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with Agesha Durrani

Episode 37

Hello my love, and welcome back to another episode of the Oath Oracle podcast. I'm so excited to share this episode with you today because I know I needed it, and I'm sure some of you need it too. So this episode is about falling back in love with your business and six steps to get you feeling more deeply connected, fulfilled, and on path and magnetic than ever before.

So listen on if you are ready for this conversation. Now, some of you guys might be in a different place in your business where you're like, I'm madly in love with my business. What are you talking about? I feel excited every day. I feel inspired every day. I'm getting the results that I want. It's all in flow. I couldn't be happier.

And that is amazing. I celebrate you, and maybe you'll come back to this episode another time. Because we have seasons, we have cycles, we have phases that we go through over the years in business. So this is for you if you've just been feeling a bit disconnected from your business. So before we get into the steps, let me actually give you some ways of how to tell if it is time for you to fall deeper in love with your business.

If there's a new level that's kind of being asked of you. So ways that you can tell if you're in that space of ready to fall deeper in love, there's room for improvement in the level of feeling in love with your business. Number one is you're on autopilot. So you're doing things on autopilot in your business and even in your life.

If you feel like you're just going through the motions, if you feel like, you know, this is the way I do it, and that's just the way it is. So I have to make a post on this, and I have to send this kind of email, and I have to do this kind of program. And I have to have a coaching package like this and it's just all on autopilot.

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So when we first start our businesses, it's a blank canvas and we are kind of innocent and naive, right? And it's a beautiful thing, right? We're just like, oh my God, I'm starting a business. This is so crazy. Like, oh my gosh. And we're engaging in things in this way. Like without expectation usually.

And we're just so excited. It's like five people liked my thing. Oh my god. Like some big account shared my post. I'm like, someone invited me on a podcast. I can't believe they would want to talk to me. You know, like, that's so great. And we have this enthusiasm and this sweet energy that's present at the beginning when we're kind of naive and innocent and imagine, like your business is this, empty land, it's a beautiful piece of land.

There's nothing built on it. And there's a perfect clearing where you can build something. And then at first it's like there's infinite possibility. Then as we start building structure, it's like we, at first we just try different social media platforms, but at a certain point we come into a groove, we click into a certain groove with something.

We're like, oh, okay. Instagram. Like in my example, it's like Instagram is working for me. So I'm kind of don't do the other things. You know, in the past I had been on Pinterest. I even was on YouTube back in the day. No, there's no videos up anymore. I just went and hid them. But I did give it a try back at the start.

So at the beginning it's like experimentation energy. But then we click in with what works and that's actually a really good thing. As we are clicking in with what works, it's like, okay, tried a bunch of different stuff and now I know this format of program works for me. Now I have this membership that is an anchor, through my months and through my year.

Now I have six month coaching client packages where I know that I will be with this client for the next six months. And this is the slot that I have for my coaching clients. And it's like through having those structures come in, it's a really good thing because we don't, back to the example of structures on a piece of land.

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I don't know about you, I'm not much for pure wild camping. You know, I like a little cabin. I like a fire. I like the comforts. Right. So structure provides us with stability, safety, a level of predictability. And that is really good for us. It's actually very stressful if we don't have those things right. And so it's good that we get there and we get to that point.

But then what can happen is we can actually get a little too comfortable where we're going on autopilot, and we forget that we have the ability to clear away anything that we've built incorrectly. Right. Different things might have a different process on clearing it away, but we can dismantle and clear away anything that we've built and build anything that we want.

So if we start feeling like our business is just a job, just another job, I just come in, clock in and I just clock out. If we are getting into that place, you're definitely listening to the right episode, because that's not the vibe. That's not that's not why we started our businesses. That's not the vibe of soul aligned business.

We really do get to have this wildly extraordinary life of talking about our favourite things, hanging out with our favourite people, creating, expressing, and making mad abundance and money and making our dreams come true while doing so. But what can happen is we can go on autopilot. And usually, by the way, guys like these examples I'm giving for business.

They apply to life as well, because the way we do one thing is the way we do all things. But there's also exceptions to that rule, because what you might also find a lot of, like insight and breakthrough and realization through seeing what areas are you in autopilot in and what areas are you not. So yes, the way we do one thing is the way we do everything.

It gives us a lot of insight. But also you might find you're on autopilot with social media, but you're still feeling extremely connected and excited with your clients, for example. And that's actually a really great thing to know, because times where I was feeling on autopilot with social media, and yet I was finding

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so much fulfillment and excitement and connection in client spaces because I was also a client is bringing their energy and their heart, and it's new all the time and like, it's so alive.

Right? But that also showed me that I felt more safe in my client spaces at that certain phase in my life and at that certain cycle in season that I was in. So it's not about judging it, it's just about taking a look, taking stock. Where are you at right now? Do you feel like you're on autopilot in any area of your life and business?

Because being on autopilot is basically the opposite of presence, right? If we're deeply present in each moment, we're not really on autopilot. So are you just pumping out the content because you think that's what you should be doing? Are you just launching the next program because that's just how you've been doing things? Are you opening up spots for coaching because that's what you were taught to do, or is it coming from within yourself?

Did you create the structures on this land and now you just keep maintaining them, even if they're not making you happy, even if you've outgrown them? If we stay in environments that we have outgrown, it's very harmful. It's not just staying still. It's not just staying stuck. Nothing in the universe is still nothing in the universe is stuck.

Everything is either in growth or in decay. There's no such thing as just being like, still. So what that means is, if we've outgrown somewhere and we keep staying there, we enter into a state of decay. This includes staying in the wrong relationship for too long, staying in the wrong home for too long, and keeping things going in our business that we're just like we're just on autopilot because we don't feel connected to them.

And of course, it's not just about if the things in our business are correct, it's also about our life, right? Because if we're in autopilot in life, we will probably be in autopilot in business. And that doesn't necessarily mean the actual structures of our business need to change. That's not the one answer for everyone. For other people, it can be.

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Sometimes we're going through personal things and personal life is taking precedence. And that's not a bad thing either. It's not about judging it, but it's like if you're ready to feel more deeply in love with your business, just taking an objective look. Have you been on autopilot and are you ready to shift out of that? If so, the second way to tell if it's time to fall deeper in love with your business is if your results are plateauing.

Or going down. So many metrics like social media growth, money, etc. is not the only measure of success whatsoever because there were times that my numbers were going up, but my quality of life was going down. And we'll talk about that as well. In terms of my day to day, my emotional well-being, my physical well-being.

So that's not success. But if you've noticed, you've been in a plateau with your revenue multiple months in a row and you're also resonating with being on autopilot, something is definitely ready to change. And sometimes it's like, okay, well, I've had, you know, this is what I do to make this amount of money. So I need to keep doing these things because I would be afraid to make less money, for example, that would be like maintaining the autopilot.

But what's happening is we're, it's at the cost of our life force energy. It's at the cost of our sense of fulfillment. And even if there is a slight dip, if we stop doing something that we are not connected with anymore, it is a form of slowing down to speed up. It's a form of letting something go so that something really amazing can come in.

And yet another example of this is like staying with the wrong relationship, because you would rather stay in that long relationship than be alone, even though being alone would be how you make the space for the right relationship. So it's the same with things in our businesses. So just noticing, are your results plateauing? And have you also been on autopilot?

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Because those two things can often connect together. The third way is you feel burnt out and uninspired and no longer excited. So, you know, it's kind of a drag. You're kind of dragging yourself along to do the different things. Now, if you're just starting out, it can also feel like a bit of a drag to do certain things, but that's just because we have resistance towards doing something we haven't done before.

That also might bring up certain wounds for us, like social media can bring up stuff around being seen or on being judged or on being rejected. So some resistance we need to push through. And I think I'll do. Let me know if you want a podcast episode on this on like when to push through and when to listen to feelings of discomfort because discomfort alone is not actually telling us we shouldn't do something.

But I'm speaking to the person who's been in business for a bit. You were excited about content creation at a certain point, but you no longer are versus a person who's never got into content creation and they feel uninspired. It's not exactly that they're uninspired, but they feel resistance to doing it. That's a bit of a different thing for that person.

I would say, you know, you got to build the muscle, you got to show up and you will figure out your way. But if you've already been making content and now you're feeling burnt out and uninspired and no longer excited, it's probably time to fall deeper in love with your business. It's probably time to deepen the relationship you have with your business.

Another way to tell if it's time is if you are avoidant. Avoidant of certain things, avoiding looking at emails, avoiding looking at sales, avoiding looking at your bank account. And that's a whole nother story because we can be avoidant with finance. regardless of what's going on in our business, that's another form of, like relationship and attachment style that we have is our attachment with money.

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That's a whole other episode as well. But if you've been avoiding, you know, responding to clients, if you've been avoiding using your coaching containers that you're a part of or asking questions or participating in containers, that's telling you something. Okay. So it's also telling you it's time to fall deeper in love with your business, right? Business is intimacy.

We have intimacy with our businesses, and sometimes we want to avoid that, because we might know that through looking at things, we will be called out that something needs to change. That's often what it is. It's not the only thing it can be, but that's often what it is that we're avoiding looking at something because we're afraid of what it is that we're going to find there.

But actually it's looking at the truth and looking at what's going on and being intimate with our business. That creates a lot of, a place of power in a position of power. Number five is doing things from obligation. Okay. So like, oh, I may always make this type of content because that's what my audience expects of me, right?

Keyword expect. Do you do things because of the expectations of others? So. Oh, my course is eight weeks long because that's what I saw my coach do, and that's what I learned from my coach. My coaching container has to have this many calls, and it has to be this many months and has to be this price, because that's what I've seen other people do.

I need to respond to every single DM, and I need to give coaching in the DMs and basically give my work away for free because people are asking me for that. I need to have this type of masterclass because that's what someone wants from me, or I need to have things at this price because that's what they want.

So doing things out of a sense of obligation to others and even obligation to your past self, there might have been a type of content that you loved doing and it's important. Like it no longer lights you up, but you feel you have a sense of obligation because that's what you've been doing. So, for example, I

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had a newsletter. I still have an email list where I share long form content, but I had a newsletter back in the day where every single week I was giving an in-depth transit report on the transits to come, and it would go out on Sundays.

And I would always tell myself, I am going to write it in advance and schedule it for Sunday, but rarely did I do that. So I ended up working almost every Sunday, stressing out to get this out from a place of like, it wasn't a fun experience for me, but because that's what I promised this.

I was not being paid for this. This was just a free thing that I was offering. And I had seen that other astrologers did that. So that's, you know, I was like, okay, I will do this too. And which is fine, right? Like when we first enter into a business space, we see what other people are doing, and that opens up possibilities for us.

And we're like, okay, cool. Like, yeah, transit report. That seems like a good one. And it really felt very draining for me. It felt very heavy for me. It absolutely felt like an obligation. And I would have felt like a failure if I didn't do it. And like, over a year into doing it, I remember there was one point, right, sent out a message and I was like, I am taking a break from sending these transit reports.

I'm not sure when it will be back. And I just made that announcement and it never, ever came back because once I finally gave myself permission to set it down, even for just one week, because it could have just been like a one week break or something like that. I was like, wow, I'm so much happier without this thing.

And everyone loved it. But of course they did. Why wouldn't people love me giving a transit report? Of course people love that, but I didn't love doing it. So what that means is I was doing it without the consent of my soul and without the consent of my heart, and without the consent of my body. And then what that means is I was role modeling, basically pimping out our spiritual gifts because other people want us to.

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That's what I was role modeling. By choosing that and settling for that experience for so long. So I felt a sense of obligation because I said, hey, this is what you're going to get when you sign up for my newsletter. Not even a paid offer, not even like and obviously, if we say on a paid offer, this is what you're going to get, then that is what you're going to get.

Unless it's like a month to month thing, which is one of the benefits of having month to month stuff is you can, you know, change it and just give people notice so that they can choose to continue into the new thing or not. But this was not even that type of example. It was just something I was doing for free.

And then I felt change to it. But guess what? No one was making me do anything. So something to understand is that when we enter into entrepreneurship, for most of us, many, many, many people out there, we were employee mindset before being entrepreneur mindset, right? So what that means is we were comfortable and safe in a situation where we would go clock in, we would go clock out, we wouldn't take work home with us.

A lot of the time we knew what we were getting paid all the time. We didn't have to make the big, big choices. We didn't have to. We didn't have a huge responsibility of running things. So we got to be held within someone else's container ship of their business or their or the corporation or whatever. And then we enter into our businesses, and there is still this sense of finding comfort in someone else telling us what to do.

There is still this sense of finding comfort and being like, okay, so I know what my job is because we become entrepreneurs for freedom, but sometimes the freedom is literally overwhelming. It's like, wow, I could do literally anything, and I'm the one that has to make that decision. It can be a lot. And so sometimes when we have a structure, we don't want to take it down and we don't even realize we can take it down.

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We're just like, this is just the way it is now. And it's like, right as I started my business, I did the free transit report thing and it was just like, oh, this is just the way it is now. I'm resigned to this. This is it and that's how I felt.

I felt trapped but that was completely self-created. So notice where you are doing things out of obligation because it's completely self-created. Now, one thing that might be a different case would be like, oh, if it's a paid container and you we have to honour our agreements, right? So let's say that I started and this has actually never happened, but let's say that I started a program, but then I wasn't really feeling really connected with it.

I would have the choice of either following through because it was my commitment. Right. So it's not exactly the same frequency of obligation because I'm not actually, like in a way I am obligated to do it, but it's like my responsibility, my follow through. So we have the choice if let's say that you launch a program, you have people signed up for it that if you weren't feeling connected with it anymore, there's two options.

One is you do it and you follow through on your commitment, and you learn along the way and you just decide, I'm going to make this an amazing learning experience. I'm going to choose it 100%, knowing that I don't want to do it like this in the future, and I'm going to just learn from it.

Right? Or like signing a client there with you for six months within the first month or two. It doesn't necessarily feel like a soul aligned client. And so you have the choice to be like, all right, I'm going to just level up as a coach through this experience. Even if it's challenging sometimes, and even if it's this, that and the other, my choice is to level up as a coach.

The other option is in the example I'm giving where someone has paid for a product and you have the other side of the agreement, the other option is to refund them. So if it really is just a hard no and it's not correct for your soul to continue offering a certain thing, you can always do a refund.

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You can always be like, okay, let's say it was a membership and someone paid for a year and we did three months and I realized I didn't want to do the membership. I could go and see the price of, you know, what those three months would be? And I might even only get to have them pay for two months or something and refund the rest, for example.

So these are ways that we have choices. It's not always black and white. but where I see the most is really free stuff, where we feel tied to a certain type of content or a certain type of thing that we've been doing. Like let's say you have a Facebook group and you've been doing like a free call in there every single week because you learned that in a course, and now you just do it out of obligation.

You can just stop doing that at any time. At any time. You can just stop doing it. So notice where are you keeping yourself in a self-imposed prison? Where are you in a self-created restriction and sense of obligation? And can you question that obligation? Is it really true? Is it really true that you are obligated to do x, x, x, whatever that it is?

And then finally, the final way to tell if it's time to fall deeper in love with your business is your experience of business and life is just less vibrant, like it's all passing by in a blur. It's all passing by in a disembodied blur. Time and life is such a gift. It is so precious. And as someone who spent a lot of my life dissociating and disembodied because I also grew up in an environment with a lot of dissociation, dysregulation and disembodiment and substance abuse, escapism, etc. I feel that years of my life were almost lost.

And of course, I believe everything has happened for a reason in my life. But there are many times where it's like, I know these certain things happen and I have these certain memories, but it almost feels like I'm watching someone else's life or like as if I was underwater, or I'm watching a movie of someone else. That's how it sometimes feels when I think of these really wild memories of travels that I had in my 20s, where I was extremely dissociated and so that feeling of like, it's less vibrant, right?

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So if we remember when we first are starting our business, we're like thinking about it a lot. We're excited or waking up and thinking about it and we're like, oh, this, you know, and I'm not saying it's without stress at the start of our business because we can also be, you know, scared and we're doing something new, but there is just so much excitement.

But if you're at this space where it just feels less vibrant, it feels like once again, it's that feeling of like it's a job I'm just clocking into. My job is clocking out of my job. I'm just doing this because it's my job. I got to get clients because it's my job and it's all passing by in a blur.

We're in the best years of our life. Like, what if, however old you are, you are in the best years of your fucking life right now. And time and life is. And like being aware, being human in this body, being incarnate. Like, these are such incredible gifts. And it's actually like the most important currency in a way.

We can always make more money, but I can't get time back, even though time is kind of an illusion, but I can't get back. I can't get time back at the moment. I'm not, I haven't unlocked that yet. So our time is so, so, so, so so valuable. So do you want to spend it in a disembodied blur, or do you want to fucking feel connected and on path and rich on every level and exactly where you're meant to be?

And like, just like with the clients that just make you like, oh my God, I'm so excited, so grateful. so if you're not feeling that way, if it's all passing by in a blur, listen on and I will share my thoughts and my tips on how to shift this because if you are still listening, it's probably because you're resonating with some of these things or all of these things that I'm sharing.

And trust me, the reason why I'm recording this episode is because I had a period of time after I moved across the country and started a new life here, where I really wasn't too sure why I was doing certain things anymore and a lot of things had to be shed along the way, and I navigated through it.

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And that's why I'm bringing this podcast episode in. And like, sometimes we can feel shame about it because we want to project an image on social media of like, yeah, I'm just happy all the time, winning all the time on like, I don't. I mean, authenticity is one of my core values, but still I didn't always share the fullness of like, hey, guys, I'm feeling disconnected from my business.

You know, I didn't want to share that at the time. I just navigated it privately. And now it's my time to share what I learned and what I kind of unlocked for myself. And now feeling more connected to my business, to myself, to my body, to my heart, to my soul, to my art, to my purpose than I've ever felt in my life right now, in this moment.

Okay, so let's get into how to make these shifts. So the first one is reconnect with your why. Why did you start your business and why do you love the thing that you do? For many of us we started our business for freedom. Freedom. So do you feel free in your business? Do you feel free in your schedule?

Do you feel free in the structures that exist in your business? Many people, for some reason, feel like a victim to their structures and a victim to their strategy. Like, I have to do this like it's happening to me. No baby, that's not how it works. We are creators. We are co-creating with spirit, and we're co-creating with everyone else here on this planet.

So it's not happening to you unless you're just laying down like a doormat and just being on autopilot. We're here to be alive. We're here to be expressed. We're here to be creators. So why did you start your business to begin with? And how can you take radical responsibility for that experience in your life right now? If and of course, some people may feel like, okay, well, I would feel more free if my business was making more money, I totally get that.

We can't always just flip a switch and have our \$50 k months manifest like that in that moment. But I will guarantee you, if you're doing stuff that doesn't align with the other things other than money, like

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we start our business to feel free. We start a business to be doing our destiny shit. We start our business to use our spiritual gifts.

If you're not feeling that in your business, that path is not going to take you to the path of abundance and prosperity anyway. The path that you're on. If you're not feeling those things, it's the path that feels free. If that was the core reason why you started your business was a sense of freedom, a path that feels restricted will not bring you to your highest abundance potential, but a path that feels free now, not later.

Not, if I had this money, I would feel free. If one day I'm at \$10k months, I'll feel free. When I'm at \$50k months, I'll feel feel free. No. You are responsible for creating a energy and frequency and experience of freedom in your business and in your days. Now, even if there's some things that are struggling, even if there's some things that are stressful, there always are.

No matter how much money you have, no matter how much freedom that you have, there's always going to be stress and challenges. So it's not about a total absence of those things, but it's about when we take our power back when we decide to choose those experiences that we want in the now moment, because the now moment is all that exists.

So if you're waiting to give yourself permission to feel free and do things in a way that feels free, even as you're working towards goals and solving problems, that's where we take our power back, is by choosing that in the now moment. Because a now moment is all that exists. So if your dream in your business is you feeling free and making lots of money, you feeling extremely restricted and doing shit you hate is not going to be the path to making the soul level magic money.

It's not. So reconnect with your why and be radically honest with yourself. Have you been choosing this? How have you forgotten that it's your choice? Have you forgotten that it's your choice? Something for me with my why? That's been really powerful, in my journey is I kind of, had I don't want to hijack this whole episode with, like, a personal story.

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Let me know if you want an episode on this about, like, my journey back. Coming like, kind of coming full circle and coming back to astrology. But lately, what's happened for me, I won't share the whole story, but I had this very powerful, full circle moment four years into my business, where I had kind of developed more as a business coach and was doing a lot of like, coaching world stuff.

And I was just being a kind of force in the coaching industry and ended up just coming full circle back to what my original love was, which was astrology. And I had to really examine why I had been, why I had had that journey into the coaching industry in a really deep way. And then I kind of got disillusioned with that when I saw how few people that were seeing their spiritual leaders were just ignoring and avoiding the topic of oppression in this world.

And I was just like, I'm just so not impressed by people that used to impress me here anymore. And I just didn't want to be in those spaces anymore. And what I came back to was Astrology for the people. And, you know, that was such a beautiful homecoming for me.

And it's really transforming my entire business model. There is a new offer that's coming up that is my core genius zone of genius, which is astrology for business. And it's not out at the moment that I'm recording this, but depending on when you're hearing it, it might be out. So I'm not going to say its name until it's time, even though a bunch of you guys are already in because we're doing pre-enrollment inside of my other membership and some other things, and it's literally the manifestation of me go letting myself go on a journey where I was letting go of stuff that was making me lots of money, like just pure business coaching, which I still do in the Temple mastermind.

But now the Temple is clicked in with Astrology for business as well. So I had these things separated for some reason. And of course there were reasons for that. I had to develop and I learned and I leveled up and I needed to fuck around to find out.

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And now it's come into this cohesive wholeness where it's all part of one stream of a streamline journey. And it feels so good and it feels so integrated, and it's like there was this tug of war within myself. And finally it all merged. And how it merged is because I follow these steps that I'm going to say, okay, I haven't finished the steps yet.

So but how I got to this place of like, I feel so whole. I've never been so excited about my business. I feel more successful than ever in my life, my happiness, my peace. It's from following these steps that I'm sharing. But the first step is reconnecting with your why. Reconnect with what you love. Why you love the modality that you do.

Why you make content, what it's really for, what it's really about. If your why for making content is make content, get clients well, no wonder you're not turned on by your business. And no wonder. And the magnetism is not the full potential that it could be, right? So get clear on why you do the things that you do.

And check, does that Why even align with you? Does that Why even align with your values? Because if not, you're going to have because then there's like this dissonance. And what that does is it actually kills your magnetism. So get really clear on your whys. There's no right and wrong necessarily. Like I can't tell you this is a right why and this is a wrong why.

But, you know, just check in. Why do you make content? Do you just make content to get clients and try and give people what they want? And if so, how's that working for you? And does it align with your values? And if not, what would be a why that would feel better to you? What would be a why that would feel better to you?

My why for making content is my social media platform is something I'm so privileged to have. I've been able to make multiple millions of dollars without spending a penny on ads and or ever doing. I did a couple sales calls back in the day, but sales calls are not part of my business at all, and I didn't even

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ever like, I sign a client from those experimental sales calls I did at the beginning just because I thought that I had to because I saw other people doing them, but I really didn't want to do them.

So the way that I see my social media platform is, I'm incredibly privileged to be able to have created this whole legacy business through sharing my creation, my creative lifeforce energy, my personality, my authenticity, my passions online. And it's reaching people all over the world. That's my Why for social media.

It's a way of connecting. So it's a why I like that would feel better than your current social media why?

Which is I just for some people it's like, oh, I just do because I think I have to, it's such a chore. I wish I didn't have to do it. That's how a lot of people engage with social media and surprise, surprise, they don't have the results that they want, right? So get clear on what your why is and if you don't like it, if your why doesn't feel good to your system, or align with your heart, or align with what you desire or align with your values, change it. Change it to something that feels better.

Number two stop giving a fuck what other people think. Just stop. I mean, obviously easier said than done, but no. The first step is notice where you are giving too much of a fuck what other people think, right? So if you're not charging what you really want to charge and what you know your work is worth because of what other people might think.

Free yourself of that. You know. Do the work that will be required to free yourself of that. Sometimes it does take work. Sometimes it does touch on some of our deep wounding around belonging and things like that where it's like, oh if I start posting about, you know, something that's quite common in my coaching spaces is women that want to share more around sensuality and like sexual energy, energy and eros.

I attract a lot of very powerful feminine embodiment people into my work. And because of censorship online and things like that, they've held back. And it's not just censorship. It's like what people will

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think, what friends will think, etc. and every single one of them, once they finally gave themselves permission to do so. And of course, they still follow the guidelines of the platform.

So there's still a certain level of just like working within what we got on certain platforms where there's a lot of censorship. Every single time that they've broken through that it's just been so much success, so much impact, way more abundance. And it's just like it's a power unleashed. It's a woman unleashed and so, so, so beautiful to see.

Another thing was, you know, this connects with doing things out of obligation or expectation. Because I kept my newsletter going with the free transit report for so long because I just worried what other people would think. I worried people would see me as unreliable or something like that, that I was not following through on something and I worried what that might mean, what that might mean about me.

So it's not just what other people think. It's the story we make that mean about ourselves. Right? So the thing is, people are going to disagree with you, and that's going to happen whether you are self expressed or not. But the path of being self expressed is a path of fulfillment and actually true connection and actually truly being seen.

And the path of not being authentic to what you truly want is a path of draining energy, because you're holding a big shield and you're covered in all this armor. And even people who are your soulmate clients or your literal romantic soulmate and soulmate friends will find it harder to recognize you because you're obscured in all these layers of protection, and yet you still didn't accomplish the goal of no one ever being mad at you.

Because it will still happen, right? We can. We will always piss people off no matter what. Like, someone out there will always have something to say about something because that's just human nature. So it's not that we cannot control what other people think. We cannot control other people's perception of us. What we can control is the amount of fucks that we give to that.

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And what we can control is the story that we make that mean about ourselves. So one of the stories might be, oh, if someone calls me out online, I am not safe. But that's not true. That's not necessarily true, right? So question those things and just keep exploring. Like I can't teach a whole masterclass right now on how to stop giving a fuck what other people think.

But maybe I should do that in the future. But the first step isn't just notice where you are and just question the beliefs that you have. Like if I start my business at all, what are people going to think about that? Are they going to think I'm greedy? Are they going to think I'm this, or are they going to think I'm this and just question them?

It's like, well, is that true? Do you know yourself? Do you know your heart? Are you afraid that you're greedy? Do you feel there's an underlying belief that wanting to receive financially for our gifts is a bad thing? Are you in broke healer paradigm of like, oh, if I have a spiritual gift, I need to give it away for free to everyone and have no boundaries.

It's like, this is how we dig deeper is we ask questions. We ask questions and go to deeper layers. So just being in the practice and it doesn't just all happen overnight, right? Like I still care what people think. Of course I want people to love me. I want people to validate me, I love it, I'm a Leo rising, I love attention, I love praise, I love like, you know, I love when people love what I do.

And there are people who don't love what I do. And I have learned to be okay with that because they get to be around people that they like. They get to follow people that they like. And I'm not for everyone, and neither are you. No one is. No one is for everyone. I just chalk it up to I'm not that person's medicine.

My work's not that person's medicine. Great. What? Why does, like, where we tend to kind of downward spiral is we make that mean something about us.

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And that's our problem. That's our wound. Right. So we can't let our wounds run the show in our business. So notice where you're giving a fuck what other people think. Notice where you're afraid to do something and just practice giving yourself permission.

Experiment, explore, gain intimacy with yourself and then make new choices. Right? Like that's how it changes.

Number three reset standards and boundaries. So a lot of times if we have some of those first traits that I mentioned that are the science of how to tell, it's time to fall deeper in love with your business. If you feel like you're plateauing, you're on autopilot, you feel burnt out, you feel avoidant, you're doing things out of obligation, and it's all passing by in a blur.

I can pretty much guarantee you something needs to be reset in the Standards and Boundaries section of your programing. Okay, something that's really common with my astrologer clients, cuz I have tons of clients who are human design people, Gene keys people and astrology people or any mix of those things. I am very proud to be an astrologer's astrologer and.

Yeah, and what's really, really common is people spending way too much time answering people's questions in the DMs and then being like, why don't I have any sales? So I've worked with people who have literally like three times my audience size, but hadn't even stabilized \$5k months in their business until we worked together, because they were just leaking and giving away their gift for free everywhere.

They literally didn't have energy to do readings because they were spending so much time in the DMs answering questions for people and the people. Anyone who does astrology, human design, and probably some other kind of stuff too. But for sure, in this world it's like people just treat you like a jukebox, but they don't even want to put a quarter in there, you know what I mean?

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People will just send you a picture of their chart. Just ask question. No Hi. No How are you? No. Nothing. They're not even following you. Sometimes they'll just send a picture like, oh, here's my daughter's chart. What does this mean? What can you tell me about this? And it's like and so certain people that I've had as clients, we're spending a lot of time answering those DMs.

And I also used to answer every single DM and every single question people were giving me. But then I realized, like, that's not my job. I'm not out here having a platform to just be available for people like fucking Google, Ask Jeeves. I'm not Ask Jeeves, okay? A lot people will be like, what does this symbol mean?

It's like, you can Google that question. I just had to start putting boundaries down and like questions, you can just Google just Google it, just Google it. You can easily Google that. Like, you know what I mean? So reset your standards, reset your boundaries. And maybe another one for some other examples is, you know, if you regularly go over the time that you say for your sessions, if you're constantly doing that, you need to really relate it because it's leaking your energy, your role modeling unclear boundaries to your clients.

You're actually not serving their highest good by bending your boundaries over backwards all the time either. And it's leaking your energy. You're leaving money on the table because you have less energy, you're not receiving incorrect reciprocity because you're giving more than was the agreement, but you're only receiving what was the agreement. And, it's just that leaking energy is literally going to lower the amount of sessions or calls or offers or whatever or products that you can do.

Because it's leaking all over the place. It's like having drains, charging your credit card in your bank account. You don't even know what they are, right? Or like paying extra for every single thing you're paying for. That's like our energy and our time is currency. So if you're regularly going over time, that's like you're paying extra for everything you're buying, if that makes sense.

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Hopefully that lands. And so, you know, I remember before I was actually before I started my business, I was doing word of mouth readings in person in Vancouver. And I had two options. I had 60 minute and 90 minute, and people would often get the 60 minute because it was less expensive, and then it would always go to 90 minutes.

So what did I learn from that? Rather than force myself to fit everything in 60 minutes, which as you guys know, I love to talk. I am talking blah blah blah. That's what I do. I just talk for my life. I talk in person, I talk in Star Stream, I talk on podcasts, like I love talking. So instead of trying to cram my session into 60 minutes, I took the 60 minute option away.

I was like, the reading is 90 minutes. It is what it is. Do I sometimes go over? Yes, I sometimes go over. So I'm not perfect but I do it from a space of sovereignty. I do it from a space of checking in with myself and being like, yeah, this is a full yes to go over because of whatever reason.

Sometimes people have a huge emotional release during a session, and then I hold space for that, and then I want to finish giving the messages, you know what I mean? So it's coming from a space of it's 100% my choice. It's not from a sense of obligation whatsoever. It is coming from a place of empowered sovereignty.

And it's coming from me actually taking the time to check in with myself rather than what was the first, first thing that we talked about doing it on autopilot, overriding my boundary, overriding how I feel, not even checking in with myself, the person's asking questions at the end, we just stay on for 30 minutes answering their questions. It's like if you notice a lot of people are asking questions at the end.

Make the session longer and raise the price to, in accordance with that. Another thing would be if you have Voxer clients, are you responding to them seven days a week? Are you responding to them like morning till night? Are you, you know, looking at your phone at midnight and you got a message from them. Do you have all your notifications on.

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You're instantly replying. So it's like a lot of work. And how's that working out for you? If so, how's it working out for you? If so, new standards and boundaries include with our own self as well. So if you're spending your day scrolling and you never rein it in and you're just consuming, consuming, consuming more than you create that would probably be the biggest ROI thing for you to change.

Like if you shifted that and had a higher standard for yourself and your level of presence and some boundaries with your screen usage and social media on screen time, that alone is literally life changing. And I'm not perfect with it. I'm still working on this, absolutely. But resetting our standards and boundaries includes with our self as well. Okay.

And this could also mean contracts like the contracts that you have with clients or with whatever products. Not everyone here does services, not everyone listening does services. But just checking in with yourself, you know, are you doing all kinds of extra labour in addition to the service or the product?

And your standards are energetic standards as well. So, like, are you taking on clients that are a full no. When you know they are no for you? They're not compatible with you, you know that you don't want to work with them, but you just say yes anyway because you're afraid to say no or because you want the payment. That would be also a pretty common example of standards and boundaries that get to get raised, because when we're compromising on very core important things to us, we're not choosing the highest timeline.

So even though right there in that moment, there's like a stack of money waving in front of our face like, oh, this person wants to pay me, you know, \$40k to work with me for six months or \$2,500 for single reading with me. That's so amazing. That's so exciting. And we want to say yes to that.

But but if we're saying yes and we know we can, usually we can tell we can pretty much always tell, right? If you think on any client that has really not been a good fit, usually there was some kind of intuition that we had earlier on, but we tended to override it. So the thing is, we might be having that

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instant gratification payday in that moment, but we're choosing not the highest timeline, and it's on our highest timeline that the greatest soul amount, soul level wealth will be received.

It's the highest timeline that is also the highest timeline of success and abundance. It's also the highest timeline of, like the true prosperity that enriches every area of our life. So if we're choosing the lower timeline and we think we're doing it for money, we're not, the bottom line of our money won't be improved by that. We're actually going to be missing out on the true abundance if that makes sense.

And resetting standards and boundaries can also mean with your offerings and your client experience. And you know, how is it for people to interact in your course platforms, and how is it for people to interact in your online store or in your in-person store? So this also helps us feel excited about things again when we're investing into our business.

And I don't just mean investing money, I mean investing time and energy into making shit as nice as possible. Increasing customer experience is a big priority in my business. It's something me and my team talk about very regularly, because that's another form of standard and boundaries. We can just expect world class standards from everyone around us.

Yet we are not creating the most amazing experience we possibly can. Right? So that's another thing with raising standards and boundaries.

Number four is slash and burn. So what this means is getting rid of stuff you don't want to do. So we've talked quite a bit about the stuff we don't want to do. So if you know, through doing these reflections like okay, have I been doing this out of obligation? Okay. I'm on autopilot here. Okay. Now I'm reconnected with my why. All right. So now I know what my why is. Oh, and I'm seeing how these things were not in alignment with my life. And I stopped giving a fuck what other people think.

And my boundaries and standards for myself in my life are higher. So what gets to get slashed and burned? What branch has been taking your resources but not creating the fruit that you want? This

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means potentially closing containers. Like I closed a six figure membership that everyone loved and would cry on, like every single call. And I would even cry.

But I knew I had to close it down. It took me months to finally make the decision, and I never look back from that moment. Right after that I had a \$615,000 year, because I created so much space and so much energy was freed up and so much resource was freed up for me that even though letting go of a six figure product, I ended up making over four times that amount, I mean, the whole year was, six times that amount.

But because I let go of that membership, I reclaimed all this energy and inspiration to create programs instead. And that's what really amped up my revenue in 2022, which was about \$615,000 USD a year. but the year before, at the end of the year, that's when I let go of a six figure membership. And I was like, wow, I can't believe I'm letting go of a product that makes me six figures.

Like, that's so crazy. There's 118 people in here. This is so amazing. How could I let go of this? But I knew I didn't want to do it. Yeah, it was so clear. But I was just talking myself into staying, which sometimes we do that right. And like, I was afraid of letting go, like, wow.

I'm letting go of all this revenue. But then what happened was I then had this space, the energy, the time, the inspiration. And I felt so renewed and invigorated that I created my sacred CEO product suite, which is Sacred Social Media, Sacred Sales Ascension, Wealth Magician and Mystic Magnetism. And they created over \$400,000 USD in 2023 alone or sorry, 2022 alone and then the next year was even much more than that.

So slashing and burning. Sometimes we're afraid because why? We have the things we have, anything we have, any product we have, offering, social media platform. We have it because we're getting something out of it. Right? Like, obviously there's a good qualities about everything in our life. We're not idiots. We have things in our lives for a reason.

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But the thing is, sometimes all the space is filled up and all the resources are diverted into these things that are not actually bearing the fruits that we want the highest potentials. So are there things that are not in alignment with your highest timeline that are ready to get smashed and burned so you can actually reclaim that energy and all that currency and direct it towards what is new and what's going to be miraculous and what's going to create next level results.

But we have to be willing to let go, right? It's like settling for the wrong partner. We are with that person, we're with Mr. Wrong Partner for reasons. Obviously, we're amazing people. Everyone who's listening to this, you're sexy, you're intelligent, you're funny, like you're awesome, you're independent, you're spiritual, you're on point. So of course anyone you date is going to have a bunch of good qualities.

But so many people stay with the wrong person because they're afraid to let go of that and lose what they had. And so what they actually do is they lose what they could have had. They lose their destiny timeline. Because if we're talking ourselves into keeping something in our business, and if you're hearing this and there's something for you to let go, you will know when I say this.

Are you talking yourself into keeping it? Are you talking yourself into a certain type of content? Are you talking yourself into us like forcing yourself to do TikTok and you've been at it for like nine months and you're forcing that. You're talking yourself into doing it. Are you talking yourself into having a certain type of offering?

Get ready to slash and burn, baby. Get ready to slash and burn. Okay.

Next one is experiment and play. All right. So yeah, we know certain things worked and we created comfort from that. And we created stability and predictability with these certain things that work. And that's great. But what we had at the beginning when we first started is just we're just playing.

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Everything's an experiment. We have no idea what's going to happen. And that energy is fire. That energy is magnetic, that energy is joyful, that energy is fun. So what could be an experiment? So for example, you know, as I was very leaned back ever since it's April now and, this period of time began for me in August.

But even after I moved, there were a few months of being lean back as well. Really in the last year and a half, I've spent a lot of that year and a half a lot more leaned back than I did in like my first two and a half years of business where I was really, really ambitious and trying everything and doing everything.

So I really leaned back. And then as I was letting things go and allowing things to shed and being like, oh, actually, I don't want to do this anymore. And actually, yeah, I'm feeling called to let this go because now I'm very in tune with my intuition. So I know when spirit's calling me to let something go now.

And you, whether you know it or not, you know as well there's a certain frequency, there's a certain tone. When spirit is letting us know it's time to let go of something. And so then, as I was like coming back in different ways at different times, at different seasons, I was experimenting and playing. And, you know, one of my experiments was like my favourite thing ever.

So, for example, I did the Quantum Emotion transmission 4.5 hours of pure transmission, one of the most peak experiences of my entire business and my entire work so far. Period, was such an incredible experience for me. And everyone inside. People were saying, if people get one thing from you, it should be this. Like multiple people said that and 4.5 hours of transmission, like most people staying right to the end of the live.

Yep. And that was something I had never done before. Another one is I did a two month mastermind with weekly calls and private Voxer last year, and that was something I had never done before either. And it was like content condensed, intensive, super fun. Exact right people. Exact right amount of time. And it was super exciting.

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And it really energized me at a time where I was also processing a lot of grief for the collective and stuff. And I was like this safe haven for us to just get really excited and expand our medicine within the space and talk about all the real shit that's happening on the Earth as well, or have really high level conversations on social justice and leadership.

So, it was just an experiment. It was an idea that dropped in. I put it out there, amazing people signed up and it was fucking great. And one of my favourite things that's present in my business right now is the Star Stream membership, which is my astrology for business membership, where I have audios. Basically, it's a private podcast on specific to the current astrology and the business strategies, wealth codes, manifestation codes, leadership insights specific to each transit over five times per week, usually around 20 to 20 to 30 minutes of audio transmission so people can just stay plugged in and get daily downloads from me. Specific to business, wealth and leadership on the current astrology.

That was an experiment, and we actually launched it without a sales page, because I was going through a lot like I shared in my previous episodes in the new season. I was going through a lot and I was like, man, I don't have it in me to really make the sales page.

And I have a team that helps me, but I still write everything because my voice is so important. I don't want other people pretending to be me, you know what I mean? My voice is still the core and woven through every single thing authentically. And so I, they were just waiting for me to write some copy for the page.

They were like, ready to go. And it just kept going, kept going. I was like, I don't want to force myself because I've spent a lot of my life forcing myself, and even though I could have done it, It just wasn't the power move to me at that moment and just didn't feel authentic. And authenticity is one of my core values, right?

So there we go, reconnecting with our why. It's also reconnecting with our values. But what I realized I was like, what I do want to do is I want to speak in the privacy of a beautiful container that people are,

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you know, paying to be a part of so that it's this safe and closed beautiful container in privacy versus, speaking to the whole world on Instagram, which felt very vulnerable, at a time where I was doing a lot of content and speaking on social justice, and it was very emotionally charged and triggering topics, and it was took a lot of energy for me to walk the walk in what I consider to be, like my form of social justice and leadership.

I didn't have a lot of energy for making normal content all the time, and I didn't have a lot of energy for making this sales page. And so we were waiting for the sales page to do the launch. And then at some point I was like, no, I have the authentic desire to talk to people in this membership, I have the authentic desire to give transmissions to the people who choose to be in this.

And so we launched it without a sales page, and we had over 100 members before even having a fucking sales page, which was fire. And now we have a sales page, which I love. Absolutely love it. And I also love that, you know, I was ready, people were ready to meet me there. And, it was an experiment.

And it's like one of my favorite things we've had in my business yet. So don't be afraid to experiment and play, because fun. Having fun is a very magnetic energy. If we see someone and they're having tons of fun, it makes us smile. We want to go closer to them. We want to get to know them. We want to see what's going on.

So if you're on autopilot and you're like, life looks all gray and it's all going by in a blur, you're not in your peak magnetism. It's funny because we'll do things on autopilot to make money, or a lot of people think they have to, but they're actually sabotaging the full abundance they could be attracting because they're letting their energy be compromised to such a degree, they're settling on so many levels because they think they have to do that for money, and that indicates a deeper belief that you can't make money by doing what you love and how you love to do it, but you actually can start to learn how.

Experimenting and playing is a way to instantly increase your magnetism, but you have to be detached from the outcome. Not every experiment is going to work. That's why it's an experiment. But through

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that you gain experience. Through that you gain clarity. A lot of people are like, I don't have clarity. I don't know what to do, so I'm not going to do anything. And it's like if you experiment, you'll get clarity and see that as the goal of experimentation so that you're not attached to specific outcomes. You will get the outcome of increased clarity and experience. And that's going to deepen everything. And that's going to support everything that you're doing. So don't be afraid to experiment and play.

Number six is evolve your identity. A lot of people are identified on, whether they're conscious of it or not, they're identified as I'm trying to be successful versus my identity as I'm a successful, like, you know, b i t c h or whatever. Another thing is my identity. One of my identities as it pertains to my business is visionary and creative.

I'm not just here like a robot. Make content. Must make reel. Like, that's not sexy. That's not a vibe. I'm not turned on by that. I'm extremely turned off by that. And so are my ideal clients because it's my I don't, you know, like, pretty sure my ideal clients don't work with me because I'm a robot.

So what is your identity? Is your identity. I hope people like me? I mean, that's not really an identity, but you know what I'm saying? Think of the identity that aligns with what you desire to experience. So if my identity is I'm a visionary and a creative that impacts the way that I engage with social media, because social media is my medium for expressing my visionary and creative energy.

And that's an amazing thing. It's not a chore. It's not something I'm forced to do. No one is forcing anyone to be on fucking social media. So what is your identity. Is your identity like the girl who's trying to be liked or the girl who's trying to get a gold star? Or the good girl who gets all A's and, you know, puts all this pressure? Just explore what your identity has been that's been playing out.

And what's an identity that would be aligned with who you want to become. And the version of you you want to become. So if you tap into your higher self, the person who's one version of you, they're not this person that's outside of you that you need to not be who you are anymore. They are actually more of who you are on the essence and core level.

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So I want to clarify that because it's not about hating ourselves and like I'm not good enough because I'm not my higher self. That's not what it's about. But there are many timelines available to us. So the version of us who's on that higher timeline, what is their identity? So one of the things for me, for my higher self is one of her identities as she's an artist, I am not fully, fully, fully, fully landed and embodied in that.

But as many people know who did like my New Year's program with me, I'm learning piano. I've been dancing more. I have my first DJ gig in like three weeks. And, you know, I'm exploring that identity because that's part of my highest timeline. Because how do I know? Because when I tap into the version of me, I'm my highest timeline.

She's an artist. And when I remember that I'm a visionary and a creative, then I'm not in the oh, I should make a post because Mercury entered whatever the fuck that because I also struggle with internal pressures on posts, like I'm not immune to these things that I've shared. I share them because I've experienced them in terms of like obligation.

So one of the things I would experience as well, there's always something happening in astrology. The moon enters a new sign every like two and a half days and new phases all the time. Planets entering a new thing, aspects happening. And I used to think I need to share on everything. And I finally gave myself permission to not report on every single thing that happened, because I felt like I was a cosmic weather reporter identity instead of I'm a visionary and creator.

I'm a visionary and creator. So that means I'm a post from my creative essence and impulse. I'm not going to force myself, but at the same time, there's a balance because I'm also a CEO, which means I show up consistently. So there's a balance with those identities, but they're both empowered identities that coexist together. Evolve your identity is number six.

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Now I said there were six steps. So there's actually more because there are two more really, really, really important ones that I want to share. Number seven is investing in yourself and investing in your business. So when we invest in ourself, when we invest in our business, when we invest in mentorship in courses, the things that are going to really expand us, they bring in new energy in so many different ways.

They bring the activation of investing money, which is current currency, which is energy. And as we know, wherever we flow, our energy, that's what grows. So when we invest in our business, we're actually reinvigorating our business on an energetic level, and we're also reinvigorating our business with the presence of a new or maybe an expert, an existing mentor that you really resonated with, or a new mentor who's bringing their new codes and evolution as well.

So even when I go back to a past mentor, I worked with in the past, because I tend to do that. I know who I like, and if I really like someone, I will return to them in some form, some way or form, you know what I mean? I have my favorites out there, and I know what I like.

I'm a Taurus Mars and Jupiter, so it's like, I know my favourite meal at the restaurant. I don't like to switch it up. I sit at the same table like, you know, I stick with my people, but I also at the same time love to try out new people. And I'm always investing in myself. I'm literally in three masterminds right now, guys.

So what happens is we're bringing in that new energy and even people we've worked with in the past, like people that I've worked with in the past, that I then hire again. I know they've evolved so much since we work together because they're people that I can just see that they're on that evolutionary pathway, so I can just know that.

And so what a lot of people can trust about me as well is that I am always evolving. My commitment to my evolution is just fucking everything to me. That's what oath means. That's the whole story behind

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oath. Maybe I'll do a podcast episode on the story behind us, but that's what oath means. It's my commitment to reach my potential to the furthest of my ability within this lifetime.

I have goosebumps even just saying it again, even though I know my oath inside and out. So the beauty of inviting mentors into our lives is power is amplified. Our energetic fields are just like doo doo doo doo doo doo doo doo doo. It's like, wow. Especially when you're hiring people who are really on that self-actualization path. And what also happens is when you invest, you have skin in the game to light a fire under your ass.

So money is energy currency. Currency is energy, right? So when you are flowing energy into your business, all of a sudden it's like you can't help it, it nudges you out of your comfort zone. Because when you're in your comfort zone, the stakes are low. But when you invest in yourself, you're increasing the stakes. You're adding a level of excitement.

You're adding a level of commitment. You're adding a level of devotion. So if we think about dating or something, I have a lot of dating examples cause I'm doing a lot of healing around relationships. I'm single right now and stuff like that. And it's like, if someone wouldn't invest in taking me out to dinner, for example, what?

Whether that's the \$12 or a super fancy place. Like if someone wouldn't invest in that, like that would be a sign that they're not compatible with what I'm looking for. But are we investing in our business, or are we just kind of taking it for granted, expecting it to provide for us and hold us? Well, we are not actually investing to level it up and evolve as the steward and the person who's leading and that business, and often offering the services, doing the services within that business as well.

So are you on the cutting edge of the thing you do your service, the thing that is your service? Do you move towards the space where there's room for improvement in your strategy, in your energy, in your mindset, in your embodiment, in your ability to help clients create transformation in your space

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holding abilities? Are you leaning in to keep growing or are you just sitting back comfortable? Because the sitting back, comfortable vibe is more of the autopilot vibe.

Now, that doesn't mean that we need to always be climbing a mountain. Like always climbing higher, higher. We never get there. That's not what it means. There are cycles and there's seasons. There's absolutely cycles and seasons. I loved having three months off this year where I didn't have a coach, and it was like the one time since I started my business that I wasn't in active, high proximity mentorship containers, and it was really great.

I just didn't have calls on my schedule and I was just totally free flowing. And I was going to sacred sites. And it was awesome. It was really, really great. And I wanted to be with my voice, and I wanted to hear the land of Egypt, and I wanted to connect with the temples and not necessarily have a guide actively. They're on calls with me every week or something like that.

So I'm not saying that we need to always be plugged in, but what I am saying is that the most successful people that I know are consistently plugged in to some sort of mentorship and something that's going to bring inspiration, something that's going to bring new perspective, something that's going to unlock things that felt locked for you before.

Now. This doesn't mean not be discriminant, right? You need to do your due diligence and not just go willy nilly and, shiny object syndrome. That's not what I'm talking about. I'm talking about intentional, empowered investments that also stretch you a little bit. The stretching part is an important part, in my opinion, and it's totally fine if you don't agree.

It's been my experience and I teach a lot from my experience as part of my human science, part of my astrology. I teach a lot from my experience, and for me, stretching into new horizons, new levels of investment has been very, very, very powerful and transformative for me to get in rooms and in private conversations or high proximity conversations with people who have created something that's so extraordinary and so rare and so special in this world is a huge privilege.

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That's how I see it. So I have gladly invested a lot to be in rooms with certain mentors or to learn things in certain courses and programs, because I love mastery, I love excellence, I love just breaking through again and again and again. I love shocking myself with how much is possible. And I've done that many times already and all that shows me is that I can.

The more you see that you are creating your life and it goes from being like, well, it would be great if one day I made \$10k per month in my business to then literally having over \$100k months like I did last year, you know, that just shows you, wow, anything really is possible.

And for me, a really big part of it with business success has been getting in the rooms with people who have created it. Not just that they created money, but that they've created it in ways that align with my values, that they've created it in ways where they're honoring their energy, where they're in pleasure, where it's a creative act, where they're in their flow state, where they're having the time of their life, where they have rich relationships and a rich personal life where they're aligning with spirit and they honour spirit or God and got where they are.

For me, these are things that I look for, that I like, where they are aware of their blueprints, and they're living in alignment with their blueprints and not taking on just any strategies that don't align with their human design mechanics or their astrology chart. So that's been absolutely vital for me. And there is, you know, there's no denying how important that that has been for me, right?

Since day one I was investing in courses a little bit before I started my business. Like my first course investment was the end of 2019. And I do directly credit that with me even having the mindset and ability to even think about starting my business. And then as it comes to the new levels and new levels and new evolutions and things like that, I just love all my mentors and courses that I've been in.

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Of course, some of them weren't the right fit, but I'm just so grateful for the journey to be able to learn from and get close to people who have created what I desire to create in a way that I desire to create it. So I highly recommend, whether you are in a low ticket membership or and that's something new and it's bringing new energy.

And if you don't have a lot of money to invest or a credit card, or you don't want to make a too big investment, which of course, you shouldn't be making investments that are putting you in danger or strongly dysregulating you. I like a stretch where it feels like a stretch where it feels like, oh. So, for example, there's a new offer that's coming.

I can't say it yet, but it is coming very, very, very, very soon. And when it dropped in, I right away messaged a coach who I really love for marketing and I really love her for sales and strategy. Kind of like I wouldn't describe her as masculine, but she has more of a like, no bullshit, no fluff strategy results kind of vibe that I resonate with a lot.

I was like, hey, I did some private Voxer coaching with her in the past, and her containers didn't have calls. And at first when I did them with her in the past, you know, I thought it and I, I kind of wish there was a call, sort of. But through having the Voxer, I realized I actually would rather have had it as a Voxer than in a call, because with Voxer, she was available to me so much more throughout the day as I actually had things naturally dropping in versus being on a call.

And sometimes your mind goes blank on a call, right? And then later you think of something really good. And so I messaged her like, hey, I'm wondering if you have any spots for some Voxer coaching and could you possibly begin tomorrow? Because something just dropped in for me and I would love to spitball with you.

I don't know if that's the word, spitball, but that's kind of what comes like, you know, shooting the shit, I guess. I don't know, both of those sound gross, but I just wanted to soundboard with someone

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and have someone's feedback right in this moment because it just dropped in. I was like, this is happening.

Okay, cool. Let me add some massive wood to this fire, this spark of a fire of this new idea. Let me just throw some gasoline on it. And for two days of Voxer with this coach, it was \$5,555, no calls, two days of Voxer. And it was amazing. And I loved energizing this new idea with this investment right in that moment to have someone with me.

It was just that she was there as I was developing things. And then I would have a question and then I would want feedback on this and then did it. And like it really helped me to take an idea that was quite massive and had quite a lot of different things and different phases and just so much inspiration was coming through and it was almost overwhelming.

And so I had the support of someone who was an elite coach, you know, an eight figure per year coach, and they were available to me for those two days. And then guess what? The second day I spontaneously went on an adventure to a chalet outside of Montreal, and I didn't even use our Voxer for like half of the second day.

And it was still more than worth it. It was still more and more and more and more and more than worth it. So when we are ready for some new energy, when we're ready to feel fucking expanded, when we're ready to feel challenged, to expand by putting skin in the game, by inviting someone who's going to hold us to our highest, by inviting someone who's like, no fucking bullshit, right?

If you're hiring me, working with me, get a reading with me for \$2,500. The energy that people show up for my readings, they're coming with a lot of presence. Maybe they're receiving on a very deep level because of the level of investment that they made, is actually part of the experience. So whatever, even if it's a \$20 investment that you're making, bring as much presence to it as possible, because it's not just, oh, just spend a bunch of money and you receive a transformation.

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That's not how it works. Even though some coaches would like to. I would like to tell you and tell themselves that it is not. It doesn't work like that. And if you are like, I literally have no money to invest, no credit, do some free masterclasses, take notes when you listen to podcasts and go implement what you learn, that's the key.

Okay. And then number eight on how to shift this final thing I want to say health and fitness, baby health and fitness. Because if you feel foggy and on autopilot and burnt out, number one, are you drinking enough water? Be honest with me. Be honest with me. Be honest with yourself. Are you drinking enough water? Are you drinking at least two liters of water a day?

It should be more than that. But that's the bare minimum is two liters of water a day. Are you drinking that? Are you taking vitamin D supplements, by the way? None of this is, I'm not a nutritionist, blah blah blah. This is just. But for real. Are you taking vitamin D supplements? Do you know most people are deficient in vitamin D, even in the summertime?

And vitamin D deficiency causes depression and low energy and low immune system. So if you're getting sick every two months and you have no energy and you're not taking vitamin D, maybe consider taking vitamin D, moving our bodies, being active, being sedentary like sitting around all day is terrible for our bodies. It's not good for our circulation. Circulation also brings oxygen and moves the blood around our body.

That's energy. That's vitality. Right. So do you breathe deeply or do you take shallow breaths? That is an energy killer for me. I have some. Let me take a sip of my my tea. Actually, speaking of my green tea, here.

In 2020, I started to work on my adrenals and I stopped having two coffees a day. I put the limit boundaries and standards. Maybe one coffee a day. That's it. Every now and again, like a couple times a

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year, I will have a second coffee if I'm going out that evening and I've worked in the day, it will be like cool.

I'll shower, have a second morning at 8 p.m., you know, if I'm going to go out and be out till like 3 a.m., go dancing or something like that. And I don't do it every time I go dancing because sometimes it just, my body doesn't want that vibe.

Or today I'm going to a show after I record this to see Eniko. I'm so excited. And, I'm having a green tea. So I had a coffee in the morning, and I'm having a green tea. Normally I don't have green tea. but it's like occasions like this where I'm going to be going out because too much coffee was making me wired but tired and then not having great sleeps.

How is your sleep? How's your circulation? Are you eating vegetables? Do you know if you might be deficient in something? And of course, we want to just start with the basics, which is like water. Another thing is eating enough. Sometimes people are eating too much, sometimes people are not eating enough. And that puts your body in debt, right?

Body debt. So taking care of your house and reinvigorating your life with a new morning routine, for example, like right now in the star stream, we're in the bold leadership season. And one thing we committed to, to integrate from the solar eclipse is having a daily practice until the next full moon. Mine is, having ten minutes of silent meditation every day.

I do meditate a lot with guided meditations, but now I'm just committing to silent meditation to help integrate what was going on with the eclipse. So reinvigorating with it. And that's another thing. Standards and boundaries apply to ourself, things like discipline. Right. So deciding it's not just when I feel like it, but it's for these next two weeks I'm going to be committing to this and it change.

And oh, another thing is so I added meditation in the morning and then I added a bit of somatic work with my body. Somatic body work like shaking and treat trauma released from the body before bed on

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my heated mat. So I have a new morning routine and a new nighttime routine that I implemented at the same time.

So that creates the sense of newness, that creates a sense of excitement, that creates a sense of I'm shifting and I'm supporting my body to shift, and I'm supporting my mind to shift, because when we do new things, it creates new neural pathways. So if we're just doing the same thing all the time, we're just deepening the grooves of the same neural pathways.

And that's why a lot of people feel stuck and like they can't change. But if you change other things, that's actually helping all the changes integrate because your mind is doing new stuff regularly, right? Even walking, taking a different walk to the same location, it does the same thing. Like I did a retreat back in the day, where they made you, didn't make you, but they said, everyone, you have to sit in a different place every time we come into the circle because we get so comfortable sitting in the same place.

Right. And what it does is it literally keeps our mind fresh and alert and not on autopilot, not on cruise control. Right. So doing things like that, like switching things up, switching up your routines, switching up, just bringing new energy in but also committing to it. But then the other thing is make it a commitment you can follow.

So what we did is we're just doing a two week thing. And of course I will likely do these for much longer because I really like these practices. But it can be a lot of pressure. We can take it too far if we're like, oh, I'm going to do this to our morning routine every single day. I'm like, plunge myself in the ice cube water and like all that kind of shit.

Making it easy to succeed is good. Because then that also builds, builds, trust and momentum. So, invigorate your body, invigorate your mind. Doing Sudoku, playing chess, learning. I'm learning piano right now. These are all things that are helping new neural pathways wire, which is just, like,

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empowering me. And every single way that you can fucking imagine, because it's really powerful to do this.

That also helps make other shift. So if you feel really stuck in your ways, but then you go switch things up and let's say you feel really stuck in your ways and you want to change in business. But by doing these other things like learning a new instrument, learning a skill, or doing a dance class, learning choreography, solving puzzles, doing meditation when you weren't doing that before, whatever. It is helping you create overall change because it's helping you break the habit of being yourself, which I think was the title of like a Joe Dispenza book.

I haven't read the book, but great title, like Breaking the Habit of Being Yourself. So by shifting things up in your lifestyle, that's going to support shifting things up in your business as well. Now there's another one. I don't know why I said six. I rarely do notes before doing a podcast episode, but, like, I just wanted to make sure I covered everything.

And it's like, of course there's more than what I thought because I like to overdeliver. Okay, so but it's also important that I, it's not that I like to overdeliver, it's that I like to give a complete transmission. And I feel that there needs to be this final one, which is having a CEO day. So having a CEO day is a direct solution to everything that I just listed in the science part.

Like the science, that it's time to fall deeper in love with your business and switch things up. So CEO day is really amazing for preventing it all from passing by in a disembodied blur, because it's these checkpoints where we're working on our business instead of working in our business. Working in our business can feel like a blur if we're just on autopilot and we're just doing things out of obligation and we're not inspired, right?

We're just like doing it for the sake of doing it. CEO days are where we zoom out and we actually plan and vision and blueprint and strategize and connect with our business, not just in the day to day living

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of it and the maintenance of it, but in the vision for the future of it and in where you actually are at, realistically.

So these are times and, let me know if you want an episode on this, reply to us, email because we are going to send an email about this episode. DM me on IG. Anything like that, because I have so many ideas for a podcast, so it's really great to hear your guys' feedback.

And I don't want to make this episode two hours long by now going into the full CEO day process, but it's basically a day with you and your notebook or your laptop. I like a notebook, I like to also go to a special location and it's where you touch in with your business. You touch in with what happens in the month.

So you can have some weekly, monthly, quarterly. For me I do monthly and quarterly. There were times I was doing weekly, I find monthly and quarterly works for me. You might want to do more. I wouldn't really recommend less than that, honestly. So what it would be is like reflecting on the month before in your journal and then visioning and blueprinting for the month ahead.

So it's part manifestation. It's part gratitude, it's part intimacy. You can't avoid when you actually are making the time to drop in. So if you're avoidant and you just want to brush everything that happened last month under the rug and just hope that you randomly fall into a bunch of success without actually looking at what happened.

What that means is we don't integrate the lessons of the month before, so we're not leveling up to the full potential we could be because we're not digesting what happened. We're not metabolizing what happened the month before or the quarter before or the year before. I also do it every year. So CEO days are an incredible way to reclaim the throne, so you don't feel like you're running around working for your business as if you're an employee, like, as if it's just a job and you're just showing up, running around, trying to do things right.

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It's like, yo, you are the CEO, you are the founder. Get back in your throne, get nice and comfortable in that throne, and look around you. Take it in. You've created everything that is in your present, in your business. Now you've created the reality of your business now, and you can create it and you are creating it in the now moment with new choices that you make.

But it's hard to make new choices that are going to get you where you want to go when you never take a zoomed out view to see what direction you're even heading in, or where you've even been. So it's a practice of saying, where have I been? What was created, what worked, and what didn't work is a really great question to ask yourself in the reflections and then visioning.

Okay, cool. So I've integrated that. I digested what happened in this previous period. Now let me look ahead. And it's almost like you're taking in the horizon of everything that's possible. And you're choosing a direction you're not randomly. Or if you do random shit in business, you're going to get random results. This doesn't mean you have to have everything planned, but having a vision is what makes you a visionary.

And so CEO days have been absolutely vital for me to connect with my vision and also manifest things in the upcoming month or the upcoming quarter, the upcoming year. So I'll plan and blueprint and brainstorm. But it's also in this energy of manifestation and it's just very juicy. I just really, really, really recommend it. And it will definitely click you in.

It will also show you what needs to change. And that's important because if you're just avoiding looking at what needs to change, guess what? We're going to loop in the same cycle, right? You need to look at the truth to break the cycle and make new choices.

So I feel like I'm losing my voice. I've recorded three podcast episodes in the last like two days. I love you so much. Thank you so much for being a listener of the Oath Oracle podcast, and I'm so excited for us all, because I feel like all the leaders that I talk to, clients, mentors, we are all leveling up.

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We have all been through some shit in the last year. We've all almost become disillusioned in different ways.

And I'm not saying every single person out there has, but just people that I've talked to, there's been this death and rebirth, and now we're literally rebirthing into a higher level of leadership, a higher level of integrity, a higher level of impact, a higher level of income, a higher level of soul literally advancing as spiritual beings. And I'm just so excited for you.

Thank you so much for listening. I'll be back soon with another episode.