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## BUSINESS ORACLE

WITH AYESHA DURRANI

TRANSCRIPT

### Episode 30

Hello, my love. I hope that you are doing amazing out there. Hope you've been taking care of yourself. Taking care of your mind, your heart, your body, your spirit. I have some things to share with you today. And you know, as I look around, as I move through the days, through the weeks and connect with my clients, connect with my community, my friends, my audience online on Instagram, something that has become very clear to me is that many of us are just now in this moment coming out of a massive death and rebirth.

And yes, as I'm recording this, we have moved into Sagittarius season after Scorpio season. Scorpio is literally the sign of death, rebirth and transformation. So every Scorpio season does take us on an underworld journey and require us to face certain fears to do shadow work and to shed whatever is ready to be released to just show us what is dead so that we're not bringing on into our next cycle and shedding and releasing and allowing the past to die away. Allowing aspects of self to die away at times is a key in manifestation and the key in creating what we desire to create.

It's not just about creating and accumulating. And just like more and more and more, it's also about releasing what we don't want, releasing who we no longer are. Releasing what does not align with our path of Dharma, our destiny, or what we truly desire. So that's a classic Scorpio season experience. However, I feel a next level to it.

I feel that it's about more than that. I just feel that many of us in the collective are being initiated into new levels of leadership and new levels of impact, and that is requiring us to go through a significant death and rebirth. And I think that many of us see it, observe it. Many of us are just coming out of that now or we're about to come out of it.

Or maybe we just came out of it recently. For me, I feel that it's very right now. I feel it happening right now. So I am recording this from the Void, straight from the Void to your headphones. And you know,

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it's not my first rodeo. Anyone who has significant Scorpio, significant Pluto placements and aspects in their chart, significant eighth house placement.

We have a special relationship with death and rebirth. We go through such strongly significant death and rebirth throughout our lives that we could be unrecognizable if I passed someone on the street that I hadn't seen in years, they might not even recognize me, not because my appearance has necessarily changed that much, but because who I am has undergone so many significant and profound deaths and rebirth.

So I feel that I have some unique things to share on the topic. And as always, you know, what I share comes from a lens of empowerment. What I share comes from a lens of my vision and my mission to activate people to be on their path of purpose, and how more and more and more of us being on our path of purpose, giving the medicine we came here to give, receiving prosperity for our innate social gifts.

That's my vision for the New Earth. That's something that's been a guiding light for me throughout my whole journey. So as I have been in this death and rebirth, which just for some personal context, you know, last year I completed a five year relationship, a very, very, very deep, life changing relationship that reached its natural end.

And I'm on very, very, very good terms still, one of my closest friends. And I felt the soul calling to pick up my whole life and move 3000 kilometers away. If you hear some funny sounds, my cat is being very active and hyper right now. It's like evening time. And normally I don't record a podcast. It's late and it's totally her hyperactive zoomy time. So just in case you hear something weird in the background, we don't do a lot of editing on the episodes. Okay.

Anyway, so I receive the soul calling when it was time to complete that cycle of that relationship and bring it to its beautiful, natural, healthy completion. I received the instructions from my Higher Self and Spirit to move to Montreal from Vancouver, which is over 3000 kilometers away.

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It's a similar distance as moving from Seattle to New York City, so pretty far. And I actually decided because in my previous place that I shared with my ex when I walked into that place and we rented and found the place we were going to rent when we moved in together. And it was in the first year of my business, I made a promise to myself that that would be the last place that I rent.

I just had a promise to myself, this is early days. This is like May 2020 as like just a couple of months in my business. But I was already feeling the potential. I was already feeling the magic and miracles that happen. When you choose your purpose path, you learn along the way. You figure out how to make it happen and shit is taking off, right?

That's where I was at in May 2020 and I told myself, this will be the last place that I rent. So when it was time for me to move from that place, I was like, okay, well, I guess I'm buying my first property then, and I actually purchased my property where I live now without even seeing it in person.

I did not really have the space to just fly over here and look at places in person, and my real estate agent would go and take videos for me and send me those videos. And let me tell you guys, my place actually looks even better than it did in the photos or the video. So I'm so grateful for that manifestation.

So that in itself was obviously a really big death and rebirth. But actually ever since then, which was September of last year, September of 2022, ever since then, I've been actually deepening into deeper and deeper and deeper levels of this greater death and rebirth cycle. And it really came to a climax in the last few months for me.

So not just Scorpio season, but the last few months I spent, I took a three month social sabbatical that I've spoken about on the podcast before and I went and spent a month in the UK on a spiritual pilgrimage, on a romantic whirlwind with a long distance lover, and it was truly life changing. I can't even, don't even get me started on the stories of that trip because this podcast episode will be 5 hours long.

But I had some of the most incredible spiritual and energetic experiences of my entire life, some of the most profound soul activating, just heart blasting open just absolutely wild mad experiences. While I

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was traveling in the UK, I truly felt that past life gifts were sparking open. I was reaching new levels of surrender within myself, reaching new levels of understanding myself, and also going to my limits in so many ways.

And it was just, yeah, what that month held was like lifetimes. Then I came home for a week and I did a classic me mistake, which was I overloaded that week a little bit too much, you know, as I've shared before, also on all my platforms, I had a journey with burnout with my first two years taking off in my business and just like not creating my life in a balanced way whatsoever.

And yeah, so it was a classic me thing that I've been working on reprogramming and rewriting, which is when I go on holiday, I tend to overfill the week before or after almost in this like compensation thing, instead of just recognizing I deserve a break and I don't need to like earn it extra somewhere else in my month or in my calendar.

So anyway, I had a classic over booked week that week and, you know, packing and getting ready to go to Egypt one week later after landing back from the UK and setting my home up for a sublet. And just so many things that happened in that week. And then I went to Egypt for about six weeks. Six or seven weeks. Don't even get me started on Egypt.

I mean, lifetimes of experiences occurred there at hyperspeed, going to the temples, taking part in rituals and ceremonies, private ceremonies in the Temple of Isis. Just absolutely unbelievable. One month at this in the Sewa Oasis in the desert with hardly any signal. And during that time, I had some amazing peaks and highs like giving my Age of Aquarius talks on two different retreats, which is why I had been invited to go to Egypt and literally giving my talk to the most incredible group of humans that you could imagine.

Like it could not have been more perfect with the sun setting as we were sailing down the Nile River on a boat and we're on the upper deck of the boat outside in the fresh air, sailing down the Nile, sun setting golden hour. And I'm giving my deepest age of Aquarius talk that I have given in my life to this group of people who I'd we'd already been on the retreat for like, maybe a week.

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I'm not too sure. So I'd already created such a, like, wonderful relationship and sense of trust with themselves and able to go really deep in that talk deeper than I would normally go at, say, a festival like Lightning in a Bottle or Bass Coast, where I've also given My Age of Aquarius talks, where it's a little bit more like, a little bit more general, a little bit more laying the foundational knowledge.

Whereas with this group it was like, I can just go all the way with everything I want to say. It was just one of the best moments of my life, truly a highlight of my life. And I went from some of those highs and also, you know, the highs of going to the Temple of Thunder, the Temple of Hathor, the Temple of Isis

It's like having these incredible, incredible experiences, staying in some of the most luxurious places, like the old Cataract Hotel in Aswan. Or is that Luxor? Ooh, I can't remember. But it's absolutely epic. Like dripping with old money energy, palm trees, like, oh, it's just beyond words. So I went from some of these peak experiences to staying in five star suites, king size beds, just like so much luxury to one of the lowest lows that I've experienced in as long as I can remember.

Because in between the two retreats that I was booked to speak out, I had eight days. And in those eight days I ended up having this wild portal of all of my core wound things coming up in very, very strong ways, core wound things around my inner child, core wounds around my trauma, abandonment issues, core wounds around my insecurities, core wounds around money, money stuff was coming up a lot, which is interesting cause I've done so much work on that.

And although I, you know, my wealth reality has completely transformed. I am truly abundant. I am so privileged and so grateful. I've never felt so financially free. But those months that I was away were my lowest months of this year. But I was still making multiple five figures because that's the beauty of a thriving, sustainable ecosystem for business.

That's the beauty of evergreen products and strategies and creating something, building the house so you can live in it, right? Like doing that hard work at the beginning so you can enjoy that and actually live in that structure that we create. But I still had things coming up. I still had some coming up and it was just I went so deep in it and I didn't have a lot of the supports that I normally would have.

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So it just brought me to a very, very raw place then. And I knew as it was happening, I knew that - Oh, I want to tell like five stories at once here. I need to rein it in - I knew while it was happening because that was, you know, the first shake of like the image I'm getting is like an earthquake.

And then there's the aftershocks. So that was like one of the deeper, maybe the original earthquake of why I'm in this current death and rebirth that I'm in at this moment, that I'm recording this. So I knew as I was experiencing it, as I was really spending a lot of time crying, feeling hopeless, having thoughts come like dark thoughts in my mind that I had not had in years, that I thought I would never think that way again around, you know, not loving myself and just being super hard on myself, feeling very alone in the world, falling into the victim energy of like, I'm alone.

No one loves me. No one supports me. Like that kind of stuff was coming up. That's just factually not true, right. But a very specific sequence of triggers led to that, such as being the only person who was staying at this fancy, well, high priced, priced for luxury, but it was not a luxurious place.

And I was literally the only guest there in this big property for like multiple for most of the time that I was there, some guest checked in towards the end, like three women who were traveling together. But I was the only person there. Every employee was a man. And for those of you who haven't watched, check out my Lionsgate IG Live on Instagram where I shared just some, you know, stories that I had of fears that I've had of like break ins, experiences I had of break ins.

And, you know, I have had trouble relaxing and sleeping in a place when I was by myself in the past. And that was a fear I had to really conquer. And then here I was staying by myself and being like, Oh my God, like there's no one around. And it was the perfect concoction, like conversations with my long distance lover and just the perfect concoction of things to push me into this death and rebirth portal.

So as these deepest wounds were coming up and as I was reaching places within myself, depths, rawness, almost, basically, maybe that was me hitting rock bottom. So that was a big celebration because that means my new rock bottom is much better than my old rock bottom. My rock bottom has evolved over the years, so I will say I am proud of that.

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I think that was my current rock bottom so that's where I was. And if you've been to rock bottom, which I'm sure you have, we've all had our experiences, there is this empowered moment where you're at the bottom and you can't go any lower. And all that's there is, when you wake up to the reality, you realize rock bottom is solid.

You realize I'm in the space with just me and myself. I have to face myself and I have to lift myself up. Eventually I have to help myself up and get on my two feet and fucking move or do what needs to be done, face what needs to be faced. So as I was in this very raw stage, I'm pretty sure I probably had my bleed around that time as well.

My period was probably around that time too, and as I was moving through it, even though I was right in the thick of it, I knew that it was preparing me in some way for a miraculous rebirth, because that's what always happens. We just don't always remember it or have the level of consciousness to be aware of it when we're in those states.

Because when we're in some of those really hard triggered, maybe rock bottom death and rebirth, like the rawness of it, the darkness of it, the pain of it, the excruciating pain of it, it's almost like we're in an altered state of consciousness. It's almost like we're in a hypnotic trance in a way, because we don't see the full reality.

So there's a lot of power in remembering, this is a gift, of experiencing a lot of death. And rebirth is when you literally get to the point of, Oh, yeah, I know this feeling, I know this frequency, and I know I will be okay. And I know that every time this has happened in the past, it has been the thing, the catalyst that put me on a higher path in some way.

And now that I have those experiences and that evidence in the past, I get to apply that to my situation now and help myself with the wisdom that I've gained, support myself with the wisdom that I've gained through all the other dark periods that I survived.

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And the best thing about where I was staying, which was it felt like a total disappointment in terms of what it was presenting itself as. The price was significantly, like I'm talking ten times, no, like three or four times more than the next really nice place, which I had also stayed at with the group. And [that place] was so nice and it was tons of just good vibes, family run, like it was night and day.

But one of the best things about where I was staying when I was in the space and the Sewa Oasis in between the two retreats was that it had a balcony and the balcony got a sunrise view every morning. So those who saw my IG, you probably saw a lot of mysterious sunrise stories like every morning for like a week straight with my little messages and things that were coming out in my journaling and I was sharing that I was going through something, facing some of my core wounding.

But I didn't share a lot because I'm not into sharing the pain when it's really raw, you know? So I would watch the sunrise over this mountain every single morning and, you know, every morning I was approaching it as, Hey, today's a new day. Yesterday is behind me. The feelings of yesterday don't have to become today.

I'm manifesting a new day. I'm so grateful for those experiences I had yesterday. I'm so grateful for all the tears that I shed. I'm so grateful to, you know, open up and rip open my like, keep breaking my heart till it opens and open up the scar tissue so it can actually heal even more. And I kept having this very you know, I'm Hope motivation in human design.

Human design motivation is a very interesting thing to look into if you're into HD and you haven't checked that out I highly recommend it. My hope is my designed motivation. Hope is meant to motivate my actions when I'm in alignment. That's my design. And so I was very hopeful every morning. Let me tell you guys every day like I would start every morning like, okay, it's over. I made it through and now it's time for my rebirth.

Nope. Oh, nice. Bye. And, you know, it did do me good to tap into some optimism and hope, but it was just dark. It was dark. And it was. It was waves and waves and waves crashing on just like so many different aspects. I can't even say them all.



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And in the end, you know, long story short, I got through it. I used the tools that I had when I could. I made friends with the staff that were working there. So I felt a lot safer as well because they're actually very friendly, very, very sweet Egyptian culture, Arabic hospitality in general, like Arab energy and Arab hospitality is fucking beautiful and unmatched. Everyone wants to make you a mint tea all the time. And so that really helped.

Then there were some guests that checked in and the time passed and I knew that it was so significant. I knew it was important for me to be going through that. Why? One, because it was happening. If something is happening to us, with us, by us, there's a reason for it.

But also two, I had just been through these peak highly spiritual experiences with the Neteru, the Egyptian deities, the temples, rituals, ceremonies, doing my soul purpose, work at a higher octave, and then boom, it was like I was on a new path. And that new path required some towers to fall down. And then I was heading into the second retreat where I would also be giving a more wealth focused version of my talk.

And the second retreat, Ancient O Being. The first one, by the way, was Alchemy of Egypt by my amazing friend Lara. She is just absolutely incredible. Half Egyptian, half English, and she's just such a bridge and she's just, these women that run these retreats where some of the most powerful experiences of my Egypt trip was my friendships that I created with Lara, the creator of Alchemy of Egypt and Odna, who is the founder of the Ancient O Being Retreat.

And so they're very different. The first retreat Alchemy of Egypt, which I highly recommend. Guys, really check it out. If you want to go have a guided experience like, oh, I just could not recommend enough Alchemy of Egypt was a lot of action. It was a lot of early mornings, sometimes we're getting up at 3 a.m. to get in time for our private visits book where they open to the public and you know, a lot of big travel days and a lot of action.

And just like you're just taking in, your eyes are just feasting on some of the most beautiful sights I've ever seen and staying in different places, you know, just for a few nights here, a few nights there.

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Sometimes just one night and very action packed while the Ancient O Being retreat was in the Sewa, in the desert where I was staying for my little nervous breakdown time.

And it was in the desert as well, in the Sewa Oasis. And we were just staying in one place the whole time. It was much more of an inner journey. It was a somatic journey. It was a heart and emotions journey in earth consciousness, a deep, deep, deep feminine journey. And it was all women for the second retreat.

It was just so profound. And that retreat, I feel my whole life has been leading to the realizations, the activations and the awakenings that occurred in that retreat. It was like, first through Alchemy of Egypt, I got to know the like almost from the how do I, how do I put this? It was like I got to know Egypt, I got to know the truth, the people, the temples, the deities, the stories, the mythology, the food, the travel, all the landscapes, so many different places.

The Nile was like Egypt, the soul of Egypt, and then Ancient O Being was like the soul of me and the new Earth codes. And I'm getting full body chills as I'm saying this. It was so profound and I just could not recommend both of these retreats enough. I do have affiliate relationships with both these retreats. So let them know that you heard about them from me if you end up going. These are just people in such high integrity. So on their Dharma path, and the other people that were attracted to those retreats were also just amazing people. And I'm so grateful to them.

So that second retreat that, you know, during my dark time in between, I emptied myself out. I emptied myself, the fog out. And that's sometimes one of the best gifts of our deaths and rebirths is the residual baggage, the leftover things, the scar tissue that didn't heal properly. It all gets shaken up. It all gets activated and transmuted and alchemised and, hey, I just came from the Alchemy of Egypt, right? And here I am, in the alchemical chamber of my own death and rebirth, and then into the experiences of some of the most profound and spiritual awakening of my entire life.

There's things I want to tell you guys, and I just can't yet say on my podcast. There's things I just can't yet put into words, stories that will be told another time. And then on the last day of that retreat, by the way, the retreat was near a sacred mountain and we're nearby the sacred mountain, which had this

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beautiful mythology around it. And that was an anchor point for us that we had connected to on day one of that second retreat. It was known, it was spoken that that mountain, that sacred mountain was an anchor point for us and for the work that we're doing. And then on the very last day, which is on my last days in Egypt, we climbed to the top of that mountain.

And from the top of that mountain at the sunset, I could see the place I had stayed during my death and rebirth right across the way. And I realized that the mountain I was standing on was the same mountain that I saw the sunrise from every morning from my balcony when I would meditate and pray and journal and hope that I would get to the other side of that death and rebirth portal.

And here I was literally standing far above it at the top of this mountain, like this was the mountain that the sun rose behind all those times. It was just one of those full circle moments that I could just cry right now, even just thinking about it. And I hope I'm telling the story properly. I took a video up there, too, and I zoomed into the place I was staying and I was like, I was right there.

Like, what? This is just absolute madness. Like, that was my hope portal. That was like my sunrises every morning with a sweet air and the birds and being like, You know what? I'm going to be okay. And writing and weaving my visions and my journal and praying and crying and just breathing and regulating my nervous system out there.

And here I was at the end of the whole journey, standing on top of the mountain that I had been seeing every morning with the sun rising behind it. It was very profound. So then I came back. I could sit and talk about Egypt forever, but how can you ever tell the story of what happens in seven weeks of Egypt, not just leisurely backpacking, but going on two intentional journeys and having that death rebirth right in the middle?

So I came back home and another death and rebirth started to occur for me. And that has to do with my long term, long distance relationship. And I'm not going to go into the details of that at the moment, but a lot of dynamic stuff came up, a lot of imbalances, a lot of I don't know if power struggles is the right word, but, you know, this is a person that is so similar to me.

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We're both the most ambitious people we've ever met. We're both the most intense people we've ever met. We're both the most passionate people we've ever met. We're both extremely stubborn. You know, it was a lot. And the challenges of... choosing to have a long distance monogamous relationship has a level of intensity.

And where I was at as well, with the rawness of everything that occurred in Egypt, I was still coming back together and calibrating back into who it is that I am. And so for the past month or over a month, that's been a major theme that I've been navigating as well as the processing with connecting to collective grief and outrage at injustices that are occurring in Gaza, which, by the way, I was in Egypt, I was like 200 kilometers away from Gaza when the attacks began, the attacks in Israel and then the attacks in Gaza.

And all of them just made me absolutely sick. I had been honestly since then, you know, it's now early December and that was early October. There's been this pit in my stomach of the pain, of the injustice, of the unfairness of the grief. And that has been a whole journey in itself of death and rebirth, where I had to make choices about how I use my platform, where I had to make choices of what fucking matters to me.

Seeing my metrics go down, seeing my story views go down from like 3000 views to like 200 views out of, you know, a 30,000 plus platform being in active launches, having ambitions, having plans that I already had for business launches in quarter four of this year and just navigating it imperfectly, being fucking human, deepening within myself.

Like who do I want to be in this world? Who would I be proud to be? When I look back on this months from now, years from now, when I'm an old lady, when I look back on this, what's going to matter more? My story views or living and embodying what I consider to be my version of integrity values, like who the fuck am I and who do I want to be?

And now it's been a whole death and rebirth in itself that definitely impacted the other hard times I had as well because I'm just feeling so raw every time I speak on it. Like I went live on Instagram that

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was supposed to be about launching something and I was going to give a little astrology insights and I just came on and I just felt the transmission and it took a different turn.

So you can watch that on my IG. I recommend watching my everyday lives if you love my podcast and you haven't seen my Instagram lives, definitely check them out because that's where this started for me. That's where I first gave transmissions in this form like long, flowing, intuitive, riffing transmissions that actually started on IG Live. So I recommend that if you have not checked it out at [oath.oracle](https://oath.oracle)

So here I am today and I have been through a death and rebirth. Another death to the rebirth that occurred during this time is my business model is undergoing a major transformation right now. Major, my entire business model is changing, and that is with the introduction of the Temple, which is my mastermind for Earth Angels in business.

It's an all access pass to all my business programs and master classes and sessions for a year. Anything that I do live within a year. Mastermind calls, amazing community, and it is a whole new space in my world. We also just launched the Star Stream, which is my new astrology for business subscription. And what this is, is it's like a private podcast where you have me direct in your ears, in your pocket, giving astrology transit breakdowns via audio.

They're audio clips, astrology, transits, and specifically how to use them for business, for success, for wealth, and just for life, for aligning with the cosmic dance of creation. It's basically the next best thing after having me as your personal business Astrologer, which is a very luxurious investment.

So I wanted to create the Star Stream to have something at this price point. Just \$97 per month to share my astrology for business insights in a very practical, tangible way. Like, here's what's up, here's what we can do with it. Here's the greatest opportunity at this moment. Here's how I'm using this energy. And it's also going to be behind the scenes of my business.

My business moves, my business mindset, my journey, insights that I've had, revelations that have come through. It's going to be like the first place that I share these things and updates happen 3 to 5 times a week. So it's steady streaming. That's why it's called the Star Stream. It's steady streaming inspiration

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and insights and activation and empowerment and dope ass precision high level strategy, which is what I love as well.

So that these two offerings formed from a couple of months before, a month and a half ago, having a major death and rebirth and knowing that things are demanding to be transformed, knowing that I was being called to let go of things, even though I'm very successful. My business model, you know, has been incredibly successful. It's created over \$2 million.

And that that was not slowing down actually. Some people say that 2023 has been a harder year. You know, my business is still up compared to 2022 to this year. And I took three months off. So it's not that things were not working in that sense. It's that my soul was giving me clear communication. And it was and I know I say this a lot and some you definitely know it, but I'm a 1/3 in Human Design.

That means I need to let go of stuff because I'm a three. Threes are here to trial and error and we have to know when it's time to break bonds and move on. And I'm also a North Node and Moon in the eighth House, the House of Death and Rebirth. So through the study of these sciences and of my own design, I have and also my experience, right?

I know the frequency and the resonance of, Oh, it's time for something to die. It is time for something to die. An attachment, a structure that I created, an identity that I was holding on to, a relationship that's no longer serving, whatever it is. I know the frequency at this point. Now, you know, at 34 years old, in everything I've experienced since I left my home at age 15, I know this frequency.

It's the frequency of it's time to let something die. And why would that be? It's because something amazing is about to be birthed. And as death is the greatest mystery, the eighth House, which is the house of death, is also the house of mystery. We have to let go of the past without knowing what's coming in the future.

We don't get the guarantee. We don't get the guarantee. We have to willingly release what we are attached to and plummet into the infinite darkness of the void. We have to. It's required of us. And

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sometimes when we resist and resist and resist life, it's going to just kick us in any way. And it's much harder that way.

It's much harder and takes longer. So when we know that frequency, that resonance, it's time to let something go. It's to let something die. And maybe as I'm saying this, you know what it is for you in your life. Maybe something is coming to mind. If something's coming to mind, you better pay attention, honey. You better listen to that, because one of the worst things we can do is when we, you all know...

If you're listening to this, you know, when you're getting an instruction from spirit or your higher self, when your heart is singing or your soul is saying something. And if we get that message and we don't listen, we're choosing the downward spiral. We're choosing the regressive pathway. Okay, so the transformations have touched every aspect of my life, and there were some hard times.

And so let's get to some tangible little tips, little, you know, helpful insights that I have. If you're going through this, if you're currently in this right now. So what I want to offer is that we give the deepest care, reverence, attention, time and energy towards our vessel, our physical body, because it's our vessel that is our vessel.

It's a vessel of our soul energy. It's the vessel of our dharma. And when we're opening to intense transformation and we're choosing to open to that because it's much easier when we're not resisting or choosing it or surrendering. Right? So actually, the first step is surrender. If you haven't surrendered to what is happening, if you're trying to make it not happen, if a tower is falling and you're trying to hold it up from falling and keep it from falling, that is you're just prolonging the process.

You're prolonging the gift from coming in, you're prolonging, you're delaying the miracle. So first of all, is surrender. And that might take practice, that might take deep reflection. But it's also very important to take care of our vessel, of our physical body, because that's the part, the voltage of our destiny and the voltage of the transformation, the high voltage as a high frequency energies.

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And they're moving through our system. So we need to help our system, we need to support our system. We need to make sure we're drinking enough water. We need to support ourselves to get to sleep earlier. We need to listen to what our body is saying. It might be saying eat more, might be saying eat less of this.

And it's not about right or wrong. It's not about perfectionism restriction. It's not about that. It's about you, our body is our home, it's our temple. What's carrying us through this. And as we know, the body keeps the score. So a lot of what's happening is happening. It's actually incredible healing that's occurring on the somatic levels. Even when external triggers are happening in the now moment, they're triggering healing.

That's been trying to happen since I was three years old. You know, like it's all connected. So supporting our bodies, taking those supplements. Because it can be easy when we're in death and rebirth to kind of feel like we're in survival mode, like we're just trying to keep our head above water and we keep getting smashed by the waves.

And yeah, it does feel like that. But when we can just take our time to drag my ass out of bed and have my vitamin D, have my Omega threes, have my supplements, make sure I'm drinking water, support myself with the things that are so easy that I know like chamomile tea, milky oat tincture, like things that are really supportive for the nervous system, feeding myself even when I had no appetite.

I'm someone who when I'm stressed or anxious. I don't have an appetite, I don't want to eat. So I have to really be smart about that and have a lot of soups and have a lot of, you know, put coconut oil in coffee to have more calories and things like that. So whatever it is for you supporting your vessel, if all you did was rest and just support your vessel, you're going to get through it.

It is moving through you and it's clearing you. Actually, it's clearing the residues. It's clearing the emotional and energetic plaque that exists within your being. Things like dry brushing, taking baths, taking showers, use aroma therapy, throw some drops of lavender in that shower. Drop into pleasure wherever pleasure is available, no matter how hard the times are, can you be present with your food and you take in a big inhale and smell something beautiful. Smell a rose or a beautiful oil or a delicious meal



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or your coffee in the morning. I'd say my morning coffee has always been a gateway to gratitude, even in some of my hardest depression times like years ago.

Light those special candles, find a beautiful light, find a beautiful blanket. (laughs) Just find it on the street. No. What I mean is like, pick up the comfy things in your space, get that really nice blanket and nestle yourself up. How can I make myself more comfortable? How can I have more pleasure in this moment?

And this is very different than filling a void within ourselves by overindulging, by drinking a bottle of wine, by spending, maxing out our credit cards, shopping online. That's not the type of pleasure I'm talking about. I'm talking about the wholesome pleasure that truly is generative and gives life and nourishes us on a heart and soul level that makes us happy to be alive.

Going for a walk every day is an amazing thing to do, if that's all you do. There's times where I would just cry all day long. So much unprocessed trauma. I didn't even have the vocabulary to understand trauma at the time and I would just be proud of myself that I'd like ate a couple of meals, did a guided meditation on Insight timer for 10 minutes, and stopped crying for those 10 minutes and like, took myself out for a walk.

You know, it's like, take it back to the basics and treat yourself as if you are someone that you love, because guess what, you do love yourself. You do love yourself. Treat yourself like someone that you love who's going through a hard time with tenderness, with nourishment, with whatever can help you.

Ground body scrubs helped me a lot, like just taking that extra. I had, you know, these products lying around, just actually receiving them, actually using them. Something else that's been key for me during this time is journaling, getting our feelings out from just bouncing around, bouncing around inside the walls of who we are, pouring our thoughts, our fears, our resentments, our worries onto the page, onto a page, getting it out from us and letting it be expressed somewhere.

And usually when I do that, if it's more of that kind of shadow shadowy stuff of like my fears, my resentment, usually I love to just take my time. I'll feel I'll breathe. I'm not in a rush to do anything. I'm

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just letting it flow. And then once it feels like it's flown out, like a, like slowed out, like washed through me and is released, then I do love to finish it off with like, what I'm so grateful for.

And gratitude is key. What is very important with gratitude lists is feeling the emotions. So it's not just, oh, you should be grateful because you know, people are starving in another part of the world like you should be. But it's not that. It's like keep going with the gratitude and place your hand on your heart and keep going until you fucking feel it.

It's about feeling it. It's not about taking a box and doing something that a coach said you should do. One of the highest and most healing frequencies is gratitude, and we need to actually feel it to become an embodiment of that frequency, which makes us a match to attracting more things that we're grateful for. So it's like when I do my gratitude, like breathing, placing my hand on my heart, not forcing myself to feel something, but actually just going deeper and deeper with it until I authentically do.

I'm grateful for my morning coffee. I'm so grateful for my cat. I'm so grateful that I have this home and it's mine. I'm so grateful for my amazing comfy bed. I'm so grateful for my hot water shower. I'm so grateful for my clients. Just keep going, keep going, keep going. And that devotion and that commitment will change your life.

There's a clear before and after, before I did Gratitude Practices, I started in 2019 and after. I always say that doing those gratitude practices every day when I went on a trip to Europe for like five or six weeks, it was like August 2019. That's what prepared me, that in October 2019, a few months later, that's when I decided to start my business.

So that gratitude, the way that it helps the transformation. It's like as we're going through death and rebirth, we don't know exactly why. We don't know exactly what we're transforming into. We don't know exactly the purpose until we are looking back on it in retrospect, Right. Retrospect is 2020 and you look back, everything's clear.

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Like you see it all in the future when you look back, but when you're in it, you don't. So by staying connected and anchored to the frequency of gratitude, you ensure that the what you're aligning to the trajectory you are aligning to in the chaos in everything, rearranging in life, in the wreckage of the tower that fell in, that you are going to be absolutely directing yourself to the higher path of abundance and success for you.

Because gratitude is such a pure energy when you actually keep going with it until it is overflowing from your heart. That is an energy of pure, unconditional love. That is the highest frequencies of abundance and prosperity. That's the highest frequencies of our Dharma path and our destiny path. So that is an amazing way that we can direct, like where we're going, where our transformation is leading us without actually being in control because we have to still be surrendered.

We're not trying to manifest specifics during this time because a greater process is trying to unfold. Just don't focus too much on micromanaging, like what's going to happen after the death of rebirth. You have to allow it. If you're micromanaging it, you're in the future. You're not in the present. Being in the present moment, continuously coming back to the present moment while maintaining the awareness that it is happening for a reason.

You are ready to let go of what you're being asked to or forced to, because if you weren't ready, it wouldn't be happening. It is serving your highest path and your highest destiny. You can trust life. You can trust yourself to get through it. And along the way, facing what it is asking you to face about yourself, that might mean asking for help.

And maybe that's something you really don't like to do. That was a big theme for me. It may be core wounds that you thought you were healed and it's showing you a new level of that healing that needs to be done. And why does it need to be done? For you to be good enough, for you to be lovable?

Nope. You're already good enough. You're already worthy, you're already lovable. But that deeper healing needs to be done to help you become the version of you that fully lives your destiny in this incarnation. I guarantee you that whatever healing is being demanded or asked or reflected to us is happening for us to become the version of us that leads the legacy we were born to lead.

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And guess what? A lot of people do not live their destiny in this lifetime. And what is going to make it and break it for a lot of people is their willingness to be with the unknown, their willingness to feel the uncomfortable feelings, the willingness to feel how fucking scary it is to let go of what was secure in order to dive into a mystery that you do not know what's on the other side.

All you know is your soul is calling you there. All you know is your heart is calling you there. All you know is your inner compass keeps pointing you there and you can either ignore it, which will keep you plateaued in a certain level and it won't lead to the greatest fulfillment that is available to you or the greater success, prosperity, etc. I love.

It's like a video game. We're like, there's a certain thing that you can't just avoid doing. If you do, you just don't get any further really, in the game. You don't get to the end of it. You don't get to the the the point of of what it was trying to take you to until you go talk to that certain person, do that specific mission.

00;47;28;05 - 00;47;54;05

Unknown

I learned a lot from video games guys video games helped me out a lot in my in my childhood and in my adulthood. To be honest, I don't play them anymore. But what I learned, like those concepts and metaphors, have helped me a lot. So the trust piece is very important. Journaling is a very wonderful thing to do, comforting and supporting yourself, reaching out for support to friends to mentors, to healers.

00;47;54;07 - 00;48;14;05

Unknown

I also am a really big fan of tapping into astrology and tarot and receiving guidance from my guides and my spiritual team. But also it's very it's a slippery slope because we do not want to be obsessed with reading after reading, after reading, after reading. That is not helpful. That is, once again, we're too much in the future or the past and not in the present moment.

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It's in the present that the transformation is occurring. So if you feel the true, authentic call to seek guidance or do a tarot spread or watch a tarot video, let it be from true guidance, not from trying to fill the void of how uncomfortable you feel because you don't know what's going on. Because something that we do from that energy is not going to lead us to the revelation that we're really looking for. The revelations in the present moment.

Some things that I recommend is tidying your house, even if it's for five or ten minutes a day, like tidying, spending time everyday tidying. Tidying your house is an act of self-love. It's an act of being kind to yourself, and it helps your environment that you wake up in the next day. Be an environment that feels like, Oh, I'm so glad I did that.

Okay, that's nice. You know, that's nice. It's a good way to start the day feeling and seeing that that effort that you put toward yourself, that love that you put toward yourself, setting up and renewing altars can be very beautiful at this time. And I had a really powerful experience doing that here. My main altar and then my bedroom altar actually made a new bedroom altar I put out a shelf and it is like a self-love and healing and an angelic energy altar like Rose Quartz and Selenite and just very soft.

Soft and protected energies and just, you know, setting those energetic frequency keepers, which is what an altar is. And so that can be a really beautiful thing to do with a very clear intention. So what that means is you're not setting that up when you're in a raw state of trauma. You are dropping in to the magic of all that you are.

You don't need to be in a good mood. But I'm just saying you want to do whatever emotional alchemy, energetic alchemy to get into a space that maybe it feels raw still, but there is a level of groundedness and clarity and that it's energetically clean. So clearing yourself energetically, energy hygiene, clearing every material that's part of the altar, like spraying the altar surface down, new cloth, everything.

I'm not going to talk a lot about altars here, but that's my suggestion. You can look into it. You can go on a journey yourself with learning how you want to do it and what you want to have represented there.

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Another piece that is so important for me is prayer, praying to the highest light, the highest source, praying to spirit. I also honour my ancestors. I don't necessarily always invite them into my process because not all my ancestors are the same energy as the pure light of spirit. But I honour and thank my ancestors for everything that they've been through because they've been through stuff we cannot even imagine. And some of them are, obviously not all of them survived, but they've been through stuff and they, through their soul journeys, they did evolutionary work for our lineages and they live on through us.

So honoring reverence, honouring nature, reverence of any deity that you feel called to and surrender, doing well, asking for that support. Right. Whether these prayers are, you know, I pray to be directed to exactly where I need to be. I pray to be fully on my path. I pray to be in experiences of profound fulfillment, to feel proud of myself, to feel so in alignment, to feel like I am an instrument of Spirit's peace and a greater cosmic order.

You know, these are the kinds of things that I share in my prayers and prayer for me is very intuitive. It's kind of like what I just said, but also changes all the time. And really what it is to me is just communion. Communion with higher powers and angelic realm beings. And that communion, in order to have that communion be very clear and clean and of the heart, it's important for us to be grounded, to connect to Mother Earth, to connect to our bodies.

So placing hands on our hearts, on our belly. It's not about transcending the body. It's actually being very deep in our bodies and connecting with Mother Earth, which is another really big key for navigating death and rebirths. And just in life in general, day connecting and feeling Mother Earth beneath you because she's holding you.

So even when we feel like there's no safety net underneath us or the ground underneath us is shaking, Mother Earth is always there holding us. And she's always been there for every day of our entire lives from the moment that we were born. And also for every single person that we know and love and everyone that has ever been a part of our lineage, Mother Earth has been there.

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And it's important to remember this when we want to say, Oh, I'm so alone, no one cares about me. I always help others, but they don't help me. It's like, imagine how Mother Earth might feel. She's always there. She's holding us and we're within her energetic field. Even if you don't live in some lush Costa Rican jungle, although I'm sure some of you do.

So what's up? I love Costa Rica, Pura vida. But we don't have to live in nature. We are in Earth's energetic field at all times. We're in her magnetic field at all times. So sending your roots down into the earth, pulling earth energy up through your body, letting go into the earth. So what is also helpful is like yoga practices and even just stretching intuitively and just laying flat on your back, on your yoga mat and just seeing how much can you let go, how much can you surrender, how much of your weight can you give to Mother Earth below you?

So I feel like this is kind of complete. I just looked at the time and it's 12. This is midnight. Actually. I just had a funny day and I just remembered that it was garbage day tomorrow and took out the trash. And then I was like, You know what? This podcast wants to come through right now.

There's more I could say, you know, maybe there's a little more, for example, sharing what you're going through with others, whether that is like friend hangs, going out of your way to have coffee dates, going out of your way to meet people for tea, noticing if there's any inclination to isolate and knowing that no isolation - alone time is great, peace is great, but isolation is not going to support the process.

And sometimes we just feel very raw and it's very worth it to go past that comfort zone and open up to the people that we obviously people we feel safe with, people we feel good with and have that little tea date and go for that little walk and just open to connection. And if you're someone with a platform sharing to it, to the degree that it feels right, to the degree that doesn't feel like we're, you know, what's the term? Bleeding on people who didn't cut us, I think is that is the term that I mean, that's not for leaders.

If we are business owners, our space, if you have a personal brand like it's amazing and I'm all I'm an open book, right? Like I share all kinds of crazy stuff everywhere. I don't believe in self-censorship, but

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I also don't believe in projecting raw trauma out on my audience. So it is. And I have an episode about this. It's called Vulnerability: How much is too much to share, or something like that.

Where I go deeper into just discerning on what is ready to be shared and what is not. But even like, I recommend you listen to that episode, but also we know, we know what's ready to share and what's not. We know if we're saying something because we just are looking for a quick catharsis. We want to rant about something or vent about something.

That's not really what our personal brands are for. That doesn't mean we have to hide what we're going through though. So it's really about just that dance and that balance of being heartled leaders that means we are willing to share those things online. We are. It actually increases connection with people for them to see that we are not perfect, for them to see that we're not some, you know, better than everyone and not struggling with anything like it.

It's beautiful to create that level of relatability and connection through authentic vulnerability but what I recommend is when we do share, can we find a value piece for our audience? Can we find a lesson or an insight or an aha moment that came through, a realization that came through and know that if you're having it and you're a leader of a space, you're not having it just for yourself, you're having it for a reason.

And part of that is to actually share that with others. So that's what I'll say about that. And having a coach, having a mentor, having people that you're literally hiring them for support is also very important because friendships are amazing and beautiful and so special and incredible. But also our friends are not there to be our coach.

They're not there to be our therapist but when we have a session that really is dedicated for us, that's a really beautiful thing. That's a really beautiful space to expand into. And once again, throughout it all, really keeping an eye on your own shadows, right? So if you're super people pleaser and you just don't want to bother anyone, face that and transmute that.



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Like whatever comes up, whatever obstacles come up along the way, see them as teachers and see them as serving a greater desire that we have. We might have a short term desire to be comfortable and for everything to be perfect. But our greater long term desire is evolution and mastery and destiny. That's why I believe, in my opinion, we reincarnated. So anything that serves that is serving me, even if it's extremely unpleasant, scary, painful, excruciating at the time.

So I think I'm going to wrap it up because it just yeah, all flowed through and it's feeling kind of complete. I'm sure there's more to say on the topic, but thank you so much for listening. If you are currently in the middle of one of these processes, I'm so excited for you because there is a huge rebirth that is going to happen and the more the deeper you show up for this work, the more you're willing to face the shadow, the deeper you allow your body to rest and calibrate to what is happening to you on a DNA level, on an energy and emotional and mental body level, on a physical level,

The more you're willing to face yourself and crack your heart open and even take responsibility and potentially even take responsibility for mistakes that you've made, the more you're willing to do that, the more miraculous the rebirth is on the other side. So surrender to the process. Trust yourself, trust life, and trust the process.

During these times of death and rebirth, part of why it's so painful and part of why it feels like we're dying is because these parts of ourselves are dying. Aspects of ourselves are dying. We're dying to the past. But part of why it feels so challenging is because of the feelings, the emotions, the core emotions that are often fear and sadness at their core.

Beyond like, I'm feeling this insecurity or I'm feeling this sting with money or da da da. Do you keep following that thread? The thread that starts with the trigger, you follow it all the way back to some sadness or some fear that you haven't felt. That has made a home in your body where the body keeps the score because of something you experienced in the past.

So the opportunity that it's offering us, because there's always opportunities. Death and rebirth is full of opportunity. One of the greatest opportunities that we have is to allow the death and rebirth so that

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we can be reversed and create ourselves and create our lives and our futures without perpetuating the past any longer. But something that can keep us looping is when we are resisting feeling the feelings.

So it's so important to prioritize feeling the feelings, even if some of the days all you do is take some care of your body and feel the feelings. You have done very well, my friend. I promise you, feeling the feelings and creating the safety, whether that's true support, learning about the nervous system, reaching out to friends, etc., but feeling the feelings and sometimes even listening to really beautiful like piano music that's like melancholy or songs that evoke a lot of emotion actually help with the process a lot.

Singing along to some of those songs. For me, it's like A Fast Car by Tracy Chapman, X Factor by Lauryn Hill. Like there's just so much like Ordinary People by John Legend. Such a good one. Let music be a healer to you. Music is medicine, of course. Vibration, sound healing are really great, but also music. Music that we love, that evokes feelings that help us actually release.

So when we're feeling sad instead of like, I don't want to be feeling this, I shouldn't be feeling this, judging it, evaluating it, repressing it, shutting it down, actually expand to it, open your heart to it, and allow it to flow. And as it flows, it's going to flow out of you as well. So it's actually by feeling it that we heal it. I know it's very cliché to say that, but it's so true. It's absolutely vital to allow yourself to feel the feelings which are asking to be felt.

And something else that has been completely life changing for me. And it's why I am here today. It's why I do the work that I do. It's how I have such a deep understanding of astrology, is working with astrology and seeing what transits are happening on our birth charts, where things are impacting us, what is being activated because that shows me and has shown me the bigger cosmic order that's playing out in some of the most challenging times of my life.

When I see that there was a Pluto transit or an aspect on my moon or the North Node of destiny was in my house of subconscious fears. And that was a hard period. Or it's my Saturn return or, you know, Mars is transiting through the eighth house and it's kind of pushing me into transformation or like there's endless examples.

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That's literally why I know what I know about astrology, because it helped me to understand the hardest, darkest, most confusing periods of my life where I felt that I had no one and I was young, like teenage years and also in my twenties too, recovering from certain times, hard times. Rock bottoms. Astrology was my guiding light and my map that showed me that this was actually meant to happen right now.

The death and rebirth is actually meant to happen, and once you know the language of astrology deeply enough, it tells you why. It literally tells you why that is happening. And so the relief, the sense of, okay, I don't have to keep thinking that it's wrong that this is happening because it's literally written in the stars.

And that also assists with surrender and assists with recognizing our miraculous and beautiful place in the universe and the symphony of life and assists with aligning to the cosmic rhythm of creation and in nature, death is our reality, right? It's part of it. It's not something to resist. It's something to allow to surrender to and open to the miracles.

If you don't know how to do these things I'm saying with astrology, I teach it really in-depth in my program, Cosmic Success Codes, and also in smaller things like Astrology for Business: The Big Three would be a great place to start. Sun Moon Rising. My Moon Manifestation Masterclass is also great and both, by the way, Astrology for Big Three and Moon Manifestation are included in the Star Stream and in the Temple.

Cosmic Success Codes is not though. That's my opus on astrology for business. For people who really want to learn astrology from me and have me as your astrology mentor. In addition to the unique experience and level of expertise that I have in business. So it's a very unique offering. And because it's just it's not for everyone, right? It's for people who want to learn astrology on a deep, life changing level.

So it is not included in these other things. But that has changed my life, that has saved my life when I felt so lost and I felt like it was all so senseless, I just did not understand and did not have support in the

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material realm. You know, I had my angelic support, my spiritual support, but I didn't really know I had those supports yet at that time.

But astrology and seeing the patterns and understanding it's literally written in the stars has saved my life and it has helped me have such a deep understanding and reverence for spirit and to see how miraculous this life actually is and that my place in it is so important. Just as each and every one of our places in it is important.

And that's why I call our birth chart the instruction manual to our self-actualization and our highest self and our highest timelines of success and our destiny. Then the transits that are happening are letting us know how the cosmic rhythm and the cosmic dance is activating us. And that can give us a lot of insights on the specific death and rebirth cycle that we're in because we have many throughout our lives and they're all different.

They might take us to the same core feelings, which is very important for us to do that feeling work. But they're all different and understanding, seeing it play out astrologically, it just gives us so, so, so much insight that is absolutely invaluable and really helps us focus on the important things instead of resisting and just helps us surrender, take care of ourselves, take care of the vessel, feel the feelings, get support all that stuff and get it through it instead of feel like, 'why am I going through this? This shouldn't be happening'. Because that's just kind of a waste of energy and that once again, that once again delays the miracle from coming through.

The mystery is where anything is possible, and the release part is just as important, if not more important, than creation and manifesting when it comes to creating our heaven on earth. That's why in my program, Mystic Magnetism, the first module is Death. We need to learn to release what is not aligned with our next level, with our path of Dharma, with our path of destiny. We need to learn to release that so that we can create and receive all that is aligned with that path.

Just like we can't just inhale forever. We have to exhale our bodies, creating new cells at the same time as it's shedding old cells. And if it doesn't shed those cells properly, we have major issues. So allow the shed, support the shed. And for those of you who bleed, who have menstrual cycle, have a period, use

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those times. And what I mean by that, that is a very profound release in itself since that intention that whatever is meant to be released in this cycle be released and let it be released through your blood and support yourself as well by not having as much work demands on yourself as possible, giving your body more spaciousness and rest and empty time on your calendar to just be because that's a very mystical space to be in as well. We receive a lot of downloads.

And then just one more thing I want to emphasize a little bit is astrology, human design, tarot. It's an amazing time to get to know yourself. Your blueprint, your essence in these times when it's like, wow, what even is my life? What I thought it was all about it's not or, you know, everything's changing. All the things I was attached to.

Well, you're always going to have you and your charts. And these different systems are always going to have deeper levels to show you and truths to reveal to you when you're ready. That's why I've looked at my chart thousands of times in the last 20 years, and I still look at my chart almost every day and it still has new things to tell me, you guys.

And it still has many things to tell me, but we don't want to get obsessive with these things. It's not about obsessing over like, constantly doing tarot readings and like, cause you look at the chart, but it just connects you to who you are and who you came here to be in this lifetime to your design.

And that's a very beautiful thing to know and activate and illuminate during these times where it feels like everything around us is falling apart because you'll always have you. So I will leave it there. I have some openings for my legendary astrology readings, the soul wealth readings, the return birthday readings, etc. into next year.

We have the Temple mastermind for Earth Angels in business that includes one year of business programs, including my New Year's resolution program, Quantum Resolution, including my email list and lead generator program we're doing in February, including my new money program in March, Rich and Resourced.

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And with the Temple you get instant access. The total value of the Temple is over \$50,000, and it is a fraction of that investment. And it is a very inviting and inclusive space for people who are scaling to and stabilizing six figures and beyond. Anyone who wants to plug into my world, into my transmission specific to business and be part of a community of some of the coolest people you have ever met in your life.

And then we also have the Star Stream, which we just opened up, by the way. The Star Stream is included for everyone in the Temple. The Temple gets a lot of stuff. The Temple has almost everything I got. The Star Stream is my new Astrology for Business monthly subscription with little (much shorter than this) bite size. Not a huge time requirement, but a huge impact of my astrological insights.

What's going on in the current trends, deeper dives for the new and full moons and specific to business, to wealth, to destiny, to purpose, and to just living the highest expression of the life that we came here to live. So those are my invitations for you.

Thank you so much for listening. I adore you all so much. Your DM's mean so much to me. Your emails mean so much to me. Your views on Apple and Spotify and all that mean so much to me. So thank you for being part of this wild journey and I will talk to you soon.

I have a really fun episode planned as well about how I am quantum leaping into 2024 and exactly what I'm doing. So I wanted to share this one first because it's the death and rebirth, and the next episode is going to be about exactly how I'm aligning to 2024 being my best year yet. So you have that to look forward to and okay, goodbye. Thank you so much.