

Oath Oracle BUSINESS ORACLE

WITH AYESHA DURRANI

TRANSCRIPT

Episode 13

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, and welcome to another episode of the Business Oracle podcast. And this is the Ayahuasca storytelling series. Okay, so there was part one, which was my experience in 2015, which was my first experience with ayahuasca.

And then there was the Part two, which was about this year's first in a series of four ceremonies that I did over the week of my birthday about three weeks ago now. So it's been really beautiful having this time to process and integrate everything that happened. This episode is about the second ceremony and the second ceremony took place.

And so I don't know if you've caught up on these episodes, you might want to start from the beginning because there is a kind of this very important arc of different synchronicities and beautiful things that occurred.

Now where we are in the story is Tuesday, February 7th, my birthday. And this is the ceremony and also the day that led to one of the most absolutely incredible and miraculous experiences of my life.

So spoiler alerts. This was truly one of the most profound experiences of my life. Something I want to say that I thought of after recording the previous one about the first ceremony. I wanted to also mention that just as a detail that I had forgotten about the very end of that first ceremony in the previous episode right before this one.

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So I had like I said, the theme of that first ceremony for me was connection and connection to the Earth, connection to the spirit of ayahuasca, connection to my guides, connection to the stars in the cosmos and the trees and the wind, and just being really in like this feminine receptivity, energy. Then I had the third cup of ayahuasca.

After the first two cups are called, it's kind of like an open bar, so to speak, where you can go and drink if you desire to. And then they chat with you and see where you're at and serve you or not. And I went for a third on that first day. And so interesting because it was such a peaceful experience.

And after I had that third one, all of a sudden my mind chatter started turning on. And my mind chatter was like this computer that was narrating absolutely everything I was doing. And it was judging and evaluating everything I was doing. So I'm like, Oh, I'm walking to the bathroom or I'm doing this, or should I walk over here?

And it was like judging everything as right or wrong. And it was actually really noisy and it was actually really kind of bumming me out because I had been so present and in my body and receiving the moment. And then here I was like, felt like I was stuck in my mind and stuck in my mental body. And it was just like analyzing, evaluating, and that's very much something I associate with my South Node in Virgo, which is South Node past life karma that we're here to clear and integrate from it being overdeveloped in past lives.

So Virgo is, a Virgo superpower is analysis and analyzing and attention to details. But when it's my south node and certain other placements I have it just can get out of control in a way that's not serving me.

I was really experiencing that as if I was trapped in my mental body. And I use my tools throughout, the hours that I was experiencing that breathing coming into my heart. I'm placing my hand on my chest and trying to bring the energy down and nothing was really fixing it. And I actually gave up on fixing it because I realized I was almost wanting to tell it to just shut up.

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But that's that's me. I don't want to use words like that towards myself anymore. And so I actually just gave up on trying to fix it and get back to what I thought I should be doing, which was being present, which was even what my mind chatter was all about is like, what should I be doing?

Should I be going here? Should I be doing this? Should I be doing that instead? Am I doing the right thing like it was non stop, like analyzing everything I was doing? It was really interesting experience and it just kind of kept going and the ceremony ended. There was a sharing circle. I went to bed and I still had this mental energy so strong and something that they say out with me is what's coming, is going.

And what I experienced after that was my this is my perception of it now. And this was, weeks ago that I experienced this. I really had time to integrate this. This was over three weeks ago. And what I've experienced since then is that I basically have no mental chatter. Okay. So this was February 6th, and I'm recording this on the 25th.

I basically have no mental chatter. So it was literally just the experience of it purging out rather than something that was wrong that I needed to fix or I was doing something bad. And that's why I was in my head or thinking it was a really, really fascinating experience.

I had a friend over the other day and I was telling him the stories and I realized I had left that part out of the podcast episode. So just to wrap up that the first ceremony that was actually the cherry on top of it was this weird spiral of just like mental labyrinth, kind of like labyrinthine, never ending thoughts and analysis on myself and judgment on a nit picking on myself, which is textbook South Node in Virgo, my natal south node.

And I knew that, right, I've been conscious of my SouthNode in Virgo for 20 years, but I still find little sneaky layers of it, right? Knowing, knowing the information is not enough. Consciously knowing. Oh, I shouldn't be thinking I should be in my body. That's not really enough. And even my practices, my embodiment practices and breathwork and stuff like that wasn't shifting it. And what shifted was me deciding there's nothing to fix here, there's nothing to fix. Or I can just allow it to happen.

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I don't need to stop it or go back to where I was. And since then, I don't know. I don't want to say I'm never going to be in my mind ever again. But I have experienced an amount of presence and being in my body and my heart. That was not only from that first ceremony, but the entire experience, plus the integration and, the inner work that I did to integrate my revelations of that week.

So it's been such a relief, like the mental relief that I've experienced since that time. It really does feel like that whole mind like chatter going out of control, it really feels like that was actually my mind actually purging itself of words and thoughts and analysis and judgment and nit picking. So I feel such a relief even saying that, like it just it's been so much easier for me to just be in my heart.

And a big part of that is also because of what happened in the second ceremony. So let's get into that. If you're just tuning in and you're like, what is this girl talking about? Well, you probably just randomly found this episode. So, my name is Ayesha. I'm an astrologer. I'm a business mentor and oracle. But this series that we're in right now is about my experiences with four back to back ayahuasca ceremonies and journeys.

The week of my birthday this year at a center in Costa Rica called Rythmia. Let them know that I sent you. If you decide to go after my shares, I'm not sponsored by them. I am very, very impressed by my experience there, however, so I do recommend it if you're feeling called.

Then my other notice here is, I'm not encouraging everyone to go and explore plant medicine. You'll know if you're being called. And to me, that's just it. Don't do it unless you're being called. And if you're being called, then you'll know, right? You'll know. That's been my experience and that's what I believe and that's what I observe in others.

Now we're caught up to the day of my birthday, February 7th. Okay. when I walked out of the ceremony on Monday, which is then it was like 2 a.m. on Tuesday. Right. And so it was that it was my birthday and there was a man that serenaded me under the stars. He asked me when was the last time someone sang for you on your birthday?

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And he serenaded me under the stars. It was so beautiful. And I just practiced receiving it. And, it was just wonderful. Was an amazing start to my birthday because the start of my birthday was the end of the first ceremony. And being outside under the sea of stars in Costa Rica, in the fresh air and all of this amazing energy of people who I barely knew celebrating with me.

And that was so, so special. So then we move into the day of my birthday itself. At Rythmia, they have different packages and they change them around. But at the time that I went, it included a massage and it was literally the best massage of my, one of the best massages of my life, from Carolina. And I was like, Oh my God, like that 50 minutes felt like it was 3 hours.

I don't know how. I don't know what. It was just absolutely amazing. So my body was so open. I had yoga that morning. I had amazing food and fresh coconut water and pineapple juice and fresh veggies and just like such a good vibe and healthy food and just amazing conversations with people all day.

My birthday twin was there as well, so we got to say to each other, Happy birthday. It was just like, Wow, like, what am I doing here? This is amazing. I'm so glad I followed my intuition and made this crazy decision. And I just I was floating on cloud nine, really. And then there was a class.

There's a few different classes that are on the schedule at Rythmia, and this one was called The Miracle Is You. Hmm. Is that what it was called? Now I'm now second guessing if that's what the class is called, because there's a class called About Your Miracle. It may have been that one, but the teacher was Kim Terranova. So shout out to Kim, beautiful person, just just an awesome facilitator.

And I went into that class and I can't even remember the steps that brought me to a breakdown that I had. But it was something around where in our lives and I don't want to butcher, this framework that is part of the Agape Teachings, which is, you know what she is a facilitator of and I'm not an expert on this, so I don't want to I'm just going to preface this by saying I'm just giving a rough idea.

Basically, I'm just going to touch on what they talked about. And it's about, where in my life am I a victim or do I identify and act as if I'm a victim or feel as if I'm a victim? Where in my life do I feel like I'm manifesting that?

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So there's these different stages where it's like I'm a victim. Life is happening to me. Then there's like, I'm manifesting like I'm actually influencing life, and then there's being a creator. And I think it was like being or oneness where it's like, literally, I'm one with everything and there's no separation. And there were like these four stages. And so it was this really interesting conversation about, sometimes we feel like we're manifesting in one area of life, but we still feel like a victim in another area of life.

And so what I brought up, because I'm very open when I'm at a retreat for myself, when I'm receiving coaching and mentorship for myself, when I'm doing VIP days, which I love in-person work so much and I'm there as I'm the client. I am so there for my transformation. I'm like, I'm going to put my hand up, I'm going to ask the questions.

I'm going to be open, I'm going to be vulnerable. I'm going to, I'm going to fucking go there because I'm here to make some change. Like I'm here to be responsible for my own transformation. And that means I need to show up and be open. So I raise my hand and I share that I feel that I'm a creator and a manifester when it comes to my business, when it comes to money, when I created - I didn't share this in that moment.

But, I've created well over \$1,000,000 in under three years doing what I love. And I used to make \$30,000 CAD a year. I've experienced being like, I am creating this, I'm choosing this, I'm creating this, I'm doing the work, and here it is. I'm receiving the results.

And the place where I still felt and observed in myself feelings of victimhood and stories of victimhood was around interpersonal relationships, specifically with people owing me money or stealing from me. And I shared that, there were several people out there owing me like multiple thousands of dollars, like there's over five figures owed to me across a few different people. A lot of them are male.

I'm actually, I think maybe almost all of them are male. So that was an interesting thing to observe. Right. And also theft. So I recently had a theft situation that is still kind of in process. And it was, I was feeling it. And ever since the ceremony was completed, I no longer feel triggered by the situation, but the situation is still active.

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So at the time that I'm having this class, it was very much like, I'm going through the retreat that I did. Everything's great. And then I remember that this, this thing has occurred and this person, this person stole from me and just how shitty that feels. And then that touched on deeper childhood wounds and deeper, deeper wounds for myself within myself.

And so I brought that to the conversation and I shared and not only that, but I've had some really heartbreaking plagiarism experiences where someone that I knew in person actually just went ahead and ripped off my entire business, every offering, my freebie, the names of things, the graphics. They would contact my clients in inappropriate ways that made my clients feel uncomfortable.

They would follow and unfollow and follow and unfollow to try and get my clients to follow them back. They would just fully like my membership offers, my booking page. Anything that I had, they ripped it off and they just changed it around a little bit and it really broke my heart because this was someone that was in my in-person friend circle.

And so what I shared as I was sharing this in this class and I was saying, Yeah, like I feel like a victim in this area of life. And not only that, but I am a victim of theft in this area of my life. So and this is something that, we find a lot in the New Age manifestation teachings when it's like, oh, don't be a victim.

Don't be a victim. Well, that can be really triggering when we have literally been the victim of abuse and theft and things like that. But at the same time, it's our responsibility to heal from everything that has happened to us. And it's our responsibility to rise and not allow things that have happened to us to stop us from our destiny.

So I do agree with that. But I also feel that it's an oversimplified statement that can be very, very painful and literally disregarded to people, those of us who've experienced trauma and like hardcore mistreatment like that, right, where it's like, Oh, you got beat up by your husband. Well, you're don't be a victim. It's like, yeah, that is that person's responsibility to rise and be stronger.

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And that's absolutely available to them. But that hurts to hear that in the moment and it's not really helpful. So anyway, I'm sure some of you guys know what I'm talking about. If you've experienced trauma and been around any of this like New Age type of way of speaking about it. So I brought that and I was like, I know that I am not a victim, but I have been the victim of people stealing from me.

And there's people out there owing me over five figures combined and that hurts, you know. And she was bringing me deeper with different prompts, like, what's the new story? And, encouraging me to use language. Like up until this point, I have been a victim of people stealing from me or whatever.

But now I'm loving myself to this greater extent that my boundaries are also stronger. I'm no longer making myself available for situations like this by being so willing to lend money or being so trusting with people before they've shown me that I can trust them, etc., etc.. And then we just kept going deeper and it got to the deeper layer because she was asking me, okay.

I can't remember the exact breadcrumb trail that brought me to this. But long story short, she said something. And for me to find the answer, I wasn't. I was just coming up on a wound and I wasn't really able to fill in the blank where she was trying to give me a prompt for this more empowering story and what I was coming up on was this heartbreak.

And then what came through and this is in front of a whole group of people that I barely know and in front of a whole bunch of people, which is fine. I'm happy. I'm fine crying in public. Moon in Pisces over here. What I came to was this story. She was trying to help me write a new story. But instead what emerged was the hidden story, the hidden story that was setting the precedent for things in my life.

And that hidden story was people would rather take what I have, whether it's my bad ass business branding and my copy, my offer, my product suite, or just straight up my money. People would rather take what I have than actually have me in their life, because obviously this person that stole from me will never be my friend.

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I will never let them in. And the person who recently stole thousands of dollars from me that, they say they're going to pay back, whatever. But there's been no progress. I will never be friends with that person again. It would take a miracle. And I don't even want to, you know.

And so it's like they would rather take that money or take these things I created in my business. And that means they won't have me actually in their life and my inner child that was hurting and confused and had wounds around abandonment already felt like, wow, so it's because I'm not lovable. It's because I'm not lovable. What I have is worth more to people than who I am.

People would rather have access to what I've created than actually have access to me, the creator of those things, and potentially have me in their life as a friend. And that was where the real pain was. Like I cried, I broke down and this is like the kind of healing space where space is very much held for you to cry, right?

So everyone's breathing with me. I'm not trying to rush it. I'm not trying to stuff it down. I'm just letting it flow because I'm here to heal. I'm here to release. So I'm not going to interrupt the release. So I just cried and cried for a bit. People breathed with me and we found and ended it with a nice, give it some completion of like, okay, here's the new story.

Here's the level, the standard that I now set. Here's what I'm available for now with relationships. And she gave me, Kim Terranova, she gave me a beautiful tool, which was, the same ways that I've manifested success in my business. Use that for manifesting friendships and relationships. And it's like, so funny how I would journal for my business, but I don't sit around journaling and manifesting the type of friend community that I want.

And that was such a blind spot for me because I teach manifestation and I know a lot of these things. But what's in our blind spot, we can't see what we can't see, right? Which is why it's so important to receive mentorship and put ourselves in different situations so that we can see these things that have been running, things in the background.

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So that was really, really powerful for me and I felt my heart opened so wide and I was like, This is perfect. This is exactly perfect. And as they say in Rythmia when they're encouraging you to go to all the classes, there can be one thing in one class that helps you have your miracle later on or helps you have your breakthrough later on.

So I was like, Oh, my heart is so open. I wonder how this is going to, what this is going to lead to with my ayahuasca ceremony tonight. Then there was another class and this class was from Meg. Meg is the person who created the menu and all the food. She's a chef and the food at Rythmia I was absolutely amazing.

This was a class from Meg. I can't remember what it was called. And she mentioned something. Once again, I got the exact knowledge that I needed for my breakthrough that happened later on. Okay. So she just out of nowhere, I didn't put my hand up. I didn't ask about this, but this was literally one of the main intentions that I came into Rythmia with, which was releasing the stuck energy of like, I don't know, fear, dread, stress, whatever is in my neck and my jaw and my trap muscles, which are my areas of chronic pain and tension.

And I started sleeping with a mouth guard last year. Probably should have started much earlier than that. Maybe it was even the year before, but just in the last couple of years. And I actually didn't bring my mouth guard to Costa Rica for some reason. I literally had it in my hand and I was like, I'm going to leave this. At the time I was like, Well, I haven't had coffee for like two weeks.

And I feel like that adds to my jaw tension and I'm going to be really relaxed and I'm going to be doing this healing. So maybe it will be okay. Maybe it will be okay that I don't bring it. I just had this kind of feeling about it and I also wasn't sure how the tap water is for cleaning it in Costa Rica.

And I was like, you got to put in warm water. And I didn't know if I was going to have access to that. So I just left it. And in this class with Meg, she mentions different. You know what's so interesting about this? It seemed completely irrelevant to everything else she was talking about. She was sharing about her journey, her journey, transforming addiction into this completely different life and just her personal journey and how she's transformed.

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Now, she has a family and she has just this wonderful life, and she's really done the work. And I've seen so much transformation and then just kind of feels like it was out of nowhere, really truly feels like it just dropped in from the heavens to be shared with me and whoever else is impacted. But she said that there's areas, times in our life, where we are packing energy into our jaw.

She just brought this up to me, it seems like out of nowhere. And she was saying that the times are when our first teeth are coming in, when our teeth are falling out, and then when our adult teeth are coming in. And she didn't mention it, but probably, the molars, the wisdom teeth, like whenever the teeth are coming in, we can be packing emotional energy into our jaw because there's just so much focus on that growth that's happening and instantly I got this memory.

This might be triggering to people I don't know. I got this memory and this wasn't a repressed memory. This is actually one of those things I always remembered. I don't know if anyone else resonates with this, but, as someone with childhood PTSD, there is much, much of my childhood. I don't remember. But there are certain memories that I just do remember.

And they're just like, I have always remembered them. They're like my original memories that were always there and this was one of them. So it wasn't a repressed memory, but it was then showing itself to be significant in that moment. And it was a memory of me in the basement of a house that we lived in, in Toronto back in the day when I was like three or four years old.

And I spent a lot of time by myself as a child. My family was not available and they were going through whatever it is they were going through. They did not have capacity or availability or willingness to be with me very much. And I spent a lot of time alone. And I was alone in the basement and I was wiggling my loose teeth and I would wiggle them and wiggle them and wiggle them and I would pull them out and then I would stab them back into my jaws.

Yes, this might sound completely insane. And I remember I would sit there with tissues in my hands because it would be like blood, not like bleeding, bleeding, but just blood. And I would just like be

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wiggling and messing around with my teeth. And I was just very lonely. I was very confused. I didn't understand what was the fuck was going on in life and in my house and in the world.

I felt very lost. I felt a lot of darkness. I felt a lot of fear. I would have nightmares for as long as I can remember. And I just like it seemed like life and the world was a very hostile place. And I was very confused. I was a little Pisces moon baby. I was just like, I don't know what's going on.

And I would just sit there just wiggling and messing with my loose teeth and pulling them out and putting them back in and just sitting there, like in a little ball by myself. And I was like, Oh my God, all of that emotional energy that I didn't know how to handle and process and also the emotional energy of my family and whatever people were going through in my household, which, people were having struggles, right?

And that energy, I was packing it into my jaw. And here now at 34, I still have this jaw tension, even though I now work like 12 hours a week. I generally, of course, entrepreneurship has its stresses, but I have a very supportive team. And you know what I mean? Like, it just kind of seems like, why am I still so tense in my jaw when I've worked through so many of these things? And so that became clear to me in that moment. And I was like, Wow, okay.

Let's now get into the ceremony itself. So I got these two pieces, My heart got blown open from this breakdown that I had and this cry that I had in one class. I had an amazing massage. It was great. And I had a revelation about how and exactly when I started to pack emotional energy into my jaw.

So when it comes now to the ceremony, I am getting ready for the ceremony. I took a little lie down because you don't really sleep very much like the ceremonies. Finish it like three in the morning. And yoga is at seven. So it's great to go to yoga every day to help things integrate in your body.

And it's also hot, right? And it's just you just don't get a lot of sleep. So anyway, I had a little lie down. I took a shower. I think I maybe shared a few things on my story. I was barely on my phone, just only sharing a little bit of overflow. And I felt inspired. And then I put on the snakeskin silk kimono that I bought myself the day before I went to ride me out when I first arrived in Costa Rica and had this

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night where I had dinner and went shopping by myself and went shopping and just like, a little welcome to Costa Rica day.

And I bought myself this beautiful silk kimono that's like champagne colors, like my exact colors, my favourite fabric and snakeskin, which is the animal pattern of the snake, which is my Chinese zodiac sign. So I put that on and I was wearing my most lit outfit. I think I made a story on my personal Instagram saying, like, the feminine urge to be the badass bitch at the medicine ceremony.

So that's how I felt on my birthday. I was like, I'm going. I'm dressing up to the nines, like, I don't know what that phrase means, but that's what I was going for. So I was just wearing my latest champagne colored, like gold and white outfit. And I went and was there and sat on my mattress and had my neighbors around me.

And this ceremony, it's now Tuesday. Okay. So Tuesday is the day of Mars. Mars is masculine energy. I'm not sure if they knew this or if they were just feeling that. But at Rythmia, this was a ceremony led by a man. So the one on Monday, day of the moon, was led by a woman. Valeska. And then on Tuesday, it was led by a man named Chris.

I was born on a Tuesday. My original, February 7th that I was born on was a Tuesday. So now we're back on Tuesday again with February 7th. And I just felt this again like click, click, click, click, click. Someone else here had a birthday on the same day. Click, click, click, everything clicking, click, click, click, click, click, click, click, click, click, click.

I mentioned Tricia's birthday to her, that I booked Rythmia on that day, and it was her birthday. It was just all of this. Click, click, click, click, click. Because I'm a student of Divine Order. Okay? I read patterns that, I cannot even express the amount of clicking in that was happening, but I'll try.

So as the Day of Mars. Where I was with my mattress all around me, every one whose mattress was not touching mine, but in proximity to mine, like everyone that was the next person, whether it was across the walkway or across the walkway on the other side or on the other side of the room. I was surrounded by men and they were men that I trust and respect every single one of them.

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I got a great vibe from. I felt very comfortable with them. I had a moment of connection with them either while we were eating a meal or in a class or in between, or like yoga, like every single one of them with someone I felt safe with. And that's a really big deal for me. And even with, like the money thing that I cried about before, that was mostly men that did that.

And then another thing was with that, sorry, backtracking, trying to tell the story as clear as possible. I hope it's, I hope it's making sense. But oh, there's so much held, so much data held within this like packet of time. So before the ceremony back in the breakthrough around being a victim and people stealing from me and taking from me, there is a framework that's also popular with counselors.

And I think it's acknowledged in psychology and psychotherapy. But it's this process of asking, okay, how does this make you feel? So instead of the story, Oh, people steal from me, people steal from me, it's like, how does this make me feel? So go with me and find the emotion that I'm feeling. And so what it made me feel was I need to be defensive and I'm expecting the worst.

I can't trust people. I'm not safe. I need to defend myself because no one else will. Because people just want to take from me. The feeling was like people want to take from me, so I need to be defended. I need to defend myself. And that's exhausting, right? Even as I said that it made my shoulders go up, which is also like an area of chronic stress for me.

Right? So feeling defensive. And then it's like, when was the first time that you felt this? So you go back to the first memory. You have a feeling this way and then there is a, do you feel this way in your daily life? And so for me, that was like, click, click, click, click, click, click. I'm not going to share the story. That was the first time that I felt this, but it was a story involving betrayal, money and men, i.e. my father.

I'm not going to go into that whole personal story. But that was a real, that was an original imprint that was connected those things. And then I also even recognized feeling that way sometimes with my business and social media where, people are often, Hey, can you talk about this?

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Answer me. They're sending me screenshots of their chart in my DMs saying that I used to post more and I used to get more and now I don't. And they don't like that. I'm just like, there are times where I felt very drained when it came to social media. It felt like nothing I did was enough for my audience.

But of course that's a reflection of how I felt within myself as well. Right? And it needed to be enough for me. And now I don't even notice or care if someone is saying something like that. So anyway, that was just another like clicking in with like an original masculine wounding imprint and then entering into the ceremony on Mars, Mars Day Tuesday, the most masculine energy.

The day that I was born, February 7th, but also the same weekday that I was born on. The ceremony is led by a male shaman. This time I'm surrounded by men, the nearest people to me and all front and sides. I was against a wall so no one was behind me. But front and side. Every single person was rows and rows of these men that I actually truly felt safe with and truly felt an amazing vibe with.

It's really uncanny. And then I went for the first couple and, got the first cup, drank it, went to the bed, and it was once again it was rest. The first couple was rest and nothing was happening for me. I was resting and I knew that Mother Ayahuasca, she wasn't, she was like, just wait, just rest.

Okay? Now I know in retrospect, if I rest for the first cup, it's because something really amazing and really massive is going to happen. Okay, So I rested. Then they call for the second cup. They call for the second cup. I get up and get the second cup. The music that is playing is absolutely beautiful. There are a lot of male voices as well, more than the women leaders chose.

There just tended to be more masculine voices chosen by the masculine male shaman, Chris, and really loved Chris's energy, just the solid energy. And there's not just Chris, there's the medicine team. So there was, I don't know, maybe 12 people could have even been like 16. I don't know if it's like four groups of four different medicine helpers or the medicine families, what they're called, and they're probably learning the shamanic arts, they're studying in the Colombian tradition.

And it's so interesting. All the ones that I saw were all men. They weren't all men, but just like what my experience and everything that was on my wavelength for my journey with ayahuasca, someone else

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could have been that same night and only interacted with the women, because that it's just wild. It's just well, so I was having this highly, highly, highly masculine experience.

And for those who maybe you can tell already, maybe you don't know. Anyone who pays attention to polarity or just knows me in my work, I tended to be in my King Energy really strongly from a young age. I had to be. I supported myself since age 15. I moved out and dropped out. That's a very masculine initiative to take, you know what I mean?

I wasn't being receptive. I was penetrating my will into the world and making a massive change in my life. And that's paid off for me. So my nervous system has understood. Okay, fight flight, being in masculine energy, this equals survival. So that's something that I've been working on really in-depth for a couple of years. I've worked with multiple feminine energy mentors to tap more into my feminine energy, and it's been an ongoing journey and I know a lot of...

I love my King energy, I love my King energy. I have no desire to get rid of that. It's that I want to balance it and welcome the goddess home because we've created the safety for her now. We've created the kingdom for her now. So it's time for her to come back. It's time for her to, it's time for me to meet her to her fullest expression.

And I've known this so here I am in this very for me, my experience of it was just a very masculine night. And even the medicine was stronger than it was the night before. And I think there is an intention behind this. They do. It's kind of an arc like the first ceremony. It's possibly brewed a little bit more gently or to be more gentle.

And so then I have the second time I drink the second cup, I go back to my mattress and boom, right away I am transported. Oh, I have full body goosebumps all over my body right now. Oh, I was transported to the basement. And it's so funny. People who work with me and know about my work on like death and rebirth, alchemy using emotions, releasing the past, and using that as fuel for the future.

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I always use the example of what is in the basement. Okay, so people that've been in my courses like Mystic Magnetism, my energy hygiene, and manifestation course. And I just use this all the time that there are energies, past traumas, things we couldn't process, and we put them in the basement. Mother Earth and life can alchemize any energy we give them, but oftentimes we are putting our unprocessed emotional energies and traumas in these plastic Tupperware and putting them in the basement where they can't be accessed by the alchemical forces because they're in a plastic Tupperware.

It's like if you had compostable, like food scraps and you just kept them in a Tupperware in the basement, they can never be composted. And I always use that example. I always, always use that example. And here it was. I had an original imprinting, a core imprinting that was impacting my entire life and all my relationships and everything I do.

And it was me in the basement and I didn't know all this like, Oh, this is so funny. It's so funny; the cosmic jokes are just never ending. So I'm in the basement. The infamous basement. And it was beautiful. And I wish there could be an animated movie about this experience, like a 20 minute or 10 minute like short film of someone who can, like, animate this for me because it was just absolutely, absolutely amazing.

What I'm seeing now, I'm in the ayahuasca visions. Instantly dropped in to the Ayahuasca visions and the Ayahuasca experience much more than I was in the first night or the first night was these more somatic experiences. Now it was just straight up like I am transported and I was seeing my little girl self and she was like this little ball like in the fetal position.

And she's like on the couch. But like, I couldn't see any furniture really. It was all this inky deep blue, this really, really deep, inky blue, as if it was just the deepest depth of the ocean. Dark, dark, dark, dark, dark, midnight blue. And I could see I was aware of the other floors of the house.

There's like the basement, the main floor, the top floor. And I was aware that other members of my family, which is, I'm the youngest of one brother, one sister, father and mother. So there's five of us and everything. And I'm the youngest one. So every single other one was like in a different place in the

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house, like I could feel the separation between everyone, Like everyone was in a different room and I was by myself in the basement and I was just in this inky blue.

And I just went to her and my heart just broke open at how lonely she was and just the sorrow, the deepest, deepest, deepest sorrow and despair and the loneliness, just raw, primal loneliness. She didn't understand why. She didn't know why. We have stories about why. She was just plunged into loneliness that was so just so all encompassing.

And she was just drowning in this loneliness and she didn't even know it. And like, she was three, four years old and just drowning in this loneliness and just doing these things with her teeth, just trying to feel something or just self-soothing with this, like pain, by causing pain and oh, it's just so deep and heavy.

And so I went to her and I just started weeping and I was with her and I know how to do emotional release, right? So what that means is I allow the weeping, allow the pain. It is funny because in these ceremonies, you're silent, you're not speaking to one another. And there is music at times, but there's silence at times.

Sometimes shamanic chanting that the shamans are leading and doing in their area and sometimes they're doing other things. And then often the silence is broken by someone throwing up. This is very common, like the very first night, right after I had my first cup, already someone was throwing up. So there's always something that breaks the silence.

But here was this just weeping, okay? And I was like, just letting it out. I sat up, I placed a hand on my heart. I was like, I'm here. I'm here for this. I'm opening to this. I'm allowing this. I'm surrendering to what is happening, my North Node in Pisces, Pisces, a sign of surrender. That's the opposite of my Virgo South Node, which is control.

Right. Get it together, be polished, pull it back, fix this quickly. Instead it's. There's nothing to fix. I'm surrendering to this. I'm opening to this. I'm trusting this. And Pisces, also a water sign. I also have it in

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a water house. So for me it's like the emotion theme is very strong with my north node, which is the north node is what we came here to become and it's a pathway to our destiny.

So I am just weeping. And when someone is going through something like kind of making a scene, someone from the medicine team will quickly come. So very quickly, this beautiful, beautiful sister came, which was so interesting because all I could see was men. But this beautiful, soft, sweet sister. I never got her name. I wish, I wish I did.

She came to me and she sat and they're here to help you heal. They're not here to tell you to like, Hey, calm down. No, She's like, Put her hand on my arm. And she was like, Sister, it's very beautiful to feel these feelings. It's very important that you feel this. And I was like, and I was just like, Oh, it felt so good.

Because instead of crying alone, because my inner child version was crying alone. She would cry alone. She would just be alone and just didn't understand. And that's been a theme throughout my life. That's one of my biggest struggles, even to this day is loneliness. And so I was with her and I was making a promise to her, my inner child.

No matter how long it takes, I will be here with you, no matter how long you need to cry, to release, to express this sadness and this sorrow. It's not even sadness, it's sorrow. As long as you need, I'm going to be here. And then the stories that I've had before is I always have to do everything by myself.

I have to take care of myself. I have to solve my problems myself. I'm there for others, but they're not always there for me when I need it. These were the old stories, and then here was the sister coming and she was just her energy was so soft and so gentle, and she encouraged me to open into it more.

And she was with me. Her hand on my arm. It was me and my inner child and I, because I work all the time with my higher self, called in my higher self to be with us, to give that little girl the importance that there's three people, plus all my guides, plus my ancestors. We're all here for you, there is a squad up in here for you right now, and we'll be here as long as it takes.

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And then this sister was practicing different shamanic tools for moving energy. She put this, there's a certain lotion, there's certain like lotions and liquids and things that they use. And she was placing that on my arms and she said it was for sweetness. And so here we were. And I've been studying the masculine and feminine polarity. I started studying tantra in 2013, but really started understanding and working with polarity just in the last three years.

And I can feel the container around us was masculine. And we, me and her, my inner child, my higher self, my ancestors, we were in a feminine nest. We were in like a womb space that was protected on sides by solid and in integrity, honourable masculine energy. And I was experiencing it. And this is something I've read about.

I've learned about it. But I was truly, truly, truly experiencing it in this moment. And so I was just softening, melting. And I just cried. I wept and wept and wept and wept and just like however long it took, doesn't matter if I spend the whole ceremony doing this. Doesn't matter. No one was there for you. I am here for you and we are here for you.

Here is this sister that's here for you and me. Here's Mother Ayahuasca bringing us to this moment because it's time. Here's the whole ancestry. And here's these masculine poles all around us that we're safe right here to just completely soften and be completely in tenderness and completely melt. So beautiful. And I can see just the inky ness of the house.

I can see the whole house somehow, like all three floors. And she was in the center of it. And just the darkness that was swirling. And then as it was coming to a close with that process, I could feel the different members of my family in different rooms and just in that moment, I was just I bless and forgive my family.

I bless and forgive my family. I bless and forgive my family. Like inside my mind, internally, I wasn't speaking this out loud. I was sprinkling, like blessing Magic Stardust into all the different rooms because I knew that it's not that they didn't want to be there. It's not that they didn't want to translate.

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It's not that they wanted me to be alone and feel abandoned. They just simply didn't have capacity for whatever reasons, they had struggles to. And I just, it was this pure. I just I bless and I bless you and I forgive you. I bless you and I forgive you. I bless you and I forgive you, a blessing in every room.

And I sent it all over that house. All over that house. And, that was a house where I had my first nightmares. I would rarely sleep in my room because I just always had nightmares in my room. And yeah, there was darkness in my memories of that house. But I also had a lot of, that was kind of the best house we ever lived in as a family.

So once that felt complete and the tears were done and this little inner me was like, okay, like she's kind of looking up and she's like, okay, what's going on? What's next? What's happening now? And so what we did and then the sister departed once I finished crying and, she comes with like the tissues and they're just making sure you're okay.

But then they're always, it's amazing how much care. It's amazing how much attentiveness, their alertness, how quickly they come. The depth of their service is just beautiful, beautiful, beautiful. And then once the crying stopped, she just got up and left and it was perfect because they're also not there to coddle you, right?

They're not there to be like, okay, do you need me to stay with you all night? It's like, no, I'm the one that's responsible for this experience. So once the crying stopped, she just got up and left and it was perfectly okay. They feel when it is time. And then I had this inner child and I was like, okay, she's ready to be moved here.

She's been in this basement for like fucking 31 years, you know what I mean? Like, she's been here for long enough. And so we picked her up and this is all happening. I'm just sitting there, right? I'm just. I'm just sitting there on the mattress, but my astral self is picking her up. And me and mother Ayahuasca. Mother Ayahuasca was creating a nest of holding all around the entire process, all around the entire thing that was happening.

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And so I lifted up this inner child and I gave her to Mother Ayahuasca and Mother Ayahuasca swept her up and took her to the healing waters. Okay. The healing waters were these waters in the astral realm. And it was just millions, billions of stars. It was the celestial waters where it was like in space, in the darkness of space.

But there was water and the water was like ethereal water. It wasn't as dense as water is on planet Earth. It was like this ethereal water. And she was just able to, she just got absorbed into this water to heal. And like, her hair was wet and she was all just like everything of the past was being cleansed from her.

And she was just softening and opening and blossoming like a flower. And I was seeing this happen and I was seeing her being taken into the healing waters. And it was like this relief, this profound relief. And then I realized that I am her. So I opened my eyes, I opened my inner eyes, and I was in the healing waters.

I'm like, I'm in the healing waters now. And I was in the healing waters. And they were all around me and. Just countless billions upon billions upon billions of stars. The most beautiful shades of blue you could ever imagine from like the avatar light blue to like the deepest, deepest, inkiest midnight blue that was just blue. Like man!

The blue frequency was just next level. And I was like, I'm in the healing waters. And I was just wooshing and it was just timelessness. And I was healing every cell, every layer of my being, bones, skin, organs. Just so healing and so softening. And I was like, Oh my God, this is amazing.

And then what happened is there was this song that came on because they're also playing songs over the sound system, medicine music, and there's also live music. It's like interchanging. And there was this song and I believe it was like strings or violin or something. And instantly I started dancing. Like actually dancing. I was still seated cross legged on my mattress, but with my upper body I was doing like waves.

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And I was just like moving energy with my hands, which if you follow me, know that I'm a dancer and performance artist and I use my arms a lot. And that was also connected with the 2015 experience that I shared in the other podcast episode. And the way I was dancing is the way I wish to always dance.

It's the way that the access to flow state that I wish I could always be in. And it was complete surrender. It was complete. No self-consciousness, doesn't matter who can see this, completely giving myself to the music, being an instrument that is being animated by the frequencies and vibrations of the song and of the violin, and just the softness and the flow and feeling the every exquisite frequency and every exquisite texture of the sound and just fully in it 110% full union with this music and allowing body to be its conduit.

And that's my goal. That's my dance goals. That's my life goals right there. And I was just allowing it and I was observing it, how amazing it was. And it's so interesting. Those who work with chakras, you already know the sacral chakra is the chakra of emotions, and it's also the chakra of creativity, and it's also the chakra of pleasure and it's a chakra of feminine energy, it's the water chakra.

So here I was working with water, releasing the emotions, and then I was having this creative revelation in this creative breakthrough with my dance, and that's also feminine energy. I'm also a projector in human design, which means I have an undefined sacral chakra in my human design body graph. And that means that's where I'm the most susceptible to conditioning from the world around me.

So it's very significant, my sacral and I've been working with my sacral for a while, but this was like a total breakthrough where those unprocessed emotions was blocking my creativity and my ability to connect and my ability to experience pleasure. And the pleasure within the dance was also something that was missing for me with dance because I was being so regimented about it and I was often injuring myself from pushing too hard.

So there's just like, so multidimensional in how this impacted my life. I was dancing. It was ecstasy. It was ecstasy, it was exquisiteness. It was just ahhh, I wish I could live in that space and I strive to access that. Well, maybe I should surrender to access that spacey language. So interesting. And so it was complete surrender.

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I felt the beauty. I felt the beauty frequency. I felt that I was beautiful. I felt that I was an expression of beauty. I felt that I was seeding beauty into the space and into any room that I went into. And that's, that's very different than the go getter King energy that I had. This was a goddess energy, and I was feeling it in every cell of my body, deeply embodied in my physical form.

And then the song ended. With the whole song I was just in this incredible heaven, heaven, energy. So from the deepest depths of the basement of sadness to just heaven and angelic frequencies. Then I laid down and I was, okay, the song's over. So that moment ended. I laid down and I was just feeling my body, And it's, I felt that there was more more I felt that there was more capacity for me to surrender and to Mother Ayahuasca.

I was just kind of like, God, I feel my body, I feel some tension. And I was like, I want to surrender more into mother Ayahuasca. So I'm laying down and Mother Ayahuasca is saying, you have to die in order to surrender more. I needed to die. So I was like, okay, my North Node's in the House of Death, is in the 8th house in Pisces.

A surrender to death. Pisces, surrender and trust; 8th house, death. Okay. Surrender to death. So I needed to die in order to have my next experience with Ayahuasca or what Ayahuasca was then leading me to was an experience of death. So I was like, okay, so I'm just breathing. I'm allowing, I'm surrendering, I'm being willing.

I wasn't I wasn't projecting myself out of my body. But I was releasing my body. I was releasing attachment to my body. And what was happening was, I was laying down on my mattress, okay? And what was happening was I was feeling my back body detach from my back as if it was. It can kind of be compared to a scar when it is ready to go.

And it's just like coming off right? But it was like much bigger and thicker and heavier and it was like almost making the sound like, ... It was this slow detaching, just like, I'm not rushing it. I'm not pulling it off. And it's just slowly detaching.

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So I'm actually going to I got to pause the recording right now because I actually have something that I want to be in the video. So just a second. I'm just going to pause the recording. Okay, So I'm back. And if you're able to see this on video, then you can see what I'm talking about. I went ahead and put on the robe that I bought for myself the day before I went to the center, the snakeskin robe.

So here I am. And I've been wearing the snakeskin robe the whole night. Okay. It's very slippery. It's pure silk. And it just ties at the waist with, like a with like a strap kind of thing. And every time I got up or moved or danced or I went to the bathroom, it would slip off me. It would just slip off because it was on my bare skin with a crop tank top.

And it would just slip off me like this. The snakeskin was just always, always falling off. And I was always like pulling it back up on my shoulders. And it was just falling off, falling off me all the time, slipping off my shoulders, slipping to the ground. And it was just a slippery snakeskin energy that, I bought this as a birthday gift for myself and wore it on this day.

So then I'm laying down and Mother Ayahuasca was telling me I have to die and I'm releasing attachment to my physical body. I feel it disconnecting from my whole back body, which is also where I have tension and chronic pain. And it was just different parts of my back detaching and they're falling underneath me as if sort of falling like below my mattress somehow.

They're just like detaching and it's like on a different dimension, right? It's not the third dimension. So it's like a detaching and just falling to the ground underneath my mattress. Somehow. And it just kept going, kept going. I'm just breathing and I'm trying to relax and just surrender, surrender, surrender. And then when the process is done, I don't know if anyone has ever seen when a snake has shed its skin and it's like one complete piece so you can see the eyes of the snake in the snake skin itself, because it's sometimes they just shed in one perfect, complete long piece that's every single part of their surface.

Right? I could see through the visions that there was a snake skin of my entire form, and it was so like me, even my hair was on it. So it was like my hair, my whole body. But it was crumpled up and it was in my womb, but it was actually in my stomach, but it looked like my womb.

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But where I could feel it in my body was more my stomach area. But what I could see in my vision was it was my womb and it was my whole form, but it was the snakeskin, the shed snakeskin version of it. And I'm a snake in Chinese astrology. I'm wearing the snakeskin robe.

If you can't see the video, I just went and put on the snakeskin because I felt like I needed it actually, for this transmission. And I could see that my hair like my face, my arms, my legs, my back, my friend, my sides. And it was just crumpled up like a little crumpled up Ayesha snakeskin. And it was in my stomach, but it was my womb.

And in that moment I understood that I was liberated from the first 34 fucking years of my life. For 33 years or whatever. I turned 34 that day. The group we were at Rythmia was called Group 304. I turned 34. Three plus four is seven. My birthday is February 7th. There was even this Nahko and the People song that was played at some point where he mentions Age of Aquarius and the gate number seven.

And I was just freaking out listening to that. I need to actually go find that song. What I was given was liberation from my past, not only from the hard times, not only from childhood, but from starting my business in 2020. And my life changed, my life exploding like it was on a rocket ship. Every area of my life rapidly transforming in like under three years that had a wear and tear on me.

There were things I didn't have time to process. The transformation was so fast it knocked things and people out of my life. I changed so rapidly and I hadn't had the time to slow down and process that. There was compounded energy, there was tension, there was like an energetic clack of just everything that had happened my entire life.

And that snakeskin held all of those energies of the moment I was born. Until that day that I turned 34, it held it all. And liberation from my past was a dream and a hope that I could never even believe in enough to make that a goal or an intention. It seemed impossible to me to be freed from my past.

And that, they say at Rythmia, like 98% of people experience a miracle in this time. Kind of cheesy marketing, but that was a literal miracle. And I went to the Root, the deepest, deepest depth of the

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root, the root of that little girl crying in the basement. I went to the heights of ecstasy in merging with music and being a conduit and added expression of it and creating beauty with my body and my form to the release of my entire.

It felt that it was actually my entire pain body, my trauma body, all the stories that were replayed, all the unfair things, the pain, the injustices, and the stories that I made about them. Like, Oh, people steal from me, I must be fucking worthless then. All of that. I let it go. I died. I let it go from my back.

It moved into my womb and I could see the whole of who I used to be. And I arrived, truly arrived. Like, I've changed a lot and transformed a lot in these years. Since March 20th, 2020, when I started my business. But I was still carrying a lot of the residual baggage, and it seemed impossible for me to let that go, actually.

And I did a lot of work on it. And I basically was just like, this is just how it is. I just have this baggage coming with me everywhere. And in that moment I rebirthed into, I'm in this present moment and what I have is me in this present moment. And my past almost started to feel like something from a past life where it's like, Yeah, it happened, but there's resources that I gained from that and it's a part of a greater soul trajectory with my incarnations.

And I felt like this was a new incarnation within one incarnation. So for the rest of that ceremony, then I had another cup, and the third cup was all about me purging that. So I was giving birth to my own death. I was like, it was in my womb. But where it purges from is the stomach, right?

Because you're going to the bathroom and you're vomiting, stuff like that. And so I haven't, I had never vomited with Ayahuasca in 2015. I didn't the first ceremony, I didn't. And then the second ceremony, I felt so much nausea because I knew that it was like the release of my whole past. So now it was moved into my stomach to be released.

It was moved into the chamber where it was actually going to be able to be released from me and my being. But even once it was in the chamber, it was no longer on my back, right? It was no longer I was

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no longer wearing it. It was no longer, the skin was gone. That outer layer of that, that layer and the trauma body, the pain body was detached from me as a being.

And then it was placed in the chamber of my stomach / my womb to be released for good. So then the rest of that night was about me releasing that. But it was like celebration, gratitude, purging, celebration, gratitude, purging. A lot of sacred toilet time was happening and it was challenging for the body. But my heart and my mind and my spirit were soaring, just so happy, so happy that I was given this gift to release everything that had happened before.

The betrayals, the whatever I experienced. Because all of that was to get me to this point. And now that I'm at this point, I'm going to live from this point without the baggage on my back, without the burden. So every purge, because you basically haven't eaten anything since 3 p.m., right? And then somehow Ayahuasca is finding more within you to purge through the toilet or through puking.

I was not a puker for some reason with Ayahuasca, which is funny because I have a really sensitive stomach. I get carsick, I have purged from other medicines, but just never from Ayahuasca at that point. And there were times the nausea was really, really, really bad. But ultimately it was just still the most beautiful experience of my life.

I felt it was just, I was living a miracle. And so the nausea was whatever, just part of, just, I wish the purging would be over. But you have to trust in the process of what's happening and know it's not meant to just all come right now. And so it was kind of, it was a bit of a struggle with the physical part.

But spirit wise, I was absolutely soaring and it was truly one of the most glorious things I've ever felt. And I was just like, Thank you, thank you. So grateful. So grateful for Mother Ayahuasca. So grateful for my past, so grateful for myself that figured out some crazy stuff, moving out at 15 and all that, like, wow. The appreciation I had for myself.

And also everyone, everyone who was part of something that hurt me or mistreated me. It was just gone. Like it was just the resentment was gone and the compassion was really strong. And Pisces, my

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North Node also rules forgiveness and compassion, whereas the Virgo South node is like seven years ago you said this. Sort of like holding onto those details.

So as I was, the different phases of nausea and stuff like that. And then once I had the third cup and I'd done a lot of dry heaving in the night, I even took my bucket out because you got to get a bucket that these angels come and take away your bucket and give you a new one if you use it. And most people were vomiting, but just for some reason that's just not what my system was doing.

And you also get colonics, by the way, at the center. So even your colon is very cleansed. But there's still more somehow that, because Ayahuasca is a purgative medicine, it's like she's finding tissues where energies are held and she's finding things and it's wild. It kind of doesn't make sense how much can come out of you when you haven't eaten since 3 p.m. and you had a colonic that day. Like what the hell?

And so sorry to be gross, but this was the experience. So you get the full story here and uncensored. Then the nausea waves and I wanted to puke, but they tell you, don't force it. Don't stick your finger down your throat. Nothing like that. Like just it's going to happen when it happens.

And so I was dry heaving under the moon in the wind, under the stars being, like, Spirit Guides, be here with me. Ancestors, be here with me as I let go of this, like, help me let go of this. And I could see it in my mind's eye, the whole like, the me snakeskin, Right?

And then over time, a few different bathroom visits. It was releasing in pieces kind of. That sounds gross, but it was energetic, I mean. Finally there was the purge, where I did actually release from my mouth and my throat, and it was black. It was like tar. It literally just looked like death.

And they tell you that when you purge to ask what it is. But I didn't have to ask. I knew that was the death of every identity and thing I had been. That was a reaction to the past and reaction to how people treated me. The reaction to what happened to me.

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It was the death of everything that I had been up until this moment of turning 34 so that I can rise into what's next in my destiny unencumbered by these stories and identifications. So narrow minded, this tunnel vision on what had happened to me.

I then opened up to who I truly am on a spiritual level, which is gloriously, majestically powerful. Just like you. It was just this complete, black, very dense, like tar, resin ish, Like, I don't even know how it came out of me.

And it did. And I'm sorry that that's so gross. But it was a beautiful moment. It's a beautiful moment. I was like, wow, wow. And, they have these different stages that they outline at Rythmia. Yeah. One is, show me who I have become. What that means is like whoever I become other than myself to cope with my life and what my life has held.

And then there is Merge me back to my soul at all costs. Pretty self explanatory. And then there's Heal my heart. So receiving the heart healing. And they will ask you after the first ceremony, after the second, they ask you in different places, ask in the sharing circle. They ask you in the classes. There's various classes with all different teachers every time, and they ask you: who saw who they became?

People put up their hand, who moved back to their soul, people up their hand, who healed their heart. People put up their hand, who had a miracle. And people will put up their hand. Right. And I find it kind of cheesy. Obviously it is. It is a little bit cheesy. And they're like marketing miracles. Right. But the fact is, it's an amazing environment that is conducive to miracles.

And they created that intentionally. So I just went from really judging this from the outside and being like, why is my intuition calling me to such a cheesy place that's so bougie and like influencers go there. Like why, because when I had my first experience in Ayahuasca, I slept in a tent in a fucking jungle after the ceremony.

Right. But now I understand that they just intentionally created an environment that's very conducive to miracles, miraculous healing, and that's just a fact. So here I am now in the second ceremony and in

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the sharing circle, and I put up my hand. And when it was time to share and they asked, you want to share? And I was like, I got my frickin miracle.

Like, I'm that person now who's saying this and using this terminology. And I shared the story and the synchronicities, and it was just... I've invested in multiple six figures in my growth, in my healing. I've really been showing up for myself, especially since 2015 when I got home from that trip where I had ayahuasca the first time.

That's why I started meditating more and taking my healing more seriously, even through the dark times and never giving up. I never, ever, ever gave up. No matter how hard it was, I'd be rocking back and forth, crying, locked in the closet so that my roommates don't hear me crying. Really hard times. And I never, ever, ever, ever, ever gave up.

And I just never got that satisfaction. And here was this moment of satisfaction of like, you did it. You made it to the other side of all this, and you're not carrying it anymore. It was taken from me and it really was transmuted. This is the work that I preach. This is the work that I teach. Transmute the past as fuel for the future.

I always say that. But this was the mack daddy. This was the boss mode of all of these transmutation experiences I've had and that I teach. This was the ultimate experience of this for me, up until this point. It was a supreme alchemy experience of my life and I shared the story and it was, people were listening and cheering for me, and it was so wonderful to be seen and witnessed in it.

And I said to the shaman, I said, I can just die happy now. And he said, You did. And I said, I might not even drink the Ayahuasca tomorrow, because what more could there be for me? This is it. This is what I came here for. This was why I came here. And he said, You'll drink. You'll drink tomorrow.

And I laughed. I said, I surrender to that. I thought it couldn't get any more powerful. I thought literally, I can just die happy. Spirit gave me this so I can move on, move along on my mission and continue with my work and rise higher without the weight of this. And not from bypassing it, not from erasing it, not from repressing it, but from truly processing it in alchemy.

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Alchemizing it with Mother. Alchemizing it with my whole spirit team, with my ancestors, with the medicine team, with even the energetic support that I felt from the men that were my direct neighbours who I even shared this with a couple of them, of how safe I felt around them to cry and to dance like that. But the next day was even more jaw droppingly powerful.

So I'll save that for the next episode. I hope I can convey it well. So much. I mean, it's hard to convey so much with words, especially of what happened the next day after this. But I'm going to do my best. And thank you so much for listening. If you cared to listen to this birthday experience, I thank you for being here.

I hope that there is inspiration and empowerment for you within this. Oh, my gratitude for this miracle is profound. I could cry from happiness and thankfulness right now of how bad my soul was craving, but didn't believe it was possible to let go of the past with that much thoroughness and truly transmuted. And then the next day showed me the potentials of the future that I'm feeding that into as fuel, which is, that's the cornerstone of my work.

It's a cornerstone of Mystic Magnetism, my manifestation course. And here I got deeper, initiated into it on a much deeper level. So I'll wrap it up there. Thank you so much for listening. If you feel inspired to go to Rythmia, let them know I sent you. I have a lot of appreciation for that space and every single person that was a part of it because it... each detail and the excellence from the food to the spa treatments to the teachers to especially the medicine team, to the space, to the people that were attracted there and to their relaxation by the saltwater pool.

It was all part of me being open enough to allow such a profound experience that I will never, ever, ever, ever, ever forget. Wow. Oof! My heart is just. I feel my heart like I've never felt it before. Ever since then. So, so, so, so grateful. So anyway, I'm gonna wrap it up. Thank you so much for listening. I hope you enjoyed this story time.

Let me know you did because that means so much to me. I loved receiving you guys really loved and responded to the last episode, so thank you so much and take care. Never, ever, ever forget that your

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healing is yours, your legacy is yours. Your destiny is yours. No one else. It's only yours. And it's waiting for you. And it's never too late.