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P O D C A S T

*with*

AYESHA  
DURRANI

Episode 15

Welcome back to the podcast, my loves. Today I want to talk about New Year's resolutions and why they don't work most of the time and why they actually are not supportive of our goals so much of the time and actually can cause damage. Let's talk about why. Why I say that New Year's resolutions can cause damage and be harmful at times is because it's when we set these resolutions and we do it in a way that's not really aligned to anything. It's based off of the hype.

It's based off of the collective consciousness and the mainstream collective consciousness, which is usually not what we want to align to when we're leaders and visionaries. When it is a sense of pressure, when it is coming from internalized capitalistic colonial standards, when it is coming from pressure to push ourselves to produce more, da da da da da, all these things.

What ends up happening is we create an experience of failure. We create an experience of perpetuating this experience of not following through on what we said we were gonna do, which actually erodes our self-trust, which then erodes our ability to believe in ourselves, to do things that are amazing and majestic and exceptional that we really wanna do. And the funny thing is, usually the way we feel about New Year's resolutions done in the like more mainstream way, is not the things that are the truly exalting, majestic dreams we have for the future.

It often comes from pressures rather than our true passions. And so not only are setting New Year's resolutions in a way that's not supporting, not supportive of your dreams, it's not really getting you anywhere, you can be like not really making the progress that you were hoping to make. Not only is that not fun, but it actually erodes your self-trust over time to keep doing this. So it's not just neutral where it's like, okay, whatever, yet another year where it didn't happen, it's actually creating a negative.

It's actually subtracting from your power because the more that you create these experiences and evidence that you don't follow through on what you say, the less that you see your destiny and your majestic callings as possible because it's like, whoa, all of our purposes, our destiny,

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our dreams, our callings, they're big, they're massive, they're big, they're intimidating. And if you've already shown yourself, wow, I can't even keep up with this.

Wow, yet another year that I failed my resolutions. When you see the pathways or the doorways that are aligned with what you are really here to do, which is something majestic, which is something glorious, which is a unique and special path, you might not take that path because you now have a self-concept of someone who doesn't do what you say. So not only are unaligned resolutions not helpful, they can actually be harmful.

So let's talk about some of the reasons why and some of the things that I suggest instead that have had way more success for me and way more success for my clients. And I will say that a lot of my observations about New Year's resolutions came from my own experiences too, when I would just be really hard on myself and I would just do it in basically the mainstream way that we see all the time. So what is this way? What is the way that doesn't work?

The way that doesn't work is arbitrarily aligning our resolutions to January 1st, where January 1st every year has very different astrology. And rarely is it the astrology for new beginnings. There was a January 1st, was it? Couple of years ago where there was a new moon really early on in the year. And I have been aligning my resolutions with the new moon in Capricorn every year. Because the new moon in Capricorn, new moons are times of beginning a new manifestation cycle. And Capricorn is the sign of success, legacy, and achievement. So you better believe I'm gonna be setting some goals with that energy. Fuck yeah.

And every once in a while that aligns with earlier on in January, but most of the time it doesn't. It's very rare that it does. So first of all, people are aligning it to something that is not cosmically aligned for new beginnings. And it's only a, you know, made up Gregorian calendar. And I'm someone, by the way, I'm not against celebrating the new year. I celebrated the new year and it was amazing. I follow the calendar. You know what I mean? Like I, my birthday is February 7th. I follow the Gregorian calendar, but I also honor the true new year as being March 20th, March 21st, the March equinox.

That is when I celebrate the true new cycle according to nature and the cosmos. But at the same time, I still work with the Gregorian calendar. So I'm not against celebrating the new year. I chose a word of 2026. I think about the numerology for 2026 and I gain inspiration for that. But I am holding off on creating resolutions until the days before the new moon in Capricorn. So I'll talk about some of the reasons why and some of the things that I think make the biggest

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difference. And also some of the things that contribute to this perpetuating the experience of failure, which then impacts our self-concept.

So one is just choosing January 1st as the day to have a new beginning when very often, like most of the time, it's not an energy of new beginning at all. Every now and again, there might be a new moon that's in the early days of January, but apart from that, it's not an energy of new beginning.

It's partway through the 10th sign, 10 out of 12 signs, that's not about New Beginning. And oftentimes we are coming off of the Matrix holiday schedule, which kind of encourages us to overspend and overindulge during the Christmas season. And then, I'll just make up for it on January 1st. And it's this hectic, collective field of hecticness and pressure. And we can actually misunderstand that energy and think that it is motivation, but it's only a false burst of motivation, kind of like drinking an energy drink and then having a crash.

That's the energy and mindset that most people approach their goals with, as if they're just having a red bull and drinking it in two seconds, like downing a red bull and then, I have all this energy, I'm motivated, but it's a false motivation. It's an illusion of motivation. It's not sustainable.

And this is why we've had the experience again and again and again of setting these goals for a new year and failing because in the moment that we're making them, it's almost like we're high on this collective energy of pressure and accomplishment and achievement to make up for the matrix conditioned season of overindulgence. And it's funny how the conditioning works like that so that we consume a lot during Christmas and then we pressure ourselves to improve in all these ways come January 1st.

And all of that really feeds into colonial capitalism, internalized capitalism, and just these toxic ways of being that don't serve life. Another way that people fail in New Year's resolutions, why they often don't work, is because they're choosing, and this is very important, guys, this is very important, they're choosing too many resolutions. They're choosing too many different things to do. When you have 20 different resolutions, that is a very, very, very high bar.

You might be able to keep up with it for a few days, maybe even a couple of weeks, but for 12 months, that is, and I say this, and I know this is unusual advice, lower the bar. Because when you lower the bar, and by the way, lowering the bar doesn't mean lower quality. It actually often means higher quality ways that we're showing up with greater focus when we know what our priorities are.

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When we choose just a few things to really show up to that will make the biggest difference. If you showed up to this in a powerful way in this year, your life would change versus all of these different things. Because when we have a focus, we can keep coming back to that as an anchor, but it's really hard for your anchor to be 20 different resolutions. That doesn't provide the anchoring that helps us land into that, that helps us reorient to what's important.

Because if anything, it scatters our energy and then it leaves us with this vague sense of pressure in our field. And that pressure in our field is something we either want to escape from. We don't want to feel it. It's not comfortable to have that pressure. We're constantly aware of all the stuff that we're not doing. And that's kind of like hanging over us in our field. Like, I should be doing this. I should be doing this. All these shoulds. We become buried in shoulds. That drains our energy. And then we end up doing escapism and coping mechanisms, right?

Like scrolling and just doing stuff that's not that and day by day goes by and you feel behind. You're creating that experience though. So if the experience of feeling behind, if the experience of being buried in shoulds, if the experience of perpetuating a sense of failure is not serving you, then it makes no logical sense to participate in that. Because why participate in something that is not serving you, that's not aligned with your goals? Funny enough.

We think that that is helping us with our goals. We think the worse we feel and the more pressure that there is, and we're using this temporary high of new years to create momentum, that's not sustainable momentum, it's an illusion. It's like cocaine. It's like doing a cocaine line and thinking you're gonna be able to do all this stuff. It's false, it's illusory, and it actually feeds into dynamics that are not aligned with our values in the collective and in the matrix and the system, right?

So having too many New Year's resolutions does not serve you. And the funny thing is when you have less, when you focus on just a few areas that will make the biggest difference in your life, other things will also improve. So just because you don't put something as your New Year's resolution doesn't mean it won't improve in the year because the way you do one thing is the way you do everything. So if you choose less goals, like three to five, let's say, really strong goals and priorities that you can keep orienting back to.

Like paying off your debt, for example. Something like that, if you've ongoing had debt for years and you focus on that one thing and maybe like moving your body six days a week, or I'm not saying, these are just random examples, I'm not saying this is what you should do, but in terms

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of things that will make the biggest difference, like strongly cutting down drinking, becoming debt-free or saving a certain amount of money and moving your body six days a week, if you do that, just as an example.

And you actually keep orienting back to that as priorities, as things that are important commitments and devotions to you. And notice I'm not saying go to the gym six times a week, because we wanna make it easy to succeed, not hard to succeed. I work out five times a week usually, but sometimes I'm just doing a 20 minute YouTube video at home. Sometimes it's just a 30 minute walk that I'm just like, I'm feeling low energy, I wanna move my body and I know I'm showing up for it. So I make it easier for myself to succeed.

And lowering the bar in that way creates an experience of success. And the more I'm creating that experience of success, I am following through on what I say all the time. And it used to not be like that for me. Years ago, I used to set so many resolutions and pressure myself and think that that pressure and the January 1st momentum would be enough to break through my old patterns, but it wasn't because it kept reinforcing the evidence and experience and self-concept that I don't follow through on what I say I'm gonna do.

Because again and again and again, I kept having that experience. So make it easier for yourself to follow through by having less things that are the things that are gonna make the biggest difference in your life that you can keep orienting back to that, not just in the first few days of January, but throughout the year. The things that when you do those things, they create a domino effect where it positively benefits you in other areas of life as well. Because the way you do one thing is the way you do everything.

So you can choose three things that you actually show up for overall consistently, not about being perfect, but overall consistently the things that matter the most, the things that will have the biggest return on investment of your time and energy, the things that positively benefit other areas of your life. And by focusing on those other areas, it's like life is not a machine, life is a garden. So when those areas are thriving, other areas of the garden will also benefit.

But then funny enough, ironically enough, when you choose 20 to 30 different things, less things will benefit because the stress of that becomes something we want to avoid, escape or rebel against because we're sacred rebels over here, obviously, if it feels so restrictive and you're just buried in shoulds, you carrying the weight of that is a drain of your energy and then you don't feel like you have the energy to do the thing. So it really is counterproductive to have too many resolutions.

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I work with specific astrological activations every single year to understand the greatest opportunities for me in a year. There's a lot of things that I am interested in. I have a lot of ideas. I have a lot of inspirations. I'm a defined Ajna and third eye and throat and da-da-da. I have a lot of defined centers in my human design and I have those upper ones defined. And so I never run out of inspiration. I never run out of ideas.

If I try to cram them all in one year, I am going to burn out and I'm likely going to fail as well, which then impacts my self-concept. So when I am choosing and discerning what my priorities are, I'm going to choose the things that are most likely to succeed within a given year based on the astrological opportunities for me. So too many people are trying to have like three resolutions for 12 different areas of life. Like they're having like 30 resolutions when there are certain areas of life that have more of an opportunity to expand and evolve you, for you to succeed in.

If you actually focus more of your attention on the areas where the greatest opportunities are you're actually going to see more progress overall that will even benefit other areas of life by focusing your precious precious precious attention. Your attention is so valuable and people are scattering their attention.

They're giving their power away to the pressures of society. They're internalizing that pressure. They're draining their own energy, carrying around the weight of the shoulds and the internalized capitalism and all that stuff. And they're not having a good time. They're not having a good time. And next thing you know, they've forgotten about their New Year's resolutions. So having less that you can actually give your precious attention to of the things that matter and the things that are cosmically aligned to succeed in a given year.

You can start having experience year after year after year of success. And that changes your self-concept. And then when bigger and bigger opportunities come into your horizon, you will not sabotage yourself because you trust yourself. You know yourself as someone who overall is doing the things that you say. It's not about perfection. It's not about showing up every single day. It is about where you are investing your precious, precious, precious time, energy, attention, and currency.

investing it in the places that have the greatest opportunity to grow and evolve in different years and different periods of time based on astrological activations. So if you want to learn this and do this with me, I teach this exact process that I have done for years in my program, Quantum Resolution. Quantum Resolution starts next week. My gosh, it's coming up so quick here. And it

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actually begins with something called the 2026 Business Forecast. So this is an astrology forecast.

It's not just business, it's actually world events and predictions as well. It's been really amazing to see these things come into fruition since we did the forecast last year in 2025 was the first one. My clients love this so much because it gives you a bird's eye view. You are a leader, you are a visionary, you are a creator. When you have a bird's eye view on themes in the collective and you can speak to that and respond to that in your content and your offers, you are speak, it's like you have the pulse on the...

Sorry, it's like you have your finger on the pulse of the collective consciousness because astrology and the cosmos are reflecting things to us about humanity and our evolution. And as a leader and visionary and artist yourself, you knowing this will inspire so much for your moves ahead in business. There's endless opportunities of things we could do. There's endless conditioning and messaging about what we should be doing.

But actually there are certain things that are very, very aligned for 2026 and certain things that are specifically activating you on your birth chart that are not necessarily activating others. So it's less about looking at what other people are doing or all these shoulds that we pile on top of ourselves and being more smart and more efficient with our energy and the way we're approaching resolutions by doing what's gonna work the best, doing what's going to evolve the most and putting our love towards that.

It's the season for certain things in your life. And when you align your resolutions to that, you're in co-creation with the cosmos instead of off of the organic rhythm, which is what a lot of people are when they just start on January 1st and pressure themselves to do all these things and it's not coming from the right place. And it's not even aligned to the right destination, the most aligned destination for them.

We start with the 2026 business forecast with business and world predictions. It's super fun. It gives us a bird's eye view of the year ahead, which can inspire so much. Then we have the modules of quantum resolution, which will teach you about significant astrological activations to your particular birth chart. It is really important to have your birth time for this. If you don't have your birth time and you feel called to join, there's plenty of things you can work with without the birth time, but I'll really recommend you have your birth time. You're going to get the most of it.



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You're going to get 100 % of it if you have your birth time. And this goes into the greatest opportunities for mastery, for expansion, for abundance, and working with that to inspire your resolutions, because some of these opportunities don't come back for years and years and years, like over a decade. So we want to work with those special opportunities while they are here, and we will experience more success in that by showing up to that.

And this prevents us from frittering our energy away to things that it's actually not time for. And then feeling drained and feeling spread thin instead of feeling like your energy is focused with intention and actually having the priorities that are aligned with your destiny path. So we have the three modules for quantum resolution where we are exploring these themes, illuminating, highlighting, gaining crystal clarity on these things even before we set our intention. So we're still not even setting our resolutions yet until the final day of Quantum Resolution.

And then we have the new moon and Capricorn session that this is in late January, the third week of January. So sometimes the new moon and Capricorn is earlier. Sometimes it's in December, not January. And this year it is right at the very end of Capricorn season. So we will end with the new moon and Capricorn session, which is a manifestation session going into the all the blueprint of the new moon, exactly what it's activating for you. And then a quantum meditation for planting your seeds of intention with this new moon, which is a new manifestation cycle in the sign of success and legacy.

I have been working with this for years and it has literally changed the fabric of my reality. And I've seen my clients again and again and again manifest what they planted in this new moon. And Capricorn is all about efficiency. So don't be spreading yourself thin with all these different pressures if that's not actually serving you. If it works for you.

Hey, if it works, don't fix it. If it's not broken, don't fix it. But I'm guessing if you're doing that, it's not very effective. Like I've never seen that be effective. The other thing that you get when you join quantum resolution is the emotional and ancestral release meditation. So this is to create the space to receive your blessings in 2026, as well as to heal wounding and let go of ancestral energies that are contributing to self-sabotage, avoiding your path, escapism, distraction and all these things.

This meditation is to be done before the new moon in Capricorn. So the sooner you join, the better. So you can access the meditation right away and do that cleansing and clearing work. And then we will have the 2026 business forecast on the 13th of January. So the link to join is in the show notes. I am so, so, so excited to share this work with you. Yes, the true new year is the



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spring equinox or the March equinox. It's not spring for everyone because of the Southern hemisphere people, it's fall.

That is the true new year. That is the beginning of the astrological wheel. That is the Persian new year and plenty of other cultures. But this period of time is a period of time of legacy and success for the future. And since I do use the Gregorian calendar and I do celebrate 2026 as like, okay, we're in 2026 now. I'm still excited about what I'm going to create in this year.

And with all this Capricorn energy, the cazimi that we have in Capricorn, check out my Instagram post for that if you haven't seen that. I have two posts about the triple conjunction in Capricorn. This is a time of inspired action toward legacy and building the success that really stands the test of time, sacred success, really claiming that path. So yeah, I'm going to set my intentions in this energy. Absolutely.

But until the new moon in Capricorn, it's like foreplay. It's like I'm edging. I'm not setting my resolutions yet. I'm not even really thinking about them. I'm allowing myself to be in the vibes. And in the three modules in quantum resolution where we highlight and illuminate and activate the activations to your birth chart, you are gonna get so much clarity about what this year has in store for you so you can work with it and not against it like most of the people out there are doing. So I hope to see you in quantum resolution.

Let me know if this episode resonated with you. Always feel free to send me any requests for podcast episodes. You can reply to the email. You can message me on Instagram. And I thank you so much for being here and being a listener. Happy new calendar year, everyone.