever. So one night now. So to catch us up on the story, I'm in the same town in Costa Rica, broken up with that dude and after a really, really volatile time and a really bad public breakup.

And then I'm living with these two chicks and one day we go to this restaurant and I was like, I was just not okay. All the fighting, all of the abuse, all of the gaslighting, all the fuckery compiled on top of my previous traumas of my entire life and not taking proper care of myself and eroding my body and my spirit with substances and alcohol.

I was not okay. I was not okay. And I was like sitting at this restaurant with people that, none of them were my friends. They weren't truly my friends. And I felt so alone and I felt something brush on the bottom of my leg and I didn't think anything of it. And then I went to go swipe it off or touch it.

And it was a scorpion. It was a scorpion on the back of my thigh. And it was about two inches long and didn't sting me or anything. And, y'all know the meaning of Scorpio. It's a symbol of transformation. It's a symbol of death and rebirth.

This is 2015. So I'm still deep in my, had still studied astrology for like over ten years. So at that point, I'm like a scorpion, what the fuck? And it was just so wild. It was like on the back of my leg. Then it was on my hand. And then I put it down. And I was like, I just want to go home. I don't want to be here. I don't want to be here with these people.

I felt I was in a lot of financial scarcity because even though I had a job, I didn't have any other money than that. And, you got to have some extra money when you're traveling in case you have to go somewhere. I just wasn't in a good financial situation, so I didn't even want to eat at that restaurant.

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It's kind of expensive. And I was really aware of prices and stuff. I was like, oh no, like 20 bucks. Like in Costa Rica I could get a meal somewhere else for \$5 maybe. And just like I was always just trying to get the cheapest, pay the cheapest amount, right? Because that's where I was, that's where I was at in my money journey.

So I left the restaurant, I said I'm not going to order food. I'm just going to go home. So I go home by myself and the girls stay at the restaurant, like the girls that I lived with. And I get to our house and the front door is ajar, it is open, it is unlocked and it's open, not wide open, but it was open a little bit.

I didn't see it from far away until I got right up to it. And right away I was like, ph no, go inside. I look to my right and left, the two girls bedroom doors are open. I go to my bedroom door, it is open. I look inside and I can instantly see my computers gone.

My digital SLR camera is gone. \$1,000 cash that I have that was my back up savings if I need to book a flight home or like, when it's time to go, you kind of need to have money for your flight when you go there with a one way ticket, which is what I had done.

So I instantly see everything is gone. I see that I have been robbed and I scramble and I'm looking and this you just need to take one look and you can see that everything is gone. And luckily my passport. So my little tip, great place to put your passport is, it was in my denim jacket in the inside pocket, which was hung up on a hook on the back of the bedroom door.

That means when they opened the door, the passport was on the back of that door and they never looked at what was behind the door. So that ended up being the only thing of value that was not taken. And even some things that weren't of value were taken. Sentimental items. And, all my photos from my trip to Europe, all of my photos, they were not backed up on iCloud or anything like that.

I literally had no technology. I couldn't even see what time it was because I didn't have a watch, like I didn't have a wristwatch. I couldn't listen to music. So now not only am I absolutely shattered on every fucking level emotionally, physically, spiritually, mentally, just shattered like shaking. It felt like electricity was constantly pulsating through my veins in the most painful way, like I was not okay.

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Then this happened, and I. I can't even send an email. I can't even listen to music. I can't even see what time it is. So when it was time for me to go to work at my job, I would just because it was bartending, I would work in the evening time, right? So I would just be like, okay, it's like getting towards sunset or whatever.

I'll just start walking in that direction and be there a little bit early. It was so hard. It was so, so, so, so, so hard. And I remained living in the same town as this dude because I was just being really stubborn and I wasn't advocating for myself to just be like, All right, let's get out of here.

Let's cut our losses and, like, go start something fresh. I wasn't there. I wasn't healthy enough for that. I wasn't, I didn't have the capacity for a decision of that sort. And I stayed in my lower self decision and I stayed in that town and it would be like I got completely robbed. I'm bereft and I like walking to my job.

And then I would see him on an ATV going in the opposite direction with like four girls on the ATV, and they're all just, like, laughing and having the best time. And I'm walking on the sidewalk, like, to my job. That's like, real, real shit that happened. Very, very small town with like, literally one road. So it's so funny.

And yeah, it was, I was just, I was not okay. I was like, I was shaking. I was barely hanging on. I was like a little leaf that was just trembling in life and not knowing what to do or where to go. And I, not close with my family, don't have a lot of close friends.

I just had nowhere to be and I had nowhere to anchor. And I just didn't know what to do. So I just kept on keeping on with my job and just like, whatever. And I would still party sometimes and just try to get my mind off things. And it was really, really, really hard and ever since that event, which was in a way, one of the girls contributed to that event happening because they had a fling or a one night stand or something with like a known criminal who was like a local. A like known criminal basically.

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And they brought them into our home before I even moved in. And that person figured out what to do to get all our shit on our computers. So that was really hard and I felt like I had no one and it was really, really, really, really, really hard. So through how messed up I felt and the fact that this person was very like dramatic in their gestures, this ex person, they would like show up at my house at like 8:00 in the morning after partying all night long and be like, I need to talk to you, I miss you and like, always, hooking me back in.

And because I was just so fucked and so weak and I had no one, I felt like I had no one and I had nothing. And I would just be so grateful for some touch and affection and like, physical touch. And so I would just keep taking that person back and I remember one time going to where he lived to see if he was home in the morning and he wasn't home.

And it was really hard for me to sleep because my nervous system was so messed up. It was just straight electricity, skin crawling, 24/7. So I would usually lay in bed until the sun started rising and then I would go to sleep for a few hours and I didn't have any music.

Like I said, no one, no one to talk to you, no way to contact people. So I would just be like, (sound effect) feeling like I'm being electrocuted by my own nervous system 24/7. And so, yeah, I went looking for him one morning. He wasn't there. Then I ran into one friend that I did, one person that was really dope that I had a great connection with, who always felt like the only person who really saw me in this town.

And he was like, hey, let me let me buy you a coffee. Because he saw me on the way back and I had been up all night, probably looked not great. And like in visible distress. And he's like, let me buy you a coffee. So we sit at the coffee shop and he's chatting with me and then we see this ex drive by on a motorcycle from the opposite direction.

And, maybe he was coming from a girl's house. Actually, he was. I actually found out later he was coming from another girl's house and we saw him go by on a motorcycle. And it was just so obvious, like because literally a town with one road and we just look at him, look at each other. And it was like literally a laughable moment, no matter how painful that was for me.

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It was a funny moment. And then this friend of mine who was taking me out for coffee said to me, There's this place, this spiritual community that some of my friends have gone to. Maybe you should go there because. Oh, yeah, I forgot to say. I was asking people, I was asking around for another town because I was getting prepared to leave and go somewhere else, but continue my travels and start fresh somewhere.

So because I didn't have a lot of money, I wanted to go to a town where I could also potentially work as a bartender or work in a hostel or something like that, or just find some position where I could make some cash or make some tips. I had been asking around and so this friend says, Yeah, there's a spiritual community that some of my friends have been to and they seem to really like it.

Maybe you would like it, maybe that would be a good place to go and I was like, oh, interesting. And another thing that people had told me was that there was a town called Nosara, where you see nice cocktail bars because I was like a cocktail, kind of more high end bartending.

I didn't want to just serve beers. I want to, I'm specialized. So that's a good position for me to find. It's kind of easy for me to get jobs like that. I was asking like, where have you seen nice cocktail bars, where you've seen maybe foreigners work there or something like that or like something attached to a hostel maybe where they like allowing that.

And so people had told me, Nosara, Nosara. I kept hearing Nosara, Nosara And even the spiritual community was near to Nosara. So I was like, okay, I guess I'm going to go to Nosara. And then because I had no internet, I could have gone to an Internet café or whatever, but I just didn't have a computer, I didn't have a phone and I didn't go to Internet cafes.

I just decided, okay, well, I'm going to ask how to get there and I'm just going to go there. And I speak pretty good Spanish. I used to backpack before there were smartphones or before most people had smartphones. So it wasn't like that big a deal. I mean, it sucked, but it wasn't that big a deal.

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And so I ask you, like, how do you get to Nosara? And people gave me certain directions. And so I'm like following the directions people said. I leave the town finally, finally cut the cord. It's like two months later, it's like two months after getting there, two months of hell, two months of feeling like I am, this is a living hell.

I'm looking around and seeing paradise. I'm seeing a visual paradise of some of the most beautiful beaches, palm trees. Everyone's laughing and having a good time. But inside of myself, it was my own living hell. And that was really hard for me to reconcile, was kind of in denial about it. I was gaslighting myself. I finally leave and I'm like, I'm getting out of here.

And my ex was like, I'm worried about you being by yourself. And I was like, me too dog. I'm worried about me too. I don't know if I'm going to be okay. How how am I going to be okay? And it was a little bit, it was I believe sometime in January at this time, January 2015 now. So when I got there was actually the end of 2014.

By the time I was leaving, that's beginning of January 2015 and it's approaching my birthday. My birthday has been a sore spot for me in the past, a very, very, very sore spot. I used to spend a lot of my birthdays alone in my room. My parents might order me pizza, but then I would just watch a movie by myself.

There was never quality time. It was just always really, really, really hard and triggering. And I hated it. I hated my birthdays and I always wished they were different. A lot of heartbreak vibes around my birthday, so I was like, man, I have never been so bad. I felt completely eroded. I felt just like an eroded, burnt to a crisp, nonfunctional, walking trauma buzzing thing.

And so now I'm going to go be alone on my birthday, I guess. Like, how was I going to go? I'm like abusing tons of drugs and alcohol. Like, all great. Like, okay, let's go. Be alone on my birthday all by myself after everything that's happened, right? Was like robbery and just everything that happened. So I get on the bus and I receive the directions and I take the bus to this place.

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Then you go, then you go here. Well, those directions were wrong because I took the bus to that destination and then I spoke to the bus driver about the route, and he was like, no, that's not how you go. You have to take this boat over here, actually. And so I was like, Oh, no, and what I realized is I'm not going to get there tonight.

I was going to have to spend the night somewhere along the way because I was like this boat schedule and it. And then there was like another boat and it was just like a completely different route than what someone had told me. And I just like, trusted what they said. So I get to a port town, it's called Puntarenas.

I get to this port town and port towns are usually not very nice. Port towns are often pretty sketchy and shady. And I've been and I'd put myself in a lot of dangerous situations because I just didn't really care about myself. I wasn't caring about myself, I wasn't concerned for myself, I wasn't protecting myself. So I'm in this fucking.

When I left that town, I wanted to go to a hostel. I wanted to find a hostel where I could meet some other young people. I wanted to, like, play a drinking game, play some cards, pretend for 1/2, like, not pretend, but, like, go somewhere where no one knew me. So I could just be like a normal person, and I could just be like, Hi, guys, my name's Ayesha, and, like, make some friends and have some small talk and, just be around people that there's not this loaded heavy energy with.

Like there wasn't that other town. So that's what I wanted that night. I was like, I'm going to arrive somewhere and then I'm going to do this. I'm gonna get dressed up cute. And I'm just going to like make, make some friends, just like some transitory travel buddies where we don't have to talk about the deep stuff and just have a good time.

So instead I'm arriving at night to this port town and I have no phone and I have no idea where to go. And it's not a place with hostels, no place with backpacker hostels, at least back then. And I had to ask the taxi driver, Hey, can you recommend a hotel? Or I could stay and he takes me to this place, which by the way, all of these choices are very dangerous.

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Please, no one listen to this and think as a woman alone, you should arrive by yourself in a shady port town and then ask the taxi driver at night where a hotel is, where you're letting them know that you don't have anywhere to stay. Like, that's not a good idea. But that's what I did.

So I hope everyone's doing good. Are you guys doing good out there, audience, with this long ass story. I hope you're doing good. Feel free to pause at any time. Feel free to refill your popcorn if you're still here listening, I thank you.

So the taxi driver takes me to this shady hotel. Sketchy hotel in the sketchy port town. Looks just. It was not good. It was not good. It felt dangerous. It felt like, there was people bringing prostitutes into those rooms, which, hey, I'm super pro sex work. It just had that vibe. I didn't feel comfortable with that type of vibe. And the rooms were just, it was like a private room. And I look at it and ah, he takes me to the room, the receptionist guy.

And the door of the room is an accordion plastic door, if you know what I mean. A sliding door that folds and it's very, very thin. It's not a wooden door. It doesn't have a doorknob. It's like an accordion door that you slide it along and it folds and unfolds. If you know what, if you know what I'm talking about.

If not, it's just basically a flimsy plastic door. That's not a real door. And I look at the room and I go to a private room, look at the room. It's literally the same width as my backpack. If I laid my backpack down width wise, it's that wide with the tiniest bed, like a child's single bed, like a tiny, tiny, tiny bed, tiny side table and like nothing else.

And it literally looks so dingy, so scary. I was like, Oh my God, this is my first night away. Like, I finally tore myself away from that town and just wanted to arrive somewhere and be surrounded by friends. But instead, I feel like I'm surrounded by old Costa Rican men that are giving me the creepy vibes and I'm alone.

And, I don't have a phone and I'm in this, like, weird, creepy room, and it's just not nice. Like, it was probably \$14 a night. Think of what you could get for \$14 a night in a shady port town and someone

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had a friend, quote unquote, from the previous town who also uses a lot of substances, basically like gifted me a handful of pharmaceutical drugs.

He basically was like, here's some sleeping pills or some this or some of this, which I guess that was this person's way of showing love and concern. But yeah, so I had a whole bunch of these pharmaceutical drugs, which normally that's not something that I was dabbling in and I was like, fuck, should I just take some sleeping pills and drink some rum?

I had like a bottle of rum with me and then I was like, okay, go fuck whatever. And I went and brushed my teeth, didn't even have my own private bathroom. Had to go into the shared bathroom. Super dingy, not nice. Brush my teeth. And then I got back in the room and I sat on the bed and next to me on the side table was the rum and the sleeping pills.

And I turn on the TV and it's The Simpsons in Spanish. Okay, there's like a TV, like a tiny TV, like a tiny old, really with a really big back. Where the back of the TV is really big, is not a flat screen, really small. It's smaller than a computer monitor. And it was like mounted up in the corner of this tiny room.

When you lay in bed, you didn't even see the TV at first because it's on the same wall that the door was. So you walk in, you don't see the TV, but once you're in the bed, you see, Oh, there's a TV up there. So I turn it on and it's The Simpsons in Spanish. Now The Simpsons in Spanish is fucking awesome and the voices are just amazing.

Like the voices are so perfect to the characters. It would like the Spanish dub and so I didn't drink the rum and I didn't take the sleeping pills. I just watched The Simpsons in Spanish. And then eventually I just went to sleep. I went to sleep, I guess I had a decent, I feel like there was noise all night long.

It was like literally just paper thin walls. Like there's quite a lot of people at this hotel doing shady stuff. Definitely not the best sleep ever. But like, I was tired enough to just doze and I wanted to get the first ferry in the morning, so I was fine to just wake up at six. So I wake up really early.

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I'm like, I'm getting this first ferry. I packed my stuff. I go to the door to leave and I look back at the room, this room that had been so dreadful to me, this room that had been like, Oh my God, is this my rock bottom? Is this really happening? I looked back at this room and I was like, Thank you, thank you, because you showed me I can do this alone.

You showed me I can have this night alone, regardless of the circumstances, regardless of who's around me, regardless of who's like they're supporting me. Like, if I can be if I could have done this, then I can do this whole thing. Whatever is whatever is next for me. If I could do this in this room and not take these sleeping pills, not drink the rum, I'm going to be okay.

I really thought, I am going to be okay. So I leave the room, I get the first very beautiful, very beautiful boat ride, just gorgeous sun and everything. I still felt, my nervous system was fucked, right? Like I was like an eroded, burnt little thing. Little creature, little sad creature. And I arrive to the next stop on the journey.

Not the destination yet, but it's a place where you get the bus to this destination. Nosara. Then I go there and I ask them, where's the bus to Nosara? Or like when does the bus to Nosara come and they're like, okay, it comes at this time. I had some time.

So I sat, I got some gallo pinto, which is the classic Costa Rican rice and beans with scrambled eggs. You can get for like \$2, \$3 at the stand at the bus stop kind of thing, which I was. I was always eating at places like that because I didn't have a lot of money and I was also in scarcity.

Even if I did have enough money for something better, I wasn't buying something better. So I'm sitting there. I have like, probably 45 minutes to wait. Like it's, I didn't align the schedule perfectly. I just wanted to get on the first ferry. So I'm waiting there for like, an hour or something like that.

And then I see this skinny, kind of seems white but really tan, really young, young man. And he has a tiny, tiny, tiny backpack, not like the normal backpacker's backpack that you see. A tiny backpack that if it was me, like, I couldn't even use that as a purse. Like, I like to have a lot of stuff with me.

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So this really small backpack and he's running after a bus going, 'Nosara, Nosar!'. And then the guy's like, no, this is not the bus for Nosara, the bus for Nosara leaves in whatever, half an hour or 20 minutes or whatever was left. And it's like, Oh, okay. So this young man is sitting down and waiting for the bus to Nosara.

Now, him and I are the only people there that are not Costa Rican. We were not in a touristy place. We were in a very locals kind of bus stop. We're the only ones who are not Costa Rican. So we got on the bus and like I said, they don't have a phone. I don't have Google Maps.

I'm just going to Nosara, the destination is Nosara. This is the bus and those are and we're going along and there's a lot of people and then slowly people are getting off. People get off here, they get off there. And we're seeing we're on the highway and we are like, there's a bunch of, I guess, intersections where you see the signs for like surf house and like this restaurant and this resort.

And like they're pointing to, a road where you turn down it and then you get to this beach. So there are all the different beaches that line the highway in this area. And it's like, Oh, this looks nice. I wonder if it's this ooh, I wonder if it's this. This looks really nice. And then we just keep going.

We keep going. And eventually it's just me and this other kid that's not Costa Rica that are the only ones left on the bus. And it's nighttime already. From sunrise like now it's nighttime again because I'm just waiting and things and transit and stuff like that. And I'm like, what the hell? And so they're like, okay, this is the last stop.

Nosara. And we get out and it is this ramshackle little town. We're next to a soccer field. We're far from the beach. There's not a single foreigner in sight. There's not a single hotel in sight. It's just the small bar. And so finally, me and this kid start talking to one another because he's like, What is going on?

I thought we were going to Nosara. And he similarly I got to that. I got to that. So it's like I thought we were going to Nosara, I was like, yeah, me too. I thought, We're going to Nosara. There's like hotels

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and bars and hostels there, but we're just in this town with a soccer field and like this one bar that's clearly a Costa Rican bar.

And so because I speak Spanish, I was like, let me go ask someone and I'll let you know. So I go and ask someone and they let us know that Nosara was not actually the beach town. Nosara is the name of a general area. And in that area there are various like touristy beaches where people there's resorts and hotels and there's spas and there's places to surf and swim and the beach.

And they told us where the nearest town was or I think OC what it was was this kid was looking for a specific hotel. So he's like, I have a reservation at this hotel. It's called this. But he also didn't have a phone. He also didn't have roaming travel, cellular data or anything like that.

He's just going looking for this name and it's in those hours is going to Nosara to go find it, kind of like what I was doing, which is kind of funny that we found each other. Well, it's not funny. That's destiny, right? So the guy tells us, oh, this hotel is in Playa Onis, which is one of the beaches that we'd already passed, but we didn't know we were looking for that.

We thought we were just going to Nosara. So then we go get a tequila shot in the bar, just one quick tequila shot. And then he says he's like, Where are you staying? And I was like, I don't know where I'm staying. I don't have a reservation anywhere. I was going to arrive there and go check out some different hostels, which is something that I've done quite a bit before because I was a kind of person with my money journey where I'd rather walk for 45 minutes with a heavy ass, like the 18 kilogram backpack on my back, so heavy hurting my shoulders.

And I would just keep walking and keep walking, keep walking because I would be trying to find the best deal. That was my money journey. Like that was where I was at with my wealth consciousness. So I'm like, Yeah, it's nighttime. And I'm like, I don't have a place to stay. I'm going to go and figure it out when I get there.

And he's like, Okay, well, let's share this tuk tuk. Because there were tuk tuks in this area of Costa Rica. Let's get this tuk tuk, we'll share it. And he I think he may have even offered to pay for it because I was

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doing translating for him or something like that. And so I was like, okay, great, let's, let's go and like thank fuck.

Right? Like if I had just arrived there by myself there, I mean, I would have figured it out. But it was just really great to have this kid there. And we went and got our tequila shot and like a super locals bar and it was like, okay, we can do this.

So we take the tuktuk. And he's like, okay, we'll go to my hotel first and then that will probably be in that area with other places. And then like then I would then go off and figure out where I was going to stay. So we arrive at this hotel and we learned about each other and he's American.

He is this young man, I think he was 17 and I must have been, I was probably 26. Yeah, I was 26. So he was 17. And like, if I remember correctly and I was 26. So he's a young man, he was American, he was really tan and had brown hair. So, it was kind of ethnically ambiguous.

And he was going to some kind of schooling in Costa Rica. There's something like, what's it called? There's a certain type of school, international schools that's very beneficial to go to for a lot of people of a certain privilege. And it's actually a really great education or something. I mean, I dropped out of high school at age 15, so I'm not that, don't quote me on this, but this was what I remember, what my understanding was of going to international school.

He was doing schooling in Costa Rica, but he was American. So the story is that his parents booked him this hotel room because they were coming to visit and they wanted them like, they got themselves a room and they got him a room and they were coming to visit him after he'd been gone for many months doing the schooling.

We get to the front of the hotel and it is just absolutely insanely gorgeous. Like it is just stunningly gorgeous. So nice at the time. Like now I've been to some places, I've been to the number one hotel in Canada on TripAdvisor and suites, now I'm getting the Carnegie Suite in New York with a view of the city in the water.

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But at that time I had not been in places like that. So we're in this epic place. And he goes, Man, my parents, it's like they don't even know me. Because all he had in that tiny little backpack was a hammock and a couple of changes of clothes and that's it. And he would put up that hammock like, this is awesome.

I feel that this is something that's more available to men to be able to do this because as a woman, I wouldn't feel safe doing it, but he would literally just take his hammock to, he would just walk on the beach. And then when it was nighttime and ready time for bed, he would just put his hammock up and go to sleep right there, wherever he was.

And he didn't have any valuables to steal. He didn't have a phone to steal, he didn't have a computer to steal, and he would just have no cash on him and just live like that. So, like, he was exploring this minimalism and just like living with the land, you know? But he came from a family with a lot of privilege, so they booked him this extraordinary hotel room.

And for him, his first response was, Wow, like, do they even know me like that? So that's what I remember him saying. So, if this person is ever listening to this podcast episode and like, I apologize if I didn't remember something correctly, but this is the impression and the memory that I have. And I do have a very good memory.

So I recall that first reaction of his being like, wow, kind of like it was a little bit wasteful. Like you just didn't, you just didn't see the point and it just kind of like, wasn't him, for him, he probably would like some kind of epic tree house or something that's more in nature or more wild or like, those bungalows that don't have walls or something like that.

That's like really in nature. And this was really so posh, like this was so bougie and I thought it was beautiful, but that was his first response. So then we enter and he's like, Oh, you should come inside. Or like we just kind of check in together, sort of, and we go to the room and it's insane.

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It's so beautiful. This massive king size bed just so, so, so beautiful. There's like a pool that was like silver ionized or something like no chlorine, but also it wasn't salt water. It was ionized with silver or something like that. Like it was just insane. And then we open, there's like a private patio. The private patio was massive.

The private patio was almost twice as big as the room that I'm currently recording this in, which is a very nice room. So it's a huge private patio with big tall walls on the sides, like, not like completely private. And outside there was another bed that was like a queen size bed covered in pillows. And he looked at it and he was like, You should just stay here.

There's a whole other bed for you here. It's like, why are, he kind of, I don't want to like misquote him, but he was kind of saying or what I was gleaning from what he was saying was, if my parents are going to pay all this money for this place, like you should just sleep out here because like, what's the point of having two beds?

What's the point of having this place basically? And I was like, Oh my God, are you sure? And I was like, all, all, you know? And I felt very safe with him also. He was 17, right? And just like it was very pure, his energy and his soul and his heart and essence were just very, very, very pure.

And so I was like, okay, I would that would be amazing, at least for this one night. And then I can go figure things out tomorrow and maybe I can leave before your parents get here. All right, then what happened is his parents got there, and I actually met them and they were very, very, very, very interesting people.

And his mother even told me, after I told her some things about where I was at - because I think it was every night includes this really epic breakfast. So he's like, oh, let's go have breakfast. And then his parents came and I had breakfast with them. And his mother said to me, we're honoured to be part of your journey.

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And they were quite spiritual and really wealthy. I don't know their situation, but they were well-off and just, they were the kind of people that want to stay seven nights in that kind of resort. And I was invited to stay seven nights in that resort as well.

So instead of just scurrying off the next day like I had planned, they welcomed me to actually stay. I went from having no idea what I was doing, considering popping a bunch of pills in this \$14 a night really awful room by myself. To the next day, staying at a five star resort for seven days where every day included an epic breakfast.

You get an iPad for free. You get it. You borrow the iPad, bikes, surfboards, like everything included. You don't pay extra for any of these rentals. I was like taking epic showers in the outdoor shower. I called my parents, I called my friends. I told people I got robbed. I told people about this break up. I started talking to people and it was just so cathartic.

It was just so just destined and so, Spirit really holding me when I was on a clear path to self-destruction. And also these people, these beautiful, pure, wonderful people that welcomed me. And this was like his birthday trip. And, like, it was like the parents seeing their son. They're not seeing him for months.

And then they welcomed me into what was going on. We had lots of space separately from each other. It's not like I was hanging out with them all the time, but it was just so kind of them that I had this sanctuary to just take a second and orient myself and figure out what the fuck is going on and also reach out to people.

So all this time, this is months had gone by since that original break up and robbery and I hadn't told anyone. So we know at this point 2023 you know listeners of my podcast, when you repress something that just makes it way worse, it begins to fester. It becomes like a shard of trauma that's lodged in your energy field or in your tissues or in your energy centers.

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And so, yeah, it was, it was a really big deal that I hadn't told anyone, and I felt like I had no one to tell as well. I also felt like, I don't even have anyone. I'm just alone in this world. That's like that's a story I was telling myself. That's not the whole truth. That's what I was choosing to believe at the time.

So I was like showering, just refreshing, having amazing breakfast every day. And then I looked on the iPad and I looked at this spiritual community, and I will say the name of it, because it's part of the story. But I'm not like, don't take this as a recommendation of this community. I'm not associated with or affiliated with them.

And there's a lot of things about that. Anyway, I'll get to it. I'll get to it. So the place that I had been recommended to by this friend who bought me a coffee back in the other town, is called Pachamama. So I was like, okay, maybe I can do work exchange at Pachamama because I don't have money to go stay at a spiritual center, like, go spend a week or anything.

I'm here for an indefinite period of time and I have very, very, very little money. So I want to do work exchange I looked on their website on the iPad and I didn't find anything about work exchange, even though my friend who told me about it said he thought that there was like a work exchange program which is quite common.

You can go work for a certain set of hours and then you receive a room, board, whatever. Different places offer different things. I didn't see anything on there and I was like, okay, well, maybe they don't accept work exchangers. So me and this friend, this is my new friend. This is the 17 year old American, super bright, just really pure energy, really bright light person.

We ended up walking around and checking out a few hostels. I wonder if I should name the people who are part of the story. Let me think about that for a second. I'm going to not, just because I don't have the permission, so I'm just going to not. Yeah. So you walk around and like I'm kind of on the lookout for things like hostels, bars, a place where they're hired.

It's quite common that places are looking for help. So just walking around with my new friend, and then we enter this hostel and there's this person there, we're going to call him Tim. Okay, so there's this

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person named Tim. That's what we're going to call him. We're going to call the other guy, Dave. Okay, so the 17 year old American, let's call him Dave.

So me and Dave, my 17 year old friend who just saved my ass and brought me to this five star sanctuary where I was eating breakfast for free every day. And it was so exquisite. So we're walking around and then we go into this hostel and see if they need any help and I believe they said, no, we're not looking for anyone right now.

And then I spoke to this person named Tim. That was our roommate. This guy named Tim. And Tim is like, I don't know from Norway, Iceland, Sweden, something like that. Viking vibes and Tim is, staying at that hostel was like, Oh, it's really cool here. You would really like it that I'd be very, very friendly.

And we had a great vibe with Tim, but ultimately I was not looking for a place to pay to stay. I was looking for a place to hopefully find some work. So we move on and then a few days later someone invites us to a full moon party, or we hear about a full moon party on the neighboring beach.

So not in the beach town that we're in, but in the next town over. So it's like a bit of a drive. You could walk along the ocean, but yeah, we took a taxi or something with some other people and we went to this full moon party in this other town. I can't remember what that town was called.

And so we get to this restaurant and or like restaurant bar and yeah, there's a full moon party, there's DJs or someone doing visuals and the person doing visuals, his wife was this older woman, a little bit older woman, and she was like, Oh, he did this at Burning Man and he like took this footage at Burning Man and like Burning Man, Burning Man.

Burning Man just kept talking about Burning Man. They obviously didn't do Burning Man a lot. And then she was like, Do you guys like some mushrooms? And we're like, Hell yeah. So here I am doing mushrooms with this Dave, my new friend. And we take some mushrooms. I'm a fan of psychedelics. It really changed my life.

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And we're chillin, we're hanging out, there's a fire, there's music, there's dancing. All of a sudden, the party's over just as we're coming up on mushrooms. So we're like, coming up. It's like building. And then it's like, no, party's over. Ended at like midnight kind of thing. Ended really early. We're just like, okay, so now we're high on mushrooms.

There's no party. We're in this neighboring town, like, all right, then we just start walking on the beach. So we go down and we start walking on the beach. And it was a full moon. So funny. I forgot that it was a full moon until I just said that. And it is a full moon right now as I'm recording this.

Synchronicity. So it's a full moon and we're, it's so gorgeous, so beautiful, the full moon reflecting over the ocean. And, we don't have a flat. We don't need a flashlight. There's no artificial lights. This is a place with a ton of buildings and a ton of houses and street lights. This is the place where there's like a few things here and there.

And they turned off their lights because they closed. That restaurant closed, was like no artificial lights and everything is lit by moonlight. But we can see everything. We can see every single thing. So we're just walking under the moonlight and outside of the party. We meet up, we see Tim, the guy from the hostel, the Viking esque guy from the hostel, and it's like, Oh my God, Tim, here you are.

And then he's like, Yeah, what are you guys doing now? The party's over, and we're like, Oh, we're just walking on the beach. So we had heard that we can walk back to the town that we were all in from walking along the beach. And so we're like, okay, let's do that. So we're, we're hanging out, the three of us.

And it's interesting because Tim was quite a bit older. Like, let's say if Dave was 17 and I was 26, Tim could have been like 35. Like, I don't know, I didn't ask his age, but we were just like this very interesting group of people, very interesting random mix of people, right? Obviously nothing's random, but it was cool.

So we're walking, we're just clicking. We're on such a great vibe together. And then we get to, what the beaches look like, is there like these curving bays that are like, see, they're like a C shape with the letter

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C, so we get to like the end and then hopefully walk around that point that's jutting out into the beach where we all live, in the town that we all live.

But the tide has come up so there's no more sand to walk on and there's just this rocky outcropping. So to me, I'm like, Oh, it's the end of the road. But Tim is like, I'm a rock climber. I'm going to go first and I'll let you know if it's viable. And I am afraid of things like that.

I at that time was very afraid of deep water, deep ocean water. And he was suggesting climbing in the dark and basically like a crab, like going sideways over this, the crashing waves and over over the sea in just the light of the moon with no flashlights. Right. And I'm like, okay, like I at that point, I just had nothing to lose anymore.

And so we went forward. He's like, Yeah, he's totally fine. And came back and he told me every step to take, basically. And of course, he's like, well, well experienced rock climber just happens to be with us. So we, like, climb sideways around this thing. But I'd never done anything like that before. It was like I was, we're on another planet.

The rocks were smooth, but, like, had big holes in them. And it just, it literally looked like another planet in the moonlight. And the rocks are wet, and it was just wild that I even did that. And so we go all the way across like this is like, I don't know how I can explain it.

It was quite the ways. It was a while for us to get all the way. And we're just like climbing sideways, basically trying to find footholds and handholds, and we're over crashing waves on top of jagged rocks. There's no sand underneath us. So that happened and that was really interesting. And then we get to the other side and now we're in the bay of the town that we live in.

Still got to walk to where our hotel and where his Tim's hostel was, but we just get to the other side, back to the sand. And as soon as we get back to the sand, we want to take a little break. Break. So I was kind of a lot. So we sit down on this log and the three of us are sitting on a log on this log a Dave is in the middle and I'm on the left and Tim is on the right and we're sitting on this log and the moon is just glorious, just beaming down from over the ocean and just like shining her rays so strongly.

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And we're sitting there, we're looking at the stars, and we're just sitting in silence like that. For some reason, I barely I did not know these people, but for some reason we just were so on the same level, just comfortable silences, no small talk, really. It was just so comfortable and so aligned. And then Dave starts forming like starts going and so then I'm sitting here, I'm like, okay, yeah.

And then Tim starts combing and like, we literally just met this guy like the day before or two days before it, right? We don't know each other, so the two of them are all mixed. I'm like, Fuck it, I'm going to home and we're all coming and we're harmonizing and we're under the moon and we're just like roving and vibrating together.

And it was just, fuck. It was so pure. It was just so wholesome. And by the way, here I am hanging out with these two different males. And I have a lot of things in my past where I'm like this is not the healthiest sexual dynamics with men a lot of the time. Like, it's just, weird pressure feeling, expectation, being performative myself, just all kinds of weird, weird man woman dynamics that I'd had in the past.

And here was just the most wholesome brother vibes where it was just respectful. Like there was no, there was no like, I'm a girl, you're a boy. There was none of that. It was just so like soul. A soul meeting with both of them, right? The three of us, it was a soul meeting so that we wrap up the whole thing and we are like, okay, now it's the home stretch.

From now we're just walking on the beach in the town that we live and we just are going back to our accommodations. And then I tell Tim because he's asking and he's telling us, who he is, what he does and does this really cool like meditation app and just a really, heady, a dialed person's like got a lot of stuff clicked in and very open, open to this flow that we were all in.

And then I told him, Oh, I thought that I was coming here to go work at PachaMama and go find a place to be at PachaMama. And but it turns out they don't take work exchanges because I didn't see it on their website. But that was kind of my plan. I had to find a new plan.

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And he said, no, they do take work exchanges because when Tim was on the bus from San Jose, the capital of Costa Rica, to the place where we were, he was sitting next to a girl who was coming here to do work exchange at PachaMama. So I was like, okay. And I wouldn't have known that if I hadn't had this experience with him because I just, I looked on the website, I didn't see it and I was just like, okay, I guess they don't offer it.

And I wasn't going to really press it any more than that. I was moving on to something that seemed more viable and he was telling me for sure, I sat on the bus next to a girl who was going there. So they definitely do work exchange. I was like, okay, thank you for telling me that. Thank you so much.

So we move on, we go home, but goodbye to Tim. Never see Tim and never see him again. Maybe one day. And then either that night or the next day. I emailed PachaMama and I sent them an email. I said, hey, do you accept work away? They sent me the application or whatever or like answer some questions and I get approved for work away at PachaMama and I'm like, Oh my God, okay.

Because nothing else was working out. There were no other bars. It was no, there was nowhere it seemed. Like it was going to be the place for me. And I was really starting to get at a loss, right? Because I was, this hotel room on stage and it was only for seven nights or whatever. It might have even been ten nights, actually, now that I think about it, such a blessing.

And so Dave's parents departed. I said goodbye to Dave. And, I still we are. We are still connected online. And we've actually recently talked to him sometime last year, which is really nice. And yes, I did say bye to them. And I started to make my way towards Pachamama. And before I got there, I was going to need to get a tent because you sleep in a tent in the jungle.

When you do the work there, there is cabins and stuff that they're like for rent, for guests kind of thing. But the work was like a tent camping situation, but I didn't have a tent. So I went to this town and something that exists in a lot of the communities and, just different towns around the world is there can be like a buy and sell or a trading group like that, maybe on Facebook or something like that.

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Or people are selling stuff and it might be a lot of expats or something like that and also locals. It's just a place for people to basically buy and sell things. But it's not Craigslist because small towns like that would be too small to have a Craigslist. So they kind of have their own Facebook community. That's quite common.

So I was like, okay, well, I'm going to see if this town has a Facebook community where I can maybe buy a secondhand tent because that's where I was out with my money. Or, if that doesn't work, I'll try and find a store that sells tents. And so I get there into this other town that's a little bit closer, like on my journey to Pachamama.

And I get there and I go to the first place I see the first place I see is I can remember the exact name, but it was this raw vegan restaurant that might have been called like I, I want to say Love Burger, but I don't think it's that it might be mixing that up with another, another company.

But it was basically this raw vegan cafe. And I was like, I'm going to go there and see if they have a bulletin board situation or like, even a bulletin board. You might find people selling stuff like that, like travel supplies and the camping supplies. So I just walk into this place literally the first place I see this, my first place I'm going to in this town.

And I talk to the person and I'm like, Hey, is there like a bulletin board somewhere because I'm looking for a tent and he goes, I have a tent. I'll be right back. And he just goes away. I'm like, What the fuck? And he comes back with his tent and he goes, Here, this is my tent from when I was the chef at Mama.

And I had not mentioned anything to him about Pacha Mama. So the first person I talk to has a tent that he literally lived in when he was up at moment. So I was like, Oh my God. And he's like, Yeah, you can borrow this and just return it afterwards. And I was like, Oh my God, thank you so much.

And afterwards means like the work exchange period of time is five weeks. After five weeks. I wouldn't need the tent anymore and I wouldn't want to travel with it. Right? So I didn't pay anything for it. He

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just let me borrow it for that period of time because he understood how it worked, because he had been the chef there for like nine months, just absolutely wild.

So I had the tent magically. Right. Can we feel the magic guys? Do you guys feel the magic of the story? I was so crumpled, broken, shattered and traumatized. But I made a choice for my liberation. I made a choice based on the sliver of hope that something better could be out there for me. And Spirit was just fucking taking care of me like crazy.

So I had the tent. So the story is not done. So I get to a patch and while my guys get there, I don't remember. When you take a taxi. I don't know. I just I get there. And another thing is that earlier in the year, I had bought a ticket to the music festival, envisioned. So lots of music festivals happen in Costa Rica.

It's a really good time. And I bought a ticket for it. And so I had that already. And I knew that I was going to be going to this festival and the dates were set for that festival. So I check in at Pacha Mama, I've been approved for work exchange. I have my tent, I have my magic tent.

I'm arriving. I'm like, All right, I'm here. This was the destination all along. This was a destination through this whole journey, right? So I get there and then I am talking to the person who's enrolling me. You're like the person who's checking me in in this private space because you're not checking in as a guest at reception.

You're enrolling in the work exchange program. Right. And I told this guy, Hey. Okay, great. That's awesome. So I have to split up my five weeks. I need to do four weeks, and then I'm going to Envision Festival and then I'll come back for the fifth week. And then he said, that's not possible. And I was like, oh, he's like, no, it has to be five uninterrupted weeks.

You cannot do that. So it's like if you're going to Envision Festival, which I paid, 300 or 400 bucks for this ticket to Envision Festival, and I've been really looking forward to it. And then all of a sudden I was in the situation of it's one or the other, you're not able to do both. And I was like, Oh my God, like, holy shit.

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And I was so fragile and delicate at the time that I kind of started crying right there. And I told him I was like, okay, yeah, I'll just keep those. Spit out. Spit it out. What I was saying, I told him, Wow, I really thought this was where I was supposed to be. Crying through tears and there's a man I just met, right, that works at this space.

And through tears, I tell him I was so sure that this was where I was supposed to be, and that at the end of this time I would do a workshop with Kavita. So I forgot to say that part of the work exchange program is like you get certain experiences and you also have to participate in some workshops.

You have to actually purchase a ticket to a workshop like there's and they really want you to participate and be a part of everything. So I had looked at the workshops. There's lots of workshops, breathwork, tantra dance, there's lots of different workshops that they do. They're constantly know what that's kind of what they do at the center right.

And the one that stood out to me was going to be right at the end of my time. Like right before Envision, I was with this medicine woman from Ecuador called Kavita. It's so interesting that that's the one that stuck out to me because that was like the one that was the least flashy. It was very vague and it was just like medicine with Kavita, whereas other ones were like trademarked breathwork companies and people from California.

I'm just much more flashy and more shiny and like that kind of vibe where the Kavita one was very vague. And like for some reason, in that moment when an hour where I'm crying and I'm like, What is it? I thought I was supposed to be here. This is where I thought it was supposed to be.

And I was going to do that workshop with Kavita because you select one workshop that I think you pay for or something like that. I can't remember exactly what it was, but you select one workshop because they want everyone to participate. And he looks at me and he goes, Kavita. And I said, Yeah, Kavita. And he said, okay, you can do it.

Just work for four weeks. Don't come back afterwards. Guys. I thought I was about to have to, like, sell my ticket to Envision or just leave that community with my tent and everything. And like I thought I

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was like being blocked and barred from continuing forward on my path or like being rejected from that space and just somehow me dropping that name, like, he just looked at me and he just knew I was supposed to be there somehow.

I still don't understand what was going through his mind when that was the thing that changed everything, where he was such a hard and I was like, No, you cannot do that. But I was like, Oh, I'm going to do the full five weeks. I'll just have to leave and come back. It's like, No, you can't do that.

You can't interrupt it. It's got to be five straight weeks. And then next thing he's saying, Oh, just do four weeks, no problem. Don't, don't even think, don't worry about coming back. So I actually got, in a way, special treatment because everyone else doing five weeks and I was doing four weeks and I still remember as I'm telling the story, guys, anyone who's still even listening, who's still listening guys, who cares about this story, who's entertained or captivated by something I'm sharing here so I can still like as I'm sharing the story, I'm seeing it.

I'm truly seeing it in my mind's eye. I saw that as the three of us on the log, all being under the moon. And like in this part of the story, I see his eyes looking at me when he said, Kavita and looked at me, I was like, That's the workshop you want to do? There was something about it.

We're just, something clicked in right there for him. Like where it was like, no, she's supposed to be here and she's supposed to be in that workshop. And he's like, Okay, you're in the house. Like, What the fuck? Like the roller coaster of emotions, thinking I'd made it to the promised land and then I'm being turned away and I have to go or something like that and like, figure, figure out my stuff.

Like, I was just. It was absolutely so wild. So I'm in. All right. I'm in. I'm going to be somewhere for the next month. And I know that for sure. And I hadn't had that in so long. Just knowing where I'm going to be okay, I no longer have to think about what I'm going to do.

I can just be here. I can just be here. And there were all these people and, as a community of almost 200 people, I think, including all the work exchangers and the guests. And, I find my tent area and make friends with another chick is an awesome dope ass Aquarius is like the first person I meet.

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I set up my tent in the dark with my flashlight. It's like sleeping in, literally the jungle. And that night, that first night that I got there and, by the time I'd set up my tent, it's dark. So having met people in the daylight or anything, that first night I got there, there was a free dance workshop.

So they would they had a lot of paid like multi day workshops, like three day intensive, five day intensive, ten day intensive, that kind of thing. I think they did like certifications there as well, but they did some demos, so this was like a demo, one free experience that would lead into a workshop and in person. This is like before I did any type of online stuff.

So it's called 5Rhythms Dance. So some of you guys might have heard of it. It's a kind of modality. It's not it's not a dance style, but it's like a healing experience where basically 5Rhythms is associated with the five elements is earth, water, air and fire. And then I guess the fifth one is spirit, or it might be metal in some traditions.

I'm not sure. And I'm not an expert on five rhythms or anything, but basically, like the music and the facilitator is connecting you to the different elements would be like really earthy drum music or something like that. And then the facilitators begin, squat down, bend your knees, stomp your feet in the ground. Like, feel the earth like you're getting really low.

And then there's like la la la la airy music and you start getting higher and your arms go up and like, you're just, you're, like, feeling more airy, right? More lighter movements. And you're just going through movements that are inspired by the elements and the music and the facilitator are saying things to help you get touch with these different elements.

So cool experience and I'm there. I didn't know anyone. I literally like I'm like tears strained stained face just been through hell and back. I got there, I set up my tent and I'm next thing I'm in this, this workshop and I had previously. So if you know me, if you've been following me for a while, you can probably see that I love dance and I perform and I am really passionate about dance at this time.

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In 2015, I was so locked when it came to my body. I was very self-conscious. When I danced, I would try and dance sexy. I would always feel this urge, like do weird things with my arms, but I would always hold it back because I thought it was weird and I would just keep my arms down. And I was really like blocked and really wearing a mask when it came to my dance.

So you might not think that if you see my current dance videos and stuff that are up where there's a lot of arm stuff going on, right? So maybe you don't know what I'm talking about and that's okay. I do, but it's on the internet anyway, so I was in this workshop, so I've been emptied out. I've been emptied out of everything.

And I just started something. I just started fresh there, just got rebirth. Right? Right there and knew where I was going to be for the next month and knew what my plan was and had a safe place to just like rest and recover. And, I got to my destination which was a great feeling. And through this experience and everyone I looked at, I had never seen before, I didn't care about any of them.

And, as in like I didn't know who they were. They don't know who I am. Like, I felt anonymous, felt like I could, just made it easy for the masks to drop because there was no association with anyone there. And all of a sudden, I had this breakthrough with my dance where I went from being locked into my body to actually being outside of the building where the workshop was happening, which is like this beautiful yoga studio with gorgeous thatched roof, shining hardwood floors, and like every wall was floor to ceiling windows with big sliding glass doors.

So it's like all around you. You see jungle 360 degrees, literally, like just thick, dense jungle. And I went outside and there was like a wraparound balcony or wraparound patio all around this yoga Shala And I'm outside and everyone's and my back is to the workshop and I'm facing the jungle and my arms are just going crazy and my body is just going crazy.

And I felt this sensation of I am dancing for spirit, I am dancing for life. It was a moving prayer. And I was just feeling the pulse and the energy of the jungle, the stars in the sky above me. The wind blowing through, which is so wild because I can hear the wind blowing through right here like I'm in Costa Rica right now.

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And I could just feel the wildness just, like the tower and it was moving through my body and my arms were just unlocked and it was like I was observing my body moving itself. So that was a major breakthrough. I had. That was the beginning of my journey with dance that I'm still on right now. So that that was a fucking timeline.

Hopped on a different timeline right there in that moment where dance was now my art. So that was so freeing. It was so healing. And I'm sure a lot of you know that somatic healing is the way, right? Like it is the way to shift our nervous systems and heal trauma. But at that time, I wasn't aware of that.

So here I am dancing, just letting loose. So much energy is moving through me. And it was beautiful. It was like it wasn't wild, frantic movement. It was, there was grace to it. There was art to it. There was a certain frequency that was being expressed. It was my unique frequency, and it was just pouring out of me, pouring out of my arms, pouring out of my hands.

And I was in the jungle under the stars. The workshop is behind me. And then I would go back in and out of the workshop like I wasn't spending the whole time outside. But that was just a really significant moment that once again, I can fully see it and experience it in my mind's eye right now, which is wonderful.

So that was the first day. So fast forward a little bit and the job I had gotten, which is so funny because I remember I got the tent from someone who had been the chef at Pacha Mama for nine months. Well, now I was in the kitchen. That was when I was assigned with my work away. It was working in the kitchen.

So basically it was a vegetarian kitchen. So working in the kitchen meant dishes and it meant like cut it, like chopping 40 kilos of yuca and 40 kilos of carrots and a lot of vegetables, like, peeling 40 kilos of potatoes. Like just peeling stuff. Chopping stuff is really repetitive because it was such a high volume like food for 200 over 200 people and such a high volume.

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And I was just a person that was just like, chop stuff, peel stuff. So I was like, chop stuff yourself and chop, what is it? Chop wood, carry water. And that was like my vibe at the time, which was perfect for Rose Up. So I was hanging and there was another one of the girls that worked in the kitchen.

We're just chopping, chop and chop and chopping all day long. And I said to her, and, I'd been there for maybe a week or like a few days. And I said to her, I have my birthday coming up. And normally that's been a time of a lot of tenderness and a lot of sadness.

I was actually worried about my birthday this year because I was in a really bad place and I was drinking and I was being really unhealthy. And I, I didn't thought I might just party myself to oblivion, to unquote celebrate my birthday with a celebration as outrage, to make yourself feel just absolutely awful. And I told her, but now I feel so comfortable and good because what my life was like there was I would wake up at 5:45 in the morning and I would keep them.

I would keep the rain tarp off my tent so that I could see through the mosquito netting the top of basically a little skylight. Right? Like I could see the trees when I opened my eyes and you would see how the monkeys jumping around in the trees and hear them and like, hear the birds. And I would wake up like when it was still cool in the dawn time and go to a 6 a.m. yoga class and really challenge myself.

And then I would go to work and like, that's exactly what I needed. I needed that structure to get me back into shape. But anyway, I was telling her, like, I'm so satisfied to spend my birthday like that to wake up five foot. Same thing I did every day there. Wake up at 5:45, there's monkeys, there's a sunrise, do some yoga, drink water, have coffee and chop, chop veggies in the kitchen, and like how peaceful and how calm that was.

And she said, and I'm sharing with her, now I feel okay. And I'm and I'm good and I'm happy to spend my birthday here. And it's just perfect, you know? And then she said, What night is your birthday? Or When's your birthday? And I said, It's February 7th. And she said, That's white night. And I was like, What's white night?

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And she said, the Ayahuasca ceremony. So they did this ceremony. I don't know exactly how often, but it wasn't very common. Like, it definitely wasn't every week. So at least maybe it was once a month, but I can remember it being more like once a quarter, but I only stayed there for a month, so I don't know 100%.

But it's not something that was like every single week or like something very common. And it was just one night and it was my birthday. Now I had been in places where Ayahuasca was common before when I was 22. So like four years before that, let's say 2011, I had traveled in Colombia and I was once again partying a lot and I heard about ayahuasca.

And this was a time where I had been experimenting with a lot of different psychedelics, very boldly, without a lot of caution. I really dove headfirst into psychedelics and then I heard about ayahuasca and at first I was like, Oh my God, yeah, I want to try that. And then very shortly after there was a very clear no within my system.

I was like, Girl, that's not for you right now. Which is so interesting because at the time I was so recklessly doing anything and everything, but the ayahuasca almost had a boundary with me. She's like, girl, it's not happening for you now. Not the 2011 Columbia version of you. No, it's not happening. So that was so interesting that I was in a place where it was very plentiful, very common that people were doing it in Colombia.

And it was a no. And it really found me. It really, really, really found me. And it happened to be on my birthday of all motherfucking days, the day that I was scared of experiencing, the day that, oh, what if it's not okay? What if I'm not okay? Am I going to be able to stand it?

I'm going to be able to survive the pain that I would feel. And it was the one night during my time there that it was the community wide ayahuasca ceremony. So that was that. It was settled. Obviously going to do that. So now story moves on as we're getting closer to my birthday and the ayahuasca ceremony.

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I have this wild dream, this wild, wild, wild, wild dream, a dream. there's certain dreams that are not quite dreams. That's more like an astral or some kind of like visiting another dimension. And in this dream I was at a beach and it was actually kind of similar looking to the beaches where I was with David and Tim, where like there's no light, but you don't need light because the moonlight is so bright.

Everything was illuminated by moonlight and it was just these sea shaped beaches like Little Bay, Little Cove, one after the other, after the other. And I could actually see it from a bird's eye view. I could see it from above. And then as it zoomed in, it was everyone I knew, like everyone I'd ever met, basically, like. And even the girl that told me about White Night and like, old friends, new friends, people I met that, acquaintances just it was like beaches of beaches and beaches of like everyone that I knew.

And it was like this huge party that was happening. And as I walked around, people go, Ayesha, Ayesha, come over here. Come over here. And they'd be like, Drink this. And they would give me a cup of ayahuasca. But then the next group of friends were like, Ayesha, Ayesha, come over here, drink this and give me a cup of ayahuasca.

And so in my dream, I'm cup after cup because every new group is trying to give me a new cup of ayahuasca, because they don't know that I just had one with the other group. And I'm just like going from group to group to, group to group, and I'm just drinking, drinking it and so much ayahuasca and I'm like feeling the feelings of it and everything.

And it was a really, really, really interesting dream. Just unlike anything before. It's like has a frequency of the dream itself have the frequency of ayahuasca. It was like this. Yeah. So I woke up and I woke up feeling sick. I was feeling ill. And the ceremony was not the next day, but the day after that.

And I woke up and I was like, Oh my God, I'm not feeling good. And I like, had to go to the bathroom and it just wasn't pretty and I just felt awful. And I went to the kitchen to go check in for work. And the boss, like the Costa Rican woman who was the manager of the Kitchen, took one look at me and she goes, You're sick.

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And I was like, Yeah. I was like, pale, sweating, aching, so bad. I was like, whoa. Like, almost. It would be food poisoning. But that just made no sense because, like, super fresh food in the kitchen. And I'm literally the one that's back there making it, and there's no meat or anything.

It was a vegetarian kitchen, so it almost felt like sudden, really bad food poisoning. And I was like, Oh my God, am I not going to be able to do the ceremony? Like, Fuck and then I went and laid on a hammock because it's really hot in Costa Rica. Okay. And like it was February. February is like the driest month.

It was just really hot. And I was already hot and sweating and pale and just doing really bad. So don't want to lay down in your tent in that moment. I went and found a hammock and there's only a couple at the time in the space and there used to always be this other guy.

I'll just name him because fuck it. His name's Noah and Noah would always like me and Noah really likes to have it. Okay? And a lot of people didn't care about the hammocks, but we always like sometimes we both walk into the hammock at the same time, like, right at the exact same time. We're like, Oh, fuck, like, which one of us gets the hammock?

And like really competing over the hammock was kind of like our inside joke or whatever. And so I'm laying on the hammock for hours, like I'm in and out of sleep. I have a fever. I'm just like, not okay at all. And I'm just in and out of consciousness for probably 4 hours. And then Noah comes up to me and he goes, Ayesha, are you ever going to get out of that hammock?

And I was like, Oh, I'm not feeling very well. He looks at me and he instantly says, without a moment of hesitation, Mother Ayahuasca is cleaning you out beforehand. And he didn't even know that I had had the dream of ayahuasca. Ayahuasca, ayahuasca. Oh, God. He didn't even know about that. And he just straight up listening square in the eye and, even in a joking tone.

And all of a sudden he's in a very serious tone. He's like, Mother Ayahuasca is clearing you out in advance, period. And I was just like, okay, I hope so. I want to do the ceremony, but I don't want to do it sick. And so the next day I was feeling 100% better. And then the next day was the ceremony and it's

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so interesting how he said that about clearing me out in advance because I did not purge during the ceremony at all.

And in terms of my experience, I'm not going to go through everything that I thought and encountered. But to give some to illustrate this part, it was a really, really spacious, just absolutely gorgeous, like temple space, like a circular building with, once again, lots of glass, a lot of windows.

You can see lots of jungle outside of you. Ceilings and amazing, amazing music musicians who are also drinking ayahuasca. They're just in the flow state, just creating the most angelic music. And then we were singing Icarus, which are the ayahuasca songs, and we are given a songbook with lyrics, and the lyrics are the most beautiful and cutest lyrics.

Every song is about a butterfly or a hummingbird or a waterfall or a flower. Like everything is about the most beautiful things, the most beautiful frequency, like in the Amazon jungle, basically. And so just beautiful energy all around. And I had a lot of different things I experienced. Like I was seeing people's auras and I was seeing who was going to be sick and I was seeing green auras on people like before they would go and throw up, which was interesting.

I was practicing seeing energy. I didn't, I had no idea what was going to happen. And I took it, it was like three different times that they call for you to drink the ayahuasca and I went up for a fourth. I asked, and they have a lot of helpers, like they have a lot of people, and they're watching you.

They're watching you so that if you leave, someone follows you to make sure that you're okay and. Make sure you find your way to the bathroom or whatever. So then they're watching everyone. And it was my first time and I remember I went up and lined up for another glass of ayahuasca and someone came up to me right away and was like, You already drank three glasses and you're, are you having another one?

And I was like, Yeah, is that okay? And they're like, Yeah, it's okay if you're sure. And I like, Yeah, I'm sure. Then someone else comes up to me a little bit later. So it's kind of a long line, comes up to me

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from the other side goes, You already had three glasses, now you're having another, you're having an extra one.

And I was like, Yeah, is that okay? They're like, Yeah, okay. Then I get to the friend and the guy who is serving me ayahuasca is like, You already had three glasses. Are you sure you want a fourth one? And I'm like, Yep, I want a walk away. So I had an extra and in the community and the weeks leading up to the ayahuasca ceremony, everyone was talking about it.

It was like it changed the vibration of the whole community because everyone knew it was coming and there was this anticipation feeling and people were sharing about their experiences and all the shadow work that they did. And how it shows you, people say it shows you your deepest fear. It shows you this that it and I was like, wow, well, I've just been through fucking hell.

So I'm probably going to have some really dark shit to face and like, I'm ready. I'm choosing that. I'm going to face it. I'm going to go there and I'm going to do this healing because I really want to heal. Well, my experience, guys, my experience in that ayahuasca ceremony February 7th, 2015, was pure bliss.

Pure motherfucking bliss. I was dancing. I was like straddling the earth. I was sitting, like kneeling on the earth. Like feeling the grass with my hands, as if it was like a man's chest or something. Like I was stroking the earth. I was just like, I'm in my goddess energy.

I was like, well, this might look kind of sexual. People might see me, but it was like, it doesn't matter. This is what's authentically happening. So this is what is organically moving through me. And I was just, layers of fear were just falling off without me needing to face my demons and without me needing to slay some dragons or anything like this was just it was just bliss.

Bliss, bliss, bliss, bliss. Blessed by, I suppose, bliss right up until sunrise. And some like realizations I had throughout that time was the moon was once again she was looking pretty full. I don't know if it was like the 100% full moon, but one of the realizations I had was the moon and the cosmos are always to shower.

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I could see blessings trying to shower on us from the cosmos, but we were not noticing. We're just living our life in like, our mass hypnosis and hypermaterialized perception of what is reality. And meanwhile, the Cosmos are trying to shower us with so many blessings and insights and wisdom. We are just like doo doo doo doo doo going along in our like limited perceptions.

That was one of the real clear messages that I received. Another one was that I looked around and I was like, Angels, angels, angels. We're all angels. Everyone I looked at was an angel. Even people, there were people screaming. There are people puking. Not everyone was having the experience I was having. And still angels, angels, angels, angels.

I was like, We are all angels and heaven is on earth. And it was so clear to me, we are all angels, and heaven is on earth. And then feeling, kind of having maybe a somewhat of a kundalini awakening myself, like moving and dancing and flowing. And I had just unlocked my doubts, a few weeks before when I first got there, moving and flowing and just like writhing and feeling that like serpentine energy.

The trees were looking at me, the rocks were looking at me. It was like the whole of existence was smiling at me. And I was in such an amazing, positive place that I drank an extra cup on my first time. That was like concerning all the people who were watching, they were like, this is highly unusual.

And I ended up supporting people by the end of the night, by the time it was like sunrise and like the sun had risen and there were certain people, saw a certain specific like people who were crying and had a really hard time. And I had never done anything like that before. I was sitting next to them, not coddling them, letting them have their experience, because we have to have our own experience.

But I would just sit next to them as I looked out into the sunrise, smiling while they're heartbroken and crying. And they're just like, thank you so much. Just, holding the space, but telling them, oh, don't cry, don't cry. It's like if you do that, you're actually blocking them from having their healing experience because we have to feel it, heal it, right?

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So, like, I wasn't trying to put a Band-Aid on it to make it feel better or rescue or be like in the rescue or energy. I was just simply bringing my energy to support in their process and sitting next to them. And I was going around doing that. And yeah, it was just an absolutely miraculous experience. And even though people say, Oh, she's going to show your deepest fears, no, I think what she shows you is exactly what you need to see.

And what I needed to see in that moment was that life is beautiful. Existence is beautiful. We are all angels and heaven is on earth. That is what I needed to see. And I needed to feel myself and my goddess energy and worry about, Oh, does that put me in danger? Are people going to attack me? You know, because that's a fear many women have, right?

Because we can be in danger if we're looking too sexy or whatever. Right. We see this all the time unfortunately, I don't want to get into that too much. But, I was just allowing my goddess energy to exist and be seen and be sexy and be sensual in a way that didn't involve anyone else and that wasn't dependent on anyone else.

And that wasn't going to be altered depending on who was around or who was looking. It was just going to be, it was just going to simply be and, it was just so celestial. It was heavenly. It was so blissful. It was so pleasurable. And it was just ecstatic.

I was just ecstatic for however many hours. Maybe it was 10 hours, maybe it was 12 hours. It definitely went well into the daytime like, by 10 a.m. was when we're all back in the dining area grounding with some food to just ground out. And then I can't remember what really happened the next day, but I think it was like nature adventures and just like grounding and integrating and then sleeping that night.

So having a full all nighter and then sleeping the following night. So that was basically the story. That was my first so far, my only experience with ayahuasca. It was my birthday, 2015, which was eight years ago. So now that I am once again having ayahuasca, I had two different clients, Kathryn thinking of Manifestation Babe, as well as another client who was a top executive, who was someone who was coming to me and being like, I'm a founder and CEO and wanting to move back from the CEO

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position and really follow my Dharma, which was, this has truly meant to change the world with his content and be like more

of a thought leader and more of a speaker kind of thing. And these were two people that really impacted me because they were in a way very ahead of me when it comes to business and success, been at it longer, multi, multi multi-millionaires just doing incredible things and they are people that I look up to and also see as my like dream clients for my readings that that type of person often gets soul wealth readings with me and that's, that's, it just feels very cool and very special to work with someone who's impacting 1000s, tens, hundreds of thousands of people, millions of people because if I can help them be more

in alignment with their soul blueprint, that has a domino and ripple effect into hundreds of thousands or millions of people. So that's so fulfilling and so satisfying for me. So both of them had mentioned this certain center that I'm at right now. And I, after having that reading with the man that I was mentioning, it was like the first week of January of this year, and he mentioned this center and I'd already heard about it because Kathryn is thinking out of manifestation.

Babe had also come here and it had been on my radar. And when he said that and how impactful the reading like for me, the experience of reading for this person who was so powerful, had such a powerful destiny, had a really powerful past lives and just being like, wow, this type of leader, I gain a lot of fulfillment from working with this type of person.

It's really, really satisfying for me. And then I was like, Oh, so he was also at the center. And then something just clicked within me. I didn't have birthday plans and something just clicked within me that that day I was going to start looking into coming here. And basically I made my travel plans, just a few weeks before I got here, like two or three weeks before arriving here.

So that brings us to the present moment. Our ayahuasca ceremonies begin tomorrow, and we're going to be doing four in a row. And then my birthday is the day after tomorrow. So I always knew that if ayahuasca, if it was time to do another ceremony, wouldn't be me seeking it out. It wouldn't be me Googling ayahuasca shaman. It wouldn't be me seeking to recreate that heavenly experience.

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It was so sacred to me that I would be happy never doing it again after that, if that was what was correct. And I knew that if it was ever time for me to drink ayahuasca again, she would let me know and she let me know. And here I am. And it's funny because it's eight years later, which is the infinity symbol.

And I feel that I feel the infinity, I feel the movement of energy. I feel the spiral where certain patterns and certain themes and certain experiences, even words and stuff like that, are repeating. But in a higher octave because I've been on the upward spiral. So we spiral through similar lessons over our lifetime, but there's just different layers of them.

And now I'm experiencing the higher octave of a lot of these thoughts or patterns or themes or concerns that I'm having or what I'm working through in my life. And now at that point I was in like the worst place of my life. I was extremely broken and shattered, and now I'm in like the best place I've ever been and about to revisit mother ayahuasca.

So it feels very powerful for me. It feels very impactful. I'm already feel transformed from this experience because once you make the decision she starts working on you and that's just a fact. Like to me, that is not an opinion. That's a very real thing. And I've also having very interesting dreams, like with that ayahuasca frequency. Not to the same degree as that first one that I mentioned, but she has been working with me these past few weeks.

And I feel the transformation and progress. And, I'm very grateful for who I am now, because when I think about who I've become since then, I realized, like, I'm my own hero and spirit was with me all along. I was never alone in that little shitty \$14 hotel room with the accordion plastic door and the tiny kids single bed and like, not nice sheets.

I was not alone and we are never alone. My spirit guides and spirit always had me and our spirit guides are always with us and spirit is always with us even when we feel like there is no security. Net spirit is a security net. And I let, I surrendered fully, threw myself into the arms of spirit when I made the choice to leave that town to begin with and go on that adventure.

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And I had no idea how it was going to work. And I could never have predicted being put up in a five star hotel for like seven or ten nights, completely for free, meeting exactly the right people, getting exactly the right piece of information. Oh, yeah. And when my little side story, one of the girls that I really got along with, let's call her Danielle, she and I, we hit it off.

She was really dope. And every now and again, like on the weekends at Petra Mama, the work exchangers would go on like a trip. Like we go on like a day trip, like to the town because my mom was like out in the middle of nowhere, but we could, like, go to the town and like, we could, like, eat some fish because it was a vegetarian kitchen and we'd, like, go get grilled fish or go shopping or something like that.

Just like a small town, not like anything fancy. And then we went to this different town and we went and had I don't know if it was towards the end of our time or something. We went and had a fancy girls brunch or maybe it was someone's birthday or something, something like that. Some like special brunch vibes.

And we go and it's the same restaurant that had the full moon party from before. Okay? The same restaurant that I went to with a Burning Man lady and who gave us the mushrooms. It was the same restaurant. And I was like, Oh my God. I was here at this full moon party with these guys, Dave and Tim. And Danielle says, Oh, I sat next to a guy named Tim on the bus from San Jose.

If you remember the part of the story where Tim where I thought I wasn't going to go to Pachamama, but just because Tim sat next to this girl on the bus who told him that she was going to Pachamama to work, that's how I received the message that they actually did accept work exchangers. And that's like without that, I wouldn't have been there.

And here I am with the girl at the same place and she's mentioned. Yeah, I was sitting next to that guy on the bus just it was just fuckin full circle after full circle after full circle after full circle. Oh, okay. There's more I could say, but let's leave it there. If you've made it this far, you are my best friend.

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Thank you for listening to my story. It feels really significant for me to share this and I really wanted to, before I go, have four more ceremonies so that I can share about those. And this context will have been laid, the foundation will have been laid. And your life is so sacred and so mysterious and we don't know the bigger picture when we're in it, when we're in the thick of it and in the thick of the trauma, the density, the insecurity, what are buried in the grief and the the doubt and the second guessing and, lack of trust in life.

We don't see where we are. We're not able to fully see the big picture. But when we're out of it, we see how it is always part of the divine plan. Always, always, always part of the divine plan. And something that I realized about myself during Breathwork tonight was I'm already doing it. I am the fucking cycle breaker.

I've broken so many motherfucking cycles and this is just the beginning. So I hope this story time has been interesting. I hope it's been valuable for you in some way. And I hope that if you're in a space where you're feeling alone, you don't know what to do. I want you to know there is a divine order and there is a divine plan, no matter how unlikely that may seem.

And never, never let yourself lie to yourself that oh, that's for other people, but not for me. No, you are a divine child of the divine. You are sacred. You are part of heaven on earth. You have a destiny, you have a fate. And it's not too late. It's never, ever, ever, ever, ever too late. And you're not alone.

Even if you are physically alone and you've been alone, you feel like there's no one you can call. And if you got robbed, there wouldn't be anyone you even tell. Because it's like they don't care your spirit and like your spirit guides and your spiritual team are there and they want to help you and they want to protect you and they want to guide you.

So when you, in the moments we feel most alone, is when it's most important to, talk to them and ask for their guidance and pray and ask, whatever resonates with you. But I'm talking to them on the daily, for the last few years, my spiritual team spirit is always with us. We're never truly alone.

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And even if we feel like we've never been supported by our families or by people in our lives, Spirit is supporting us in a way that is like beyond comprehension and that that experience that I just spoke, that was me surrendering, fully, fully diving into the arms of spirit and spirit, going above and beyond to get me exactly where I need to be when I needed to be there, and creating this miraculous pivot in my life, because that was when my life really started to change, was 2015.

And actually, just to end the story off, I always just got a little bit more to say. Don't on. I'm one of my very last experiences. Pachamama was the workshop with Kavita and I didn't even know what it was because it was very vague descriptions. And sometimes with the plant medicine it's very vague on the internet, probably because of legal, legal reasons or whatever.

But it was a San Pedro ceremony. San Pedro Cactus. It was that's the grandfather energy. And ayahuasca is the grandmother energy. So I ended it with the San Pedro ceremony, had different types of tobacco medicine. I did a sweat lodge. I swam in the lake, naked in the sunrise. Like got out of the womb of the sweat lodge.

Oh, is it called a temazcal is what it's called, and it's like a womb. And I got out of the womb sweating, soaked in sweat and went and swam naked in the lake in the sunrise. And that was one of my last experiences. There was like the literal rebirth and the reunion with the grandfather, grandfather and grandmother.

So yeah, that's the story. And from that point on, my life radically changed. That was the beginning of my healing. That was the beginning of my journey there. To this moment. My journey didn't start with starting my business in 2020. My journey really started in 2015 with these healing experiences and with me realizing that the spiritual world is just as real, if not more, than the 3D world that we're living in.

Like this is just one aspect of reality and we're so invested in this being the only aspect. But actually there's a miraculous force that we have access to that wants us to be fulfilled and wants us to fulfill our destinies and wants us to be connected and wants to help and assist us. So when we open to that and we believe that and we allow that, you will see miracles unfolding in your life.

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I don't care who the fuck you are. I don't care how hard it's been. I don't care like the stories about "no, yeah. Maybe for you that happened, but not for me." Why not? Every living being is part of the divine. You're no exception. Okay, so let's end it there. If anyone is still listening this far, send me a DM.

Share this on Instagram stories and tag me. I would love to see if this had any impact for you and it's been very significant and special for me to share. So thank you so much for listening. I wish you an amazing day.