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Episode 41

Hello beauties! I am so excited to bring this episode to you today. This has been highly requested by so many of you. I also did a poll on my IG stories and out of four super juicy topics, I was honestly a little bit surprised that this topic got the most votes. And I have also been the most resistant to this topic.

So part of me was definitely like, oh, okay, the invitation is here to speak on this now. And the topic is, I mean, you can clearly see you clicked on this podcast, so I'm guessing you know what the topic is. But today's episode is about neurodivergence and entrepreneurship. Now, part of why I have felt a bit of resistance to doing this episode is because I am pretty recent in my Neurodivergent Diagnosis series.

It is at the end of June 2024, right now as I record this, and it was in December 2023, about seven plus months ago, that I received my diagnosis for both ADHD and autism, which kind of was a surprise, kind of wasn't. I'll get into it. So since, you know, in these last seven months, the understanding of this, the understanding that I have lived my entire life until now as an undiagnosed autistic person, there was a lot to process with that.

And it's also completely changed my life. It's completely changed my life. However, it still feels very new as I allow myself to get to know who I am without masking, to get to know the things that make me different and that that's actually okay. And actually being very accepting of these aspects of myself and shifting my business and transforming my business to be in alignment with this, I feel I felt resistance to recording this episode because I love to be teaching you guys, right?

Like, I love to drop knowledge of astrology. I've been studying that shit for 20 plus years. And neurodivergence, this is newer for me. So I want to just break the seal on this conversation and bring it to my podcast, because I know that you guys have been asking for it. And I'm going to just share from my personal experiences for now.

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And as I continue to deepen on this journey, you can expect more content about specifically this. But as a 1/3 in human design, I'm an investigator, so I'm someone who the more I know, the more I know that I don't know, you know what I mean? And you know what I'm saying. And so what that means is people with one in our profile lines, we like to know things very in depth before we speak on them.

So I like to be very thorough in what I bring to my people, to my audience and to my podcast listeners. So let's just get in and start with my personal story, and I'm sure there will be value pieces in here for you if you were called to listen to this podcast episode. So thank you guys so much for being here.

So throughout my life and in my upbringing, I experienced trauma and I was in some dark environments and I did a lot of moving around. So my root chakra there was a big root chakra tearing is kind of how it felt. You know, my parents came here under refugee status. That's already a huge impact on their root chakras.

And there was all kinds of other things that I won't bore you with from my personal story. But when I was in school, it was a very interesting dynamic where I felt very intelligent and smart, and I was often recognized as that and put in the like challenge program for the gifted kids and like all this other kind of stuff.

Yet I found doing homework literally impossible. Like, literally, I was like, I was completely frozen and I just could not do it. And my family wasn't very available to help me with things like that. So I didn't get help with my homework at night. And I kind of thought that that was why, like, other kids could do it, but I couldn't do it and so I didn't.

When you are experiencing acute and chronic trauma, there's not much bandwidth or capacity to really notice. Like maybe there's something different here about me that other people are not experiencing because of my view, my field of view is so narrow on my the pain that I was experiencing that I didn't really know I was supposed to be any different.

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I just knew that, you know, of course, on some level I felt that I was different. I wasn't able to get my homework and I wasn't able to complete projects. I wasn't able to keep my room clean. That was a really big one as well. It felt impossible for me to keep my room clean.

But I also didn't have support to do that in my family. So that's kind of what I thought that it was, and I didn't really think about it much anyway because I was so, you know, tunnel vision and in survival mode, just kind of like trying to stay afloat mentally and emotionally and just doing my best day to day and not really knowing what's going on.

And in a state of extreme dysregulation. So I was like extreme dysregulation, extreme dissociation. So when you're not, when you are predominantly dissociated, you wouldn't notice things that might be like red flags for someone else or, something that, oh, maybe I should pay attention to this or look into this. That's never and that's never how I felt.

I just really felt like life was very painful and I didn't understand, and I was just getting through it now, as I like, went into the first years of high school on one hand, when I was in class and I found it very hard to get to class as well, it was really challenging. It was because of my upbringing, environment, It was very easy for me to skip school. I could just skip school as much as I wanted.

So I did that, and I also found comfort in isolation. I found comfort in, I would take the bus and go downtown and I would just wander around the city all day long and then just come home when it was like around school time that you would come home and like, no one really knew what I was doing.

And I found this refuge and my isolation and being alone. Because now, in retrospect, I can see that there was the classic neurodivergent and in particular autistic overwhelm that I felt through all the stimulation of being in these social environments. But I didn't know that that was what it was. I just

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kind of felt like basically I was angsty and I just really felt like my life was how like, that's kind of how I'd be dramatic about it because I was a teenager in these years.

I just really didn't get why I was alive. And I found school to just be an incredibly challenging place. But at the same time, I was very intelligent. And for example, in math, I got a 98% in math just from the homework that I did in my class. But I couldn't do any homework so I would be in class for tests and for, like little whatever, I don't know, projects or something.

The things you do in class and they give you the sheets and you just like, bust it out. And like, I loved that. I loved that kind of thing. But when it came to homework in other subjects in school, I just literally felt completely unable to do that. I just felt unable to do it. And I didn't know why, and no one was really checking with me on if I was okay.

You know? And it just felt very much like being absolutely frozen and trying to climb up a mountain. And it was just like an insane amount of resistance. Like when I think back on it, it just feels like being frozen in a block of ice, like not being able to move no matter how hard that I'm pushing inside of myself.

And it was confusing. But I was also going through so much that I didn't really give it too much thought on why it was like that. I was just like, all right. I'm just suffering really deeply and I want to get out of here. I want to get out of this. And I want to get out of this environment.

So I dropped out of school after that year because I had failed two major subjects. So I had failed English, which is funny because in that class I read Crime and Punishment by Fyodor Dostoevsky. I just didn't want to read the books they were reading. I didn't like the projects they were doing. There was lots of homework to take home, and I really couldn't do that.

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So I ended up failing. In the same year that I read my first of many Russian literature novels. I love the Russians. I actually have a Fyodor Dostoevsky tattoo somewhere on my body. Big fan of the Russians and all classic literature. So here I was reading that. And then I failed in that subject in English.

And then I also failed Science. I remember that year, in the first semester of the year there was math, and then Science would be the second semester in that same block. And by that point I was already so, like, far gone. I was already so just like, I can't be here, that I just never attended science, even though I was actually interested in it.

I always had more of that kind of brain like science, math, logic, chess, strategy, like that kind of business, right? That kind of thing. Astrology. And it is all totally connected. And so I failed. And because, oh, if you failed in English and Science, it was an automatic have to repeat the grade because those are fundamental subjects I guess.

So there were a couple teachers and other classes where I also failed because I just didn't do homework. I didn't go to any final exams. There's no school photos of me. Like I just skip, skip, skip, skip. I just did anything to not be there because it was so highly uncomfortable for me. And there were multiple teachers who recognized that I was intelligent, and they passed me just kind of out of like, pity for me or something.

So shout out to those teachers because I remember you guys and, you know, that made me feel like someone cared. So that was cool. But ultimately I would have been repeating the eighth grade, and that was not acceptable to me because I already it's like, how am I going to, if I couldn't even attend? I was like, how, where can I go from here?

Right? Like, what is there really for me here? And it did get to the point that I left school, and I left my home, and I moved to the city, to Vancouver, and I moved in with my sister and with other housemates and this group of young people in their 20s. And I was a teen and I started my life, solo.

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And then my sister moved out at some point as well. And, yeah, I was just out there in the city and figuring out life and what was really helpful was getting my first jobs, getting a job at a cafe, and just having somewhere to be, having somewhere where I could exist. And I just because I felt for my whole life like I was just floating around.

I didn't know how to function like other people. I didn't know what was wrong with me. If anything was wrong with me, I was just extremely overwhelmed. And now, in retrospect, I see that as the intensity of sensation in my body was literally beyond what I was capable of feeling and beyond what I was capable of feeling safe with and beyond what I was even capable of understanding.

And this is connected with autism as well. And by the way, I am not an expert on neurodivergence. So don't. It's up to each of us in our own journey, because I know a lot of people who are watching this episode have been feeling either they have been diagnosed or they're like, I don't know, I think I might have some of these.

So what I would just want to say is like, you don't need to if you're like, yeah, I also feel overwhelmed with sensation. You don't need to jump to conclusions that you have autism as well. but I will just share the things that I've learned through this journey of like, wow, that was actually connected to autism, and how that was really illuminating for me.

But in your own journey, just understand, like we need to, I think it's really important to go through the process of assessment with an experienced person who assesses neurodivergent adults, I really, really recommend doing that yourself. Because taking care, taking ourselves out of the questioning and like, do I have it or not? Am I that or not?

Autistic people like to wear headphones and I like headphones. Does that mean I'm autistic? So I just want to say I think it's really important to, like consult and be assessed by a professional because that

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just takes away the questioning and that just makes everything much, much, much more clear. Okay. So I just want to say that.

So now in retrospect, I see that, you know, the intensity that it was for me to sit in class, the intensity that it was for me to try and do a project at home or do homework at home, especially by myself, without support of like, parents or anything doing it with me and seeing where I'm at and that kind of thing.

That actually was part of me, and my undiagnosed autism. And there was a lot of circumstantial and environmental things in my childhood that made it way worse, like constantly moving. Having things of mine like toys and clothes thrown away and donated without my consent every time that we moved, and we moved a lot.

And that is very, very, very uncomfortable for autistic people. Okay. So something that I have learned, I'll just be interspersing this podcast episode with the things I've learned along the way that have been handy because some people, you know, a lot of people are getting their diagnosis for ADHD, and I do believe that that is a byproduct of the way that our society is, as and like, you know, I'm not surprised that there's more and more and more people who legitimately, authentically have ADHD.

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And I absolutely believe it's a product of our current society that we live in. And it's actually a normal, normal response in this crazy world. And I also believe that our environments, our diets, our lifestyles, our schedules, etc. can support us within that diagnosis to still grow and heal and like, you know, have a really, really happy life or that doesn't feel like a hindrance.

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And we can tap into more of the gifts. So a lot of people have been curious about ADHD. The autism part was a bit more of a surprise to me. So I had multiple people in my life in the last like 2 or 3 years get diagnosed with ADHD and try out medications and things like that.

Like people I super love and respect where I'm like, wow, your brilliant ass is thriving since this diagnosis and since getting on these medications and now you're just absolutely killing it at what you're doing. It was like, wow, I'm interested if that's something for me, because I've always had trouble keeping my space clean.

I've always had trouble cooking for myself and staying on top of certain things. So I know that people, people see me in my business and in what I've created and, and the financial success that I've had. But you wouldn't necessarily see the other side of things, like when I'm in a down week and my place is a total mess and I'm down to my last underwear and I haven't done laundry and I haven't done this, that and the other and like, you know, really important bills going unpaid even though I absolutely have the money for them.

The organization part. And so which then just adds to the overwhelm. Right. So the overwhelm which is connected with both ADHD and autism was probably the biggest energy drain on me. And I also see this a lot with entrepreneurs where it's like people feeling like, oh my God, how do you have time to make content and do your programs and have a launch?

And I'm like, think about it, sweetheart. How long does it really take to make a post? But what happens is our psychic space gets so full of an overwhelm energy. So it's like we have no problem working eight hours at it, at a cafe or for an employer, but actually eight hours or even three hours, four hours, five hours of focused, productive work in our businesses, but it seems really hard for a lot of people.

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I believe there's so much power in reclaiming our attention and reclaiming our focus. And so after seeing these changes happen in people who are close to me in my life, who I respect, who I looked up to, I started to become curious about my own ADHD status based on, you know, just I felt unable to really keep my place clean and take care of myself and drink enough water and have my business at the same time.

And that was the main thing, is that I just felt like I was constantly behind, and that I didn't seem to be able to do things that other people could do where they were keeping their whole place clean and having a job and having relationships and even having children and things like that.

So there is the shame that came along with that. Then when I was speaking to the woman who did my assessments, I will share more about that. I'll share more about that as we go. I have a feeling there's going to be more than one episode on this topic. And she asked me, would you like to be assessed for autism as well?

And I was like, oh, I mean, I didn't really know too much about that. But the crazy thing is, I remember when I was like 8 or 9 years old, I read an article on the internet about Asperger's Syndrome, which, by the way, people don't say that anymore. that is not you don't get diagnosed with that anymore.

I think it's something like high IQ or autism or something like that. But Asperger's syndrome, the name is problematic now. But back in the day, I looked up, I somehow came across an article about Asperger's syndrome, like autistic kids who have a high IQ. And as soon as I saw, literally this memory is burned in my mind, as soon as I saw that webpage, I right away my, like, inner knowing was like, that's me.

I have that. I was just like, I, that's me, I have that. And then I just dismissed it and I just gaslit myself. And I was like, no, no, no, no, no. You know, I have nothing to complain about. I'm normal. I'm just

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fucked up and I'm a fucking failure, basically. I just can't do things, but I don't have like, I'm not that bad, right?

Because we think of very extreme cases or extreme symptoms or people that are very divergent than what we consider normal in terms of our social, like how we're coming across, how we're carrying ourselves, etc.. And so I pushed that aside and I didn't think about it again. And now, decades later, it's coming in my field.

And this all happened through the invitation. And this is a story for another time. But it all happened through some very divine invitations. And for those of you who know my work, you probably know I'm a projector, so I live my life by invitation. So the invitation came to be tested for autism and we were going to, we'll ask you a few questions and I'll advise on if I think we should test for autism.

And then I looked up an article about autism in women, and that is when I really, my mind was blown because women, just like with ADHD women, have different expressions. We seem different than the men who have autism and ADHD that, to the point that women are very underdiagnosed in these things because the way that it expresses in a man can be very, very, very different than the way that it expresses in a woman.

And so women, because we naturally have our certain social radar and we're all like socialization, emotional intelligence, etc., we tend to mask very, very, in a way more advanced way than men do. Like we naturally, we're not even conscious of it. We're not even thinking of it, we are putting a lot of energy into masking. And that masking means we are picking up what other people are doing.

So even though we know that with autism and ADHD, we can miss social cues, right? So we can, we can not miss social cues. And that was a really big one for me as well. But at the same time, because of being such social creatures, we can be more motivated to, fit in and be like, interacting in a social way.

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And we are actually learning this from TV, from movies, and from observing other people. From our facial expressions to our body language to the tone of voice that we're using. And then when I left high school, where I had felt very super rebellious, super angsty, I had a couple of right, I was like respected in high school.

I wasn't like, I had been bullied a little bit in elementary school, but I was ultimately respected in high school. But I didn't feel like I belonged anywhere, necessarily. And, you know, I was a little bit more rowdy. I would say I was a little bit more reckless. And then when I started to work in the service industry, working in a cafe and my first job when I was a teenager, I was basically masking the whole time.

And I got to not, it was almost like eight hours of dissociation because I got to just not think about me, not be you, not even be me, and just kind of be there and be of service. What can I get you? How was your day? Let me make you this and have a smile on my face. I'm like a Leo rising, right?

So I clicked in with that, even though internally I was suffering so much, it really did ease a lot of my pain. It really did. it really did give me a place to be and give me a place to belong. And within that, I was learning social skills. And I was actually getting much better with social skills as well.

And so that was, that was really important for me in my development. Now, when I got my assessment for autism, it turned out that even compared to other autistic women, my masking was even at a higher degree than the average autistic woman. So I scored very, very high in masking. And that really, that was a huge moment for me to receive that reflection from a professional who had done this assessment for me and to say that, and it just made me realize, like, I can start crying thinking about it because it made me realize how much of these at that time I was 34.

This was seven months ago. My birthday was in February and it was December, at that time I was 34. Thinking my whole life I've been, well, what my energy has been leaking into holding a mask up and

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changing the mask around different people. And I never thought that that could be me because I saw myself as super authentic.

And what I realized I wasn't masking from a sense of, oh, let me be different than who I am so that others will like me because I've always been an Aquarius bad bitch. I'll always be the one to say the truth, say the uncomfortable truth. Name the thing that no one wants to name. Say the fucking funny, you know, weird joke that only I think is funny.

And so I never thought that I was someone who was wearing a mask. But what I realized was that the mask I was wearing wasn't about changing my personality to be what others liked. It was about pretending that I was okay when I was not. Through all the decades of unprocessed trauma, experiences with abuse, experiences with substances, I had all of this wreckage that's just absolute wreckage just filling my being.

And I didn't know what to do with it, and I didn't know how to function. And so I just put a mask on and I came across like a very happy, confident, weird. But, you know, Leo Rising vibes person for a long time. For a long, long, long, long, long time. So I would say one of the most transformational things of this experience was that recognition.

And that recognition alone. Some other things where I got a lot of validation was around autistic burnout and autistic breakdowns. So I have experienced big emotional breakdowns that were very, very hard for people around me to understand and hold space for. And that created or that added to a lot of shame within myself of thinking that there's something wrong with me.

And now understanding that breakdowns are something that is, in a way, common. It's a certain type of breakdown that autistic people have, and that's been really interesting for me to understand as well, to change my perspective on all the days I walked around alone on the playground, to change my perspective on the breakdowns that happened out of nowhere, and the feeling of overwhelm, when I

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was in situations where other kids seem to be able to do all the homework, and I knew I was smarter than a lot of them, and that feeling of overwhelm like, why do why can they just do it?

And so those recognitions were really, really, really important to me. So I'm going to read some of the symptoms that I got from the website Healthline that are just talking about some of them. And I'm just going to just start, even remind myself as I share with my experience.

Inability to look at or listen to people. This is, I'm talking about autism at the moment. I had to train myself to look people in the eye. I was always looking down. I would look over someone's shoulder when they were talking to me. I would look down. I would just have my head down and see. I just thought it was my insecurity and just thought I was very sad. But now understanding I was undiagnosed autistic in also very challenging environments that were not helpful for me to be happy and healthy. So that was a big one.

No response to their name. That's something I had to learn. Resistance to touching. Same that. That's so me. So all my friends love cuddling, cuddling and giving each other massages and they're like super embodied yoga teachers, personal trainers, physiotherapist, osteo, chiros. I know so many like body people, super, super embodied people that like tree plant and just super of the earth people.

And it's like everyone wants to touch and I just want to only. And I'm talking like, platonic, just friendly touch. I just only want to touch a very, very small amount of people. And I've been at a party with all my friends, cuddling, cuddling on the floor, and I just laid nearby to just be in the field.

But just like by my skin, you know what I mean? And so all of these different pieces of validation on, I am just different. And the more that I accept that, the more that I love myself through that, the happier that I am. Accepting that about myself.

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So yeah, preference for being alone, big time preference for being alone. And I think that that was one reason why school was so intense for me was just the intensity of the sensation of so many different social dynamics happening at the same time, especially coming from a home that wasn't very happy, where it's like, okay, I'm really sad now. I'm in this extremely intense, what is to me extremely intense environment, and I just want to be alone.

And I would just skip school, I would go to school and I would leave and I would just walk around. I would just go to shops. I would look at books, I would go to the bookstore Chapters. If you're Canadian, you know what I'm talking about. I would go to the bookstore. I would sneak into movies. Like I just did anything but being with people.

And with my business that created, you know, a very, a very amazing... yet also showed me where some things were not healthy as well. Because if you prefer to be alone, but you have a very real need for connection. And then the other thing is, autistic people can tend to have a special interest that can tend to be like obsessed with something and have literally a special interest, like one major special interest. And of course there can be more, but I'm just saying it is common that there is a special interest like a big special interest.

So whether it's an autistic movie nerd who just loves all things film and knows everything about film, and then they end up opening a movie store, and that's like the perfect place for that person who might be a bit weird and not as like, you know, fitting in in social dynamics or workplace dynamics, and then they end up owning this really quirky, independent movie shop, for example.

So for me, obviously it was Astrology, right? Like clearly so that that was my lifeline through these really hard years of my life. And that's also, you know, makes a lot of sense when people are like, how do you remember all these things? Or when I do a talk and I never have any notes, how do you not have any notes right now?

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And it's that specialness of autism that also means my brain is different and not, we can't judge everything as good and bad or whatever, but it's understanding I'm different. I've always been different, and I am going to make the most of it, whatever the fuck that that means. I'm going to make the most of it, and I'm going to make this journey as beautiful as possible.

So the with starting my business and having a business with my special interest during lockdown and having a preference of being alone where I wanted to be with my partner, my ex partner, the person who - and that's what I also learned was that was the person, whoever my committed romantic partners have been in my history, has been the person who has seen me the most unmasked.

And so because they were that safe person, where I could be fully unmasked, even though in some earlier relationships I was still masked, even with year long like partners I lived with, there was still an element of masking. But in my last two relationships, my last, yeah, my two recent long term committed relationships in the last seven years, they were safe spaces for me to completely unmask.

And that was really important for my healing journey. But it also meant that I just wanted to spend time with that person and not other people, because the mask, I wasn't conscious of it at the time, but the energy and effort that went into masking and social masking was so exhausting for me. And I'm also a Projector in human design and I'm a Pisces moon.

It's like there's a lot of stuff around energetic boundaries and energetic hygiene with those placements. And I yeah, I prefer to be alone and I got to do my special interests. I got to be in my own zone. And that did quickly turn into a sense of deeper overwhelm. Now that you know when you have a job, you just do your job and then you check out and you don't really take it home with you.

But when you have a business, there's so much space that it can take up in your life if you allow it to, and you don't have those proper boundaries. So I had to go through some some things with that, and I now recognize how my autism, my preference for being alone and to work on my special interest and

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not have the challenges of the sensation of interacting with other people outside of my relationship, how that wasn't fully healthy, and how that contributed to my burnout.

Ultimately, one of the symptoms is inability to start a conversation or keep one going. That one's funny. You know, I did learn to be outgoing and have my personality, but I've also had times where I've been very, very awkward in social situations. Might be hard for people to see that because I get a lot of, you know, reflections.

You're so great at speaking and people that love my podcast and have been to my talks, etc. but that's me and my special interest. Not in a social situation where I am just a human connecting with other humans and there's a sense of overwhelm. And so this past weekend, I had an amazing time, went to this epic show and an all day party afterwards.

And it was solstice and everything was so beautiful. And there were times that I was extremely awkward. And in those moments, instead of feeling shame in my head, I'm just like, yeah I am neurodivergent. I don't even say it to the person. I just allow the moment to just wash, wash past. But what stopped is the shame spiral.

What stopped the ruminating and spiraling about, oh my God, why did I say that? Why didn't I say this? That person was saying this to me and I barely said anything or like they're asking me a question and I'm not asking them questions back. That was a big one. Or they came and tried to be nice and I didn't even look them in the eyes.

So moments like this or I'm like, oh my God, in the past I would think I'm such a bitch. Like someone was actually being nice to me. And I feel like I really want new friends. So why did I act like that? So now I just really let the moment wash past, and then that reduces the whole emotional charge around the interaction.

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So I've noticed that the right friends, they always click back in, even if I have an awkward moment because I'm not making it worse by grasping on to it and attaching and making it mean a bunch of stories about myself and getting down on myself instead in my head. I'm just like, that's neurodivergence, and I'm loving myself through it. And it's really made my life so much better.

So I'll continue to read some of these things from the Healthline website. Excessive talk about a favourite subject without giving attention to the reactions of others. So there's usually a favourite subject, whether it's music and art. Math, Lego, I don't know. It tends to be some kind of, like, favourite special interest that autistic people have.

So times that I would talk now people pay me lots of money to talk about astrology. But in the past, when astrology wasn't as cool, you know, 20 years ago, it was a little bit more like that, just talking or getting me started on something, and then I keep going, and it's. Yeah, it can be uncomfortable sometimes for other people.

Speech problems or unusual speech patterns. I was very non-verbal from a pretty young age. Now I've obviously opened up my verbalness and I'm very verbal, but in my younger years I was not, I had an inability to express emotions. That's been a really big one for me as well, where I've just not known what to do with my emotions. And the convenient thing about working a lot is that that can, you know, distract you from having to feel your emotions.

And I've really been working on and learning how to communicate my feelings and be with my feelings over these past few years.

Trouble recognizing simple social cues. So this is definitely something that I have experienced and normally I laugh it off and I've been able to just, you know, make it funny. But like I said, in the past, it would feel like this sense of shame when I notice that everyone is noticing that I apparently did something wrong or said the wrong thing or didn't get something that was happening.

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Another one that's not listed here, but that I read about, was taking things very literally. We can take things very, very, very literally. So that was really funny to me because I'm super gullible when it comes to jokes. Like, people can pull the most stupidest jokes on me without... I'll try and give an example or hopefully it comes across on the podcast. I was in Mexico visiting with a friend and her parents who had bought a home there, and they were taking me out. We're at the beautiful beach with tables and chairs in the sand, and we're eating and I was staying at their home and it was a really sweet home.

And then, her stepdad says, oh, Ayesha, look over there. And he points to this crazy cliff, like down the road. It's like this Crescent cove, the ocean crashing into the beach. And there's this crazy cliff. And on the top of this cliff is this amazing house. Now, like I said, I was staying in their home that they just bought in Mexico.

Like I was staying in their home already. I know what it looks like, but he pointed at that and he goes, that's our other home. And I was just like, really? And everyone just looked at me like, you, what the fuck? He was like, you almost couldn't believe it. It's like he wanted to make the joke on me, but he was almost shaking his head, like, I should have, come on.

And so that's just one example. That kind of thing happens to me very often. I can be really gullible when it comes to jokes that to other people are super obvious. And I'm like, oh my God, that's so cool or something. And they're just like shaking their head like, what the fuck, girl? It's a joke. And yeah, so it's funny because it almost ruins the joke to get me fall for it. It actually kind of makes it less funny to them in a way. So anyway, hopefully that made sense.

Difficulty following simple directions. Inappropriate social interactions. Especially when I was younger. I said some very, very, very shocking, things. Wild, wild things I would say to people.

Inability to recognize nonverbal forms of communication.

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And then there are behavioral patterns as well, such as repetitive movements, fidgeting, developing routines and rituals that can't be disrupted. So that was one of the things where when people wonder and like I said, I'm not an expert, but I'm just sharing things that I've learned that have really clicked in and that I have learned from professionals.

So I just want to say that because not everything, every statement I make might be 100% true in all situations. But when I've had conversations with people about, oh, I don't know if I do, I have ADHD, do I have autism, I don't know. And what I learned is that people with ADHD can actually flow really well with change because their attention can go in different directions and they can actually really go with the flow with change.

Whereas someone with autism really doesn't like when things change, when the routine changes, when the plan changes, it can be very physically overwhelming to me when things like that happen. I thought it was my Mars in Taurus. I thought it was just my Mars in Taurus all this time, but it's both. And obviously our blueprint is expressing our whole self, right?

So of course it's going to be reflected. Not that autism is reflected in Astrology in my chart, but those same qualities are reflected in different ways of looking at me and understanding myself. So when my ritual or routine is disrupted or plans are disrupted, it can really rock me. And I've gotten a lot better through nervous system work capacity and opening my resilience.

I've gotten a lot better at going with the flow, especially as a Pisces moon, a Pisces North Node. I've gotten a lot better at going with the flow, but ultimately that was one of the things that really resonated with me in learning about autism. And there are also things you may have heard of, like being really particular and picky with food.

And I was surprised how many questions in my autism assessment were about food. And so I thought that I just don't, of course, everything is normal, because I honestly feel that neurodivergence is normal

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and is becoming more and more and more normal. Possibly more than people who are truly neurotypical. So I don't want to, like, label every single preference that I have as, oh, it's because I'm autistic.

It's not because I'm autistic, it's because I'm me. I'm unique, and I also am autistic. And so in the assessment, all the questions about food textures, it was so interesting because I've always really disliked Boba. And all my friends were like, oh, let's go get a boba, let's get a boba tea. And like, I lived in Vancouver, there's a really big Asian population, tons of amazing boba places everywhere.

I was like, oh no, I hate boba, I can't do boba. And then I, oh, I also love food, I love food so much and I'll eat almost anything. Well, that's not true. And I have very high standards anyway. I love a lot of different types of foods, but I don't like boba. I don't like sweet corn kernels.

Okay, when sweet corn kernels are in a salad or in a soup and they're like that, pop, they pop in your mouth and they're slimy, similar to the boba. I really don't like those, but I love corn on the cob, corn tortillas, popcorn. But just corn kernels. Put that in a salad. Put that in your soup. God forbid you put that in a curry. I've had that once and it was a nightmare. I will literally sit there and I will pick out every single corn kernel. I will pick out every single one, and then I will begin to eat my meal.

And then the other one was, raisins and like any type of fruit baked in something like in a cookie, in a cinnamon bun, in a muffin. I really don't like that. I like banana, chocolate chip, nuts, that kind of stuff in baked goods. I don't like fruit in baked goods. And so that was really interesting to hear that many autistic people have certain, very strong food preferences and that are connected to texture and aversions to specific textures.

Other things like sensitivity to light, sensitivity to sound. I've been sleeping with a total blackout eye mask for years, for probably 6 or 7 years. It has been a total game changer. I love to walk around with my headphones with noise canceling on and listen to music, so those are just some of the symptoms,

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and I wanted to share those with you to just share what my personal things were that really clicked in, in like a eureka moment for me of just recognizing, yeah.

Of course we're all different. We all have our preferences. But also, I am an autistic woman who spent my childhood, my teens, in my 20s, as an undiagnosed autistic person. And that has been extremely liberating for me. It's been extremely, extremely liberating. So some people have asked me, you know, what has changed since your diagnosis? What have you done since then?

Now that you know this, what are you doing about it? Like that kind of question, like how am I treating it? And I will say I am not treating it. So I did give ADHD medication a try because I also have ADHD. So that's more about focus, that's more also connected with a lot of fidgeting and a lot of moving around. It's also connected with leaving things undone and not being on top of like different bills and not being on top of things like that which would actually be really simple to do. But we're making it this big, overwhelming thing. It just feels so challenging, that kind of thing.

And I did give medication a try for a little bit. I don't know it might have been like 1 or 2 months, and I am no longer taking that medication, and I, I'm not here to say any types of opinions on medications or not, because I tried it, because I had so many friends who had really great experiences. But what I will, all I can share is my own personal journey, right?

That's all I can really share. And so for me, I did not resonate with that medication. And I'm really happy that I stopped and I wanted to give it a proper go. And the first two weeks I felt like I was truly depressed. I was like, I'm depressed right now. This is somehow flattening me. And then I just stuck it out. And then there was a period of time where I was like, this is really good, this is really good. But then it just wasn't anymore for some reason. And so I just am not treating it in any medical, sorry. I'm not treating it with any medication.

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Here is my approach. So let's get to some practical bits and pieces, right. Because we like tangible, we like practical. For me, the biggest transformation has been recognition, because there's been a part of me that's been wanting my struggle to be seen and understood, and I'd have really hard conversations with partners that I've had, like, why can't you see how I'm struggling and suffering? And they would just not know how to support me.

Getting that diagnosis was like a validation and the recognition and the acknowledgment that I didn't know I needed. And when I got it, it was like it just clicked right into place and it was just my whole being. My whole soul was just like, yes, yes. I've been trying to get this validation from other people, but I really needed it reflected through this process, through this professional, from my own self. The deeper validation I was wanting was from my own self that I am different than others, that there was a reason why everyone else was able to do homework, but I wasn't able to, and at the same time having a very empowered view of it.

So what I think is really important for us entrepreneurs is that we do not make this an excuse, because I've had conversations with people in different containers and things like that where it's like, yeah, I want to do courses, but I have ADHD, so I can't. And it's like, well, what if we got curious about approaching different things in our business in a way that's truly aligned for us, instead of making assumptions about what we can and cannot do?

Because I find that once people start to identify with having ADHD, with being autistic, we don't... That identity, that's not a core, in my opinion, that's not a core identity of who I am. But understanding that we have certain limitations, we have certain, we are an infinite soul, but in this human incarnation, some things are finite, some things are finite.

My joints are hypermobile. That's also something that we find a lot of co occurrence with neurodivergent and autism and things. So I get injured easily because my joints are hypermobile, they

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go too far. And I've had plenty of injuries over the last few years. So it's like knowing that about myself is important. It's liberating because if it's unconscious, I will just keep getting injuries.

But at the same time, I'm not projecting on my future. Oh, I can't dance because I am hypermobile. I can't work out because I'm hypermobile. I can't go out because I'm hypermobile. When really there are ways for me to approach this intelligently. There are ways for me to approach this that align with what I desire to experience. So what that's meant for me is doing less stretchy, stretchy flexibility stuff which hypermobile people. We can like doing that because we're good at it, because we're already hypermobile, and it feels good to be like, wow, I can touch my toes. I can put my hand flat on the ground in a forward fold. All these things. And actually work more on stability, work more on building muscle, work more on Pilates and strengthening my core, and work more on having control.

And so that way, because I have this extremely valuable information about myself, that my joints are hypermobile, I can work within that limit. And there is a quote that necessity is the mother of invention or something like that, right? So when we have certain needs or even certain limitations, that creates an environment for creativity solutions. So for me, the recognition, the validation of yes, I lived my life and part of why my childhood was so hard was because I was an undiagnosed autistic little girl and I also had ADHD, and now I still do.

There's no part of me that feels like, oh, now my dreams can't come true because I'm neurodivergent. Hell no. It's more like now that I know this aspect of myself so deeply, and it's not operating in my blind spot anymore. This is going to help me reach my dreams and in an even more of a powerful way. But it just might not look like other people's path, nor should it.

So we have to understand if we are neurodivergent and we're looking at neurotypical business models, business strategies, and business coaching, we just need to understand it's not all going to apply to us. Just like being a Project in human design, or being a Reflector or being a Manifester in human design. And you look around and 75% of the world are Generators and Manifesting Generators.

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So you need to understand when you hire a business mentor, when you look at someone's business model, if they are not the type that you are, you can be inspired. They can have value to give you, but you cannot have their same business model. It can't be the exact same for you. So to me, I just see it as the same thing.

There's people who are Projectors who use that as an excuse to not do amazing things or like, oh well, I'm a Projector, so I don't have energy for launches, or I don't have energy to have a podcast or to have a business. And it's like, I mean, the Projector signature is success. So I'm not sure where those excuses come from.

It's really just indicative of deeper lack of belief in self and lack of belief in your path. So if the understanding of being neurodivergent when we receive our diagnosis, which I really recommend, just really getting it, not doing self diagnosis and self assessment, I'm not saying there's anything wrong with it. I just personally felt a great degree of being seen by another person who this is their profession and this is something they know so deeply.

And they were moving me through that process. Like for me that was very, very significant and very healing in and of itself. And so it's about approaching this as, okay, this is a part of who I am. This is a part of the universe that I am, just like all my astrology placements, just like my human design type, just like my age.

That's never going to change, right? It's only going to. It's only going to get higher. It's all going to go lower. There's certain things, like my tattoos. I'll always have my tattoos. Like there's just certain things that will just be a part of my life. And they all get to be integrated within the universe that I am.

And in my opinion, like this is not even my opinion. I just think this is like universal law. Your destiny path will never require you to be different than you are.

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If anything neurodivergence and whatever limitations. Like, maybe it does make certain jobs harder and certain careers harder. What if we could see that as well? That is actually filtering out the careers that aren't correct for me. Because how could your destiny path not be walked by you because you're neurodivergent? That doesn't make sense. It's more like you're neurodivergent.

The ways that you're different, the ways that you're brilliant, the ways that your brain is literally wired and created differently than the majority of the world is actually what is going to make you stand out so much in your business. It's what makes us unique, not what makes us the same as everyone else that brings our success. So just like I see all the placements in my chart as something that I've chosen and something that I've chosen for the purpose of my purpose, the blueprint of my self-actualization.

While in this life I needed to be autistic and have ADHD to be me and I am the one who walks my path. All of me. And now understanding this has impacted my relationships. It's impacted me understanding what my needs are and knowing that I do really like a level of certainty. And I like to know what's going on. And I like to know where I stand with people.

This has totally changed the game for me in dating, because uncertainty was more than just, you know, I used to judge myself for wanting more certainty when it came to dating, and more reassurance. And I used to judge myself like, oh, I'm just so insecure. And now understanding that it's just highly, deeply uncomfortable sensation wise, for me to not know where I stand or for things to be switching up on me.

And so now I've learned to speak to that, and it's enriched all my relationships to such a profound degree. So I think one of the most important things is to just get really clear that having a diagnosis and knowing, for example, the woman who did my assessment told me that many autistic people prefer to say I'm autistic rather than I have autism.

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And this new movement that's happening of being neuroaffirming, which is affirming that we're actually, every single person is so special and neurodivergent is just another way of being special and really understanding that and not trying to fit a circle into a square hole. When we see these very old paradigm, neurotypical ways of doing business, that we don't apply that to ourselves or think, oh, I would be, I want to be successful, but I can't because I have ADHD and I can't have a business like other people.

When really having an online business is one of the best things for neurodivergent people. Hello, hello. We get to do our special interest. We get to do our favourite things, topics that light us up, that in our past, we might have talked about them and annoyed people or it wasn't welcome or people didn't see the big deal.

And now we're getting to bring that to the internet. Hello. We get to create our own schedules. We get to create things as spacious as we want to be. We get to be seen for our uniqueness and actually be appreciated for that. We get to dress how we want to dress. We get to be unmasked.

So if you have any limiting beliefs on, well, how can I have a successful business and be neurodivergent, it's like, oh, ask that question in a different tone. Ooh, I wonder how successful I'm going to get now that I know I'm neurodivergent. I wonder how successful Oath Oracle will continue to be, like my business will continue to be, now that I am using way less energy to mask, I wonder how much more successful things are going to get for me now that I know that much more about myself and I can care for and love myself on an ever deeper, deeper level, truly understanding what makes me different, what I need, and even my triggers.

So that same question: how can I be successful and be neurodivergent? I imagine if it was asked in that tone, are you seeing things differently, being different? That is the jackpot. That is your jackpot. So what if you could see it like that? I want to talk more about some of the practical things, because I know a lot of people have questions on this, like being productive, being focused.

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How do I organize my business, etc. but I want to wrap up this episode so it's not too much of a saga. So I'm going to have some more episodes on this topic, but I really wanted to break the seal for this one, because I knew that I was resisting it a little bit because I was like, you know, I'm so new. My seven months out of 35 years of my life is not very long for me to be living with this diagnosis and knowing this about myself.

And I'm still finding the things that really work for me. But I do have some really practical, tangible business, social media, productivity, like all that kind of stuff, things that I want to share. But I want to get this episode out there first to just give the context, share some of my personal journey, and just get this series kind of going, and we'll have more episodes on this.

And I would love if you have, if you're listening to this before the next episode comes out, I would love to know your questions specifically about neurodivergent and entrepreneurship, so I can make sure to answer some of your specific questions on this topic and get really precise and really practical for the next episode. So thank you so much for listening.

If you made it to the end. Thank you so, so, so much for being here. I truly believe that more and more and more people are truly neurodivergent, and it's a response to society. And I believe it's also going to be part of the solution into the new paradigm as well, because we need to see things from a different point of view than mass consciousness in order to have solutions that are outside of the box, that are not based on the past and that are not within the the limitations of our current matrix.

Right. So I think that neurodivergent people have a really special role to play. And if you are one or you suspect that you are one, I just my biggest advice to you in this moment, before we get to the more practical episode, is to just watch those limiting beliefs that we might have, like, oh, this means that I can't blah when that's probably not true.

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And whatever is meant for you if you are neurodivergent, is meant for you as a neurodivergent person. You know it's not that's not gonna, there's no way that you being neurodivergent could disqualify you from what is truly meant for you as your destiny. Because it's part of you, and your destiny is for all of you. So that's just one of the biggest points that I really want to say.

And the greatest healing that's really come from this for me is just that deep, deep, deep, profound recognition that just felt like a wholeness inside of myself where before it felt twisty and like a void space. And yeah, so there's so much more I can say, but I don't want this to be too long, so I'm just going to wrap it up here.

We'd love your feedback. We'd love your questions. We'd love your shares, appreciate your support of the podcast. So so so much. And yeah, let me know any specific questions that you have for another episode on neurodivergent and entrepreneurship. So much love to you all.