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with Agesha Durrani

Episode 35

Hello my love, and welcome to the first episode of the Rebirthed podcast that is now known as The Oath Oracle Podcast. I am so ready and so honored and so excited to reveal this new iteration to you. And it has been some time coming. It has been quite a journey getting to this point, so I'm so glad that you're here with me.

I'm so glad that you're tuning in, and I'm so excited for all of the new things that we have planned for you guys. Surprises are coming, exciting things are coming, and I have a specific transmission I want to share to really get us started off. And it's about death and rebirth. It's about letting go of past versions of ourselves and allowing ourselves permission to fully let go of the past so that we can step into our rebirthed self and our rebirth reality.

And this is coming from a question that I received, within my client spaces quite a bit, actually. People ask me this quite a bit, like, how do I know that there's something new around the corner? How can I let go and enter into it? So we're gonna we're going to dive into that in today's episode. But before we get into that, I want to share a little bit about the journey getting here to this moment.

So this podcast began at the end of 2022, I believe it was November 2022. It instantly went to the top of the charts. It was literally top ten in, like Ireland, really popular in the United Arab Emirates. It's been top 20 in Canada, in Australia it was like up in the top charts in the United States, England, Sweden, Germany, like, Spain.

It kept hitting the top of the charts and that really surprised me. That really blew my mind. I was absolutely shocked. I remember I was in Mexico, after the unveiling of the podcast and I didn't even know how to look at the charts. And then I found out that we were like, top ten, top 20, literally worldwide.

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And it absolutely blew me away. Now, at that time in my life, I had moved cross-country. I left my entire life that I created on the West Coast, where I lived most of my life near in and around Vancouver. A five year relationship ended. I heeded the mysterious call to go live alone for the first time, to buy a place without even looking at it in person, just with videos from my real estate agent.

And also the fact that Montreal is on my Venus line and I'm just crazy like that. I'm like, yeah, I'm ready. I'm ready to land into a place that I own, not the place that I rent. And I had just, like, moved into this place in September of 2022. So when I first launched this podcast, I was only in this place for a few months.

And the journey of starting my life knew like that the journey of following that inner calling that intuitive had. And, you know, I've had inner dramatic, drastic inner callings like this for all of my life. Like, there, you know, there was a time that I, 20 years ago now that I left my home and dropped out of school and similar, that's one of the more significant ones.

But throughout my life, I've come to understand the frequency of when it's time to make a big move. When it's time to do something crazy because it's coming with this level of clarity that is just on a whole other frequency than my normal like thoughts or rationale or even emotions. It's a whole nother frequency that I've come to learn to trust.

And when I look back at my life the most pivotal moments in my life, that feeling was there. And it's almost like there was no argument within me. There was, you know, it's

It's not that all of these decisions were easy, necessarily. But it's like there was no room for argument because of the level of certainty and clarity. So even though, you know, my mind was like, should I really do this? This seems really crazy that, at the same time, I knew that I would do it at the same time.

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There was a level of clarity, uncertainty, and through working with my chart and my astrology and also my human design, you know, understanding myself on a very deep level with my North Node being in the eighth house, which is the house of death and rebirth, and it's in the sign of Pisces, which is the sign of trust and surrender.

So, you know, after studying astrology for over 20 years, and in my human design, 1/3, the threes, you know, there are moments in our lives where we need to break certain bonds and we think we're going in one direction and we find out through going in that direction, we're actually meant to go in another direction.

And that's just part of the 1/3 life. And even my janky life, my, is it life's work or purpose? The one at the very top? I think it might be life's work is number 49, which is the gift of revolution and the Siddhi of rebirth. So all over my chart says, like, change and rebirth.

So even before I was aware of those things on such a deep level, there was just this understanding when it's time to do this crazy thing, that makes no sense. And so I did that in September, 2022. Actually, it was earlier than that that I, you know, started the process of buying my home and stuff like that.

And then I moved over 3000 km away, similar to the distance from Seattle to New York. And I moved to be on my Venus line. And I arrived and, on one hand, it was the end. It was like the destination of a journey that I had set in motion in spring of that year that had been a whole whole journey of, you know, being in real estate for the first time and bidding on places and completing a really beautiful relationship and still living together.

And just like having my business and having a, you know, very wild year and my business, you know, 2022 was, a year that we ended at 615,000 US in cash received and over 400 and thousand of that was just from courses. And so it was a huge year in every way. It stretched me in every way.

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And finishing that year off, I launched a podcast that was done like top ten, top 20 worldwide really blew me away. And I was like, wow. Like this whole path of transformation that it's led me to since I accepted the mission and the quest of my business and my solo work, which it is a quest.

It's a quest that spirit is like, hey, spirit like comes down from the clouds and is like, do you accept this quest? It's like this golden sword or like this golden crown or something. And we have to accept that with our free will, you know what I mean? So since doing that, the transformation has just been so deep and so wild.

And I've seen what is truly possible, you know, making over \$2 million in my home currency, Canadian. We're definitely well over that. And we're very, very close to 2 million U.S in total revenue, in just about four years. So big milestones, being featured in Forbes within my first 12 months of having my business absolutely wild once again and being on major podcasts like the Manifestation Babe podcast, people still find me from that.

People are so like, how did you get on that podcast? I'm like, they invited me and the journey just stretched open. My capacity, my perception of what is even possible for us and what is even attainable. Coming from a background where I felt like nothing was possible for me and nothing was attainable for me, and I didn't have the privileges that other people around me did.

And so when I moved and I arrived here, and in one sense, it was the destination that I was moving towards, in another sense, it was a whole brand new beginning because all endings are new beginnings. So the ending of my life in Vancouver and in British Columbia, which I love that place still, but I don't see myself living there again.

Actually, it was on my Uranus line. My Neptune line was running through there. It was a lot of disruption, confusion. Like as soon as I moved to Montreal, I clicked in with literally the most amazing

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friend group that I've ever had in terms of like our level of connection and my like the our level of safety, our level of resonance, our level of values.

Like it's just it's wild how it just embraced me because friend groups was not something that I felt really like, blessed with necessarily in terms of my experience. I've made amazing friends around the world, and my Vancouver friends are still some of my very, very, very favourite people. But my internal experience of friend group dynamics has often been, like, painful and complex.

And I do have my Chiron in the 11th house. So basically, I had never had an experience of just arriving somewhere and clicking in with people that there is such resonance safety, and just so much of, just feeling so good and feeling so available to one another and feeling so the level of self-responsibility it was, it's just been like a really, really beautiful thing for me because that's something that was a wound in the past.

Right? So something that I love to talk about and that I believe in so deeply is at the place of our deepest wounds, can become the place of our greatest pleasure, our greatest richness, our greatest miracles is the place that we have the deepest wound. Right. So one of my deepest wounds in the past was money. I grew up in a lot of financial instability.

There was bankruptcy really early on in my family when I was like a toddler. So there was a few years where we had cottages and multiple cars, and all of a sudden we are losing our house. We're bankrupt or living in basement apartments with rats and like, you know, just all kinds of uprooting. I went to so many different schools and there are periods that I live with my mom.

There are periods I live with my dad, there are periods that they were together. There were times I was with welfare and the food bank with my mom. And then there were times my mom was gone for long periods. I felt like I was. It was that money thing. And even, you know, my dad would get my back to school shopping for me from like a super store.

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If you're Canadian, you'll know what I'm talking about. But it's like a really, really big, kind of like, generic, grocery store that has a clothing section. And he would just do my back to school shopping without me. There was just a lot of shame. If you're, you know, we did a lot of shopping in the thrift stores and stuff like that.

So I felt envy towards other people that were able to, their parents were just getting them new Nike's and new this and new that. And I, I just had a lot of pain around feeling poor and feeling like these were the hands I was dealt. And how will I ever get out of this or change this?

And yet that thing that was a wound for many years in my life is now something that people come to me to learn how to transform. Being in my own home, traveling, business class all over the world multiple times a year. Just like living, just living my best life, it's not crazy luxurious. We all have a different version of luxury.

To me, it's like organic skincare all over my body and good food for my cat and freedom to go on trips, you know, invest it, investing in myself and all that kind of stuff. So I got to keep experiencing different expressions of the wound is actually the place of the greatest miracle. The wound is the place of the greatest miracle.

I experienced that with my five year relationship that I had where that brought up. Like at the beginning, I was in so much wounding around my feeling of not feeling worthy and my traumas coming up and just feeling like I'm just too much for anyone and everyone and I'm so hard to be with and all these, like, really harmful stories about myself too.

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Then being in like a very, very, very happy years of being with someone that was a true soulmate. And, although I'm on my single journey now, you know, that was an incredibly transformative relationship.

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So that wound became a miracle. So through these experiences where the wound became a miracle and even home, you know, like I grew up, like I said, with a lot of instability, we're constantly moving.

And I would not know, like there was not a lot of good communication. So it would be like all of a sudden we're moving. And it was moving even a few times in the formative years of your childhood is a form of trauma in a way, depending on how you're able to process it. So yeah, it was a lot.

I went to like 15 different schools before I dropped out. And now to be in my home that I decorated exactly how I want, that is in the exact area that I wanted. That's just the right size for me. And the wound is the space with the greatest potential for miracles. So through this experience, learning that and experiencing it firsthand and helping my clients to transform areas of their life, helping my clients to transform wounds into miracles and seeing lives change, I opened to even more of how much would be possible for me, because once I got a taste of that, it was like, well, now I see that anything can happen.

Now I see that really anything is possible. So when I moved and I started this new life here and the podcast launch, and I was really going pretty hard in my business because it was what I had when I first got here. I didn't click in or wasn't like deeply with my group of friends. Yet I had a lot on my plate when it came to my business.

I had a lot on my plate when it came to my healing, and that's what started to become very apparent in 2022 and 2023. Like end of 2022, 2023, through creating the space, through arriving to my new reality that I had manifested with spirit, that I had created as if I had a blank canvas.

And I'm like, I want an apartment in this area. And here's the stuff that I want, and here's how I want my schedule to be. And I'm going to start a podcast at that level of manifestation. And then arriving into the safety of what I had created, I don't know if you guys, I had this experience where when you start feeling safe on a deeper level, you can break down in tears.

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So an example of this would be like having a really hard day at work, a super, super hard, stressful day at work, and having to keep it together and then coming home and your partner puts their hand on your shoulder and is like, how was your day? And you just instantly start breaking down in tears. I don't know if anyone can relate to that, but that's kind of what happened.

It's like I came home to myself on such a deep level. I was alone with myself in ways I literally had never been in my life, because I've never lived alone before, and I'd always lived with housemates, like many housemates, like sharing a house with like five other people kind of thing, and then living with partners. And it was really me in a room with myself.

Didn't even have my cat Namaari for the first couple months. and it took me on a very, very deep journey into myself. It took me on a very deep journey into the next level of healing that I was ready for the next level of purging, of the poison of, you know, unprocessed emotions and harmful behaviors and habits that I had developed to cope with how hard life had been in the past.

And healing is not a destination. It is a spiral journey. And although I had made amazing progress on those things, that enabled me to be the person who was leading that business that like high multiple six figure per year, a business that, you know, was receiving recognition and working with the most amazing clients. When I got to the safe space of my new home and all that was, it was like all that was inside of me was laid out in front of me, in the space that I had created and in the safety that I had created.

And what used to motivate me, like building a successful business, that motivation started to change because there's a difference of building one and aspiring to have that. Then there is arriving into that reality and taking a real, honest look. At everything that is serving you or not. Every old habitual way of being and pattern that actually was camouflaged in different parts of my business, I had to come to reckoning with how I was engaging with my business as a trauma response.



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I had to reckon with where my business was, filling a hole inside of me that wanted to be seen, that wanted to be taken care of, that wanted to be validated. I had to take a hard look at my relationship with social media. And in measurement, with the metrics and with the energy that I felt of other people in my audience and watching me or plagiarizing me or, you know, all, all the complex things that happen when you show up and be seen and succeed.

I had to come to reckoning with how I was escaping from intimacy with my friends, with myself, and with potential new romantic partners. By escaping into my business and always being busy, I had to take a good, hard look at where I was trying to dodge responsibility on anything that I was complaining about when it came to busyness, because it was completely my choice to create my business like that.

And yet I was like a skipping, looping record to, oh, I'm too busy, I'm too busy, I'm too tired. I'm burnt out because I was giving all of myself to my work. I had to take a real hard look and reckon with where am I not walking the walk of what I'm telling other people like my coach, my clients.

You know something I always tell my clients that is, you know, very important. Truth is what we choose, what we're embodying, what we're choosing in our lives. We're going to end up role modeling that in some way to other people. So would you want a role model this, that or the other that you're doing? Like being with someone who mistreats us.

Like if we accept that not only is that not the right choice for us and not the most loving choice for us, but we also end up role modeling that for others in some way. And I had to really take a look at how tired that I was feeling and how much physical pain that I was in, yet I would be pushing it aside to keep up the productivity that I had decided that I wanted, that I had decided that I should do so.

I created the quote unquote prison, or I created the structure of like, these are the things that I want to get done. And these are the things I quote unquote, need to do, which was not a need at all. It was a choice. And then it was like I was always reaching. It was like I was always reaching and never attaining.

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And it's funny because that's yet another example that I would use. We don't want to have a business where we feel like we're chasing a carrot that we never arrive to, you know, like it's dangling in front of us. And we'll just never arrive to it. And yet I was actually in a sneaky way. I was still engaging in that energy to a degree.

And of course, if you looked at my life and obviously compared to even my inner experience, my true inner experience, I had so much to be grateful for and I was so much happier than I'd been in the past. So that also was something I needed to work through, which was like, yeah, it's a lot better than it was in the past, but it's actually not as good as it could be.

And even giving myself permission to even want more than what I had, because there was kind of this like, guilt thing on, like, wow, I'm so lucky I can make thousands of dollars in one day. You know, it's April 13th. We're very close to 50k cash US dollars for the month right now, and we're like, not even halfway through the month.

And it's like, I am so lucky. And I used to work five jobs to make like \$3-4,000 Canadian a month. Like not that long ago, like four and a half like five years ago. I was doing that, working five different side hustles, making \$3 to 4000 CAD a month. So there were parts of me that as my business expanded and the journey just expanding, was just so frickin expansive, almost explosively so, there were parts of me that were struggling to grows, to authentically and sustainably grow, to be a match for my business.

And I don't think that's a bad thing, necessarily. I think that's just what the path has been. And, you know, that's what the journey had in store for me. But if I just kept going unconsciously in this energy of I need to keep up with everything, I need to keep up with everything. And also this energy of I had an energy of I need to take every opportunity. I need to take every opportunity. I need to have a podcast at the same time as I'm running courses at the same time as I'm doing this, at the same time as I was doing this.

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And although I am very honored at the level of like, people always reflect me, you know, you're so authentic, the people that have met me in person, they almost always say you're exactly the same as you are online.

And thank you. Yeah. Like I always say, preach, to stay in your own lane and just be you. That's exactly what our soul business wants us to be - us. How could our soul business be our destiny if we needed to pretend to fucking be someone else, or be like other people in order to do it? That's not destiny.

That's a sold out version. That's settling for something other than your exact destiny. If you think you need to perform like someone else to be the right match for your destiny, you already are the right match for your destiny. And yet, I was comparing myself to others. I was comparing myself to their output. Even though I'm a projector and I should really know better.

And I did know better, but I was still comparing myself to their output. For example, if some other person was a projector and they were able to kind of handle this, that or the other, all the different things in their business and always be doing more and more and more and yet I felt like I was almost dragging myself through my days.

And at the end of the day, you know, one of my awesome new friends would reach out. And part of why I didn't like deeply ingrained into the friend group for a little bit, even though I met them right at the start, is because I was constantly saying no to invitations. Because by the end of the day, I had nothing to give.

I had nothing to give to my personal life, and I would just lay there like a potato full on potato mode, and I would just out. It was like I was just existing and I was just trying to recover some energy so I could get back to it the next day.

So the podcast blow up happened, that was November 2022.

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Then in January and February I went, in January I decided to go to do a week of Ayahuasca for Ayahuasca ceremonies. Over the week of my birthday. There are podcast episodes about that. If you haven't heard them, I highly recommend you do. If you're a listener of my podcast, you probably already have. Those are some of the most popular episodes and they yeah, I won't. I won't open that can of worms right now, but trust me, if you haven't listened to them and you are still here listening to me right now, you'll probably really enjoy those episodes.

So that obviously four consecutive Ayahuasca ceremonies over the week of my birthday was one of the most incredible and life changing experiences of my life. That might sound cliché, but I mean, just go listen to the episodes. It was. It was everything. It was everything. And I'm still it's still landing for me. I'm still integrating that work, even though it was over a year ago.

So you can imagine that already put me through a portal of transformation and onto a new timeline. So then as the year progressed, I fell in love with someone. And it was hard. It was hard. It was my first person after, you know, being deeply, deeply, deeply in love with someone for like five years, and having two relationships in the last, like seven years.

And this was the first person that I was connecting with on a deep level. But in the end, it was a connection that was not respectful toward me. It was a connection that was not actually aligned with the highest good. It was a connection where there were different wounding things that were just the perfect fit for each other.

It was a connection where I was gaslighting my own self and I was being gaslit as well. But I was also gaslighting my own self. and it gave me the gift of bringing me to the deepest cor wounds inside of me gave me the gift of directly touching on going deep into the basement of unprocessed emotions and wounding.

If you were in the Quantum Emotion Masterclass, you know all about that. But deep within us all, there are these storage areas in the basement of our being, of our soma and our psyche, where

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unprocessed emotions and unprocessed things are. And so sometimes we can't always access them all at the same time, because there's such vast reserves of these unprocessed emotions and traumas and, yeah, sometimes, you know, it's not that easy to access them.

And then external events that we and especially relationships when there's like this really spooky, almost like spiritual, deeply magnetic attraction. Sometimes those end up having the purpose or having the gift of helping us access something that we actually would not have been able to access to such a deep degree without that. So this, this, connection, some of the really great experiences that I had in 2023 with that connection was spending a month in the United Kingdom and traveling to different sacred sites.

I got to travel to Wales, which is the home of King Arthur, and I had my first spiritual awakening when I was 13 years old when I read the book *The Mists of Avalon* by Marion Zimmer Bradley in three days when I was 13. I just missed three days of school. I just didn't go because that was like that was my childhood.

There was no there was no structure. There was no like that. No one was like, hey, you should go to school and just do whatever you want kind of thing. Which had its pluses and its minuses and it was what it was. But I skipped three days of school and I read this like 900 page book and it just awakened so much within me.

It transported me to such an incredible place. And it really was the first spiritual awakening. I'd had paranormal experiences before that. but I had never like... It was my spiritual awakening, the beginning of my spiritual awakening. So, I got to go to Wales, where King Arthur was from, and there were so many stories there, the town that the Merlin came from and all this kind of stuff.

Beautiful nature. I went to Glastonbury. I had incredibly powerful experiences at the tour, which is the, I think it's called. I think it is the Tower of Saint Michael, aka Archangel Michael, in Glastonbury.

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And I had to go there twice, one at sunrise and one at sunset. And they were just incredibly, like, profound, like life changing experiences.

And I actually met two people, two amazing women who had been following my work, and they were actually clients in different spaces, like in masterclasses. And one of them I had read for. So shout out to you guys, you know who you are. Steph and Celeste, and then also. Yeah. And then that same night, I met Livy, who also came up to me while I was in a restaurant.

And it was really beautiful, on that level for my spiritual journey. And it was like, as I continued to grow and like, blast off into these different levels of my consciousness, I was quickly kind of outgrowing that relationship. And then, just very shortly after I returned home from the United Kingdom. Oh, yeah. So, something that a choice that I made in 2023, as I could feel that I really needed to take a break.

And I was also focusing a lot more on my health and working with a functional medicine doctor, understanding that I actually had adrenal insufficiency and I had a certain, deficiencies going on, and I was having decreased, like tissue healing. That's why my muscles were always hurting. And I was not recovering properly from that. So there was all kind of injuries that were happening as well, like very, very unusual ones, because my body was kind of eating itself.

And my functional medicine doctor told me that I was in body debt, and I just laughed as soon as I heard that, cause I was just like, God, that makes so much sense. Like I'm demanding more from my body than I have the resources for. And that was a pattern that had been with money. That was a pattern that had been with, yeah.

My body, with my energy. And so that also was a deep healing and like a form of awakening was like this, like, working with a functional medicine doctor and having this, like, health awakening that also was occurring and realizing how I was not being loving to myself. And I was demanding so much of myself. There's also an episode about that on my podcast.

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I can't remember the name right now, but it has to do with masculine and feminine energetics. where we talk about how in the past, my masculine side of myself was pimping out my feminine side. because the feminine is like, I consider my oracle to be feminine and my mysticism to be feminine. And, so yeah, there's an episode on that.

We'll link it in the show notes. I just can't exactly remember the name of it right now. So I decided that year and I was still keeping up a lot of different things. You know, the podcast was doing great. We did have to change the name of the podcast. So this, this new like this rebirth of the podcast not being called Oath Oracle podcast.

It's kind of funny because if you've been sticking around with you this whole time, we've gone through multiple podcast names because the very first name we were actually not able to to continue to use. So there was a bit of, you know, just trying on some different names and outgrowing them, outgrowing them quickly. And anyhow, so I was, you know, decided that in 2023 I was going to gift myself a soul sabbatical.

I was going to gift myself three months off. And I had taken trips, but I had worked on those trips. and I knew that I needed to not be working. I knew that I, and what a privilege that was and what a celebration that was, that I could actually take a three months or a sabbatical, that I could be held and supported by my business, one I had not felt held and supported in my entire life.

That feeling of not having a safety net underneath me was a persistent, acute experience throughout my entire life. And it impacted my relationships. It impacted everything. It impacted my workaholism, everything. I'm also undefined in my root center for the human design buffs out there so that I, you know, didn't feel a solid ground underneath me.

I didn't feel a security net. And I also felt a lot of stress and pressure to sort that out for myself. And then that, as I unlocked and created this amazing business, I was still engaging with it in ways that were coded with that fear and with that feeling of, I don't have support, so I need to create it.

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I need to give it everything because I really need this, like a place of neediness, basically an energy of neediness. So I made the decision I was going to give myself this three months little sabbatical. So I had that month in the UK, stuff started to get really hard in the relationship at that point. And it started to become apparent that we, you know, it was not the destined match that we thought it was destined for.

What, that it unlocked for me personally. But it was not the fantasy that we had thought that it was. And then shortly after coming home from the UK, like five days later, 5 or 7, or maybe it was like ten days, like something like that. Maximum it was ten days. I went to Egypt for the first time in my life.

So I then spent about six weeks in Egypt and I was brought there by invitation. So I'm a projector. I live life by invitation and I was invited to speak at two retreats. One was called The Alchemy of Egypt with my girl Laura of Haus of Light, and the other is called Ancient O Being with an absolutely amazing powerful priestess Oona.

And these two retreats, it just happened so frickin magically. It was just so destined and so incredible. I yeah, just really, really magical invitation. I had been an affiliate for Laura's retreat the year before, and she had mailed me some intuitively hand-picked altar items that she charged at all the sacred sites in the sound ceremonies in that first year, which was the first year of the retreat.

And then in the second year, which was 2023, I was invited to come and speak and give my Age of Aquarius transmission, which is my transmission that I give in person, that I've given at a variety of festivals and retreats and stuff worldwide. And so to be able to see Egypt for the first time with my Egyptian priestess super expansive, inspiring, amazing friend, and to meet all these incredible people and give my most wildest, uncensored Age of Aquarius transmission.

Knowing it was a small, intimate group of people who are like, not new necessarily to that work, and that I could go much deeper than I would at a festival. in terms of like my thoughts on the transmission and like the prophecies and things, that was such an incredible privilege. It was such a powerful gift.



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And when I landed the day that I landed, it was the 7th of September, and I had a call with a coach that I had been considering working with for an entire year, and I landed.

The seventh has a very special significance for me. I was born on the seventh, and I was just like, it's the seventh. Oh my God, the beginning of Egypt let me in. And we had a call with this coach and I was like, yeah, I'm feeling it. Let me, you know, make this commitment for the year of mentorship for 2024.

And we began the retreat, because I arrived there and then the retreat began, like the next day. And going to all the different sacred sites, I can't even put it into words. Private ceremony in the temple of Isis. Private ceremony in the King's Chamber of the Great Pyramid. Doing sound and vocal like vibrational work and just like vocal activation.

So many incredible moments, lots of travel, lots of extremely early mornings. It was quite hard on my body. And as I mentioned, I had the body death thing going on. So I was quite dysregulated for a lot of it, because in order to get those private visits, you need to be up very, very, very early in the morning, sometimes as early as 3 a.m., to get those private visits before things open to the public, which they open quite early because it's hot in Egypt.

Right. So it was intense. It was absolutely mind blowing. I cannot even put it into words. And the connections that were created between all of the participants were just very, very profound. And it was really, really special. I got to give my talk while sailing down an extremely luxurious boat, sailing down the Nile River, a boat called dahabiya, having the suite at the end with a balcony, like a private balcony on a freaking boat.

It was just next level. It was, it was just amazing. And just like the places we stayed, it was just activating on so many levels. and then, before the second retreat, I had this, like ten days, something like that period of time in between the two journeys. The first journey was like 18 days plus like a, a, what is it? A decompression, kind of like retreat after. So we had, like, longer, an add on optional period of time

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for some people to kind of do decompression into integration. That's the word I'm looking for, integration.

And then I had this time by myself where I was going to be working on a very, very important project, a very important project that's part of my legacy work that's coming up. And I was like, yeah, I'm going to begin this here. But instead what happened is I did not begin it there. I did not begin it there. Instead, what happened is all of the dysregulation of so much travel. And I had done my best, you know, I brought really good supplements with me. I had done my best. But it was just hard on my body for where I was at.

And even, you know, traveling for a month in the UK was also very hard on my body. So although I had gotten some things more balanced, I was on a, I was kind of playing with fire, like I was walking a very, I was walking on thin ice when it came to my body. And my body's ability to push through, as I used to do when I had physical jobs where I was working on my feet all day with multiple doing double shifts and stuff like that.

Like I used to be able to override myself. But the more that I up leveled and the more freedom that I created in space that I created, the more space there was for that voice in my body to be like, yo, I'm not okay, and I refuse. I refuse to move. Or in the past, I used to be able to like, override that and push myself to do things.

And now that was becoming less and less of a thing, like less and less possible, which is actually a huge gift. Right? But my body was very much in a lot of pain, and I was dysregulated. I was emotionally dysregulated. And then in what was meant to be my little creative retreat to work on this very, very important project that's coming up in my life.

Very important. Instead, what I was meant to do was to go into my deepest childhood wounding around scarcity, around abandonment, around love, around being supported. And my partner at the time was just not able to offer me anything which is not able to offer me any type of space, holding any

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type of support, which actually made it much more painful because if I was just alone and I was alone physically, but you know that we were talking on the phone and messaging and stuff like that, and I just got no understanding, no compassion.

And I felt very abandoned. And it really brought up those deepest, deepest depths, abandonment wounds. And every single day, all day, I was just moving through like one of the deepest, most painful, dark nights of the soul that I've ever experienced. And I've experienced quite a lot of dark nights of the soul. Like I'm no stranger to very profound, dark nights of the soul.

And that was truly one of the most painful ones. And every day I was like, hey, great, Ayesha, you have the tools, you know how to work through this. You have so much support. You're good. Whatever you need, you can get it. I was journaling, I was waking up at sunrise. I was journaling, setting intentions, praying, being like, today's a new day, today's a new day.

And then every day it was like, no, back in the whole like, go back in the dark tunnel. You're not done yet. And I'm like, okay, okay, moving through it, moving through it, accepting it, and also being like, you know what? Tomorrow's a new day. Wake up at sunrise, watch the sunrise. Journal. My gratitude set intentions. Pray. honey, there's more pain for you to fucking go through.

There's more like, you go into the basement. That's what my higher self was actually like. You are going to the basement, my girl. And so I just kept going down to the basement of the psyche, of the soma of the pain and a lot of the wounds were being ripped up fresh every day because of, you know, wanting to receive support from this partner who I'd open up so deeply to.

And I hadn't opened up to anyone, I hadn't been on dates, or let someone in since, ending, like, such a profound serious relationship that I had for five years. And I had been celibate for, like, 14 months between those connections. And it really broke my heart that I didn't have that person's support and that they were actually making it a lot worse and actually, like, yeah, it was really really hard, but it was for some reason necessary.

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And by the end of that time, I really had deepened into myself and healed a lot. but it was shockingly painful. It was, the pain itself was a medicine ceremony, the emotional pain and aloneness. And I was staying at a very beautiful resort, and I was literally the only guest there.

And all the staff were male. Now, some of you guys know there was a transmission I gave on Lionsgate on my I was actually in the UK in Glastonbury for that transmission. It's on my Instagram. Go watch that if you're curious about my story around a break in and my traumas and fears around things like that.

That's a whole transmission. You might have to scroll down in my IG stories, but maybe we'll drop a link in the show notes as well where I tell the story of that. And so I was the only guest in a huge, it's hard to explain because it was in the Siwa Oasis, which is like a desert.

It was very rustic and very beautiful. So it's not like a huge resort, like a Mexico resort kind of thing. It's very rustic and everything was lit by candlelight kind of thing and torches and everything. But it just, I hated that I was alone. I felt so alone. I felt extremely alone.

And then with the male staff, they ended up being extremely nice, extremely kind. And by the end of it I was like, you know, giving them hugs. I'm like, oh my God. They spoke no English either, by the way. So there was no one I could talk to. It was really rough. It was really, really rough.

And, it hurt a lot and it really came out of nowhere. I didn't, like it. Yeah, it was like the pain itself was initiating me into. Just like, yo, there's some stuff in the basement here, and you have this space between these two extremely intense retreats, and now it's all going to come up. It's all purging out of you, and you need to let it purge.

And you need to let it take as long as it takes. It's like having to throw up. You can't, you can't. You're not done until you're done. And it just it took the entire time and it was, it was it was fucking rough.

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I'm not going to lie. And then during that time, actually, then the next retreat began and I was, you know, facilitating a workshop.

And, obviously I was doing my Age of Aquarius talk, and it was the first day where or like the night before it was all going to begin. And, I ended up being forgotten about and left alone in a certain place when everyone else was at dinner. And what happened was the group ended up having to go to two different dinners, and I was told that a ride was going to come for me.

So I just patiently waited. Patiently waited, patiently waited. It starts getting dark. This is a place where there's a lot of, not a lot of electricity. It starts getting completely dark in my place. I'm just waiting. I'm looking at the time like, what the hell? No one, no one's coming. And the thing is, because they got split to two different dinners, they didn't notice that I was gone because they just assumed I was at the other dinner.

And, eventually I messaged someone and they're like, oh, shit. And they came and got me. And so I felt all abandoned. Like, no one cares about me. I was forgotten about. I was all by myself in the dark, you know, all of the stories and all. All the sad stuff coming. And then I sat at the table with the other organizers, and I was feeling a little, like, bristled a little edgy and like, okay, everyone's here eating all together, having fun, laughing, smiling in a lit room, like in a beautiful home.

And I was just, like, alone for the last two hours by myself. And, then I sat down and I was feeling so grumpy. And then a beautiful, beautiful girl who was sitting to my left is like, oh, by the way, I read all of your work or something like that. Like I love your work or something like that about my work.

And I was just like, oh my God. Of course I'm all bitchy and grumpy and just sitting down next to someone who's a supporter of what I do and my message. And I was like, oh God, it was really funny. And now, you know, her and I are friends.

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Her name is Natalie, and, you know, I hope to visit her in New York at some point. And it's just funny. It's funny to reflect upon it all. So right around that time. Right on either that first day, I think it was, or maybe it was the next day. It was October 7th. Remember how seven is an important number for me?

I landed on the seventh, and I made that commitment to work with that person on the seventh. And then it was October 7th. We were 2 or 300km away from Gaza in Palestine.

And the energy, the fear, the darkness. Became a part of the second retreat. And I mean that in a powerful way. We were talking about it. Certain people were talking about it. Certain people don't want to talk about it.

I, as I was already integrating so much in my body and in my vessel, so much energy that I'd move through my body and my vessel. Even giving, just giving my talk in the first retreat. And there's this thing you navigate with when you have a platform, when, you are connected with your expression and your creative channel where I've talked about this in my, in the episode, how vulnerable is too vulnerable where there's a feeling that I get when I'm meant to speak on something.

Where it's in my field as a ripe fruit, and it's just here and I need to speak on this. And this is true for conversations. I need hard conversations I need to have with people, truths I need to express to people that I've learned in my 35 years of life, and 35 years of balancing me too much, or suppressing myself. I've learned that there's this frequency of truth of when I am being asked, literally, like my higher self is asking me to speak on something.

So every day, in addition to doing this transformational feminine embodiment, rebirthing, mother womb type of work, which is the work that is done in the ancient old being, retreat with honor at the same time as going through these powerful initiations, I was also having my own personal initiations each day in the time outside of the retreat, in the morning and at night of processing and digesting the terror and the war crimes and the, racism and the death and the grief of all that was happening.

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So that I could speak from an integrated place where I had metabolized at least what I could have metabolized, and embody the leadership that actually aligned with my values, even when it meant being shadow bound on IG, even when it meant offending certain people and certain people unfollowing me and all that kind of stuff. And it was a lot. It was a lot. Of course, nothing compared to what people in Palestine, the whole Middle East and any other places of war and oppression are experiencing.

Of course, nothing compared to that, but it's part of my story. It's part of this story of this episode that the energy that comes through my channel when I'm speaking on things that are connected so deeply with it, collective grief on a very deep level. It really takes it out of me. It really, really, really takes it out of me because it's moving just deep, profound, dark, pain through my system.

And I'm grateful that I can be an alchemist of that. And I'm grateful, and honored to be someone who's willing and courageous enough to speak and to know that inner calling inside myself and heed that inner calling, and do so with as much eloquence, honor, respect, clarity and groundedness that I am capable of.

And that's my oath. That's part of that. You can take that as one of my oaths that I will always do that. But it was hard because every day it's okay, I'm putting this out there. Am I going to be receiving backlash or people going to be sending me DMs, comments harassing Da? I don't know what's going to happen.

And then, okay, now I'm entering into the extremely deep retreat space, doing work with the womb and doing work with women and going right into my body and activating my Oracle gifts. It was like being blown open, blown open, blown open. And the blowing open started in February with my ayahuasca ceremonies, like the amount of blowing open that happened.

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I don't mean blowing out. Blowing out did happen a few times, as in going beyond and needing and bursting in a bad way, like blowing out and needing to recover. But I also just mean the way my capacity expanded, the way my consciousness expanded, the way my, my, consciousness evolved during that time. And so that was painful, and it was hard.

And I just had to keep going through it day by day and just keep doing what I thought was right day by day. I ended up having to break up with that coach that I had signed a contract to work with for one year for the entire year of 2024, as she made multiple public statements in support of what was happening.

Made multiple public statements in support of the actions of the Israeli government and army, which in my perspective, is an apartheid regime. And actually, that's not just my perspective. It ticks every single box of what an apartheid is. So it's just it is what it is. It's an apartheid regime. And there were some really things that were said that were extremely disturbing to me.

And I eventually, through moving through my processing around it after a few months of, and I had private dialog with her as well where I expressed, hey, I hope that you're right and that they will just go rescue some hostages and civilians won't be harmed, or at least will do their best to not harm civilians.

But I hope that you will also be willing to recognize that ethnic cleansing is a potential outcome of the actions that this government is taking, this army is taking right now. And then as the months passed and it just kept getting worse and worse and worse and worse and worse with all the documentation of this war crime after work, after war crime, that person, they were never able to to see that. They were never able to acknowledge, they were never able to really hear me.

And I realized I just couldn't be in that space. So I left tens of thousands of dollars, probably \$40, \$50k on the table to end that contract and walk away from that container. So that was yet another initiation for me.



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And, you know, there'll probably be another episode on money and investments. But just know to me, the power and leadership initiation that I received from all the processing internally that I did around that and all of the, just, just a whole journey of coming to that decision over about 3 to 3 months. Well, yeah, two months was how long it took me to make my final decision because I was kind of holding out on like, oh, she's a really good person in her heart.

Like she will see. yeah. that power initiation. Part of me. That power initiation was worth every penny. It was worth every penny that I paid to end that contract early.

Me up leveling as a leader and walking my talk and standing in alignment with my values. is worth much more than \$50,000. And who I became through that money amplifies what we spend it on as well. Money is energy. Wherever energy goes, grows.

So that initiation for me was worth \$50k, and I would do it again in a heartbeat. But the emotions I had to process through doing that was very painful, but it wasn't very painful. So around that time, you know, the October, November, December, January, February, I was no longer doing consistent podcast episodes and my business model was completely transforming.

And my sense of self, my self-concept, was stripping away everything that was false. It was stripping away anything and everything that was still vibrating on a frequency of coping with my past traumas, or trying to be loved, or trying to create success, or just everything that was trying got stripped away through the purifying flames of what I went through in those months.

And a lot of things got let go of, a lot of things got let go about that time. And it was like I kept thinking, oh yeah, I'm just going to take this three month soul sabbatical and then I'm going to be back. Really ambitious in my business. Nope. Nope. Not if I was honest with myself, which I was.

It was not time, even after three months. And of course, I'm extremely grateful that I took three months off and still made multiple five figures in cash every single month through my business, which

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came from evergreen products and courses and monthly recurring revenue. So get in my world, learn from me if you want to learn that. because I got to really be held and really feel the experience, receive the experience of being held by my business when I needed it, and which went counter to, you know, the story like, oh, there's no support for me when I need it.

Yes there is. Yes, there is. And you know, even as I return to work after my trips, and then I went through my breakup. So then that person came and visited me here in Canada, because we were in a long distance thing, and he arrived like a week after I came back from Egypt. I still hadn't integrated.

We had and, he did not understand about rebuilding trust after there's been a rupture of trust. He just wanted to push it all under the table and just be like, happy, happy joy. Joy. And I don't do that. I don't live like that. And we had some really hard times. Really, really, really hard times. Some really hard fights.

And just, you know, feeling so betrayed of how much I opened up. And so it was like then a very deep and very painful heartbreak happened right after, like within weeks of me coming back from Egypt. And I still hadn't even fully processed that month in the UK. So then from that point when that person left, which was the end of November, I went directly into the basement of healing once again.

I went directly into all the wounds that were being activated that that person helped me access through being a dick of like through not following his word, through breaking his word to me, through packing up his bag and walking out of my home three different times, knowing that abandonment was my deepest wound. Through insulting me, accusing me of lying, accusing me of manipulation.

Which then I found out, you know, people see us as they see themselves. And so if you are like that, you are suspicious of other people being like that. And I'm so honouring of my word that I just believe other people's word as well, because I see other people how I am. And to me, if I say something, I'm going to follow through.

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And if I can't follow through, I still do my best to. And so I just assume other people are like that. So many incredible lessons came from going right into this healing. I mean, like, my heart is fucking shattered. We were going to spend Christmas together, now I'm alone for Christmas, which was, you know, holidays. If anyone had a rocky childhood like me and or like, moved out early, like me, you know, holidays can be a really hard time.

And here I was all of a sudden alone for Christmas, and it was like, the best Christmas. It was so amazing, to be honest, because at this point, who I have become is someone I love so fucking deeply that even at the bottom of the lowest of the low, like the, mental health state that I thought I would never return to again, that happened as this toxic relationship was ending.

Even at that point. I'm a fucking transformation expert bitch. I'm an alchemist. I know more than enough. I got more than enough to help me through this in terms of practices, in terms of understanding what's happening, in terms of even if I'm feeling this deep, incredibly personal heartbreak, having a level of detachment, of understanding this is going to pass.

This person's not your fucking person. Good riddance. You know, I'm thankful you didn't spend another six months with this person, or a year or two years with this person. And as my heart was shattered, I was like, this is the perfect time to heal the parts of me that wanted to be with him, the parts of me that I that was allowing me or tempting me or willing to the parts of me that were willing to abandon myself to be with this person who was demonstrating to me consistently that they were not my person.

The parts of me that were available for that. So some of the things I did is on December 10th, I did the Healing the Father Wound workshop with Lorin Krenn, and I ended up doing a lot of Lorin Krenn work, masterclasses. And I also did some private work with Lorin Krenn, and that helped me unlock so much.

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I hired a coach on Attachment styles, who we were going to bring on to the podcast. That's right. We have never had guests on the podcast before, and, handful of guests will be coming up for you now that the podcast is the Oath Oracle podcast.

Part of why I changed the name is because the Business Oracle. Yeah. Cool, I love business, I love money. We're going to always talk about that. But there's a lot more to me and my expression and what I stand for and a lot more of like I want to contribute into that new Earth conversations and contribute to. The Ascension and up leveling of humanity to our true potential that is not about business.

So we are going to bring my attachment style coach on to the podcast, Jessica De Silva. And she helped me to create my secure self blueprint. And as I just kept giving myself permission, kept getting in deeper intimacy with myself, prioritize my friendships, dropped in deeper to my art, got really real with myself on any self-sabotage and escapism patterns, got really real with myself on the deeper wounding and how it had still taken hold in certain parts of my life, even though externally it looked like I had transformed 100%, there were still these parts that were holding on to the past and didn't know how to let go,

and didn't know how to become something new. I didn't know how to transform into something new. So over these months and the collective grief of what's happening in the Middle East continues to come in waves that can really knock me out at times where it's like, cool, am going to like launch. And, I was weaving in my business with also speaking on this, speaking on justice, speaking on liberation for the collective, speaking on what's happening in Palestine, in the Middle East, speaking on ceasefire now and making thought not just by the way, there's a free masterclass on social justice and entrepreneurship that's in, we'll put a link to that as well in the show notes, where I had a conversation about this.

Because I had some very successful launches, I made over \$150k, and well, it's well over that at this point. We're probably at \$200 something k for the year. I shouldn't even be saying because I don't

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know the numbers, but, well, over six figures into the multiple six figures approaching quarter million for the year already.

While using my platform for social justice and well-being shadow band, because my story of use and reach did become much smaller. And I talk about in the free masterclass on social justice, I talk about the strategies that I use to do that, as well as the strategies I use to actually be impactful in my activism, not just be mindlessly resharing stories because I don't know what to do, but actually creating, using my voice, writing, speaking.

And so any time that I did that there'll be times it's like, cool, I'm going to chill on that content and I'm going to run my business and I'm going to invite people into all these amazing things that are happening in my business. My business was totally transforming. The business model has completely transformed.

And we'll talk more about that in other episodes. And, then there would be a day or a wave of something going on, where I knew it's okay. Yeah. Today's for speaking on this. And my business is going to be on the back burner now, because who I am as a human being is the most important thing.

And when I die, I need to be proud of the person that I've been. I need to be proud of the choices that I've made for me as an act of love for me. So through it all, over these months, from August until like March, April, where we're at right now, my business wasn't my top priority for the first time. And like since I started my business, me as a person, me in my evolution, what leadership means to me, what my values are, my embodiment of those things, and where I was deepening when I was in my business was with my existing clients.

Signing new people and getting new people in my world was not a top priority during this period of time. It was to deepen with my existing clients because one that's awesome and that's amazing, and we should always be up leveling the excellence and the presence that we're able to offer our clients, too. I didn't have a lot of capacity, so my clients get that first before my social media audience.

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And three, I needed to feel safe because I was going through so fucking much. And with my clients who are the best humans in the world, the baddies, the earth angels of this world who get it, who get me, who see me, who are choosing their purpose, who are following that calling, that soul calling. That's who I wanted to hang out with.

That's who I wanted to spend my time with. And that was my priority for all those months. [External] growth was not my... Inner growth was my priority and inner healing at the deepest reaches of my heart. And my womb and my soul and my mind. But the external grows, bigger numbers, growing my platform. None of that was not a priority.

And that just became a priority list for an extended period of time. I thought it would just be those first three months and it kept going. Like, how many months is that? August, September, October, November, December, January, February, March, April. We're coming on eight months right now. Eight. That makes so much sense. Eight is a number of transformation, we're in numerology year eight, my north node is in the eighth house.

Eight months. That's how long it fucking took. Okay, we're coming on nine months. Maybe I'm about to give birth to something over here. Who knows. and I really just allowed that process. I gave myself permission because who we are in our empowerment is the most important thing. And as we evolve as creators, as magicians and as alchemists, we are going to be able to create amazing things in the external world as well.

Who I've become in my resilience, what my nervous system capacity. Things that used to rock me don't fucking hardly touch me in the same way anymore. Because of the authentic level of resilience and capacity that I grew through just as tenderly as I could, as best as I could, as wisely as I could. Walking myself through all of these incredibly intense experiences that 2023 held for me, truly one of the most intense years of my life.

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Oh, I even forgot to mention in December I got diagnosed with autism and ADHD. We're going to have more, definitely have more episodes on that coming up too. So finding out that whole time I knew I was different. And even as a child, when I first read about Asperger's Syndrome, when I was like 12, I was like, I have this.

But then I just gaslighted myself and like, no, no, no, I'm just whatever. That's not me. You know? I'm not fucked up enough to have that label or something like that. And just realizing, wow, there is a reason why some stuff was really hard for me. There's a reason why I felt really overwhelmed with certain things.

There's a reason why I'm also really gifted with certain things. And of course, that's not the only reason. But if you know, you know that if you've had that, if you've been neurodivergent all your life trying to live in a neurotypical world and then you get your diagnosis there. I've just spoken to so many people. It's just been so life changing because that level of validation, even though a part of you knew it all along.

But there was always this conflict of like, well, yeah, I think I know it, but do I really? When you get that validation, that's it. I'm autistic, I've got ADHD. Awesome. Great. Now there's no question mark about it. And I can just know that and move on, move forward. So much to process occurred in 2023.

And if I had whipped myself, forced myself to keep launching more and more programs - and I still launched some programs, but they were just very organically emerging, like they just bubbled up when they were ready kind of thing. But if I kept trying to keep the same pace, keep growing at the same rate year after year, yeah, I have these number goals of like, this many followers.

Da da da da da. It would have literally been abusive to myself. It would have literally created more debt within myself, on an energetic level, on a body level that would actually be so out of integrity with the message that I was attempting to embody the message and the values that I was attempting to share with people in this earth that I feel called to share about my higher self.

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Yet I was not walking that walk to the fullest like I was walking it a lot more than the majority of people out in the masses. But I was not walking it to the truth of what I was capable of.

And now, through doing this work, through the heartbreak, through the grief of the collective, through the sharpening diamond, sharpening of my leadership, through discerning where the coaching industry, as at most everyone was silent about what's happening. A fucking genocide is happening, guys. Through all of that silence, I distilled my lessons. I don't give a fuck what other people do, I don't.

That doesn't mean I'm going to be in a year of intimate coaching with someone who is, you know, an apartheid apologist. That's not okay with me. I don't want to be in that place. I don't really give a fuck what people do, because what I take from it is, how am I going to evolve as a leader through this?

And although the whole journey of the story I just told you was filled with tons of imperfection and many, many, many breakdowns, crying on the floor.

You know, real hard times. Times where I felt I couldn't relate to anyone and I had to go through it alone. So how could I even explain?

I still just moment to moment, did my best using the self-soothing tools I had learned, using what I've learned about nervous system regulation, working with the Earth, making sure I'm having my supplements like, you know, just doing my best moment to moment. And it felt like a fucking mess. It felt like I was just surviving. And yet now, in retrospect, it's going step by step in that dark tunnel where you feel like you don't see anything and you feel like you're not really growing.

But now when I look back, it's almost a different person at the beginning of the story, because who I am now is so deeply anchored in my truth, in my heart, in my body, in my womb, my love for myself is at a level I did not truly did not think I was capable of my wholeness inside my heart.



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After that breakup and the collective grief which he totally did not understand. Why I was crying in the morning when I would read what's happening and guys, no space was held for me in going through my process with that, which hurt, made everything hurt even more, my heart felt like shattered glass wrapped up in duct tape.

That was literally the somatic felt sense that I had, was take a whole bunch of glass, smash it up, wrap it up into a ball that kind of looks like a heart, tape it up with duct tape, put it back in there. That's what it felt like. And now what I feel in my heart and I hope you can feel my heart.

Because women we receive in the womb and we give from the heart. And I hope you can feel my heart right now. It's wholeness, baby, it's warm honey, it's liquid gold. It's spirit, it's abundance itself. It is love. It is home I am fucking home.

So if you listened this far, I love you. I thank you so much for being here.

I was going to share more of a how to episode, like how to let go of the past and how to allow the past to die so you can enter into your new chapter. But I'm going to save that for another episode, because we don't want to be going for five hours here. I want to end it with my gratitude and how honoured that I feel.

That spirit called me to share my voice and to share what I've learned, and that it be so well-received by people all over this world that have approached me, that have recognized me, that have worked with me, that have shared my work with their communities, which means so much to me.

The honour is truly so profound, and that's what got me through some of these times as well. Because we're not just out here chasing our highest months and just getting clients. We do soul work over here, and there are times when us, as the leaders of the businesses, as a leaders of our different works on medicines, need to go through an evolutionary portal, and that gets to take precedence.

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And of course, our business has got to support us through strategy and structure.

So thank you so much for being here. Welcome to the Oath Oracle podcast. The first episode and yep, got some more coming for you very soon, so I wish you all the best. I thank you so, so much. Take care.