

T H E  
*AQUARIAN AGE*  
*BUSINESS*

P O D C A S T

*with*

AYESHA  
DURRANI

Episode 7

***Ayesha (00:02)***

Welcome back, my loves, to another episode of the Aquarian Age Business Podcast. I have two very special guests today, and listeners of the podcast will know I don't do guests. So actually, you two are my first guests I've ever had on my podcast. And we have a cool little backstory of our connection, which is that when this new era of my podcast launched, which this new era was very much inspired by, decolonizing business, living more in my values, and really bringing that into the online business space.

I did a giveaway to start the podcast off. And that giveaway was at the New Moon in Libra. That night I received a message from my two guests that I'm about to introduce you to. And that message opened up a whole new timeline that I was not expecting to happen that is completely changing my plans for next year. And it's a really beautiful thing to now be full circle that you are my guests on this podcast that was actually the bridge of how we connected with each other. So I'm so excited to introduce you guys, the listeners, to Carla and Fred, the founders of Taozen.

And Taozen is a company or a movement, a group and movement in community that are working directly with the medicine keepers in the Amazon and working with the Amazonian plant medicines for healing in a way that is really aligned with my values. So I'm so excited to get into this conversation today and I'll give you guys the opportunity to introduce yourselves to the audience as well.

***Carla (02:00)***

Well, first of all, what an honour that we are your first guests. Thank you so much for having us. And I love how the medicine works in such magical, synchronistic ways. Yeah, so we are Carla and Freddie. We founded Taozen back in 2022. For us, Taozen is first and foremost a community, like a family, you know.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

And what we do is we curate different retreats or experiences like from short weekend retreats to week long or even dietas. Like now we're about to go to a 33 day dieta in the Amazon. Always, the ceremonies are always led and what unites us is Ayahuasca first and foremost. But also we work with Kambo, Rapés and Anga. And we also mix some yoga and some different holistic therapies, but the main thing is Ayahuasca.

For us it's very important that the people serving it are the native wisdom keepers, the elders as well, the grandfathers and the grandmothers from the Amazon basin. Yeah, this is... You wanna come play ball?

**Fred**

Yeah. And this is something that has evolved really organically. At no point was there ever a sit down of like, okay, this is what is going to be made and created. It's been a very natural progression that actually started as a birthday party. So instead of you going and having a party with alcohol and other questionable things, we had the idea, was Carla's birthday specifically, having the idea to do something slightly different. And with our close friends and in a, yeah, in a close little environment. And it just went really well. And we finished that and we still didn't have a kind of you know, a set specific goal of doing it. But you know, we finished it and it was like, wow, okay, this was, this was profound. And it wasn't the first time that we were drinking, but in the environment where it was close friends and kind of family and in many ways, it was a, yeah, it was a profound thing. And it just kind of evolved from their friends told their friends and then

**(04:09)** just like rippled out in a very organic way. And we found ourselves with people kind of coming back and being like, hey, when's the next one? I was like, I didn't realize there was the next one. And yeah, but then, I mean, you had a pretty incredible experience in the second time that kind of birthed the whole thing really and properly and with her background in law and a very structured personality and perspective on things. She went ahead and created all the legal basics and the foundations for this. And yeah, just kind of took off from there really and grew. And we put a lot of attention on making the first experiences in the retreats that we did as safe and kind of contained as possible and just making sure that people had a really safe, yeah, safe space to kind of go deep with the medicine.

**Carla**

I gotta say, it's been a pretty wild journey. Like it's a beautiful path, but it hasn't been easy and it's very, it entails a lot of shadow work. And it started with us decolonizing ourselves first, because like seeing the colonizer within first, because our first experience, even as a participant, the first years when we were participating, it was never with the native wisdom

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

keepers. It was more with Western facilitators and more like Westernized environments. There was zero mention of the source of where these cultures, like this medicine and the culture around it stems from. And even our first informal retreats, my birthday party and the second one was still with this Western facilitator. So it was a long journey of like, okay, hold on a minute. Like this doesn't sit well and like educating ourselves and also reconnecting with our roots, which is where we're going next journey.

**Ayesha (06:11)**

A beautiful story. feel a lot of resonance and I think a lot of listeners feel a lot of resonance too when we find the path of what we're meant to contribute to the world. It is very natural. There is some sort of jump, some sort of leap of faith, doing something you've never done before, but I really resonate a lot with my own story on the first reading led to another reading led to another reading and the path just kind of unfolds at your feet when you're really saying yes to what's being asked of you even though it's very mysterious.

And I love that you acknowledge the colonizer within because this is, you know, when you guys first reached out to me and you invited me to share a talk at one of the retreats, which we are doing together in Europe in the springtime next year. So, so, so, so excited and really excited to see and meet the group that's already coming together for this. Like I said, new timeline that it was never planned for me next spring. Okay. I guess this is happening now. This is where the year is taking me. But the first thing that I asked you guys was, Hey, can we get on a call to make sure that our values are aligned?

Because there is, as we know, knowledge, mainstream knowledge and understanding of Ayahuasca has exploded a lot in the last years. And we do live in a world where people can go and Google their shaman, go and look something up, see it as a checkbox to check, know, something to cross off their list. yeah, I want to do that one day. I want to skydive one day. I want to take Ayahuasca one day.

And I traveled in Colombia actually when I was in my early 20s. And that was a time that I was personally experimenting with a lot of psychedelics for the first time, like LSD, for example. And I was just ready for all kinds of adventures. And then I was in Colombia and I heard about Ayahuasca for the first time. This was 14 years ago. This was like some time ago. So before it was more popularized the way that it is at the level now. And at first I was like, wait, what? This new thing for me to try? And right away...

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

Even though at that time I was quite partying, I was not really in the deep like communion with my higher self and like living my path, right away the door slammed energetically for me. And even though I was in Columbia for six months, I knew I was not doing Ayahuasca at that point. I knew I was like, absolutely not. Even the spirit was so strict with me. She's like, you're not doing this. You think you're doing this? You're not doing this right now. And it was years later, it was like four or five years later on my birthday.

**(08:29)** That was the first time that I sat with the grandmother. And I also registered my business name on my birthday years later. So I'm an astrologer. I love birthdays. So I love that part of your story. And so what I observed during this time and how it's become so much more popularized is that just like all beautiful spiritual things, so many traditions become commodified. It becomes monetized. It becomes... like the medicine is taken and then the roots are disconnected and people don't give credit back.

I was in a yoga class actually at a retreat and the person was a white teacher and they said, yoga has no origin. And I was like, what? Like yoga has no origin? I was like, what? It was really confusing. So I really wanted to talk to you guys and get on a call before, you know, bringing my movement and my brand in connection with something when I know that there are bad actors in the space of serving medicine. Not that there are negative intentions, but that people haven't done that deep reflection work for themselves to see how important that this is and how important it is that we give back and actually serve the indigenous communities, not just take from them. Because when we just take to benefit ourselves and heal ourselves, it's the same as extracting from Mother Earth, which is kind of like the number one imbalance in our world right now.

Just take what you want. Just take what you want, benefit yourself, make money off it too, right? And this is a business podcast. We believe over here in the sacred exchange, in being in sacred exchange with one another, in our wealth overflowing into the world around us, not needing to be broke healers and broke artists, but we need to be consciously, intentionally. What Aquarian Age Business is, is that structures are built automatically into our business to bring that positive resource to the indigenous medicine keepers, in this case. So I'd love to hear about how you guys do that and your journey to seeing the importance of that.

**Carla (10:26)** Yeah, nice point. I personally had a very strong resistance to making any money from anything spiritual for a long time. And this took me years, literally. So the first three years of Taozen, almost until this year, basically, everything we did, until this September last year, everything we did was non-profit.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

And that was purposely because I was thinking, no, I don't want to fall into it because we had seen so much capitalism involved in the space and like extraction. Yeah. Even exploitation, I'm sorry to say, that we were like, I don't want to, we don't want to fall into that. And at the same time, when we both had our own full-time jobs. So we were like, we're just going to give it, we're just going to do it as an offering. And that's it.

But at some point we realize we're taking risks. This is a lot of work, you know, and like... I think there's a lot of value being exchanged as well. There's a huge exchange there. And also we wanted, it was also around that time that we were like, we want to work more and more only basically with the elders. And if this is nonprofit, there's not going to be enough to contribute even to them, you know, enough.

Also for me was if I want to go deeper into this, Fred still keeps his other job. I'm now full time into Taozen. And if I want to go full time into this and like give everything I have, I need to be retributed, you know, because otherwise it's impossible. It's been, we still do the nonprofits because for us it's important that anybody has access to this and that it's not an elitist thing, you know? But of course we also provide a lot of value in many of the retreats that we do and there's lots of costs. So we need to be retributed as well. But yeah, it's been a very tricky journey at that point.

### **Ayesha**

Spiritual and creative entrepreneurs feel the same way, but my belief and kind of the work that I do with my clients is that expecting anyone to work for free in a way that is to their detriment and depletes their resources is exploitation.

And so we put a double standard on ourself where we think we should do that when actually like, you know, people will say, if you're a healer you should do your work for free all the time. And that's I think it's a really beautiful thing to find the ways that we're gifting. We're overflowing. We're in an exchange. Free markets existed before capitalism was created. Abundance existed before capitalism. So I think it's really important for us to disentangle that.

And when we are in that devotion to our own integrity and what that, and we know what that means to us, then we can kind of stay on the path that we need to stay on while still creating abundance. Cause to me, it's a very sacred thing to be able to improve your life, improve your family's life, improve the lives of those around you through doing your actual work, not the job

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

that you take on the side to pay your bills necessarily. That is sacred in its own way, that's the way that we provide for ourselves and we create and protect and create the holding in our life.

So it's not that that's not sacred, but I do as a business coach, what inspires me is that people can liberate more of their mental energy, spiritual energy, physical energy to do the thing that they're supposed to do, because that's what I want to see in the world is people doing the thing that they're supposed to do. And I think it's really powerful when we can disentangle that and just as important right alongside it, be intentional on how are we honouring the medicine keepers. And I would love to hear about that from you guys, how you honour them because

**(14:11)** it's clear what we gain from having the source with us. And I believe that I read in the material you sent me that you only work with medicine keepers who have 30 plus years of experience. So this is a beautiful, beautiful thing. It's clear what we, the gift of that, that is to the people that come to your retreats to really connect with the source, the wisdom, just the energetic frequency of people like that, of the elders that I've met is just on another level. And how are we benefiting them by creating these spaces and attending these spaces.

**Carla**

Mm. Well, two points. Well, before I forget, one is, you know, it's like a double-edged sword, the fact that there's now an economy around Ayahuasca, because then what we're seeing, and you need a lot of discernment in this path to spot these things, because it gets very tricky, but we are seeing more and more younger shamans, also indigenous, from the tribes, from the communities, that are becoming shamans, like taitas or pagés, as they call it.

But then I believe many of them do it for the economic opportunity, understandably, because it's that or they go or they get westernized and they get, I don't know, bullshit jobs. I don't know. The Coca in Colombia.

**Fred (15:23)** They go and work in the plantations, the plantations, the conditions of selling cocaine, you know.

**Carla**

But obviously for us, not going to bring, we, the shamans we bring to our community need to, I guess it goes without saying, but it has to be vocational, you know, like it's a calling, but you need to be very, yeah, discerning on these things. So that's one of the reasons why we work with the elders, because for us only a person that has not drunk Ayahuasca, but served it as a shaman for at least 30 years can really prove vocational. Yeah.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

That's one thing. And then also the forgotten role of the elders. I don't know if you want to talk about that. Like in the West, we really don't appreciate them that much.

**Fred**

Yeah, well, I mean, our society is very good at relegating elders after a certain point in their life and kind of reducing their life down to not very much and considering them to be a pain, actually a burden to society. And of course, when you overlook that you overlook such an incredible amount of tradition and history and wisdom that can be passed on to other generations. That is, that's a really core part of working with such people. So they have that vocation and they also have that knowledge that has been passed down often from their father and then their grandfather and their great grandfather and so on and so on. And I mean,

**(17:06)** It's so gratifying and so it's just such a beautiful thing to observe when we work with these people and we create a space for them to serve this medicine in the way that they have done for the majority of their life. Then of course their ancestors have done the same. And how that then is taken back to their communities. I'll give you a specific example. We're working with a matriarch called Waxy Yawanawá. She's from the Brazilian tribe of the Yawanawá. And it's a family that we're going to be with this time, so this time next week, we'll be in like deep in the jungle with her and her family and her community.

Exactly in a week.

**(18:02)** The creation of that entire retreat, we sent a lot of money to her as part of that in terms of what we were selling and what we were creating and then sharing it with her to pay for what she needs. And that has directly impacted the community that she's created there. And we're getting videos back from her right now as we speak being like, thank you so much. We've been able to recreate, cause they had an, I think it was like three years ago, they had a massive flooding. Yeah, was a flooding that basically destroyed a big structure that they called the Shu Hu. And it's a communal building where they will hold ceremonies and they'll also have community kind of gatherings and share knowledge. It's a very big part of their culture.

**Carla**

Like their temple, you know, their ceremonial space.

**Fred**

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

And that was destroyed practically down to the ground. And with the money that we've sent her as part of this retreat and expedition that we're doing, they're now rebuilding that as we speak. And the reason why that's so important for them, other than, you know, keeping the medicine alive and the lessons there is in the face. So as a younger generation grows up and

**(19:32)** they are being tempted by the outside world of what we know so well, the distractions and the pollution and the kind of that game. Centres like this in their village keep the traditions alive and it gives them a reason to stay and keep these things going. And what we often come to the conclusion of ourselves is like these people that we work with in our opinion are very much like the...

the figureheads of this new vision and the new world that we're trying to kind of birth. Cause I really feel like we're in this birthing process. It's fucking messy right now, but we're in it. And I feel like our process of working with these people, we're learning that connection that we've, I think we all kind of are craving in many ways and having, having a, and that disconnection and we're learning to reconnect through that.

so it's, it's, it's beautiful to have that exchange. and then of course, the work that we do with, with these, with the different tribes that we work with, they're able to plant and they, and continue to plant more. So when, we know that when we work with different shamans and groups, whenever they're serving the medicine, it's their medicine they've grown and they've cooked and created with their intentions. And when we're creating experiences with them, they're able to do that more and keep that alive. So yeah, those are just some examples of the tangible impacts that this work that we're doing is having. And it's not to shine a light on us by any means, but it's just, it's such a great thing to see really.

**Carla (21:40)**

And just to compliment, Taita Victoriano, the one that is going to be serving in March in the retreat that you're coming to, we know that the money that he will be making - because we're doing the one in March with you guys and him, and then also in May with him. And we want to start working more and more because he's truly amazing. Anyways, so we know that the money he's making, he wants to create also a school for Siona. So he comes from another tradition, is the Siona. And, you know, he's kind of like...

chief shaman from this tribe recognized. But again, they don't have the means to create any sort of structures, long lasting structures to pass on the knowledge, not just to shamans, but also to the people to preserve the minority language. I guess it's called in English. cause there's only

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

like a thousand something people alive of the Siona. So it's really a minority tribe. Same with the Yawanawá. They are a minority. They are a thousand something now. So they are literally at the brink of extinction, you know?

And so that's why creating these schools and these centers is not only beneficial for us because we also get to know these cosmology and cosmovision, but also for them. Yeah, so we really love to collaborate with people that destine their resources also for a greater good, you know, in that way. We really align with these visions.

**Ayesha**

I love this conversation because I think that the antidote to extraction is thinking about the two-way street, right? And just letting it be a two-way street, letting it be an exchange. And I know that from my experiences, I would love to get into talking about the experience of sitting with the grandmother and having the medicine of Ayahuasca, because I know that's what a lot of people listening are really curious about, that like so many people are aware of this. And I think that one of the most impactful things for me in my nine ceremonies that started with my

**(23:34)** birthday eight years ago. And by the way, my episodes about my experiences that were on like the previous version of my podcast that was under a different name were like my everyone's favorite episodes were the most popular episodes. They weren't about astrology or business and just people were really curious to know. And I felt that with my experiences, there was always a very strong mix between the very first time that I ever sat with a grandmother, it was my birthday and she very much came and got me.

Like I was not planning it. was not something I looked into. was not something I researched. happened to be like long story short, I moved through some rock bottom. There's like a whole episode about this for people that want the full story. But I was in a rock bottom. I was in Costa Rica. I needed a place to be to recover from a really toxic relationship. And I also had been doing quite a lot of drug use as well. Like I was not, I was struggling with substance issues. And then I ended up at a retreat center, just doing work exchange. I didn't have money. I was just like,

cutting vegetables in the kitchen, cutting 40 kilos of carrots in the kitchen. And I was there for weeks and just like detoxing, doing yoga. And then it came to the time of my birthday. And I was just chatting with another kitchen volunteer and I was like, you I was kind of worried where I'm gonna be for my birthday, cause I was having this hard time, but now I'm here. I feel so

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

peaceful. Wake up at 5:45, go do yoga. And she said, when's your birthday? And I said, February 7th. And she goes, that's White Night.

And I'm like, what is White Night? And it was the Ayahuasca retreat or Ayahuasca ceremony that was at the space. I had heard everyone hears things, right? And as we know, every ceremony is completely different. can never even no matter how much times you sit with it, you can never have an expectation because it will always be something else. And so that was my first lesson with it was I had heard things like it will show you the things that you fear the most. And I had already been in such a hard place and

lots of unprocessed trauma from my childhood. I was like, my goodness, this is gonna be really hard. It's gonna be so scary. But I was like, but I gotta do it. I just gotta do it. I gotta face all those fears. That's not what she showed me at all. My experience was 'heaven is on earth and humans are angels'. That was my experience. And I was like, I was going for an extra cup. I was dancing. Like I was just like on a totally, someone else next to me is screaming. Someone over there is puking. I was just literally just in pure bliss and love. And I realized,

**(25:55)** She just gave me what I needed at that time. And then I've sat with her at other times where it was the depth of pain and sorrow and it was the depth of, yeah, really heart facing things that were really heartbreaking and other times once again of really big activations and visions even about new earth and about the future of humanity. And I feel that when we allow the spirit, when she calls us first of all, like, so I've had some conversations with people who were curious about the retreat because I'm.

the retreat where I will be speaking and we will be together in the spring next year. And I would tell them, you know, she will tap you on the shoulder when it's time, because that's what I experienced every time is that she coming, like even you guys messaging me, like it was like, she's coming, she's tapping me on the shoulder. You know, after the last time I sat with her, I thought, okay, I'm probably good for like a few years. Like maybe I'll never even sit with her again. And then you guys popped in. was like, okay, okay. Like I see that I got the, I got the tap once again. And I feel that

It very much is an important bridge builder with New Earth. And I feel that even bringing together elders that have 30 plus years of experience in tribes that are often quite separate from like Western society that we all live in and bridging that together and the tribes people and the medicine keepers also meeting the participants and whatever exchange is happening there of information.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

of energies, of hope, of the vision that we're carrying and seeing different people. So I feel that when we create the space in the container for the spirit of Mother Ayahuasca, it's this mix that I've experienced of deeply, deeply personal healing, deeply personal to the transpersonal activations on what we're being called to do. How we're being called to grow as humanity.

So that's why I feel I love that different types of people come to these retreats. And I also hope that for the medicine keepers, there is a deep fulfillment in seeing these different types, sometimes people that are leaders in a business and impact thousands of people or just in different industries that you might not expect because I do see it as a medicine of awakening. So I'd love to hear what you guys think about that and anything you want to share around that.

**Carla (28:11)** Yeah, let's talk about Ayahuasca itself. It's such a mystery. And there's different views on it depending on the tribes that we work with, even within the shamans, within the tribes talk a bit differently, even like the fact how it was found. Like the Amazon basin has the biggest flora and fauna in the world, you know? And like, because Ayahuasca is made of chacruna and capi. Which are two different plants and then you have to, it's kind of like witchcraft, you know, like you have to boil them in like a bowl, like how do call it in English?

**Ayesha**

A cauldron.

**Carla**

Totally, you know? And you have to be in deep meditation. The person cooking is like a full process of concentration and you have to be very clean and like day and night, very dedicated, sending the prayers. It's two, these two main plants that they, also depending on the Shaman, they put some others as well, but this is what makes Ayahuasca Ayahuasca because this is what activates the DMT. So the fact that these people who knows when, because it's been used for millennia, you know, in like their legends go like since there is recorded history in their memory, know, could find these two plants, like how did they know how to put them together and boil them at this specific temperature and like also it tastes not very nice, you know, like it's not like, this is yummy. I'm going to try it. It's really counterintuitive to try it.

**Fred (29:43)** And actually that works in its favour because it's very difficult to abuse it. Cause you're not exactly waking up and thinking, damn, would really love. It's probably one of the last things you want to be drinking on a regular basis. But for some reason people come back, which

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

I think is a testament to, you know, it's way beyond that, of course, it's something that as Carla says, it's a mystery. As you say, as well, like it's something that every ceremony

**(30:13)** is so different. Yeah, you can be in the same room and drink the same quantity from the same potion that's been served by the same person and we'll have completely, all three of us will have completely different experiences.

***Carla***

It does not really depend on your weight or height. You know how sometimes they say, you drink less because you're more skinny. It's not like that. It's just really such a mystery. The way I personally see it is like I see humans as these radio stations. And depending on the frequency you're vibrating like a radio, you're going to perceive different information. So the whole point of these spiritual practices is to purify the filter through which we perceive information, right? So that we can tap into higher frequencies. And to be honest, empty ourselves out so that the ego is no longer in the ruling place, so that something higher, God, the great spirit, whatever you call it, is actually moving through us, our own unique energetics, you know, but from that space, not from the ego space. So I think Ayahuasca is really, for me, is the ultimate cleansing, purifying medicine.

Like really the filtration, like the attunement it brings is excellent. I don't even have words to describe it, but she is so clever because also another thing that we're learning is a lot of people think, I Ayahuasca a hundred times or 500 times. So I'm enlightened, you know, and things like this. And I don't think like Ayahuasca in itself is intrinsically healing, you also have agency, like, and that's what Ayahuasca teaches you, like, you also have agency and you should not even glorify the medicine and you should always use this sermon in anything, even in the visions that you get, because she will test you. Like, really, sometimes you get crystal clear messages of like, I have to get it, I have to divorce or like, I have to quit my job. But maybe it's not literal, you know what I mean? And that's also the thing that it teaches you. It's very...

**(32:30)** very intelligent. For me, that feels like the consciousness of Gaia, really, the consciousness of the planet, you know. And it does bring this awareness, I see myself and others, of collective awareness, collective consciousness of, yeah, moving into service, moving into matriarchal consciousness. Moving into I care for everyone, not just myself and my beloved ones, but really everyone, know, as like these little cells in a bigger body. I don't know how you experience Ayahuasca.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

**Fred**

Well, I mean, I see, I see how it draws people in from all kind of walks of life. And also they come with varying reasons and intentions, but like generally speaking, they'll fall into the same three buckets and one, one might be that they have a very specific kind of ailment or, or, or trouble that they just really want to heal from.

And that's kind of bringing them to the point where they're looking at sitting with the medicine. Another one might be, which was more kind of our route in was curiosity and just kind of feeling as though there's more out there and more to life. that we as a species and as a collective,

We have a right to explore our consciousness. And I actually think that that's something that we have been systematically denied, which is why this is, yeah, it's so important for us to reconnect to that truth that these plants are a fundamental part of our human story. And I mean, that's something that really is important for me.

**(34:30)** in terms of why I do this is that it's been, as I said, systematically removed from our story and has been demonized. And I think it is part of the new world that we're creating. It's a reconnecting with that truth. I mean, I don't know if you're familiar with any of the work that has been done around like tracing the origins of religion back to psychedelic brews that were.

**Ayesha**

The mushroom temples.

**Carla**

Christianity may have emerged from the intake of psilocybin. Muscaria, how is it called?

**Ayesha (35:14)**

The Amanita and the Santa hat as well. Christmas, all the Christmas symbolism. Yeah.

**Fred**

Yeah, and like the Greek mysteries on the island of Ellucian mysteries and like, you know, what they're finding there and how that could have been the foundation of Christianity. Yeah, so I'm going off on a tangent here, but curiosity is what I came from, And somewhat knowing that like, that is part of our story and being drawn to it to expand and then the third one that we're also beginning to see, which I think is very telling of where we are in our process as a collective is people are kind of, they might be like, I wouldn't say done with their healing or in any way like, like, yeah, finished or whatever, because it's of course like it's an onion and it keeps on going

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

and you'll forever be in that. But it's more like, okay, I've kind of like I've unearthed a lot of what I've, like what's made me who I am to this point. And I'm willing and I'm ready to let go of it. And I almost like, but like I've done a lot of it so far and I want to know what's next for me. what, what is my, what is my kind of, what's my path forward now that I've basically brought light to the shadow and whether it's through other medicine work or it's through something completely different, maybe it's talk therapy, maybe it's somatic work. Maybe it's like, it doesn't really matter what the medium is, right?

Cause it's all about what's coming out of it. So it's more of a question of like, I'm not looking to heal, I'm looking to kind of evolve and looking to like, you know, take on the next step that I'm due to take. And I need some guidance with that. And I trust the wisdom that is within this medicine that has been on this planet, more than we have, you know, like that consciousness that is like, as Kala said, like is Gaia.

**Carla (37:11)**

The shamans always say, any teacher, any, guru, every enlightened master becomes a student in front of Ayahuasca. Like this is how powerful it is. It is truly an intelligence and it's truly a spirit. And for us it's important to take it as a collaborative act.

Like when you drink, you're not just consuming a dead substance that is going to have some chemical reactions and you're going to be tripping balls and having hallucinations. Again, extracting, like using it as something that you can just take, drink, self-centered healing, if I may add. Like another thing that we're seeing people approaching Ayahuasca is more on an extractive way of like, I want to be more productive because now we know that psychedelics are beneficial in many ways, right? And so we see these like CEOs or business people, like ambitious entrepreneurs.

**Ayesha**

Optimize everything, just be as optimized as possible.

**Carla**

Yes, you know, and usually, I'm not saying everyone, but a lot of times we see these people approach it in a more extractive way, you know, and more as a dead substance. And for us, it's very important and we always say to the participants, talk to it because it really replies, even if it's unexpected. As you say, it's going to give you what you need and probably she knows better than you what you need.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

**Fred**

Yeah, so get out of the way. Yeah. Try to predict what it's going to be like, you know, be willing to give up that preconceived notion of what you think you need and take your hands off the wheel and believe that there is something that can take you further. But also being very careful to not outsource the power. This is a really interesting middle ground that you have to walk here of like **(38:58)** recognizing the power that this medicine holds, but also not giving yours away at the same time.

**Ayesha**

humble but that doesn't mean put it on a pedestal. This is going to solve my problems, this is going to fix me, this is my savior.

**Fred**

And this is precisely why when you work with these medicines, the preparation phase is super important as much as the integration phases, because if you have misguided expectations and understandings of what this will do, like, not going to name any names, we've been in a retreat, it wasn't ours, we've been in another one where there was someone in the circle that was there for weight loss. And it was, cause he heard that you vomit.

**Ayesha**

my goodness!

He was like, yeah, I saw the PDF and it looked beautiful. And I heard that you vomit and I really want to lose weight. He was a big guy, right? And, and I mean, I didn't have that much experience, but even I knew that I was like, this guy is not here for the right reasons. Like who's, who's doing the intake forms here? Like what's going on? Then, you know, he ended up having a crazy process that like, I won't go into the details cause it's wild, but he had a bad experience because he wasn't prepared, right? And he, yeah. He will get that very bad experience, basically.

**Carla (40:21)** And it damaged the experience of all of us because obviously if someone is undergoing that, it's a collective experience also, which is what I love about Ayahuasca as well because it does bring that communal aspect, but preparation and integration is so key. cannot emphasize it enough.

**Ayesha**

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

And the integrity on the application process and who you accept. that's something I really appreciated about you two and your approach where, you know, a lot of times if someone reached out to me to, for example, promote something or be a part of an event and then, and then promote it, they really want me to promote that to my whole audience. And you guys were like, we don't even want that. Like, can you just invite some people, you know, talk to people in your inner circle you think would be a good fit. And I really liked that because where we then start getting back into the line of the extraction or being in a capitalist

mystically motivated way of putting the retreats. Yeah, sure, you want to come, you got the money to pay, come on in, come on in, sure. Getting people in that have that intention and are not ready. And I really think that it's so important when people, because like I said, I've had episodes on the podcast where I shared my story from a couple of years ago and those are the most popular episodes. But when people ask me...

I love the medicine so, so, so much. But if someone ever asks me, should I do it? I will be like, I can never, I will never encourage someone to do it because I think you really get tapped on the shoulder. I think you really have a deep inner calling. And I've met people who it didn't work on at all. I've met multiple, I met quite a few people that said it didn't work at all. Maybe not quite a few, but let's say I've met three people, let's say.

**Carla**

You mean, who didn't feel it?

**Ayesha (41:54)**

They didn't feel the medicine at all in different environments, different things, and then also people that have a really, really, really hard time with it. To me, I think you are guaranteed to have a powerful time that you will,

What's the opposite of not regret? Like you'll be glad you did it if you can surrender. Like I feel like it's all about surrender. put, drop your ego at the door, you drop things in your life at the door and you just have to come in a totally surrendered space. And I think seeing her as the spirit that she is, the intelligence that she is, as you said, feeling that Gaia energy, that's one of the greatest gifts of all. Because I think part of why I feel this medicine is so important for us birthing new earth, which is like,

our main kind of shared value, like you guys and I, is helping our mind deconstruct the matrix conditioning and the systems that are in place. Because we need to, in order to birth something

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

different than what we have, we need to stop looking at the past for the templates. And that's what the Aquarian Age is all about. The Aquarian Age is about innovation and invention. Invention is creating something that doesn't exist already. So when we look at the past for the templates of how things can work, capitalism versus communism, for example, people always are in that binary.

And I feel that medicines like Ayahuasca really help deconstruct that. But when we are very identified with the ego, that deconstruction will literally feel life threatening to us.

**Carla**

Exactly. Have you watched the game C video?

**Fred**

Game B. Have you heard of Game B theory? it aligns very much with what you're saying in like the Aquarian kind of phase of this, of the world that we're going into.

**Carla**

and it's the game we're playing.

**Fred**

Yeah, because basically in short, Game B theory is you have the original game, which is what we were playing at the beginning of Humanity, where it was very much communal kind of living and nomadic and also like very much in tune with nature essentially. Then as we settled down and we had more roots and the trade in agriculture and everything that then basically birthed game A, which was the game of competition and game of consumption and empire and also like technology and like kind of growth in that way.

Basically, game B is, we've reached the end of game A, and game B is basically our mission to kind of fuse the ethics of the actual game with the technology of game A into this new paradigm of using technology and using the information and the knowledge that we've picked up over the last two or three thousand years or whatever to move us into the next phase with the ethics that has upheld humanity all the way up until the start of game A. If that makes sense. an amazing view on it and I'm sure that it will..

**Ayesha**

I'm gonna find that, I'm gonna watch that definitely. I'll watch it this weekend.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

**Fred**

Really well done, this is beautiful cartoon.

**Ayesha (45:01)**

Because technology is a really big theme of the Aquarian Age. Technology is actually ruled by Aquarius in the zodiac, and every age has its shadow, and every age has its gift. So technology is both the shadow and the gift of the Aquarian Age. And if technology continues on without connection to spirit, it will literally become satanic. Like it's literally, there's a whole other timeline.

transhumanism and humans merging with machine, but actually it's all about being rooted into heart and spirit. it also, another way of even looking at it is masculine and feminine energy. And I feel that the medicine of Ayahuasca and even the energy of the jungle, the chaos and wildness, you guys know far, far more than I do. You guys are there right now. I think you're in Brazil right now, right? About to enter into the Amazon. When I say it with Ayahuasca,

the depth that I felt of the Gaia energy and the Yin energies that it was descending into the earth. Like it inspired me, it inspired my inner divine masculine energy to protect that and provide for that. And that's another reason why I get inspired to have resources, because we talk about protecting lands. A lot of people talk about having a communal living, da da da.

we got to get the resources and be able to protect that. And I feel that that's also inspiring the more healed divine masculine expressions as well. And I think that that's another way to look at even technology and the spirituality too.

**Fred**

And I just want to say as well, in my opinion, I think yours as well, the transhumanist movement is very much rooted, it comes from a fear of death. And this idea of wanting to live forever and not knowing really, and it's a very materialistic and kind of like, honestly, very limited perspective on what we are as humans. And

**(46:47)** Even if you just, I would love to show like Elon Musk and his buddies, like the work of Joe Dispenser, example, like showing him the depth of humanity and what we can do without anything other than just ourselves and our body and these kinds of things. And like, what's interesting, that root of fear of death and Ayahuasca, the word itself being vine of the dead.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

Yeah, how that is, I mean, for me, it's such an incredible kind of parallel of like a group of people that are fearing death and then you've got a vine that kind of shows you that you are way more than this.

**Carla**

A vine that literally kills you to show you that you don't really die. know, like it's the time before you die. Like really that's what Ayahuasca brings you. If it can be summarized in a sentence.

**Fred**

Which is, if you look at our website, the first thing you see, die before you die. Because that's what we're about.

**Ayesha**

The fear of death has been used to control people. The fear of death is like the main tool actually to control people in the matrix, even with just everything we see going on in the world. Like, if you speak up against this genocidal military entity, well, you could lose your job. That loss of job threat touches on the deeper fear, which ultimately leads back to the fear of death. And that's how, it's a way that they threaten. They're threatening death in these very subtle ways with the social dynamics, being ostracized for speaking up on certain things,

**(48:19)** losing your job, shadow banning your Instagram account for speaking on certain things, it all actually deep down the thread that it resonates on and vibrates on, it's the fear of death. And so if we can surpass that fear, then that is a really powerful thing.

Back to the taste of the Ayahuasca, you know, when you look at that, you're like, fuck, it doesn't matter how many times. Well, I've only had it nine times, but usually I will have four cups. So I've had nine times, four cups. And it's like every time it's like,

Can I really do it? And then I'll do it and I'll be like, I'm never doing this again. Like just from the taste, not the experience, but just from the taste alone, it's like, I'm never doing this again. And then even that's the threshold because you're looking at this black substance and it's like, you're jumping into the void every time you do that. You're like, I'm about to cross the threshold. You're like jumping into the abyss by doing that. Yet it's a powerful experience that here I am about to do it again with you guys.

**Fred**

Yeah, it's an initiation. That's what it is.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

**Ayesha**

Every time is an initiation for sure. like deconstructing that, deconstructing fear of death, I think it's really important for us to actually become the people who birthed New Earth, because that's the transformation too. It's not just, New Earth. It's like we need to become the ones who are able to bring that about too.

**Carla**

Yeah, and in fact, my first ever Ayahuasca ceremony, it was my worst nightmare made real. And what I experienced is the fear of *not* dying because it brought me to such a... It brought me to the void. It was pitch blackness. It felt like eternity. This is... It was a nightmare. Like, can you imagine? Eternity in pitch black, but you're aware. Alone. Forever. This is what I experienced. It was insanity. Like I experienced literal insanity.

**(50:06)** And I remember when I came back to my body, like I had even forgotten I was Carla once. This is the level. It was so tough. But what it taught me is like, that's when I killed my fear of dying completely. Cause I was like, my God, thank fucking God that there's death. And that the consciousness evolved to different places and there's like this constant change. Although, well, this could be a very long conversation.

According to the Tibetans and Shenzhenians, there's different planes in the death and maybe one of them is like this eternity in the pitch black for some reason, whatever. I don't really know. I'm still integrating that. But what became clear to me is now in this singularity moment with AI and this transhumanism movement, know, if people start implanting their consciousness in chips that live forever and they are there forever, this is what I experienced. And I don't recommend it. Exactly. And I don't know what I was going with this, but yeah, dying is good.

**Ayesha**

Dying is good. Ayahuasca brought me there. it's, you know, it's funny, the first ceremony that I had, like I said, it was so blissful. And someone might think, someone who hasn't sat with the medicine might think that it gets easier over time or that maybe you even gain tolerance or something over time. My last ceremony, the ninth one, was the most challenging. I was in pure fear. There was multiple times I almost was going to scream at the top of my lungs and just be like, like,

And it was so incredibly powerful. When I had my cup, in these nine ceremonies, there's been a certain rhythm and the rhythm in the, because of the last two times that I went, it was four

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

ceremonies and then four ceremonies. So my audience has heard, unless they didn't listen to the episodes, but in the first group of four, I made episodes about that where I told the whole story. And then the next group before, I haven't actually told these stories yet because I'm even still sitting with them, but the sequence was always first one.

Was like introduction to the spirit, reintroduction to Mother Ayahuasca, just this gentleness, feeling once again like the earth is my home, feeling a very feminine energy within my body, and then some like gentle healing, some gentle personal healing on like some recent things that had happened in my life, just sort of like easing me in. Then the second ceremony was always like the depth of the deepest healing beyond what I could have ever hoped for, like in this most recent one, it was all about my family. There was a moment that I was, it started with,

**(52:46)** I was the energy of hostility between my parents fighting. I was the hostility in the air and it just went deeper, deeper, deeper, deeper. And the amount that I had to purge of all of the resentment that I was holding toward my family was the most deepest purge I ever experienced ever. I needed so much support from the medicine team. I thank them so much. And at the same time,

I could feel the grid of yin energy and feminine energy all throughout Gaia and I felt like I was in some sort of special hospital in another dimension in underneath the ground where they I was like in an emergency the emergency room of but like the most benevolent healing soft yin energies were all around me just helping me do this work because it was so important to me so it's very personal then the third ceremony just like the first time that I did for

The third ceremony was all about the future. It was all about the Aquarian Age, but it also was about the past because in that ceremony, I received the information that there was an original colonization that happened on our planet thousands of years ago. It's not just the crown or England or United States. It was actually an intergalactic colonization. And I saw how we were before. saw that the connection that we had with Gaia, I saw that we could move items.

We could move objects because of the magnetic field that was so co, it was so coherent, our connection with Gaia that we could manipulate the magnetic field. And now there's so much dissonance and there's been so much destruction of those grids that that spiritual power, that was like a real spiritual power. Like when people have all these imagination, things in video games or movies where it's like a fireball out of your hands, I could see and feel, no, that was real. don't, the brain doesn't.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

In my understanding, the brain is not there to make things up. It's a computer to process the data that we receive through our senses. That's my understanding. I'm not a neuroscientist, obviously. And so I just received this information about how it used to be. And I saw that the original kind of like corruption in the coding of that was that this colonization that happened that tore us away from this deep, deep, deep, deep resonance where the core tenet of

**(55:02)** the collective was our relationship with Gaia and that level of resonance. So as we approach the end of our call today, I would love to get into the topic of colonization. My family's from Pakistan. So that's a country that has a really interesting colonial past from the partition with India. And I was born in Canada. Carla, you are from Spain. And Fred, you are English, right?

What has been your guys journey with even understanding that colonization has this huge imprint on our world and that our own countries where we're from, our nationalities, our lineages in some case, are directly implicated within this?

**Carla**

Mm-hmm.

**Fred**

Yeah, so much to say.

**Ayesha**

It's a small question to end us off quickly [laughs]

**Fred (55:56)** Yeah, well, for me personally, the journey with this firstly is like as I have a degree in history. So I studied this all the way through my school and then into university as well. So I was aware that I was part of the culture of the colonizer. And that's, you know, the whole kind of

not identity, but that's part of the story for me that was growing up. And then being, so being super aware of that past. But the second phase of that has been a much more sobering and mature one, which is actually like taking, us taking on the identity of the colonizer so much because we've been so colonized in that way, you And forgetting that actually before that was,

you know, before our ancestors went off and kind of went around the world and did what they did to those nations, there was a people before that. And those people were, at least in the UK,

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

they were in harmony with the earth and they had connection in their own ways with the plants of that country and that land, let's say. And

their own traditions and everything like that. And that is something that I'm still very much in the process of unearthing because I mean, in the UK, it's slightly easier than Spain. Carla's having a bit more of an issue with that because there isn't like before the kind of, before the inquisition, it's kind of, at least from her research so far, it's more vague. But yeah, I think that's at least for,

For me, that's been the kind of the journey has been to kind of recognize that on a personal level. And then also going further than that, understanding how it turns up in your day to day in terms of your thought patterns and your speech and the ways that you might categorize certain things and bringing awareness to that and understanding the roots of that and kind of trying to

reframe it and to find new language that is not in that way. Then, you know, of course, like what's been happening in the Middle East and in Gaza is just such a blatant example of this hangover of colonial power and how it's still very present for the entire world. And I think, as you've seen across the planet, how people

still very connected to that in the sense of that we recognize that we see that is a hangover of that and there's people all over the world that are in support of Palestine and yeah I think that is part of my personal journey and our collective journey as well recognizing that truth.

**Carla**

Yeah, for me, it's also been a game changer to disidentify with the colonizer and recognize I'm actually even more colonized than anyone else because I don't even remember my roots, you know? And that was like, whoa, really mind blowing for me. Because in Spain, I think I'm blessed by being Catalan. So in Barcelona, we're in the Catalonia region, which we have our own culture, our own minority language, our own thing. So I think by being Catalan, you develop more of like a...

**(59:43)** the system can abide, you know, against the monarchy in Spain and like more like fascism that took place with Franco and all these things because of the bullshit that has been done onto us with the civil war that took place not so long ago. But even in the public school in Catalonia where I went, the history, Columbus was portrayed as a hero. Columbus in the history books, like, and I'm young, you know, like this is very recent and like Columbus

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

was like this hero that civilized these creatures even, you know what I mean? Like, and even Barcelona, my city, has this big statue of Columbus still, you know? And like this Pani Day, the day that we celebrate the kingdom of Spain is the day Columbus, like the genocide began, you know? And even to this day, it is controversial. I remember I was in law school and we were talking about, I don't even remember what, it was related.

And I made a comment about this and like people, you cannot imagine how many people when I mentioned it was a genocide got triggered by that. It's crazy. Saying that they were raping people, that they were like killing between each other. You know what I mean? So at least Spain is still very, very illiterate, ignorant about this topic. So it took me...

Especially working with these cultures in the Ayahuasca world has really educated me and brought a lot of like self-awareness.

**Fred**

compassion as well. Compassion working with them. Totally interrupted there, but go on.

**Carla (01:01:22)**

Yeah, no. I also do practice a lot of yoga and yoga is also another big sector or like culture, like place that has been like extremely, there's a lot of cultural appropriation and I've been, I participated in it and I'm only now realizing it, you know? Even the concept of teacher trainings, you know what I mean? Now that I go to India and I practice with a teacher, a traditional one, she's always saying, she's an elder as well, grandma, she always says like, what is this? You know, like this is bullshit. It's like,

doing an online course to become a shaman. You know what I mean? And I did the teacher training, you know, in yoga. And I was like, my God. So like, yeah, like it's been a lot of, even sure if deconstruction, but like learning, like a lot of looking inwards as well as saying, looking at the colonizer within and trying to bring that awareness and being unapologetic about spreading that. Because also in our community, when we speak about the war and genocide in Palestine,

We've lost a lot of people in our community. So many people got triggered because of that. But I'm sorry. Like at the end, if you're going to get triggered because of these things, I don't know.

**Fred**

Fun fact, we met on an Hispanic day.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

**Ayesha (01:02:40)**

Wow. Very special anniversary. You can reclaim the meaning of that day.

**Carla**

How special because like now the mission that we're doing together is about, know, reframing that day.

**Ayesha**

I think it's important for all of us who are from colonial countries, either by nationality, by lineage, whatever. I think it's really important for us to have boundaries with ourselves on feeling guilt and shame about it because I know a lot of people can feel really guilty or even overwhelmed of like, my god, like this is a part of me, da da da. And it's like, listen, we all in our lineages and even in our past life experiences, we weren't always walking in the light all the day in every lifetime, right?

Like, it's okay. We're here to learn. We're here to evolve. And they're, one of the main things that is rarely talked about in the, talking and speaking of the Aquarian Age is objectivity. And there is an objective impact to what's happening in Palestine, the women, the children, the statistics of civilians that are all these things. And people are choosing to live in a delusion, by choosing to live and they're choosing to believe like the fake histories, basically fake histories and lies. Those lies are then used to manufacture consent or see these people as these great men. They're such a great man. They, you know, civilized this this group of people when actually that level of violence, the level of dehumanization, because dehumanization is necessary to

**(01:04:06)** even consent to these atrocities happening, right? The Palestinians have been dehumanized through the Israeli education system. If you look at videos of children being taught in the Israeli education system, they literally are dehumanizing Arab kids from when they're children so that those children then grow up to be I.O.F. soldiers and they grow up to be able to kill these children, right? And, but to stand for truth is actually to stand for all human beings.

Because even these people that are dominators, might is right, I conquered so that I can, if I want it, I take it, I kill whoever's in my way. Even those people, their souls are not happy, no matter how much they conquest. No matter, even if all of Palestine is taken somehow, their souls will never be happy. But actually to stand for truth, to stand for the objective reality and to hold ourselves and each other accountable and bringing back to the truth, the objective truth of what is going on.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

That's actually a form of love. That's actually a way that we love all people. Like I truly see Trump and Netanyahu as victims. Do you think those people are happy? Absolutely not. There was nothing you could give me to trade places with them unless it was to go make better decisions or whatever. But I would never want to live in their soul and in their life and mind. so even when people are triggered by speaking up, even when people

call us antisemitic, which people say that all the time. It's so funny because Arabs are Semites and most people in Israel have European lineage. And by the way, DNA tests are illegal in Israel. By the way, go look it up. Wonder why that is. Oh, you didn't know? Yeah, you can go look that up. All the accusations are confessions, right? And so anyway, so to stand for the truth is actually to stand for all human beings. And sometimes along the way, a person

who's very identified with the ego, who's believed in the lie, the fake history all their life, it's gonna feel very triggering to them, but their higher self agrees with us. You know what I mean? Like, I truly believe that. I truly believe that the people's higher, like Trump's higher self is like, this is bullshit. Yeah. So I have a question and we'll wrap soon, because I know we've gone past an hour here and I want to, yeah, give also an opportunity to talk about upcoming retreats, but I just wanted to ask you both.

Fred, with your, I'll ask the question and you guys can answer how you want. With your studies in history, I'm curious how important you find us knowing our real history is in terms of decolonizing, re-indigenizing a new earth. And Carla, your experience as an environmental lawyer, kind of the same question. So whoever wants to go first.

**Fred (01:06:44)** Well, when you get rid of someone's history, they no longer exist, in my opinion. They kind of cease in many ways to kind of, yeah, to exist. It's very much thinking about it, you know, it's very present in the work that we're doing here because as I said to you before, with Washiba we're going next week, the money that they're spending on creating this, recreating the Shu Hu, that's preserving history, that's preserving their tradition. And that's, I think, a natural inclination is to preserve some kind of connection to the past, to ancestors, and remember who we are, remember where we come from.

And I think to deny someone that is to deny life and existence in many ways.

**Ayesha**

And just a follow up question is, because we're taught so much fake history.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

in a way that like that's part of this sort of manipulation of the collective and trying to take us into this other time. Like what do you think about that? Like in Canada there's so many crazy crazy things that happen to the Indigenous people here even while I was alive. There were these things called residential schools that were funded by the government and the Crown and where terrible terrible things happened and the last one closed in like 1996 or something like 1993 like when I was alive. And yet the history is being rewritten even right now at this time.

Just like in the last couple days, YouTube deleted over 700 just raw videos of Israeli soldiers committing crimes, committing war crimes, and they're just erasing it. Would you like to speak on that? Like I don't know exactly what is my question, but. What would be the impact of that on the collective and how important it is for us to know the real history of what's going on right now?

**Fred**

Well, in the same way as when you erase something, you kind of, you threaten the existence when you manipulate with intent, you are purposely distorting reality to the point where you cannot decipher what's true and what's not true. And I think that has a profound impact on an individual's psyche and the collective wellbeing. I think it puts the collective body out of homeostasis. And it's not the right conditions for healing. And when a body is in stress, it cannot heal. When a collective is in stress, it cannot heal.

And I think if you're purposely, manipulating and distorting the truth. You have to be extra discerning as to what you consume as being your reality. And I also work in AI, which is really kind of a bit of a mindfuck sometimes because we're working with these incredible people in the jungle. And then I'm also like have

another side of me, which is working with the cutting edge of technology and like having to kind of square that circle in some ways is an interesting, actually talking with you, it's made me realize a bit more like it's very much this third way and this, this, game B or Aquarian. And especially as you reiterated, like technology being a massive part of the current age, I think the duty we have at the moment.

**(01:11:04)** in the human stories to use technology, which is an amoral thing in a way that is not gonna fuck it up for all of us, to be completely honest. And it can go so wrong, but it can also go so right. And we need discernment in this critical point. technology is a part of that as much as and being an aid or a problem in this manipulation of history or of fact. So ethics in that domain is paramount.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

**Ayesha**

I was going to say manipulating the history, it's almost like creates this distorted timeline, like the inorganic timeline or like the opposite of heaven on earth timeline is like hell on earth timeline. And I think that the hell on earth timeline is built off of lies and rewriting history and something else that Aquarius rules, it's technology, but it's also the collective. So technology plus the collective is social media. So because of social media, we can see what's going on. It no longer needs to go through the media that's all owned by five families or whatever. Same with like Standing Rock and other movements around the world.

So yeah, just to name that because it's increasingly important now that there's all these AI videos that are looking more and more realistic every day as well. So that's what I wanted to say. Carla, go ahead.

**Carla (01:12:37)**

was just going say, like speaking from experience, because I do feel like that my indigenous roots have been almost completely erased because of the genocide that took place in Europe with the witch hunts, know? Spain was one of the countries with very high numbers of murders. yeah, And like the church, the Catholic church has had a massive impact on Spain. Like it's still extremely a Catholic country. Now, I mean, of course some people experience Jesus and that faith in a beautiful way, the institutional aspect of it in Spain, at least it's still very dense.

It does feel very manipulative actually and distortionate, you know? And so I do feel that when you don't know your roots, you are much more vulnerable or susceptible to colonize because we're all longing for belonging. Like we're all longing for connection and to know who we are and for that security of like, where you can relax. Right.

But when you don't have that, because you don't know where you're coming from, you don't have even the elder's role, the wise elder, that's gone. Like even our culture, like the colonization has brought this glorification of the maiden. And like the crone, the archetype of the crone has been killed. You know, we don't even have the myth, the symbolism. We don't even have the right of passage.

**Fred**

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

Yeah, rights of initiation. It's gone. Which by the way, of course, Ayahuasca is a form of initiation, so it's a kind of fill-in in many ways.

**Carla**

So yeah, like this, could be speaking for another three hours. But anyways, yeah.

**Fred**

What was your, what does the lawyer say?

**Ayesha**

I'm also curious about your background with environmental law and just like, guess how that has influenced you to be where you are today and the work that you're doing today.

**Carla**

Well, interestingly, it makes a lot of sense, but only now with hindsight I can see it. Initially I was like, this is completely unrelated, you know, because I worked for seven years more than I started a law firm in Barcelona and then I moved to Brussels and I was working in institutions like European Commission, World Bubble, drafting laws for the energy market in the EU. So within environmental law, I specialized in energy and I saw a lot the system.

I was literally in the drafting of the rules of the system. And I got there because I really wanted to change it from the inside out. Really. I'm like, OK, if I want to change it, let's go to the playbook. Who's writing the playbook? So let's go there. But then when I got there, I realized it goes much higher and it's not even accessible in many ways. This we could get very conspiracy talk, but it's not a conspiracy. It's very real.

**Fred**

Well, it's a conspiracy in the dictionary definition in some way. I mean, there's a group of

**Carla (01:15:30)**

And so what I observe is that

**Ayesha**

I'm right there with you.

**Fred**

Yeah, yeah, yeah, you know what I'm saying.

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

**Carla**

What I saw is like all this bullshit, like all this greenwashing and I was thinking, what am I doing? I'm losing my time. And also like the people around me were not seeing it. And in parallel, you know, we were doing this retreat. It was like the beginning of it. And I started to see real sustainability, like not the sustainability that we all speak about, but like real one, you know, in these cultures. And so, and I also learned about ecofeminism.

And this is a concept that really resonated with me because I do think that if we are to go back into Hieros Gamos, into the equilibrium of the masculine and the feminine, like we need to start with the mother and earth is a reflection of the mother energy. And so what's happening to the planet, all the unbalance and pollution that is taking place is a reflection of what we're doing with our feminine energy, not even the women, like our feminine energy within. Yeah.

**Fred**

Systematic denial.

**Carla**

I'm working on a much more subtle level now in this way. Also like more on activism as well, but with Ayahuasca, the spiritual work is much more subtle. But this is what I love about Taita Victoriano. Maybe we can break up with this. When we did recently a Q &A with him, with our community, we asked him, one member of our community asked, what do we need to do to live in harmony again? And his answer was, we need to remember our mothers. We need to remember we're all babies to a mother, to a woman.

We need to remember also the earth. Like we're also babies of the earth. And like the moment we realized this, like this unconditional love that keeps on giving, you like the earth, you cut the trees, they keep on growing. Like it's so unconditional. We're gonna go back to that balance. And I love that about him.

**Ayesha**

wow. I love learning more about your backgrounds. This conversation just, yeah, we could go on for hours, but we will wrap. I think it's so important for us to see **(01:17:40)** and talk about the ways forward, you know, and knowing like the future is indigenous, the indigenous people already know how to live in harmony, but then we have to deconstruct, decolonize. I feel that the medicine of Ayahuasca is so helpful in decolonizing our minds and opening up to new ways of seeing things because we need to be able to see new ways forwards. We don't keep creating

THE  
*AQUARIAN AGE*  
*BUSINESS*  
PODCAST  
with  
AYESHA  
DURRANI

the past again and then bringing it full circle of supporting that with how advanced we are technologically and bringing our spiritual advancement when our spiritual and ethical advancement is as high as our technological advancement, that's gangster. That's gonna be so good. And that's kind of the way forward.

And yeah, I'm so excited that we will get to all meet in person and we will be together in the Europe retreat. And I will be giving my talk on the new earth and all of what this means for us individually, collectively. And it's really special for me because so much of my own initiations with that in terms of my transmissions came in ceremonies and I love just the way that it's organically unfolding. So is there anything that you two want to share about retreats with Taozen or anything about staying in touch with you guys, following your work?

**Carla**

Yeah, you can follow us on Instagram, it's thousandfamily and then also our website is thousandfamily.com

**Fred**

We have a newsletter as well where we send out periodic emails of different things during the year.

**Ayesha**

And listeners who are curious and maybe feeling the call to the spring retreat in Europe, just send us an email, send me a message on Instagram or anything like that. We'll get in touch to discuss that further. Anyone who's feeling the call toward working with the plant medicines, they're very mysterious. And if you feel the call, you should listen to that call and just follow your intuition on that and see where it leads you.

And may we all just continue to reflect on being active participants in the change, active participants in New Earth and challenge our own conditioning because that's really. That the consciousness evolution that we need to create this vision that all of us have, all of us have this vision and hold it in our heart for a new earth. So yeah, thank you for joining me for this conversation and thank you everyone for tuning in.

**Carla**

Thank you so much. See you soon.