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BUSINESS ORACLE

WITH AYESHA DURRANI

TRANSCRIPT

Episode 12

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. Thank you so much for tuning in and listening. And let's get into today's episode.

Loves. I'm so excited for you to get into this episode, another deep dive story into my planet medicine shenanigans. But before we do, I just have a couple of announcements.

One is that we are currently enrolling and about to run my first free masterclass in quite some time, and that is called Astrology for Business. This is a free masterclass and, at the moment of me recording this, there's over 400 of you signed up.

If you're watching this in the future after it's already happened, you're still going to be able to access it. The link is in the notes for you to enroll in Astrology for Business. I'm so excited. This is my life's work and how I've created the business and life of my literal dreams through using astrology. Included in my business strategy, wealth, strategy and interrelationships and literally every aspect of life.

And the other thing I want to mention is that if you feel inspired to book at Rythmia, which is the center where my next few podcast episodes and the experience that I had for the week of my birthday with four back to back ayahuasca ceremonies, if you feel called to go to Rythmia, I'm not sponsored by them, but you can mention my name to them when you book.

I am a fan and I will be going back 100%. I've actually already booked my next time there, so I am recommending it and it's not a sponsored ad whatsoever, but because I'm going to be sharing so deeply

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about my experiences, I just want to preface this episode with that. So feel free to use me as a referral and let's get into today's episode.

Hello, my love, and welcome to another episode. And this is another story time episode about my plant medicine journeys. My most recent episode was about my first experience with ayahuasca in 2015 that just happened to be on my birthday and all the synchronicities that led me to that experience. And I actually recorded that episode while I was at another Ayahuasca retreat center a couple of weeks ago and in Costa Rica once again.

And I felt the parallels, I felt the completion, I felt the spiral, the upward spiral that I was on that was connecting right all the way back to that experience in 2015. And I really wanted to tell that story before I began my four back to back Ayahuasca ceremonies in the second week of February.

So I was there at the center. It was the Sunday before we were beginning our ceremonies, and I recorded the most recent episode. We got so many emails, so many comments and people messaging and beautiful reviews and beautiful feedback from that. So thank you guys so much. The podcast was actually number 15 in New Zealand yesterday, so that was a really big celebration for me.

So thank you so much for listening and for engaging and participating here. It means so much to me. And now it's time to begin telling the stories of the absolutely profound and life changing, game changing experiences that I had in 2023 on my birthday. Once again, eight years later, eight, the symbol of infinity, the symbol of transformation. My north node is in the 8th house.

The 8th house is the house of sex and death and rebirth and transformation. And something I'm very passionate about with plant medicines and Mother Ayahuasca is that in my experience, in my observation and in what I believe is that Mother Ayahuasca will contact you when you're ready. So that means we don't need to go fabricate a plant medicine experience.

We don't need to go seeking it. We don't need to like for something to happen because maybe it seems like it's trending or anything like that. I believe that the spirit herself of Mother Ayahuasca lets us know.

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In my other episode that I recorded was about how that happened for me, how I had absolutely no idea that I would be having ayahuasca on my birthday.

But it was like this magic carpet ride of synchronicities, signs and symbols and choices that brought me to that moment. And it just happened to be on my birthday. And it was so, so, so, so, so clear. So that's something I want to say. These episodes are in no way encouraging everyone to go have extreme psychedelic experiences or experiences where you're making yourself purge and like all of the wild things that happen in these spaces.

I'm just sharing my personal story and I'm someone who I know myself. I know when Spirit is speaking with me, I know when I'm receiving a message and I have a commitment to radically follow my intuition.

So how I ended up at these ayahuasca ceremonies this year, eight years after my my only experience with ayahuasca was this first one eight years ago, and I never sought her out again because even though it was so positive, I knew that it wasn't my place to decide or force it or make it happen.

I knew that it will happen organically if it was ever going to happen again, and if it didn't, I would be happy with that as well. And what happened was two of my most favorite estate clients that I work with, you know, people who are like eight figure entrepreneurs who are doing incredible, massive, massive things in this world, and came to me as there's a certain archetype of client that comes to me that's more of the high net worth client that has created a lot of success or become the top of their industry or a pioneer somehow in their industry.

And they're now coming to me because they're receiving that internal soul calling that it's time for them to move into their destiny more. So it's more about purpose. It's not like they're coming to me for help to build their businesses. It's that they've created an empire already and they're ready to align more to their soul legacy and their destiny.

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Right? So that's a very specific archetype of clients that is attracted to my readings. And I work with all types of people, all types of people at all stages, beginning stages of business, people in a pivot, people who don't have a business and they want a full soul map reading.

So two of these clients that were in that archetype of people who have created hella success, they're like the industry leaders and they're wanting to align that much more to their destiny. And that's why they felt called to do a reading with me. Two of them had mentioned the center that I went to, which is called Rythmia.

Okay, so Rythmia, many of you guys have been asking, as you can see in my stories, that I was in Costa Rica and that I was doing ceremonies and some of my shares that I shared on Instagram. So if you're not following me on Instagram, make sure that you do, because my stories are pretty juicy if you're feeling the call.

And so a lot of you were asking. The answer is, I went to Rythmia in Costa Rica, and this is a place I felt a little bit hesitant about because inside of me there is a big time activist who as much as possible, if I'm doing plant medicine, I want to be giving my investments directly to indigenous communities. And that's not quite the case with Rythmia.

But what was true for me with that choice was I was receiving the soul calling to go there regardless of any of my preconceived notions, because you know, there are influencers and celebrities that go there. And there's this part of me that's like inner little Rebel who used to backpack and sleep on \$3 a night hammocks outside in Nicaragua and, you know, live out of a backpack that kind of put my nose up at that. At the bougie plant medicine experience.

But in the moments when these two incredible clients were coming into my sphere, people that, if it wasn't for my work, I probably would not have met them. And realizing that these people that are blowing my mind, they're choosing this place and I'm now feeling the soul calling. And, you know, the more that I am living and expanding and growing into my true essence and my true self, the more radically I am following what my soul is telling me.

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I'm a North Node in Pisces, which is all about trust and surrender. And something I always say with North Node in Pisces is not my will, but thy will be done, for thy will is also mine. And by that I mean source. By that I mean the Divine plan. By divine, I mean the highest good.

My will is a limited perception based on my ego and what my human can perceive. But there is a greater divine will that's also at play. And as a Pisces North node, I'm here to learn to surrender to that and I'm here to actually become an instrument of that will, right?

That's something that I know about myself through my 20 years of studying astrology and working with my own nodes, whereas my South node is like, I want to control and I want to plan, I don't want to surrender, I want to micromanage. So that's something that I'm aware of, right?

As I receive this message that it's actually time to go there with me as the place that's calling me. And one of these readings that I'm referring to with these clients happened three weeks before my birthday. So I knew I didn't have plans for my birthday. And I've known for a while that one day I was going to have an ayahuasca ceremony again on my birthday. I didn't know when. Maybe it's when I'm 40, 50, 70, I don't know. But I had a feeling that I would be having ayahuasca on my birthday again.

My birthday is February 7th. February is the best time to go to Costa Rica because it's winter in Canada. So I, you know, went through a couple months already of winter in one of the coldest cities in Canada, Montreal, and February is the driest month in Costa Rica. So it's a month of the least rain in Costa Rica. And it's my birthday month and it just makes a lot of sense to go there in February.

So I had this reading in the first week of January or three weeks before my birthday, and I received the ping and I was like, Wow, I'm getting the ping to go to Rythmia, which was a place that I had been aware of, but I had kind of a little bit judged as like, oh, like, you know, is it commercial, etc., etc..

And, you know, I'm not going to say that it's not commercial. It is a business. But what I will say is they care about excellence there. And every single staff, I speak Spanish, by the way, I know Espanol and I've traveled in Central and South America and Spain so many times, and I was always talking with every single staff member there and all the Costa Rican staff, the indigenous staff, the shamans, the

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medicine team. It was absolutely exceptional. And the thing with money is that money is a resource. And I can clearly see within me, and I went in skeptical, guys. I was very skeptical. That's why I didn't share where I was going because I didn't want to be promoting something to my audience that I wasn't sure if I was going to love it and I really wanted to.

And if I didn't love it, I probably wouldn't be sharing it in this podcast right now. And I was absolutely impressed with the quality, the caliber that was, I believe, 108 staff members and 80 participants. So we are always outnumbered with staff and just the smiles on everyone's faces, the vibration, the vibes were just immaculate and with it being my birthday, I was like, You know what?

I'm splashing out. I'm getting the most expensive room type. I want the AC, I want the king size bed like I want. I want to go home to a king size bed after these ceremonies. They have other options like shared rooms, etc., etc.. And like I said in my 2015 ceremony, I literally went to sleep in a tent in the jungle after my ceremony.

Okay. So I was like, I'm a different person eight years later now. Okay, we're celebrating some different things over here. I've transformed in ways I never could have imagined. And this is a treat myself moment. And I'm going to go have this transformational experience. So I actually booked it on January 13th. This is a date that's going to come in handy a little bit later.

I oh, there's so many synchronicities and stories to tell that I know this is going to be more than one podcast episode. I'm aiming for two, so let's get into it. So I flew to Costa Rica and I arrived and spent a night in a town called Tamarindo and I booked myself a nice king sized room somewhere and I just had one night before I was checking into the center and I went and saw the sunset.

I got some dinner with myself. I went within a little bit of shopping and I was in one of the shops and I saw this. I love silk, so anyone who knows me knows I love sustainable and ethical and luxurious fabrics. I love silk. And I saw this kimono and it was in a beautiful, luxury swimwear shop.

And this kimono, pure silk, which is a biodegradable fabric. Silk is not always the most ethical fabric, but that's something we need to look into. Anyway, wanted to go on a tangent, but just want to be

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accurate with what I'm saying. So silk kimono and it was this beautiful champagne colour and I don't know if you guys ever seen my Instagram or ever seen me before, but I love that shade.

I love those colours like neutrals and champagne kind of colours and I yeah, it was just gorgeous. And I was like, wow. And it's pure silk, too, because normally things are polyester. Yeah. So I tried it on and it was snakeskin print. Okay, this is important. There's, the synchronicities are just absolutely insane. So hopefully I do them justice. Spirit guides be with me for this transmission because there's so much. There's just so much.

I bought myself this beautiful snakeskin kimono. Okay, so snakeskin print. I'm a snake in my Chinese astrology. Okay, so Year of the snake and I resonate with the snake, so I got it. Just very chill, you know, It was just a very ooh, I'm going to treat myself.

This is so me. It's so flattering. It's so my colour; is it so my fabric. It's my animal print, you know. And I got it for myself. The next day I headed to the center and at Rythmia, the main thing is safety. Really feel very, very, very, very, very safe there. And that's a priority that they're always, that's their intention.

That's what they're always, always expressing. And you can really see that they care about, I believe from my perception as a business coach and a projector and someone who sees what's happening, I believe that there is a very strong intention to constantly level up there. And I can see it because I read the reviews beforehand and the reviews are like 4.9 out of five stars.

But there are some haters in the reviews. I mean, I don't want to say that their experience was wrong, but what I can say is some of the things that people were critiquing in the reviews were not present when I went, and I believe that they're really taking people's feedback and really constantly leveling up the experience there.

So anyway, I get there, you check in to the check in with them, they give you this little bag of a water bottle and a workbook and just like this little goodie bag, which is really nice. Here's like a moist towel and a yummy drink and stuff like that.

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And it is a luxury experience. They are creating a luxury plant medicine experience, which I had never had before. And it was really nice to just feel very, very relaxed and feel very, very, very safe because when what you're doing and I watch the ceremonies is taking you to these far reaches in the subconscious and in the Soma and everything like that, and like all the safety and pleasure and vitality that we can create outside of that just makes it better, right?

We become more open and receptive to our transformation. So you get your stuff and then they take you to the medical checkup where there are doctors and nurses that are speaking with you about medications and supplements that you're taking. They also send you and talk to you about that before you get there, in case you are taking something that's contraindicated with ayahuasca.

So, did I say my warning? I really wanted to just make it very clear these episodes are not encouraging people to go do intense psychedelic plant medicine in the jungle. Okay, I'm only sharing my story and I'm someone who has had other experiences with psychedelics as well, so I'm not condoning or saying every single person needs to take this.

I believe it's your journey and if you're feeling the call and if Mother Ayahuasca is calling you, you will know it. And I'm just and this is just story time, okay? This is just story time. That's all this is. This is not me saying everyone needs to go do this, but there are certain supplements, medications and health conditions where that's not going to fly for intense ayahuasca ceremonies.

So they do talk to you about your menstrual cycle and da da da da da history of things. And they're just asking these questions. So I met a couple of my first new friends, my first people of the group, and, you know, everyone's a little nervous of like, Oh my God, we're doing this. And everyone's asking each other the same questions.

Is this your first time doing ayahuasca? Everyone's asking that. Everyone I run around and most people, it was their first time. And so people are just, you know, a little nervous. And it's funny because in that first day and first couple of days, you're meeting these people. And if any of you guys, because, you know, it's a group of 80 of us, maybe some of you guys are listening to this.

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You know, we met each other and we were a little shy and we knew we were about to embark on something that was a little scary for all of us. But by the end of the week, truly, I could cry right now at how close, how much trust, how much love and how much respect there was between every single person there.

Absolutely mindblowing. There's no doubt about it. Everyone that was in my group was meant to be there in that time, in that moment with that exact group. There's just it's that alone. The quality of the connections of people I made there is actually worth everything. So any of you who are listening shout out to you guys. You know who you are. I love you. I love you from the bottom of my heart.

And so on this first day, I'm just seeing these people that I'm like, Who are these people in there? You know, they're seeing me. And we all know we're about to be really frickin vulnerable, right? Like we know we might be, like, puking in front of each other, like, you know, having really hard times.

And it is just so, so cute. It's so interesting. All the feelings and butterflies that were present. And then I was in the waiting room of the medical, because you're kind of talking or like talking to a doctor and you talked to a nurse and you talk to the final person and she gives you some final things or like people, paperwork or whatever in the medical center.

So I'm sitting there and I'm waiting for them to call my name after the first two meetings. And they come up and they say, Tricia? And I say, Ayesha. And they go Tricia? And I say Ayesha, it's Ayesha. And they say Tricia? And I just started laughing and then Tricia comes out and Tricia is this really cute woman with short hair and just a really spunky woman.

Well, I got to know her later. I got to know her later. So Tricia came and then she was like, I'm Tricia. Okay. So she went in. Fast forward a little bit and I'm sitting down and having this wonderful conversation with Tricia and me and Tricia, you know, shout out Tricia, one of my strongest and closest bonds that was created during that weekend.

And for some reason, I tell Tricia, and we're having this deep conversation. Tricia is from Georgia, and she's got that Southern Bell thing going on, that sassy powerhouse, you know, seven figure, self-made,

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bad bitch entrepreneur as well. And just so raw, so authentic, so heartfelt. And for some reason, I tell Tricia that I booked my Rythmia trip on January 13th. She's the only person I said that to. And I for some reason I said that to her and she said, that's my birthday and it was her birthday that I booked it on. And then I was there for my birthday. And the whole time there was this mirror that I was seeing and that Tricia was also seeing.

We're just, it was this strong soul connection. Strong, strong, strong soul connection, strong soul sister and Tricia is older than me and whatever we're seeing in each other, is it mother daughter? Is it sisters? Is it just friends? Is it soul family? Like it was so, so, so, so strong and powerful. And that was just one of the, so I booked it on your birthday and then they kept calling me Tricia, for some reason. It was one of the thousands upon thousands of powerful, powerful synchronicities that occurred.

So the food is amazing. Absolutely incredible food. There's a raw food chef. Actually, she's a raw food chef as well, but the food is not raw. The food was vegetarian, but also there was chicken and fish options, basically, mostly gluten free, really high vitality, colourful, bright food, and more varied than just a standard ayahuasca dieta, which is often like very, very, very simple, like plain rice boiled potatoes, like really, really simple.

So it's more they find a little nice compromise where the food is incredibly flavourful, but it's without a lot of things that are intense or that you shouldn't have and the chef's name is Meg who creates the entire food there. So I want to shout that out. The food was absolutely incredible. And so we're just nourishing.

And over the weekend before the first ceremonies, we had breathwork and there were people. Okay, so you can arrive on Saturday and check out the following Saturday, or you can arrive on Sunday and check out the following Sunday. And it's like half and half. So when you arrive on Saturday, which I did, you're there with half of the people that are at the retreat center are from the previous group.

So half of the people just had the most transformational week of their lives and half of the people are just arriving being like, I don't know what's going on and I'm scared. So that was really funny and I'm really glad I got to experience that and come on the Saturday and there was this breathwork that had

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the older previous group and the new group together, and it was a transformational breathwork session.

It was so powerful. I cried. I just arrived and I was like, Oh, I'm here. It's going to be my birthday. I'm choosing to spend my birthday away from my friends and family. I'm choosing to be here with strangers and dive deep within myself. And so much has transformed for me over the last few years. And just like everything was calling me into this moment and here I am.

And then I got to connect with the people who had been through their week. And it was there were some really powerful shares at the end of that breathwork of people in tears of just how profound the experience had been. And it was so wonderful for us to see that as like half of the new group, right? And for that weekend we're having amazing breakfast, lunch and dinner.

And we know that on Monday our four ceremonies in a row are going to start. And we're just getting to know each other. There's a beautiful saltwater pool. We're in the sun, you know, sunbathing, reading, drinking coconut water on tap, drinking pineapple juice, like, I get it. I get why we'd want to go to a bougie luxury plant medicine center.

Just the pleasure and the opening and the receptivity helped me to be so open and receptive to the breakthroughs that were meant for me. And there is a very packed schedule, so there's not that much free time. There's a lot of classes that are around transformation, around integrating plant medicine, around, you know, finding and finding the gift within your blocks.

And there's like a really packed schedule. And I absolutely loved every single teacher, like I truly loved every single teacher. And now one of the things that people say in their reviews that they don't like is that they do sell you stuff. And that is true. So they sell you, you know, they sell you stuff throughout the time.

I didn't find it too salesy. Maybe it's because they read those reviews and they toned it down a little bit because I could just really, really see that they are constantly trying to improve what's happening. I can really see the commitment to excellence was undeniable there. So maybe they saw those reviews and

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they toned it down, or maybe it just doesn't bother me as much because I'm a business owner and I felt that it was, I felt that it was relevant.

I felt that when they're trying to sell something or invite you into something else, blah, blah, blah, I'm not going to explain it all. But I felt that it was relevant to what we're talking about and I never felt pressure. I never felt an ounce of pressure to take part in anything that they were selling.

But they do sell stuff there in some of the classes, have a really dope class, and then they'll be like, and here's this other thing, and I think that's totally fine with me. So the classes and something that was mentioned many times is that there are classes that are part of the program and then there's like optional classes and they recommend going to all of them because you might find something in those classes.

There might be there's a piece for you in that and they really recommend that you share if you feel like you have something to share because something you say could be a piece for someone else, something you say or something someone else says could be a piece that creates a breakthrough for someone else, or it's a puzzle piece that helps something really profound connect for someone who's listening.

So they really encourage you to participate and share because of the specific reason that the piece is going to be found. Like you're going to something you have to say or something someone else has to say can be a missing piece that helps someone else have a breakthrough. And holy eff did I experience that.

So let's get into the ceremonies. Another synchronicity was that there was another woman, a beautiful Australian sister, and it was also her birthday on February 7th. What a synchronicity that was. So a couple more synchronicities. So it was another woman, Amber, a beautiful Australian woman. It was her birthday on February 7th and we found that out together and then also this year, February 7th was on a Tuesday. When I was born, I was born on Tuesday, February 7th. So there's like the date, week day, day of the week that we were born on.

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And so this was like, you know, it's different every year. It's not February 7th, it doesn't fall on Tuesday. Every year changes. So it was kind of like it was resetting. It was like clicking back into my original birth weekday as well. Like it just felt like so many overlapping cycles were all coming to this completion point.

Like there was this point that everything was reaching. Everything was taking me there calling me. And I'm like, Well, I'm spending all this money booking first class flights, suddenly getting the most expensive room that they have because I'm just feeling this call to spend my birthday away from my loved ones. You know what I mean?

Like, it was just so this powerful, clear calling that was happening and everything from the calendar to the people I was meeting to these birthdays, to this synchronicity that was telling me this is really fucking important and this is meant to happen right now.

So the first ceremony was on Monday. Okay? And this was my first time having ayahuasca in eight years, and it was run by beautiful, beautiful, amazing shaman Waleska. Waleska, if you're ever listening to this, you are my hero. You are just such an incredible, incredible human. Her transmission, her energy. Holy. Wow. It was amazing.

That first night was a more chill night for me in terms of my arc with my ceremonies. And I felt that if I was to give that ceremony a name and to describe the gist of that ceremony, it was connection. Okay. So that ceremony was all about me being connected and. Okay, one more thing is my intentions that I was bringing to my ayahuasca ceremonies and to this week, here is the intentions that I was bringing.

And so before I get into the ceremony story, I was specific. Some things I've been feeling into my life in general is my next evolution of my work. I knew that there was more for me, even though what I have right now is far beyond what I ever could have dreamed of. For those first two years in my business, it was like my dream has come true.

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This is it. I'm doing exactly what I'm supposed to do. And this is the feeling of being on your purpose. And this is what I teach people, and I help people be on your path of purpose. And then time passes, cycles shift, seasons shift. And I all of a sudden was wondering, am I still on my path of purpose?

Like, am I? Is it that I don't, no longer feel as strongly because you just get used to it? Or have I veered a little bit? Is there something else? Is there something more? And this part of me knew there was and there is something more. There's this part of me that knew that there is a new evolution.

Whether that was... I really believe in following our excitement and the ideas that make us feel expanded. So when I have created so many things that I used to dream about and try and manifest like, you know, \$800,000 Canadian last year in my just 2022 revenue, like that's just absolutely insane. And then like new goals.

That wasn't even a goal. I didn't even know I could have that as a goal. Right? But new goals and new directions need to also feel expansive. And I really like to follow my excitement. And I was really wondering like, where does my excitement lie now from this point and where I'm at now? I kind of felt a little bit of a plateau energy.

I don't want to say that because there it was not a plateau, but I just felt that feeling of being madly in love with my work. And then I felt the feeling of wondering, is it that that feeling just fades away or is there something more that I can be expanding into? Is there another risk? Is there something new for me to try? Is there a new experiment?

And I was like working with that for a while, like months and months and months, like really feeling into, what does my soul want to do now? What am I being called to do now? And, you know, do I want to write a book? Do I want to do this? I'm not sure.

And I knew, my soul knew there was something for me to expand into, but I wasn't, that wasn't my intention for coming to the retreats. But that was something I was working with deep within myself. Another thing I was working with deep within myself was releasing the past because I still felt a lot of presence of the past.

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And I tell the story of my past quite often. You know, there were times where I was stuck in the stories of my past and it wasn't helping me heal. Then I did a lot of healing, and then the stories of my past became relevant with my work, and that became something people would ask me about, interview me about and stuff like that.

But I felt very much the desire to have more of a sense of liberation from my past. And I didn't feel chained to my past was, you know what, let me say this. I have a very influential energy teacher that I work with, an energy work master, consciousness expansion queen that I work with or worked with in the past.

And she told me, you, she was speaking about me and she said, you only run your energy, no one else's energy is in you. No one else's energy is, and you only run your own energy. But the thing is, your past self is taking up space in your being. And so the energy that I - so a lot of people are running other people's energies and the only energy I was running was myself.

But a lot of it was my past self and that just absolutely blew my mind. It felt so true for me. It felt so resonant for me. And I was like, Wow, wow. And as someone who's healed through a lot of childhood trauma, we're sometimes like literally when we have traumatic events that aren't processed properly, we have PTSD.

We're reliving the past very often, right? So this is very mind blowing for me. And I didn't know if I was capable of truly letting go of the past, even like, you know, especially when it became part of my story and my work and part of my message and part of the example and things that I was sharing of like I was here and then I am here and here's the transformation and I help people transform.

And it's relevant to that. And, you know, even though I've done so much dealing with it, it just felt like it was still there, just attached to me. And I, you know, I'm not new to energy work. I am very familiar with cord cutting. I'm very familiar with working with my chakra system.

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I'm very familiar with energy hygiene, with my work field, etc., etc.. But it just felt like it was just always there. So that's the preface of like, those are the bigger picture things that I have been processing and thinking about and pondering and reflecting upon that, you know, maybe in a few years I'll have some clarity on these things, right?

And then the specific intentions that I brought to my ayahuasca journeys was numbing. Now, I have had, as many of you know, here we go, some past stories coming out already. I've had experiences with using substances in very harmful and self-destructive ways, and I also have experiences using medicines, cannabis, psychedelic medicines, plant medicines, etc. in a very constructive and healing way.

I grew up with people numbing around me, whether it was pharmaceuticals, weed, cigarettes, alcohol, TV was a really, really big one. Whatever. Video games. I just grew up with a lot of numbing around me and honestly, we all have that whether it's in our family or just in our culture, it's a culture of a lot of numbing, right?

And so what I was noticing was that, especially because I ended a five year relationship last year and then I moved to a new city where I'm spending a lot of time by myself. And I had so many passed substances dropped off.

From the age of 14 I was drinking a lot, like from a really young age, taking shots of straight Jack Daniels when I was 14 and then in my late twenties, I stopped getting drunk when I was 27. That's when I stopped getting drunk, shortly, not too long after the 2015 ayahuasca experience actually.

So I haven't been drunk since then. That doesn't mean I haven't had a drink since then, but never got to the point of being drunk again. And I used to be constantly getting drunk, throwing up and always like even though it was getting better and I was on an upward spiral, it was like I was always exchanging one numbing thing for another numbing thing.

And another thing that was a numbing for me was being in relationships and dating and having, you know, men in my life and people I was talking to in that romantic way and like thinking about them

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and wondering about them and getting, you know, a bunch of like oxytocin, serotonin, dopamine connected with like messages and being in like flirtation and stuff I like that.

Other things was numbing, then when I started my business, I was numbing with my business, I was able to get a lot of those hormones going from serotonin, dopamine, oxytocin. I'm getting those chemical rewards and stuff like that from working because I was also getting money from that as well.

So then I was on my phone all the time and I've always numbed with a computer from a really young age because my dad worked with computers. I had a computer from a very young age or like some of the first people to have the Internet and computers in our houses and stuff like that, because that was the industry that my dad worked in back when there was dial up and dial up Internet.

Who knows what I'm talking about? So I always had a computer from a young age. Video games. I would just live in video games and I would always, when I was younger and numbed with junk food. Then I started to eat more, more healthy and things like that. So it felt like it was always a crutch for me.

It felt like there was always this underlying dread and anxiety that I would self-soothe through, whether it was back in the day cocaine, alcohol and bad decisions or whether it was, you know, having a lot of mushroom, micro doses and smoking cannabis and having a partner that, even if things weren't working, we could still find this oxytocin together and self-soothe with each other.

And then I would work on my business and like it was these things that were, in all these things, I exchanged them for higher quality things, right? That was my journey. And I'm really proud of the improvements that I made. Cold turkey is not always like that, and I'm not here to give advice on this. I'm just here to share my journey. Okay?

And I'm proud of the way that I navigated because that's how I climbed and made, swapped things out and just started making better choices. But I still felt that because I'm such a you know, I self-identify as a spiritual warrior. It's like I'm here to be a fucking soldier for the light. And I feel that really strongly.

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So if there's things that I know in my soul are not serving my highest good, I need to be a motherfucking warrior about that as well. I need to be a warrior about that. And I knew that there were things that I was using as a crutch. It's not that there's something wrong with smoking cannabis. Cannabis has helped me so much in my life.

Same with microdosing Psilocybin. I'm a fan. I'm a fan. I'm not saying I'm never going to do it, but I was, I'm saying that when something is like happening more often than it's not and it's from a place of, I have an underlying dread and anxiety and I'm trying to feel something else. What that is doing is preventing the healing of what is at the root and what is at the core that I'm trying not to feel.

And so same with scrolling. Like when you just pick up your phone, it's compulsively scrolling. And when I moved, I found myself doing that a lot cause I'm still making friends here in Montreal. And, you know, I work from home, so I spend a lot of time at home. And so anyway, that was a really big intention I was bringing to the ceremonies was, I'm ready to live a life of being clear and present in my body.

And I may appear that way to others, but I've met people that are just completely sober. And I just, many of them, I love the way they're living life. I love their presence. I love what they're able to achieve in their life because so much of their energy, they're able to direct to what they desire rather than sometimes using crutches.

And that being an energy like for us. And we wonder where the day went, we wonder why we feel tired or why we feel drained and then we don't go after these bigger things. And I've met a few very inspirational people to me in my journey that were just completely sober, and they're just like, No, I'm good. If I pass a spliff they're like, I'm good. I want a drink. No, I'm good.

And I just, there's this vitality that I admired. And if we admire something, it's because it's resonating with something in us, Right? And what I recognize well, here I am, like all my friends or a lot of my friends, and everyone I'm dating is also kind of doing this numbing and crutches stuff.

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That's what I grew up with. That's kind of this original imprinting that I have. So who is the version of me that isn't doing that? Who is the version of me that is raw dogging life? Who's the version of me that is high on life and crystal fucking clear? I want to meet her. I want to meet her.

And I knew that there was a next level that had been calling me, but for some reason I wasn't getting there. And that's the thing with the quest of our life. And that's the thing with creating our heaven on earth, if there are things our soul knows we need to be doing okay. And then it's up to us to heed that call.

That's where fate meets freewill. Fate and destiny are always knocking at your door. It's always knocking on your door. And every time we choose something other than the thing that our soul knows we should do, we are ignoring that knock. And I know that, I live that, I breathe that and here it was being like, all right, I'm not in this comfort zone, this numbed out comfort zone and the crutches that help me get through the hard times in the past, which I'm so grateful for because I needed to get through the hard times.

In the past, I wasn't strong enough in the past to raw dog life. I needed the journey to be exactly what it was. But now I'm here, I'm safe and I'm feeling the calling for more and it's eluding me. I don't know what that more is. So what is within my control to shift is the way that I'm showing up and the way that I'm showing up with the communion between myself and my soul.

Where if my soul is saying It's time to try this, it's time to explore this, it's facing the fear, right? So I face the fear and learn how to swim. I face the fear and learn how to drive. So now I had to face the fear and learn to be completely sober with and even sober from like the dopamine and oxytocin hits of dating, that sober, even shopping, even scrolling, even overworking, that sober, anything that was taking me away from myself, anything that I was picking up in order to not feel something that was going on within me.

And I'm feeling so activated. As I say this, my central channel in my body is so activated right now, it's like, Oh, this is it, this is it. When things, when we're waiting for that blossoming or that breakthrough in the external world and it's like, where is it? Where is it? Where is it we have to look within.

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Video games? All my numbing with video games have helped me get here because I understand when you're playing a video game, if you're playing like an RPG, which is what I like to play. A role playing game where it's like a quest. You're an adventurer. You go to the towns and you get these quests and stuff like that, and then all of a sudden you're stuck and you're like, you're just walking around.

You're like, how do I get to the next place? What's going on? It's usually because there's someone you haven't talked to yet in the town or there's a quest you didn't finish. And that's how I now look at life. You know, when you look at life, it's like there's a level up available here. There's a new ability that got unlocked.

It really is like a video game. So I was in this space of being like, okay, I'm in the town. Cool. You know, I got all this awesome stuff, everything's going good, but like, what's next? Where is the next town? Where does the gate open? Where is the bridge I'm supposed to cross? I'm just in the same place. And at that point, we need to look within and ask, what's the quest we have not yet accepted or finished. So that was one of my really big intentions to bring into the week was that.

So the bigger things I talked about, those were like my bigger kind of background underlying, overlaying things that I'd been thinking about. But my really specific intention was around this numbing right now in my life. Used to numb with food, used to just live off microwave dinners and junk food and Coke and Pepsi. Like I've always had something that was numbing and helping me ease my unease within myself.

Then the other specific intention I brought was around intimacy and connection. So I had felt that my heart chakra, and many people had reflected to me over my life, that my heart was really closed. I'd had my heart broken in, you know, from as a child. And then I had a lot of heartbreak experiences and toxic relationship experiences as an adult and also friendship heartbreaks, too. Quite a few of those as well that really, really hurt me.

And also, I had a part to play in them because I was so traumatized, I didn't know how to act. I didn't know how to be. And oftentimes I was kind of hurting other people because of being hurt myself. And

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then I had noticed over the last couple of years, you know, my ex and I went to a festival and a friend of mine was seeing a man and that man was being friendly with me and talking with me. We all shared a campsite and I could feel how I was extremely closed off to him. And it was almost this energy of me energetically giving off this energy of, I'm with someone, don't talk to me. Even though this person was not flirting with me, they're just being friendly. They're just human to human, like trying to connect with me.

My ex never, never wanted me to be like that. He was never like, you're with me and you can't talk to other people. And I realized, where did this come from? Is this from my culture? Like, this is totally self-imposed. This is not the reality of the situation. I wondered, because I'm someone who, you know, hasn't always felt like I have a lot of friends.

I've often had really close ones, best friends, and then like romantic partners, but not really felt like I had a squad of people I was really close to kind of thing. And then here I was often feeling lonely. And then here's someone just being, who's really cool. They're dating a really good friend of mine that would only date someone really cool. And here they are asking questions about me being interested in what I have to say, not flirting with me, just human to human.

And I was closed off to them because they were a man and I was like, Whoa, whoa. I really was like, wow I am shielded. I am shielded. And then here I am. One of my biggest sadnesses comes from feeling alone and a lack of connection and here I am, shielded.

So that was a big breakthrough for me. And that happened back in August of 2022. So I wanted to bring that because here I am in a new city wanting to meet people, wanting to put myself out there. You know, I'm single for the first time in like six years. And I was like, How am I going to do this? Like, I'm shielded. My heart is scared, I'm afraid. But I want to be open in this world, right?

And I feel confident when I'm sharing with my audience. I feel confident when I'm doing public speaking in front of hundreds of people. But in interpersonal, intimate, close friendships and like potential dating scenarios and stuff like that, my woundedness was still present.

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So those were the two specific intentions that I brought into my ceremonies. So the first ceremony on Monday, after this weekend of meeting the people, I'm very excited and we're scared and some people had been there many times and they're giving these like sage advices and some people are just brand new and some people are excited and some people are more scared and concerned and stuff.

And then for me on Monday, it felt very much like coming home to ayahuasca. So as I shared in my first ayahuasca experience story, it was like heaven on earth, right? For me, every cup brought me more to bless. And I looked around and I was like, we're all angels and heaven is on earth. And that was my big takeaway from my 2015 thing, which was so amazing because I felt like I had just been in hell for like months and months and months.

And so that was really wonderful. And I never expected that. I knew that it was so special to have such an angelic experience that I would never hold ayahuasca to that. I would never expect that and I would never write off the concept that I might have a really hard time one day. I would never say, Oh, it's like this when I have ayahuasca because every experience is different.

But I will say it felt like a homecoming. It felt very, very, very similar. And I was walking around. Other people were purging and struggling a lot. I was walking around. I was in full receptivity. I felt very in my feminine. And I've been doing so much work since then in these last eight years in the feminine in my body and whatnot.

I was feeling my bare foot on the cool grass and oh, by the way, there was a full moon in Leo on that weekend. So on the Sunday, I believe it was, a full moon in Leo and Leo is my rising sign guys. So yet another synchronicity of this perfect divine slice of time that I was meant to be there.

A full moon in my first house. That's the house of appearance, identity and taking initiative and courage. I had a release of blocks around how I show up in this world in my physical body. Okay, like those, that's the glow up full moon. I always say that. And that just happened to be like that Sunday.

And then here we are on the Monday. But we still got like, the close-to-full moon as it was waning during every day of the ceremonies. Clear skies. So many stars. And you know, the first time I went to

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Costa Rica on my very first trip, which was actually in 2010 or 2011, I remember getting a shuttle the second day, the first full day we were there and sticking my head out the window and seeing the sea of stars. And I had never seen so many stars.

This was, you know, people didn't even travel with smartphones back in the, I think it might have even been 2009, actually, to be honest. So absolutely wild. I just looked outside and saw the sea of stars. So here I was back in Costa Rica thinking about me in 2009 on my very first backpacking trip with no phone, no laptop, hardly any money, like \$1200 or something for like five weeks and just, so funny.

And here I was looking at that same sky and looking at those stars and I would sit in a hammock and I would just smell the air and it smelled like flowers and smelled like tropics. And it smelled so clean and so clear. And I would just see the trees moving with the wind and look at the stars. I felt mother ayahuasca. And I felt like that first day, that Monday, which is funny, it also kind of aligns with the Moon day as well. The Planetary Days archetypes. That day was all about, I belong here.

It's like I belong here on Earth. I belong here with all of these people. I belong here with Mother Ayahuasca. I am Ayahuasca. That's something that I felt like, Ayesha. Ayahuasca. Ayesha. I was like, am I ayahuasca? Do I have an alchemical impact on people similar to Ayahuasca? I was feeling that. I was pondering that and it was like, I'm the daughter of ayahuasca.

She's here. She's surrounding me. She's welcoming me. Every tree is looking at me and welcoming me. And I've never you know, I'm a Chiron in my 11th house. Belonging is a big wound for me. And it's not something that I felt for most of my life for like decades of my life. So I was feeling such this belonging and connection and that whole first ceremony, that's all that it was for me.

I went to the fire, I walked around, I got nauseous sometimes. I didn't purge, not much of a purge for some reason, my experiences so far. I never purged the first time either. And I was just feeling. I was just feeling. I was breathing. I was receiving. I could feel how my energy field was receiving the air, receiving the stars, receiving the love, receiving the belonging, receiving the comfort that Mother Ayahuasca was expressing to me.

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And there were times I lay down and the person there was like a couple of people that were like my neighbors and I was kind of aware of them. And it was very, very profound. It was very, very beautiful. And the ceremony begins at about 5:30, and then it goes till about 3 a.m.. And I didn't have, there was, it was like there was no problem to solve.

There wasn't a breakthrough. I didn't exactly have visions. I did have the visuals, the visuals as in when I look at the trees and I look at the leaves or I close my eyes, there's fractals. But I wasn't given a transmission. I wasn't given a direct communication because there's different kinds of experiences that you can have with Ayahuasca.

But I was just given the sense of being held by the mother. And that's also another thing with my Chiron in Cancer is around the womb, around the mother and being held. So here I was just receiving that comfort, receiving that nourishment, receiving that affirmation of belonging. It was very, very sweet and it was one - now that I look back after the other ceremonies and what happened after, now that I look back, I know that was the preparation for what was about to go down in the next two ceremonies, which were two of the most absolutely crazy and revelatory experiences of my life.

So the ceremony winds down, people come together. Waleska the shaman, gave an absolutely exquisite transmission. We all knew this was just the beginning of this ride that we're going on together. We'd broken the seal, but we knew there was so much more. And I walked out and I shared some love with some people that I had observed. A family, a father and two sons that were together.

And I just had to interrupt them and say, you guys are so cute coming here together, you know, outside of the moloko, outside of the ceremony space under the stars. And I mentioned it was my birthday because from Monday night and then it was now like 2 a.m. or 3 a.m. on Tuesday, which is my birthday.

And I was like, It's my birthday now. And then they gave me birthday hugs. They're like, Oh, can we give you a birthday hug? I was like, Oh my God, yes. And I was receiving these hugs from these

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beautiful men, just like beautiful hearts entered men who were here doing their healing in this family unit. And I walked down along the path and someone else sang me happy birthday.

I hugged a tree and was just under the stars. I'm just walking home, back to my room, back to my aircon and my king size bed and my space to myself. And the warmth that I felt, it was this energy of purity, this energy of innocence. And it was very wholesome. That first night for me was very, very wholesome.

And I still had no idea what was coming next for me. But I was now, now it had begun. Now I was in the flow of the experiences, and so was everyone else. And some people had a hard time that first night, people who were first timers and were feeling like they didn't understand what happened.

And one thing that was also really beautiful was seeing the people who had kind of a hard time the first night and seeing their smiles and their open hearts by the end of the experiences, of all the experiences.

I am going to end it. There are three more ceremonies I need to talk about. Hopefully I can do it in like two more episodes, but I want to make sure I give these stories the time that they deserve because these next two days, the Tuesday and the Wednesday were absolutely some of the most profound experiences I've ever had in my entire life.

So I hope you enjoyed this episode. I hope you enjoyed this story time. Let me know if you did, because it's wonderful for me to hear, you know, if my stories are being received and I can't wait to share the next experiences with you. And this is also important for me to just crystallize what I experienced for myself, because I'm not... the breakthroughs that occurred from these experiences that I'm going to share in the next episodes.

They've only just begun. That transformation has only just begun for me. So it's really impactful for me and I'm grateful for the opportunity and privilege to share my stories and crystallize them in this way. And all of this is, you know, so much of my life and so much of my work is to be an example that we can transform no matter how hard it's been, no matter how much it's hurt, no matter how many

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mistakes we've made, no matter how dark or ugly that it's been, no matter how unfair it's been, we can always change and transform.

And life wants us to be on our destiny path, wants us to be in our hearts. Life wants us to live in love. And when we choose that for ourselves, other higher divine forces conspire with us to create that. And when we align with our spiritual team and the magic inherent in nature, we are fucking unstoppable. This is like the reclamation of the magician.

Okay, I'm feeling that energy so strong. Hopefully you are too.

I'm going to wrap it up right there. Please let me know if you enjoyed this episode. Thank you so much for listening and I'll be back with some more story time.