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with Agesha Durrani

Episode 47

Hello loves, and welcome back to another episode of the Oath Oracle podcast. And I just want to say thank you so much for your continued support of the podcast, your messages, your shares, your reviews and ratings. Honestly, it means so much to me, especially this year. This year was my 12th house profecion year in my solar return chart and that is the topic of today's episode.

The Solar return chart is a chart of the sky on your birthday each year, so it's not your birth chart. It is a snapshot of where all of the planets and luminaries are when the sun is at your exact degree and minute (which is a fraction of a degree) of your natal sun sign, and that is the solar return, as in the sun returning to its exact placement on the day of your birth.

Except all the other planets are the current planets that we have in the sky on the day of our birthday. So the solar return chart is a snapshot of those. That cosmic map is actually letting us know major energetics and themes and obstacles of the year ahead. And it is used in predictive astrology.

I am obsessed with solar return readings. Anyone who knows me knows I think it is one of the most valuable types of readings after we get a foundational reading and understanding of our birth chart. I think that the solar return reading year on year is one of the most powerful things that you can possibly get, because it is a predictive reading of the year ahead that is letting you know major, major, major themes and also major opportunities.

And that has been absolutely invaluable to me, especially in these last four years in business. When we look at a solar return chart, there is something called annual profecions and annual profecions are rooted in Hellenistic astrology. They are an ancient Hellenistic astrology technique for predictive astrology. It's looking at basically a like a zodiac wheel. But it is different because, different years of our lives are associated with different houses in the house system.

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So I won't get super deep into the technical things because this is a podcast. I don't have visual aids for you. And I do teach this in depth in my Astrology for business mastery container, Cosmic Legacy. And we're actually going to have a dedicated solar return program coming up next year. So I'm so excited about that. And bringing that to everyone, because the students in Cosmic Legacy have gotten so advanced that it's now time to bring the solar return program, and it will be an exclusive to Cosmic Legacy. I don't know, his might change, but at the moment I don't believe it will be open to the public because there is a baseline of understanding that we need before. So I can go right into the more advanced teachings.

But here's what you need to know for today's episode. Every single year of our life is associated with a different house in our chart following something called the annual Profecion year or the Annual Projection Wheel. And when we follow that wheel, different years of our lives are associated with different houses for everyone.

Everyone's 33rd year, which is commonly known as the Jesus year, right? Everyone's 33rd year is a 10th house profecion year, and the 10th house is the house of legacy. Life's work and fame. So how interesting that 33, the 33rd year is known as the Jesus Year. And that was a very, very pivotal year for Jesus and the world as we know. And, the legacy of Jesus. So that's one example.

Now, this year that I am in is my 12th house protection year. I am 35 and everyone's 35th year - this is not based on your personal astrology. It's based on the annual Profecions. Everyone's 35th year is a 12th house profecion year.

The 12th house is the house of completion. The 12th house is the house of healing. The 12th house is the house of rest, the house of self-sabotage. The house of the subconscious, the house of our insecurities and fears, as well as the house of forgiveness and compassion. It is the final house out of 12 before a brand new 12 year cycle begins.

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So when you have your 35th year, it is the end of a 12 year cycle. And not only that, but it gives us access to the depths of the subconscious and the quantum in ways we don't actually have at other times to that same degree, to actually heal, not just from the last 12 years, but beyond lifetimes. Most people don't know they're having a 12th house profection year, and even 12th house transits like the sun transiting through our 12th house, Mars transiting through our 12th house can be one of the most challenging transits that we experience.

I've supported so many clients through these transits because they can really hit us in a very different way than how we expect life to operate. 12th House energy is almost like feeling under water, and it can really slow us down because we literally need more rest when there are 12th house transits. Now give it a 12th house production year.

That whole year becomes a year of rest and of healing and facing fears and working on the subconscious, which is not always what our ego wants to do. Often our ego wants to succeed in the external world, or our ego wants to manifest, manifest, manifest, but actually doing the work that the 12th house is inviting us into is inviting us into way bigger miracles by deeply, deeply shifting on the inner, most deepest levels.

So all of this is to say, part of why I have been online a lot less this year is because I have been surrendering into my 12th house profection year. So this episode is a combination of talking about solar return charts and different tools and different insights, and how I work with it as a like the level of Astrology that I'm at with business and everything and exactly how I work with it.

And it's also going to be part personal share, because I've been wanting to bring this episode for quite some time, to just share why I've stepped back in a lot of ways from my Instagram and from my podcast as well, where, back in the day, I was making 4 or 5 Instagram posts a week, and now there are some weeks where I don't make an Instagram post and times where I... you know what?

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I would love to be doing a weekly podcast episode, for example. But what truly took precedence was my healing because I understood what was happening with my 12th house profecion year. Most people don't know about annual profections, and they turn 35 and end up having a rough year. And I've witnessed it again and again and again with friends and partners that were slightly older than me.

And now that I'm going through it myself, I had a lot of wisdom to bring into that to understand this year, the 35th year, from the moment you turn 35 until the moment you turn 36, it is a year of healing. And that healing doesn't always look glamorous. In fact, most of the time it doesn't. That healing doesn't always look sexy.

That healing doesn't always mean huge parties with balloons celebrating your biggest wins, and like external manifestation after external manifestation. But that year takes you to the depth of your actual soul path and the healing that is necessary for you to become who you came here to become. So as I entered into my 35th year guys, I already was getting a taste of it in the final months of last year.

And I've shared about this on my podcast. You know, from having a short and very challenging relationship with someone who was displaying narcissistic behaviors, possibly could be diagnosed as a narcissist, let me know if you want an episode about my healing journey with that. It's been over a year now since that relationship ended, and I've really sat with, if I wanted to share about it publicly.

And now after I have done so much, very, very, very important healing from that point, I do feel ready to speak on it. So let me know if you would be interested in an episode on how I healed from that and what I learned from that experience that happened.

October 11th happened and I was in Egypt. I was 200km away from Gaza. And then I was speaking on the situation in Palestine and other forms of oppression around the Middle East and other places in ways that were very challenging for me to speak on. It took a lot of energy. I cried a lot. I moved through a lot of grief, and I still do.

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I still do when it comes to that, because that's not over as well. As I got diagnosed with autism and ADHD and that all happened within literally two months. There was a two month period of time where all of those events occurred, and that was really, really rough for me. So even though I hadn't turned 35 yet, people say, and I can confirm, you do feel the energy of your next solar return energies about three months before.

I've noticed this, I've heard and read this, and I've experienced this as well. It doesn't mean your solar return starts three months early, but it's almost like you feel that energy coming in and it kind of starts to merge with whatever energies you're in in the year that you're in. And then the next year it's almost like you feel it coming. You can feel those energies kind of initiating you into it.

So I already was experiencing dissolution, dissolution of identities, dissolution of relationships, dissolution of what was important to me and business, and what my motivations and desires and goals were. Dissolution of attachments to certain metrics, attachments to certain amounts of money that I had been making. And I still make amazing money in my business, but I reached a level of full permission for myself to take months and months and months and months off.

And I'm really happy that I have the strategic placement, the strategic things in place, as well as just having that understanding and built a really sustainable, powerhouse business that still was making multiple five figures cash every month. But I was also having lower months this year as I truly prioritized rest and took so much time just completely off.

I stopped doing all high proximity work, I changed my business model, and I created a spaciousness in my life to be able to fully surrender and fully descend into what the 12th House profecion year was calling me into, to fully let myself become the caterpillar goo in the cocoon, knowing that I had to fully let go of so many things that were providing me the illusion of safety to find the true power of safety, of growing my wings, growing my butterfly wings.

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Not only was this a and is, I'm still in it, but not only is this a 12th house protection year for me, but in my solar return chart, the South Node of my solar return - because our solar return chart has all the same placements that our birth chart would have, but they are just in the placement of where it is currently for you this year -

So your birthday next year, all of the different placements in the sky at that time and how that interacts with your chart and the houses that they end up being in and the aspects that it's making in various differences. There's many layers to the solar return and reading a solar return, they are all giving you the blueprint of the year ahead for you.

And by the way, guys, in my solar return readings, I have predicted pregnancies, I have predicted marriages, I have predicted very, very, very specific things and got the confirmation from those people of the magic of what I predicted. I predicted breakthrough apps like it's been really, really cool to give solar return readings over the years and hear back from people.

And so in my chart for the year that I'm currently in the South Node, which is past life karma, was in Libra, as it is for everyone this year that I'm recording this, which is bringing up themes around people pleasing and external validation. And it was in my 10th house of career and fame and legacy and achievement. Anyone who knows me knows I love the 10th house and I have 10th house placements.

Here I am talking about business, talking about legacy. I am all about the 10th house. And yet in this year its a 12th house profection year meaning dissolution, surrender, letting go, healing, going deep within, facing all of the little insecurities, all of the nooks and crannies where I was getting validation from having six figure months, where I was getting validation from being recognized and what I do, where I was getting validation from my Instagram and everything.

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Everything. Even though I overall am such an authentic person and been a sacred rebel since day one that I was born, there were still nooks and crannies where these little sort of patterns and attachments still existed in my blindspot. And then the South Node was also in my 10th house. And so the South Node is past life karma.

Where it is in a solar return chart is saying, and where it is in our charts as well, is saying we're draining energy from this area, we're draining energy away from this area. And yet our comfort zone, wherever the South Node is, our comfort zone, is to actually double down on that area because we're like, oh my God, I'm not feeling safe.

So let me make sure this is working good. And let me keep trying to make this happen. And let me keep trying to make fetch happen. You know, Mean Girls reference. It's like, stop trying to make fetch happen. And the harder you try with the South Node, the less it works out.

And where that energy is trying to, it's trying to drain out from that energy. So it's trying to drain anything that's unaligned, anything that's not aligned with the highest path of destiny had to be drained from my 10th house this year. It was written in the stars. It was written on the chart. I knew that that was happening and where it was directing to.

Where it is directing to is the North Node, which is the opposite of the South Node and where it is directing to for me, this year is my fourth house. The fourth house is the house of home. It's the house of family and it is the house of the womb. So let me tell you guys how I worked with these energies this year. And we did just cross a half million cash for this year. We'll see where the year ends up.

We still have like seven more weeks of this year. And it has been an amazingly successful year in so many ways, but also, I made my priority my healing, my feminine energy, my home and my womb, which is all the fourth house themes. I also, something that is ruled by the 12th house is things like retreats.

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And I went on some incredibly powerful and life changing retreats you might have seen on my Instagram, where I post like what I'm doing in my day to day life. And so I saw that information on the solar return chart. I saw that it was a year of actually de prioritizing my business. I saw that it was a year that if I chose to stubbornly try and force things to happen in my business or cling to how things used to be in my business or in the online space, that that was only going to create suffering for me, and I was actually going to miss the opportunity of a lifetime, which is to have the full experience and the full blessings and miracles of my 12th house profection year, plus the solar return North Node being in the fourth house.

So I gave my all and I'm still giving my all to the 12th house profection year and to the North Node being in my fourth house for the solar return. So the ways that I did this are as follows : I changed my business model to be memberships only, so I started the Star Stream membership at the very beginning of this year, I started the Cosmic Legacy membership, which is my membership for astrology for business.

It's my all access pass to every single thing I've ever launched for astrology, every program, every mini program, every masterclass, as well as monthly group coaching calls, as well as the Quantum Quarter's calls and upcoming new programs like the Solar Return Program. Cosmic Legacy people will also be receiving an Age of Aquarius program, which is something that I have been developing through my in-person talks for years.

So that is a really, really exciting new addition in my world. And then just continuing to deepen and we actually added more to the Temple, which is my full all access pass & inner circle for Earth Angels in business. That is everything I've done on astrology and everything I've done on business, and two calls per month plus they also get the Cosmic Legacy calls. So they get three calls with me every single month.



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I stopped doing all private coaching. I stopped doing all longer term masterminds. I did do a few, 1 or 2 short term mini mind type things which have been very, very rewarding and very fun. But I did this intentionally because a one to many business model is what was able to provide me with so much; multiple five figures in monthly recurring revenue as well as a lot of time and space in my schedule where I really only had three calls per month that I was committed to do with one Cosmic Legacy and two Temple calls, as well as my audio transmissions in the Star Stream.

And that's what inspired the Star Stream. When I was so raw at the end of last year, broken hearted, I had been betrayed. I had been cheated on, I had been stolen from, I had been diagnosed with autism and ADHD, and I was experiencing the grief not only of just witnessing what was happening in Palestine and other places, but speaking on it from my heart and from my soul, which really like tore me apart to to do that.

It was very challenging and hard on me. You know, just moving that energy through my body was, it took precedence and there wasn't too much left over after doing that to do things like launching all the time in my business. And what I asked myself because my capacity was really not great, I was kind of like a shell of myself in a way.

At that time, I was really, really hurting and my capacity was not great. So instead of focusing on what I could not do, I asked myself, what can I do? What is a yes for me? Instead of trying to force myself to do things that my being and my soul and my heart and my body was not ready for and did not truly have capacity for, I asked myself, what can I do?

What is a yes for me? And what was a yes for me was doing things like what I'm doing right now, like speaking into a mic, sharing my insights without being on a coaching Zoom call. Like that's a different type of space holding. I wanted to be more sharing my insights without actually doing high proximity space holding, because I did not have the capacity for that.

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I truly just didn't. I just truly didn't have it. And so I even had a mastermind that was going to start at the beginning of this year, and I had someone who paid in full, like \$20,000 for that mastermind. And I actually had to let her know that, hey, I love you so much and I love the space so much, so much that I know that I don't have capacity to hold it to the level it needs to be held, and that was a really hard decision for me to make, because she was honestly just a total dream client - still in my life.

A friend actually, that we've hung out in person and everything. And, you know, it was just one of those moments of really just being truthful with myself and once again, keyword of 12th House profecion year: surrender. I had to surrender to the truth of the moment, the truth of myself. But it wasn't just a moment that I decided it. I really sat with it for weeks, and it was just that the truth of where I was at was that the level of space holding and the standard that I hold for the caliber that I hold in masterminds, I was like, no, I'm not there, I'm not there. And these people deserve better, you know what I mean?

I had to make that call and make that decision. And that was really challenging for me. But so I had to ask myself, well, what do I have capacity for? So that's why I created the Star Stream in the process and the format that it is, which is that it is audio transmissions that I can give while I'm laying in my bed.

I can be in the dark, I can be by candlelight. I'm not being observed and it's so much, so much value. And people just absolutely love Star Stream. Receiving 15, 20, 30 minute audios about what is happening in the cosmos and exactly how I would work with it for business and transformation and wealth and manifestation. It's been so rewarding. It's been so fun.

It's honestly the next best thing than having me as your personal astrologer. And it's also created a way for people to receive business coaching codes from me for just \$97 a month, plus a whole bunch of bonuses. It's felt so good to be able to offer that to the collective at a time when I know that there are people struggling and there are people who just want to enter into that community, that's another thing that's been really important.

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More and more and more as we move toward the Age of Aquarius is community, and that is what the Star Stream is. It just feels so great to have asked myself and really honoured where I was at. What do I have capacity for? What is authentically a yes for me? And then just creating that.

Some people think memberships have to have like a weekly call and this and that, and it doesn't. Oftentimes we're looking too much at how other people are doing things instead of asking ourselves, how do I desire to do this? So it's shifted my business model to memberships only. So tons and tons of freedom in my life and my business. Weeks and months off with not with not a single call, without live launching anything, really focusing on my body.

And I also did some very powerful retreats. This year I went to Hawaii. I did an incredible temple time retreat with my girl Thais. She is an amazing photographer. She does soul portraits. I share her all the time on my IG. Shout out to my beautiful Brazilian Queen. And we were deep in the fields of subtle energies and doing photo shoots out in nature and spending all this time in nature.

I went to Ireland with my girl Caytlyn, who did a very, very profound, deep fascia work. I also struggle with chronic pain, and that's something that I've been moving through and healing for years. And with this being a 12th house profecion year and a fourth house year, I was like, all right, we're going. We're going for it.

I'm hiring amazing master level experts and doing these retreats where I'm completely offline and I'm receiving shamanic bodywork, and we're doing real, profound work with the fascia, with the tissues, including internal work inside of me. And that was absolutely life changing for my pelvis and for my jaw. And this is Caytlyn of Integrative Pelvic Care.

Anyone I mention, I will put them in the show notes if anyone's curious. She also has programs where she teaches how to do self-massage for neck and jaw and face and things like that. So that was really powerful because I had been doing trauma healing works throughout my life. But to address it on the

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tissue and the fascia level at that degree was something that was, yeah, just a huge privilege and so magical to be in Ireland and do that.

And then I did another retreat with Caytlyn in Colorado, and that was just a few weeks ago, and that was so powerful once again with hot springs, with body work, a beautiful, beautiful time with amazing sisters. If any of the women from the retreat are listening to this, I literally love you so much. It was so magical.

Really understanding what the energetics of this year would be, I said yes to things I might not have said yes to at other times. I said yes to doing retreat after retreat after retreat in a space of retreating from the autopilot aspects of my life, retreating from my familiar environments not as a form of escapism, but actually as a form of choosing to create and enter into safe containers, inside of which I was able to engage with and address the inner content inside of me, the ways that the body had kept the score, the emotions that had been trapped and repressed inside of me. That in my normal life it didn't feel like there was space for.

And then all of a sudden, I was choosing to go out into nature, into these spaces that were designed to hold me through those processes in safety, to go to places of feeling in-depth within myself that I needed support for. It's like the opposite of escapism. It was going directly, directly into what needed healing, because one of the shadows of the 12th house, whether it's 12th house transits or 12th house profecion, your 12th house placements, is escapism as well as addiction. And this was a year that I faced addictions at a level that I didn't even know was possible for me.

I took 40 days off of all substances. Not a sip of wine, not any hemp, which is a medicine that I really, really respect, appreciate and revere and love to have in my life. But not even CBD, weed, just nothing. Even 11 days with no caffeine. So there was for a 40 day period of time of no substances. Now again, as I record this, I am in another no substance period of time because I committed to three months

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completely free of all substances from fall equinox, September 21st until winter solstice, which is December 21st.

So three months, completely substance free. And I am like, I don't know, half way through that at the moment. And it's been so life changing. As many of you know, I struggled with substance abuse in my past, in my 20s especially. And then also I grew up around substance abuse, and I also dated people that had substance abuse issues and were in deep relationships with those people.

So it was very normal to me and very normalized and in comparison to others. I was doing great with plant medicines, you know, having some magic mushrooms here and there, hardly drinking any alcohol anymore since, since my late 20s, smoking a bit of weed here and there, it was very normal and very acceptable levels.

But I still needed to have these periods of time. Really, truly living, not just for a short time feeling what my normal frequency is without any of that stuff in my system, but to truly, deeply land that in my body, to know who I am without any of that stuff in my system. Because even if you just do it on the weekend and then you're not doing it in the week, it's still in your system to some degree, even on a spiritual and energetic level.

Even if it's been released from your body. And I had to get really very, very discerning and really increase my level of sensitivity to subtle energies, which when you are regularly doing substances, that really gets compromised because there's always something else that's going on. There's always another layer, and that's actually opening us up to other energies that we may not want to welcome in as well.

Energies that may exist in the astral planes when we open ourselves to the astral planes. And so as my mission, as my vision, as my embodiment all deepens, it became that much more important for me to just be in my own aura without opening up portals to astral realms through doing, you know, even things that we call medicines are still opening up portals to the astral realm.

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And a lot of people are engaging with that without understanding this, and it's actually compromising their energetic hygiene and their energetic protection. But in our society, it's very normalized, very, very, very normalized. And I thought I was doing great because I wasn't someone who was getting drunk all the time anymore, like I was in my 20s.

But at the yeah, this year just showed me how important it was for me to draw a line and to just experience for long periods of time. Not a week off, but three months off, in this current time that I'm in, to really shift my relationships with all substances. And yes, plant medicines are also substances beautiful, even hapé or rapé, which is an Amazonian snuff people call it.

It's like it's hard to explain if you know, you know, but it's a non intoxicating substance. It doesn't make you high. And I've found it to be a really, really helpful medicine. Even that I cleared out because I wanted to clear out anything that was potentially a crutch, anything that was bringing another spirit into my being than myself.

The spirit, even if it's the spirit of a beautiful medicine that I love and respect, I needed to get space from all of those other energies to just deeply, deeply anchor into myself. Another focus for me this year was working with my womb, and with this I want to give a huge shout out to Christina Louise of Solar Feminine Arts, who was an absolutely oh, just her level of mastery, the level of support.

Just truly, truly, truly, beyond words. And that along with, the internal womb work that I received from Caytlyn, it was just such an incredible journey to really reclaim my embodiment as a feminine being and really deepen in my feminine energy, because the experience of the narcissistic relationship last year really rocked me to my very core and had eroded my sense of self and had me questioning who I even am.

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And I needed to then address the wounds within me that accepted that and stayed in that, because I also was part of that situation and I needed to address that. And that was high, high, high priority. So for the first time this year, you know, my investments and my mentorship were not about business. They were about healing. They were about my womb.

And speaking of the home, another really exciting thing that I did this year was something I've been wanting to do ever since I bought my apartment two years ago. And that is renovate the kitchen and the bathroom. So I was like, all right, fourth house North Node, let's get it. And I changed the counters to these big powerful quartz countertops.

I got the fancy under mount sinks. I got the brass hardware on the handles. I got the floor and backsplash retiled, which I hated. I honestly, you've probably never seen a photo of my kitchen because I never shared them online because I just didn't love the tiles and the backsplash and the cabinets and everything. And ever since I moved in, I wanted to one day change them and it felt like, all right, this is the year.

It's the North Node fourth house year. So I really, I saw the assignment. The solar return chart was the assignment. The solar return chart was the map of the year and who I am. And it's not over yet. I still have some months left in this solar return cycle, but by seeing that, by hearing the call, by recognizing the language that the esoteric language of astrology and the symbols were sharing with me, I descended into it.

I surrendered into it at levels that I didn't even know was possible. My receptivity, my oracular vision, my magnetism, my beauty, my physical beauty, my radiance has all I would say, increased like tenfold who I am. And this inner wholeness that I feel is beyond what I've ever experienced, I think in lifetimes, lifetimes. And I also did quite a bit of past life work, which is very 12th house and even fourth house, which is lineage.

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I did a lot of that work this year as well. I have gotten to the point where even when I think of that, like being mistreated in that narcissistic type relationship, I don't want to diagnose anyone with narcissism, but I believe this person would receive that diagnosis. But I will call it narcissistic behavior.

Gaslighting, lack of empathy, manipulation, lying to me, all this kind of stuff and love bombing, you know, trying to give me this fantasy based on what I had shared and then manipulating me into trusting that data. It's at the point where I truly only feel gratitude for that experience. I know that sounds really wild, and I don't agree with how in the new age spiritual world, people get gaslit, like, oh, you attracted this and like, oh, there's something for you to learn here.

But at the same time, there is truth in that. There is something for us to learn in every situation. Because I did overlook red flags. I did choose to believe in a fantasy, and I made choices that contributed to the situation and it's gotten to the point where, because that level of pain and that level of rocking me to my very core forced me as my heart was smashed open.

It forced me to look at that and say, all right, well, my heart is smashed open right before Christmas as well. Clearly there is something that needed to be healed in here because a healthy person who didn't have certain wounds would have left the situation earlier. And instead of judging myself for that, I accepted the mission. I was like, 12th House profecion year. North node fourth house.

And I am choosing to go into this wounding and heal. Not because something's wrong with me, but because so much more magic is available to me, and because this exact healing is helping me become who I came here to become. And I don't think I would be here now if it wasn't for that extreme level of pain.

That doesn't mean I think this person, that doesn't mean I'm like, oh, thank you so much for cheating on me and lying to me and stealing from me. No, of course not. But it's that I don't really think about that person. It's that I think about myself and the way that I stood and rose from that, and how I



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transmuted that situation by being willing to surrender and descend to the truth of the wounding inside of me, and to take responsibility for the healing of that and all of these different things that I've shared, this swirling the womb, work, dance, art.

That's been another really big focus of mine this year. And I did my first DJ set this year, which went really amazing, and everyone loved it. And I'm actually about to go on yet another retreat. I actually, even though I'm toward the end of the solar return cycle, I have even more retreats and the 12th house also rules music and sound and vibration.

So that's also something. I went to events that were aligned with that. I went to a live instrumental and vocal sound bath in a room of total darkness, like a 100% blackout room. And I was like, 12th house, let's go. I just said yes to things that were aligned with the 12th House and were aligned with the fourth house, and it challenged my ego.

It challenged my attachment to always making more money than the month before. It challenged my attachment to being seen in certain ways online. But that was exactly what the chart said would happen. Because the South Node was in the 10th house, draining away any unaligned energies that aren't aligned with my destiny path that were still operating in my business.

And a solar return chart's energies is for a year. It's not a week. It's not a three day little thing you experience. It's journeying to depth upon depth, layer upon layer for a whole year through those energies.

That's why I love solar return charts so much, because the opportunities of that year will never replicate in that exact same way again. You'll never have the same solar return chart twice in your life. You might have another. You'll have another projection year 12 years later. But where everything else is will be different, guaranteed. So the opportunity of that is something I just think is so important to understand.

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If you want to learn to read astrology with me, please join me in Cosmic Legacy. I would love to be your teacher and your astrology mentor and your business mentor. Within that space, we have monthly coaching calls where you can get coaching from me on your business and exactly what you're going through. Hot seat coaching so so so valuable.

So many replays to dive into, so many modules, so many mini programs and masterclasses. And it's my full Mack Daddy opus, full curriculum on astrology and everything I've created on Astrology. That is a program, masterclass, mini program, plus the ongoing coaching to really take it to a deeper level and we will be doing a full program. There already are modules and things on solar return, but we will be doing a full solar return program in the next few months, and I'm so excited to bring that.

So I wanted to share this. Some other themes of the 12th House. Our prayer. My level of prayer has really shifted and changed. My relationship with spirit has really shifted and changed, and I needed to unplug from some of the coaching industry matrix, online business matrix, Instagram Influencer matrix. I needed to really question what I was plugged into, what I was rooted into, and root into our Divine Mother Gaia, and root into father Sky and my connection with God and speaking to the masculine face of God is something that has also really evolved within me this year.

So there's been just so much profound - the main word that comes up for me now that I'm mostly through this solar cycle is wholeness. Never have I felt so whole in my life, and I think in the lifetimes. And one of the cool side effects that has recently blossomed is I love cooking now. I used to find cooking like a real challenge for me, and I used to not eat properly and just snack on things. Then I would get hangry and then that wouldn't help my dysregulation for my PTSD and my adrenal insufficiency and that I would, you know, it all just was this domino effect where I found it really hard to feed myself properly. And I don't mean in a disordered eating way, though I have moved through that in my younger years, but I really had clocked in with intuitive eating.

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But long story short, I won't go into a whole other tangent on this, but oftentimes the things we think we need discipline for like, oh, I wish I was just disciplined enough to cook for myself, which is how I felt, and I shamed myself for it.

The discipline is an outside-in approach where if I just force myself to do this, then I will be doing it and then I'll get the results from doing it. But what I found is a far more sustainable and transformative way is actually healing the part underneath that has resistance to doing that, or feels wounded around doing that, because that's actually changing what grows from that seed.

That's the seed that changes what actually grows from the seed, if that makes sense. So for me, I had wounds around slowing down. I had wounds around being attuned to myself. And before I got hungry, before I got hangry, I had wounds around slowing down enough to just cook and be with the food because I felt like, oh, I have to do all this other stuff and I need to be working, blah blah, blah, blah.

Let me just order some food so I can work more and work harder. I had wounds around receiving nourishment and nurturance, and that was from imprints from my childhood and through doing the womb work and the deeper feminine, energetic stuff in the descent path. All of a sudden I've been cooking every day for like three weeks, and baking.

I went out for one meal in like three weeks with a friend and a beautiful, flowy, synchronistic perfect friend date. And every single other meal I've made at home. That's never happened in my entire life for that period of time since I moved out when I was 15, so I was living off KFC delivery for years.

I didn't have cooking skills when I did that. So anyway, I was thinking about making an episode on how I fell in love with cooking, but I have a lot of ideas for podcast episodes, so loves. This was a total like personal story time.

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Some pieces on Solar Returns: I highly recommend that you explore your own solar return chart. I do a very limited amount of solar return readings. People that are members of Cosmic Legacy and Temple received discounts on readings. My readings are a premium luxury purchase so you don't have to book with me. You can also explore it yourself. You can learn astrology with me. You can go on your own self led journey learning in some other way.

But solar return charts are incredibly, incredibly valuable. They are my favorite reading other than just my signature Soul Wealth reading, which is the fundamentals of your blueprint for your entire life. But that knowledge of the potentials of the year ahead is incredibly empowering. It's beyond words. I wouldn't have had the courage, the motivation to let go of the things I had to let go of this year, and to choose the things I chose this year because I'd been putting off my healing for 35 years already.

I've been putting on healing and looking at those pieces in my blind spot that were low key running my life and relationships. I could have just kept putting it off. But I saw what spirit wanted for me and what my higher self wanted for me through reading the messages of the solar return chart. And now that I'm months and months into that journey, like almost through the whole year, it was time for me to bring this to my podcast and also let you guys know where I've been at and why I haven't been posting as much, and why I haven't been making as many podcast episodes.

I'm in a process of surrender and descent that is healing my lineage generations. I think it's more, far more than seven. I think it's hundreds of generations forwards and back in my own past lives, and I know, I know so deeply in my heart, in my soul that when it is this time for us, a time of healing, that maybe other people don't always see it in the form of celebrating our highest many months, or like launching thing after thing after thing after thing after thing.

The value and the richness and the spiritual wealth that comes from me conquering certain addictions, doing that deeper healing is fucking priceless. It is absolutely fucking priceless. And now when I look at

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next year's solar return, oh baby. First house profection year. 36 year is a first house year, beginning of a brand new cycle. It's identity itself is getting out. There is boldness. It's action.

But if you don't allow the rest and surrender and healing of the year before, it's not going to be as powerful because you have to allow the ending to empower the new beginning. And that's a huge part of my work in a variety of ways. I live and breathe that. So this year really brought me to a deeper, deeper level of embodiment with that.

So let me wrap this up. I have no idea how long that this has been. Thank you so much for listening. I love, love the podcast listeners who have been showing love and support and sharing and doing ratings and reviews like it truly means so much to me, especially this year. So thank you so much for being along for the ride.

There are lots of fun ways to work together. If you're interested in having me as your mentor, you can always just message me and we can just have a chat on Instagram about what would be a good fit for you, or you can email or anything like that. So anything I've mentioned is in the show notes here. And thank you so much for listening. Sending you so much love and big kisses.