

Oath Oracle
BUSINESS ORACLE

WITH AYESHA DURRANI

TRANSCRIPT

Episode 27

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.

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Hello, my loves, and welcome to another episode. I'm so, so excited to be back with you. I just got home from Egypt the day before yesterday, so I was gone on a six month journey and pilgrimage and I'm now on the other side of my Soul Sabbatical, which I spoke about in my quantum Q3 episode.

I spent the month of August in the United Kingdom road tripping all around England, going to different sacred sites and having the time of my life. I came home for like one week and then I went to Egypt for six weeks, which has been just, Oh, I can't even begin to start sharing about Egypt because I'm still integrating so much and so many experiences and breakthroughs and revelations and realizations were packed into this period of time, not just the six weeks in Egypt, but that one month in the UK as well.

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So that was a highly spiritual time as well. And I went to Egypt before even fully integrating and digesting everything that occurred there. So this is not going to be my Egypt podcast yet. We'll see what wants to be shared from that. It was a wild, wild, wild experience. Make sure that you're following me on Instagram if you want to see footage and photos and shares that I wrote and posts that I made during my trip to Egypt throughout the time, I was giving little glimpses when that overflow was there.

But really it was so beautiful to have these months where I was having my soul sabbatical, where I was not doing any type of live launching whatsoever. All of my clients, like all my private clients, had wrapped up before this soul sabbatical because I intentionally closed things in advance so that I would not have any private clients during those months.

My masterminds all wrapped before August. And so now it's the 22nd of October as I record this, which is just absolutely wild. You know, this little sabbatical was something that I was manifesting since last year. I would talk to my coaches and my mentors about what if I could just not be having any calls on my schedule for three months and just throw myself, trust fall into life and trust, fall into spirit and the world and go traveling and just fill up on inspiration and reconnect with myself on deeper levels.

And that is exactly what happened. And it's so wild that, like once I set that desire out there, the invitations to speak in Egypt, I ended up doing three different talks in Egypt, kind of like a mini Egypt speaking tour. So, you know, I put that wish out there into the universe. I'm a projector. And then invitations came back from Spirit and brought me to exactly where I needed to go in these last three months.

And it's been just so, like, not to be a cliché, but my third eye is so open right now. I feel so grounded. I feel like my body is being fully inhabited by my spirit. I feel like my soul energy and my higher self energy is living within my body, in my bones and my souls. Multiple people, friends of mine have told me my voice has changed, which is so interesting. I don't know if that's true, but, you know, I trust my friends who have known me for years that gave me that reflection.

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So what I want to share in today's episode, because there's way too many Egypt stories to share in this episode. But what I want to share with you guys, as I just came home the night before yesterday or something, since day before yesterday, late at night, I got home and it's the weekend.

It's raining here in Montreal. It's over a month into autumn, coming from like the heat in Egypt, in the desert and in the cities and on the coast. That was between 30 and 40 degrees Celsius. And now coming into like ten degrees Celsius, rainy, cold, and cozy with my cat. My main priority this week and this mood these weeks and these months and even fall and winter is to deeply integrate the experiences that I just had in Egypt and even back in August when I went to the UK.

So I didn't really give myself a chance to properly metabolize and digest and integrate the experience I had in the UK before that. So I want to share what I'm doing to integrate these amazing shifts and I want to just give some, you know, hopefully this is valuable and these are tips that you can use to deeply integrate as well.

Because guys, I can't see you, but raise your hand if you've ever had some kind of powerful spiritual experience. Maybe it was a retreat, maybe it was a yoga retreat, maybe it was some kind of in-person meditation thing. Maybe it was a breakthrough in a class. Maybe it was a plant medicine ceremony, maybe it was a travel that you did that opened your eyes to so many things and you're like, My life will never be the same again.

And then you went home back to the same environment, to the same surroundings, the same people that mirror to you who you used to be before that experience, and then you ended up falling back into those old ways that you thought, there's no way. And then before you know it, you're back in some of those old habits in your back and some of those old frequencies and patterns.

So raise your hand if that's ever happened to you. My hand is way up. My hand is way up. I've spent a month in a meditation retreat in Guatemala meditating like 5 hours a day. And then I didn't meditate again for several years, you know, things like that or like I've had yeah, I love to travel and I love retreats and I always have the most incredible time.

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But when we don't give ourselves the opportunity to deeply integrate what we experience, a lot of it just kind of like rolls off our back in a way. It doesn't enter into our quote unquote real lives. And then what happens is we start chasing those peak experiences because we want that feeling again. We want that feeling of, Oh my God, everything makes sense. I'm in exactly where I need to be. I have clarity on what to do and who I am. And it's so easy to fall into the murkiness of the things that we are not, and why is it easy?

I'm not saying it's easy. Like, Oh yeah, like we'll always fall back into our murkiness. We're all murky. No, that's not the case. I feel in my normal life, I regularly feel like, Wow, everything makes so much sense and I have clarity. That is actually attainable to us as a normal as a default. But speaking for myself where I was at in the past, where I would have these peak experiences and then I would kind of fall back into old ways of being.

And it's also that our culture and society doesn't really teach us the importance of integration. It's very like productivity. Fill all your time, fill your whole calendar, hustle, hustle, hustle. And that actually prevents the metabolism of experiences that we've had. And then what can happen is we're investing time, energy and money into these experiences. Let's use a yoga retreat.

Let's say you spend, you know, \$3,000 or \$5,000 less flights or whatever on a yoga retreat, and you're there and it's like, Oh my God, I'm doing the thing. But then you go right back to like a really packed schedule and you don't give yourself the time to actually integrate what happened. It's almost like you're eating really. You're putting really nutritious food in your mouth, but you're not fully digesting and receiving all of it.

You're not actually metabolizing all of it. It's the nutrients inside that make it so valuable. That's why it is expensive or why it's quite an investment because of the potency and the power that it has. But you're actually only receiving half of that because we're rushing ahead and we're skipping steps and we're falling back into old patterns.

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So spending six weeks in Egypt and spending time quite a lot of time away from my phone and computer, I was in places in the middle of the Sahara Desert where there - which, by the way, a weird fact. Sahara means desert. So when you say Sahara Desert, you're saying desert desert. I just learned that recently in Egypt. I should make up a 'things I learned in Egypt.' And that is number one.

But when I was in the Sahara, I was in places where I did not have a signal, I didn't have data signal and didn't have wi fi. And that was really great for helping shift my basically, let's be real, addiction to my phone. And I already love to use my phone and computer and play video games ever since I was a kid.

Like sorry, I didn't have a phone when I was a kid, but I always like, use technology, video games. I had a computer from a young age because my dad worked in the computer engineering field and that was always a self-soothing thing for me. And then when I started my business, which is where I was getting all this dopamine and tons of money and attention and validation that just amped up my addiction to the screen stuff.

And that was also during the pandemic where there was like literally nothing else to do than be inside on our computer. So that has been something I've been very aware of that I've been really wanting to reclaim more of my attention on my presence, because as I say in a lot of my talks, attention and presence are becoming the more powerful currency.

So it's really important that we reclaim our attention and our presence. It is going to change our lives. It's going to change reality. And I could see that that was a weak link for me, compulsively grabbing my phone and that kind of thing. So being in Egypt and having this space away from my phone and being in ancient sacred spaces and tapping in. Literally tapping in and tuning in to the consciousness level of the beings that created the temples and that created the pyramids and being like, wow, in the past, on the timeline of linear time beings, people - maybe human, maybe not - have had access to a higher level of consciousness than we currently do, and we actually have the power to return to that level of consciousness. And I'm pretty sure they do not have smartphones.

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So anyway, the whole purpose of this runaway sentence that I'm trying to say is that I had a really strong desire to continue to have space away from my phone and my computer once I got home, and I knew that that would be something I would have to really have the intention and really have some discipline. Because it would be very easy for me with decades of self-soothing with the screen to just fall back into compulsive phone and computer use, especially, you know, having an online business and working through those portals. Right.

I've had that intention as I was in Egypt, I am going to weave these experiences, these revelations, these awakenings, I'm going to weave them into my real life back home. I'm not going to allow myself to slip back into the stickiness of things that I'm actually ready to change, things that I'm actually ready to leave behind.

So here are my strategies that I am using currently using and embodying that I just dug right into. As soon as I landed, I was like, Yes, I'm so ready. Six weeks in Egypt, four weeks in the UK. Now I'm home for the fall, for a lot of the winter, and I'm so ready to shift my evolution. These level ups that I've been through and actually integrate it into my life, not just have the experiences but not deeply absorbed that I'm not just have the experiences, but not let them fully change me.

Right? So here are the main things that I'm focusing on. One is awareness and intention. Intention is so, so, so powerful. Just having that intention of like, all right, I'm aware that the way I spend my time at home involves a lot of these things and I no longer desire to do that. That's no longer a high desire of mine.

But when we have habits and things like that, we do need to go out of our way to shift them because the habits are our natural, comfortable programming. Like, sorry, maybe natural is not the right word, but it becomes like second nature when it is our programming and we can just default on that. It's the path of least resistance. It doesn't take much energy to do the things that are our habits and our patterns, but it does take energy to go counter to those habits and patterns where creating new neural pathways, we're creating new programming and new codes within ourselves.

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So the intention is very, very important. So I had that clear intention. I was aware of it as I was in Egypt. I was aware of, I'm going to take this into my life. I'm going to bring this into my life, not just expecting that now that I had this crazy experience, I'll never be the same after this.

And like that is at the time it's actually deciding. I am consciously with my free will, choosing to bring these changes into my life, into my life at home. The second thing is, before I even went on my trip, I made sure that the week that I got home was quite spacious. I only have one call per day that I'm working and I just want it to be very spacious because in the past what I've done out of a sense of like guilt is I have crowded the days that I got home with lots more extra calls because usually it was like, okay, well, I'm not working for this period of time, so.

Let's open up some extra spots for readings, Let's open up some extra spots for coaching. Let's take on one more client than I normally would take on. And then I would come home. I would have been through this crazy, wild experience. My body has been through a lot. My emotional body, my mental body, like, wow, so wild.

And then boom, just thrust back into like, Oh my God, okay, when's the next call? And then my life started to revolve around getting through the hectic schedule that I set for myself rather than the intent to be like, Oh, now I'm home. I get to just blossom, I get to unwind here, I get to relax because the pieces are still landing. The pieces of a powerful journey or a powerful experience, whether it's an inner journey, a physical journey that we've taken, a retreat. We've been on a powerful meditation.

The pieces continue to land after the fact. Okay, So if we don't have the space for it to land, we are inhibiting and actually blocking the full digestion and metabolization metabolism of that experience to actually become part of us instead of that. Or what happens instead is it just passes through us, right? And we don't actually absorb it.

And when it comes to my business in these week or two and beyond, from when I get home from this three months of sabbatical, I'm very, very intentional about how I'm reengaging full time in my business, which I mean full time for me is still 15 to 20 hours a week. But in terms of my focus, my

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energy, the way that I'm connecting with my business, I'm very intentional about how I'm reengaging because I have experienced and created burnout in the past.

And it can be easy to click in to the way things are in our business and almost like be our own employee instead of be the true leader and visionary of our business and our brand. So what I mean by this is I have one call per day in my week coming up, so just very light on the calls.

And because during my soul sabbatical, a huge priority of mine is getting in touch with inspiration and innovation and newness. Now that I'm entering back into my quote unquote real life and back in with my office and consistent wi fi and I'm working on big things in my business. My business is undergoing a huge revamp. And I'm also in a launch right now.

We're launching the Cosmic Soul CEO, which is my first business astrology mastermind. I'm so excited about this. This is the first high level, intimate group mentorship that I've ever created for business astrology. And it's the next step from my signature business astrology program, Cosmic Success Codes, which over 134 people have enrolled in. And it's been life changing for so many people.

And I felt that calling of, Wow, it's time to create the next step for those people who desire that intimate high level coaching with me, not just as their business coach. Yes, as their seven figure business coach and strong strategist, but also as their astrology mentor. So this is huge. I'm just so excited. I'm exhilarated by this experience, by this launch, by the women who are already signing up.

If you're listening to this, when this episode first comes out, we begin on November 1st, so you can check that out. Link will be in the show notes. So this launch and birthing is something that literally landed in through my crown chakra, like a ball of light that came down from the sky while I was in Egypt, landed in my crown chakra, and then I anchored it through my full chakra system.

I delegated to my team. We are already enrolling with the most amazing women and it's coming from the new energetic set point in frequency that I tapped into in Egypt. So now that I'm coming back into my life here in Canada, it's my responsibility to uphold those new standards of that frequency and to

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continue to vibrate on that vibration and continue to bring that higher frequency into different aspects of my work.

It could be so easy to be like, all right, open up a bunch of spots for readings and just fill out my schedule. And it's like, No, I'm choosing space, I'm choosing deeper embodiment, I'm choosing to breathe, I'm choosing to do my practices, and I'm choosing to still feel that energy of the mystery. Instead of cramming my life full of plans and strategies, da da da da da. I love strategy and I'm definitely employing strategy for everything I do in business.

But instead of cramming or cluttering the energetic and the physical space and the mental space and the emotional space, I'm choosing to hold space. I'm choosing to clear space. And that makes me feel more like how I want to feel in my business, which is, I'm an instrument of my purpose. I'm a conduit of my purpose, energy, and as I do the embodiment, work in the somatic, work in the nervous system work, and the journaling.

That vessel, which is the vessel that becomes the vehicle of my purpose work. And then my business is the vehicle as well. The more I take care of my physical vessel, the more of that high frequency that I get to actually land in a safe and sustainable and pleasurable way for myself and for everyone in my world, in my masterminds, in my programs, in my private client work.

And this is where we're seeing people are having their highest months again and again. This is where we're seeing people break through and stand out in their industries. This is where we're seeing people have that feeling inside of their own boldness, activating and igniting their own purpose and destiny activating and igniting, which is really what all my clients have in common.

Okay, so moving on then. Another priority is or sorry, before I get to that, something else that I did before I even left on my trip, I booked myself a chiro and a 90 minute massage. I think it's tomorrow or the next day, like it's one of the weekdays coming up because right now it's the weekend. And I also did this when I got back from the UK.

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It was the very next day that I returned home. All I had on my calendar was the chiropractic appointment and a 90 minute massage from my same chiropractic clinic. So the only thing on my whole schedule is like get to the chiropractic clinic and get an adjustment and get a 90 minute massage. Guys, that is such a vibe.

And then I just walked around afterwards and I was like, Okay, now I'm here. Because if you're a traveler like me, we're jet setting all over the place. We need to remember to land in every place that we go because it's so easy to become disembodied, especially if you, like me, have a history of disassociation and disembodiment.

Anyone who has experienced trauma in childhood, we tend to spend a lot of our lives disembodied until we really reclaim that and really reclaim living in our body and fully inhabiting our body. So I have an appointment coming up for a 90 minute massage and a chiropractic session, and I really look forward to that and just breathing and just receiving and letting my body arrive here as the pieces continue to land in my emotions, in my neural pathways, and in my spiritual body, of all the things I experienced and the evolution that occurred.

Other priorities are sleep and rest. Okay? We need to sleep and rest for our body to regenerate and for our brain cells and these new neural pathways that we've created to actually have the resources and the time and space to create themselves, to recreate these new pathways and help us change and evolve on all these different levels. Sleep and rest. So, so important.

Hydration of good water. So I have a Berkey filter, which I'm a huge fan of hydrating our bodies. Water is a carrier, water is a record keeper, water is a conduit and we are mostly water. So look up the impact of dehydration as most people are mildly dehydrated most of their lives. And that actually has a huge impact on our brains, on our organs, on our skin, on our eyes.

Ahem. I got something in my throat. And I don't have a glass of water right here with me. Hello? (Laughs) Okay, back to the point. Hydration is so important, just soaking up and deeply receiving clean, pure, fresh water, staying hydrated, especially before and after a flight. Right. Being very

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hydrated and knowing that my body, my system is continuing to integrate from these huge mind blowing experiences.

I need fresh, clean, pure water in abundance in my system. And it feels so good then understanding that we are coming back from a long experience and we want our bodies to arrive where we currently are. When we come home, when we return back to normal life, we want to keep the frequencies that we've come into contact with in these expansive and inspiring experiences, and we want to keep those in our body somatically.

We want to not, we don't want to somatically backtrack either into the old sensations we had in our body. So what that means is if I felt very inspired and expansive and magical within my somatic experience through doing these rituals in Egypt and going to the temples, it's my choice and kind of my responsibility to continue to cultivate those feelings inside of me, even though I'm not in that environment anymore.

So what that means is I reset all my altars at home. I have lit a candle every morning when I wake up. I've meditated every day and really tapped into that feeling of majesticness that I was feeling throughout my time in Egypt and keeping that with me, cultivating and deepening that. And this is one of the most powerful ways to call back our power.

This is a really amazing way to reclaim our power, is understanding that we actually are in control of how we feel inside of our bodies, especially once we've done some nervous system work so that we're not constantly in fight or flight. And even if we are, this is actually how you can heal your nervous system.

A way of healing your nervous system is consciously cultivating the sensations so radically inside your body that you desire to experience. So feeling the majesty, the abundance of being in some of these absolutely opulent temples and accommodations that we stayed in, like we stayed in the Old Cataract Hotel in Aswan, which is just, Oh my God, go look it up. It's like being in an old Hollywood movie.

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It's just these old money vibes like I've never seen before. Right by the water and boats moving and palm trees and just like, high ceilings. And it was so epic. I can actually use my imagination and use my body and ground into my body and feel the sensations of being there. And I can keep drinking it in and I can keep receiving it.

So instead of feeling like I need to keep going back to Egypt every single year, just to keep grasping for this experience, I get to have it within myself. I get to cultivate it within myself, I get to spark it within myself, and then I get to move it around my body. And this is a manifestation technique that I teach in Mystic Magnetism and in like a variety of manifestation things that I've taught, whether it was moon sessions or what have you.

And that's cultivating a sensation of utter abundance and overflow inside of your body and with your breath moving it around your body, letting it charge the cells of your body, letting it move through the bloodstream, letting your heart pump it all throughout your body. And that's literally how you become magnetic. So although I'm in my environment, that is, you know, it's my home, it's a city. And back in Canada, I am still charged up with that clean energy priestess energy that I was feeling in this six week journey in Egypt.

There was sleep, giving yourself time and space in your schedule, drinking enough water. Also eating nutritious foods. Right? So feeding yourself fuel and grounding foods. I love cooked foods. I'll eat a salad if it's on a plate. I can appreciate a salad. I'm rarely inspired to make one. I love cooked food, root vegetables, rice, like, Oh, I just love cooked food.

So nourishing ourselves with grounding foods that nourish us and fuel us and help us feel resourced. Then using our practices and our environments. Right? So I did, of course, get some beautiful treasures from Egypt and I cleansed them well, welcomed them into my space, put them in specific places.

And, you know, these first days that I'm home, I'm just in this like slowly unpacking, cleansing and clearing the gifts that I bought for people and putting them in a special bag in a special drawer. And so

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I know where they are when I do see certain friends. And unpacking my clothes, doing laundry, and just giving myself this time and space to unfold myself from having to live out of a bag as well.

So we've covered a lot of things that are like environmental, physical, and those are really important. The physical body, getting the massage, getting my chiropractic adjustments after being on the road for six weeks. But also journaling for the mind and the mental as well as hanging out with friends and starting to share some of the stories.

Because it's so beautiful to unpack a story that we're holding inside of ourselves and share it with someone who loves us and who really cares. I hung out with a friend. Last night we went out and got tacos, which was amazing. So I did not see any tacos in Egypt for six weeks and just got to share stories and give him some of the gifts that I had got for him and share that experience with my circle here.

Because sometimes we hold things within and it becomes like this isolated experience and it's almost like, wow, did that even really happen? You know what I mean? Sometimes it feels so surreal when you have this big journey where these retreats are, these transcendental experiences. And it's like, did that really happen? And it's so beautiful and so grounding and so connecting to share it with our friends as well as writing in our journals. So that we are like, these ideas are going to continue to flow.

Having a dream journal because I know I've been having Desert Dreams for two nights in a row since I got home, so letting the mental also have a space to express and move things through. Then just some other final little things that are coming through is like just noticing when we want to fall back into old habits and knowing that even if we've had that habit for many years or for most of our life, once we've taken that space away and we've had a different experience that broke us out of certain patterns, and then let's say we do see ourselves falling back into a pattern.

It's actually much easier now at this point to interrupt those patterns. And it's not about guilt and doing it perfectly and being perfect. It's not that at all, because that is misery and that's not high vibrational and that's not heart centered. Right. But it's recognizing and actually making a game, and I think we got this from Dr. Andrew Huberman, who has gotten so popular lately.

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I have listened to a few of the things here and there, and I think it was his talk about dopamine, where he... I hate when I start, like channeling something that I don't know fully what I'm saying to you. He has a funny name for it. Let's say it's like a No No or something like that where he'll catch himself doing those things that give him the cheap dopamine, the instant gratification dopamine. He just challenges himself to have like 10 to 20 of those per day, just 10 to 20 times per day where you find yourself grabbing your phone for no reason.

And you just looked at it. Interesting. Oh, no, I'm not going to. And it's actually instead of needing to be perfect and never do anything wrong, it's almost like gamifying, challenge yourself to say no and catch yourself in those moments where you're going to do something and really celebrate that when you do. So It's not about punishing yourself when you don't, it's about celebrating yourself when you do catch it, when you're like, No, I just checked my email 10 minutes ago.

What else could be there? I just looked at my Stripe. You know, a lot of people here are business owners. We can look at our Stripe and our PayPal to see if another payment came through. And it's like, Yo, does that really matter? Do you really like, you know what I mean? How about just you have notifications on so you get notified so you don't need to go check it.

It's lots of catching ourselves in these things. I'm just like, Oh, I'm reaching for this thing that I'm doing mindlessly. It's not coming from a true place of desire. It's coming from my programming, it's coming from a habit. And see if you can just say no more times and almost treat it like a game.

So it's not the pressure to be perfect. It's actually a game of like, Oh, I just stopped this from happening. I made a different choice. I exercised my free will, exercised my sovereignty. I interrupted the pattern. And it's actually very fun. And it's like, ooh, it actually feels empowering and there's this tingle about it. There's like, I don't know if you can hear it in my voice, but even just tapping into that energy. Oh, it just feels so good to be like, No, I'm not going to do that right now.

Whatever that is for you. It could be totally different than the examples that I gave. For some people it might be food. For some people it might be online shopping, for some people it might be getting caught up in the comment section. And you know, there's a lot of really intense and scary things

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happening in the world right now as I record this. Could be just like going on a doom scrolling for 4 hours. And it's like when you just decide No. One, it sounds like you wake up in it, like waking up in the dream. I mean, like, you know what? I'm going to go for a walk or I'm going to put on some music that I love and get up and dance, or I'm going to light a candle or I'm going to take a shower.

And that brings me, the shower, brings me to my last point that I'm going to share, which is I shared this on my Instagram stories as well about how one of my favorite ways to get in touch with the energy of abundance is to receive what I already have. I think I'm going to do a whole podcast episode on this. Let me know if you would love to hear that.

But when I got home, I went into a place where I just have all these skin care and hair products that I just haven't used or opened, whether they're samples I got or just like anything. And I gave myself such a beautiful at home spa day.

A scalp treatment, a hair mask and this or that, da da da, facial resurfacing mask thing. And it's just giving our bodies care and adorning ourselves and connecting to that energy of like I'm deeply caring for myself with whatever I already have. So we don't need anything more than what we already have. Maybe you just have some coconut oil you could use, and you could use that to moisturize your whole body, maybe have some sugar and you make a sugar scrub.

Or maybe you, like me, have some beautiful products hanging around and candles you haven't lit yet and notebooks you haven't cracked, books you haven't read, and just gift yourself. Especially when we come back from a trip, sometimes we forget about some of the things we have. And it's so powerful to remember how I actually have so much. I actually have these books I haven't read, and I can open that up and go into like a whole world.

And this is a great time, if you're coming back from a transcendental experience or a peak experience to implement a new habit. So it's not just about not doing the habits we don't want to continue. We can actually implement a new habit. For me it's coming back to reading before bed. When I was younger, I was a total bookworm.

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I read obsessively, I read so many books and then through getting a smartphone, which I resisted having a smartphone until my late twenties actually, believe it or not. And I'm 34 now. I resisted having the smartphone for a really long time. And then once I did get one, my reading really decreased significantly. So I'm using this time where I have more space between me and my old patterns and my old programming, my neural pathways are rewriting.

I have all this inspiration. I'm actually going to not just let go of habits that I no longer desire, but I'm going to add the habit of reading before bed because this is the perfect time where things are in flux and I have space between myself and my old compulsions to actually add something, not just think about what we're taking away.

Okay, so I'm going to wrap it up there. Feels so good to be here sharing with you guys. It feels so good to just communicate and be in this flow with you because I love you so much. I love this podcast so much and I love my life and my business. I've never felt more in love with all aspects of my business, and my whole business model is actually undergoing a revamp.

So I'm so excited to share this with you all. And we also just announced and have opened the doors to the upcoming Lunar Eclipse in Taurus session. Moon sessions are a very powerful part of my offerings in my product suite that hundreds, if not thousands of people have been impacted by. And I only do them now when the astrology and the portal is so profound and so powerful that I can't not do it because I feel how important it is for myself and for my clients and for the collective.

And with this current eclipse season, with both eclipses being in signs that are ruled by Venus, this is a values transformation. It's a transformation in terms of money, in terms of art, in terms of beauty, and in terms of love. So it's highly, highly personal to the individual thriving and living our best lives. Yet they're also very challenging because they're letting us know what we need to let go of and what needs to transform.

And it's just so beautiful, especially with everything going on in the world right now. Just to understand that reality really is rearranging itself. Consciousness is evolving and a new earth is birthing.

Oath Oracle

BUSINESS ORACLE

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So I cannot wait to lead the lunar eclipse session on October 27th and to begin the Cosmic Soul CEO mastermind on November 1st. And by the way, members of Cosmic Soul CEO receive the eclipse session, complimentary ticket to the eclipse session, as well as the first new moon of 2024, which is the 11th of January.

It's on the 11th day of the first month. And the numerology of that whole date is actually 11. So yeah, members of Cosmic Soul CEO Mastermind, you are going to receive both of these complementary. So if you're feeling the call, if you want to work in my world, I highly recommend checking out the eclipse session and joining us for this portal because it is a transformation of worth and wealth.

Taurus is associated with the Empress card in Tarot. This is about releasing and shattering blocks preventing us from stepping into that innate royalty that we all have within ourselves. The innate divinity, the innate birthright of abundance that we don't just get to receive - we actually are this. So this is going to change our embodiment. It's going to change the way we show up in the world. It's going to change the way we relate with wealth and it's going to change our wealth, reality and even our beauty, our natural beauty codes.

I highly recommend and links to all the things I'm mentioning are in the show notes if you're listening to this when this episode comes up. If you're listening to it in the future just explore the links in the show notes and see what calls to you, because I'm always hosting powerful things that are channeled from my soul, self and from what spirit wants me to.

Let me know how this episode resonates with you. If you want to show me some love, I would absolutely appreciate any shares. Make sure you tag me and I can share and tag you back. Any reviews you want to leave on Apple Podcasts or anything like that, they mean so much to me. Honestly, when I'm low, I read the reviews on Apple Podcasts because they just hit me so deep and give me so much.

Thank you so much for being here. Also very open to requests and suggestions on podcast episodes. You can just DM me on Instagram at [oath.oracle](https://www.instagram.com/oath.oracle) or you can email us at oath.oracle@gmail.com.

So much love and I'll talk to you soon.